

# Hospice volunteers honored

National Volunteer Week was April 10 through 16 and Hospice Services honored its hospice and palliative care volunteers who provide support, companionship and hope to those facing a life-limiting illness.

"Hospice volunteers play an indispensable role in enabling Hospice Services to offer the best care possible for patients living with life-limiting illness, their families and caregivers. By sharing their time, energy, and expertise, the volunteers bring compassion and caring to the lives of those in need," said Sandy Kuhlman, executive director.

Hospice volunteers understand

that every person they care for is a unique individual with a lifetime of experiences, relationships and gifts to share. These dedicated volunteers help people live every moment of life to the fullest. Most hospice volunteers choose to give their time helping others because of their own experiences with the compassionate care hospice provided to their dying loved one.

In northwest and north central Kansas, more than 120 volunteers provide more than 2,000 hours per year to help care for patients and families in the communities. Many more volunteers help Hospice Services through the board of directors, advisory boards, special

events, office support, etc.

There are estimated to be 468,000 hospice volunteers providing more than 22 million hours of service to hospice programs each year.

It is federally mandated under Medicare that 5 percent of all patient care hours be provided by trained volunteers. This regulation reflects the vital role that volunteers play in the hospice philosophy of care and ensures that a hospice program has roots deep in the community.

More information about Hospice Services, Inc. is available at [www.hospicenwks.net](http://www.hospicenwks.net) or by calling 800-315-5122.

## Club Clip

### Kanred

The Family, Community and Education - Kanred group, met on Monday, April 11, at the LeBow Manor. There were three members present: Dorothy Mast, Colleen Catic and Wanda Dowdy.

Mrs. Mast gave the lesson on "Vitamin D: From Sunshine and Supplements." Vitamin D, the "sunshine vitamin," is known for its role in building and maintaining strong bones. But nutrition science is still unfolding, and many studies are now looking at vitamin D's role in health and disease prevention. At the same time, current research shows that more than three out of every four Americans have inadequate vitamin D levels.

Vitamin D is unique among vitamins because it is made in the human body when skin is exposed to ultraviolet (UV) light in the sun's

rays. Humans typically obtained 90 percent of their vitamin D from sunlight. Over time, however, many things have changed the body's ability to produce enough vitamin D. People get Vitamin D from very few foods.

Naturally occurring vitamin D is found in: Certain yeasts and plants; oily fish - mackerel, tuna, sardines, salmon and cod liver oil.

Smaller amounts of vitamin D are found in beef liver and egg yolks.

Fortified foods are major dietary contributors of vitamin D: milk, butter and some ready-to-eat cereals, bread, yogurt and orange juice.

Vitamin D is required throughout life, from before birth through old age. Daily recommendations: Infants, children and teens: 400 International Units (IU) total from food and supplements; adults age 19 to

50: 200 international units; adults age 51 - 70: 400 international units and adults, age 71 and over, 600 international units.

Many experts believe current recommendations are outdated and inadequate. They believe significantly higher levels are needed to raise deficiency levels.

What can you do to protect your health and avoid vitamin D deficiency? Some tips for self care:

- Talk to your doctor. There is a simple lab test to check the level of Vitamin D in you and can recommend supplements that are right for you.

- Let the sun shine. Experts in vitamin D research believe 5 to 30 minutes, twice a week, of direct sun on exposed skin (without Sunscreen) allows light-skinned persons to manufacture ample vitamin D. But, be aware that too much unprotected sun exposure is known to lead to skin cancer.

- Focus on food. Check labels. If vitamin D is added to a food, you will see it on the label.

- Mind your medications. Several medications have the potential to increase the destruction of vitamin D in the body.

These include corticosteroids such as prednisone, which impairs vitamin D metabolism. The weight-loss drug orlistat (brand names Xenical and alli) and the cholesterol-lowering drug cholestyramine (brand names Questran, LoCholest, and Prevalite) can reduce vitamin D absorption. Individuals taking these medications should discuss Vitamin D levels and intake with their health-care provider.

This lesson is from the Kansas State University Agricultural Experiment Station and Cooperative Extension Service. July 10, 2010.

The next meeting will be on May 2 at 2 p.m. at the LeBow Manor. The lesson will be "An Invitation to Dine," given by Leeanna Windell. Colleen Catic will be the hostess. Anyone who would like to join us are welcome to come and join us for this lesson.

## Club Clip

### Auxiliary of Veterans of Foreign Wars

Auxiliary of the Veterans of Foreign Wars Post 1528

The Auxiliary of the Veterans of Foreign Wars Post 1528 met on April 18 at the city hall in St. Francis. There were five members present: Connie Rooney, Marlys Poulignot, Ruth Moore, Carol Connert and Wanda Dowdy.

There were three applications for membership read to the group. They were received from Merlie Leach and Shelly Wood, who were applying under their dad, Ned Johnson, who served in Iwo Jima during 1945-1946, and Lisa Gibson, who was applying under her father, Paul R. Beyerlein, who served in Germany from 1942 - 1946. The investigating committee found that the ladies are eligible to become members, and they were voted on and accepted as new members of the Ladies Auxiliary of Veterans of Foreign Wars 1528.

Connie Rooney stated that she has talked to Mrs. Gibson, a teacher in the junior/senior high school in St. Francis, and she has again agreed to incorporate the Patriot's Pen and also the Voice of Democracy Scholarship programs into her class plans, and she has received the new topics for next year.

The Memorial Day program was discussed. It will be held on Monday, May 30, at 10:00 a.m. at the St. Francis Cemetery. Kris Blair and Connie Rooney will be working as co-chairmen on this program, which will include asking the Boy Scouts and the Girl Scouts to be color guards as the Post 1528 presents the colors. Kary Jo Meyer, Auxiliary Chaplain, will have the Invocation and benediction. Andrea Blair Davis will sing a couple of songs. The rest of the program is still being planned and finalized.

Members discussed some of the ideas that were presented on April 8, at the American Legion Auxiliary Lunch in Bird City, that the Auxiliary were invited to attend. Karen Stark, founder of the Hugs program, led an interesting program and had presented a lot of ideas that can easily be made to include with some of the boxes that are sent to the servicemen who are serving in Iraq and Afghanistan. These included the "hugs" - neck coolers, bears, bracelets, card games that can

be carried in their pockets, prayer rocks and stars. These items are being sent to military men and women who are serving "in harms way" to remind them that they are loved and remembered, especially in prayers, as they are serving for the country's freedom.

Members brought things to send to their Adopt-A-Soldier, PFC J.D. Hawkins, who is stationed at Fort Carson, but may be deployed soon to Afghanistan. The Auxiliary will send a package to him, full of Easter candy and playing cards, to let him know that members are thinking of him and are thankful for all that he is doing to preserve the country's freedom.

Connie Rooney will get the certificates ready for the eighth grade students who wrote speeches for the Patriot's Pen Scholarship program sponsored by Veterans of Foreign Wars. These certificates will be signed by the president and secretary of the Ladies Auxiliary to the Veterans of Foreign Wars, and the Commander and Adjutant of the Veterans of Foreign Wars Post 1528 St Francis.

The next meeting will be held at the Majestic Service, U.S. 36 in St Francis at 1:30 p.m. on Monday May 16. Anyone who would be eligible will be welcome to join the members at that time to help in upcoming projects.

## BIDS

Continued from Page 1

the dirt work might begin this fall, and that the new concrete would be run in May 2012, although the process depends upon many variables.

The Airport Commission noted that at the completion of this project, the Cheyenne County Airport will be vastly improved from a decade ago. The runway length

will be increased from 3,150 feet to 5,200 feet, and 75-foot wide instead of 50 feet. In addition, the airport has a larger ramp and approved weather reporting, as well as vastly improved runway lighting. The new airport will easily accommodate light jets, and the medevac King Airs will no longer be weight limited on hot days.

## Book Review

### Winter Garden

Book review from the St. Francis Public Library

By Kristin Hannah

Meredith and Nina Whitson are as different as sisters can be. One stayed at home to raise her children and manage the family business; the other followed a dream and traveled the world to become a famous photojournalist. But when their beloved father falls ill, these two estranged sisters will find themselves together again, standing alongside their disapproving mother, Anya, who even now offers no comfort to her daughters. On his deathbed, their father extracts a promise: Anya will tell her daughters a story; it is one she began years ago and never finished. This time she will tell it all the way to the end.

The tale their mother tells them

is unlike anything they've heard before—a captivation, mysterious love story that spans more than sixty years and moves from frozen, war-torn Leningrad to modern-day Alaska. Nina's obsession to uncover the truth will send them all on an unexpected journey into their mother's past, where they will discover a secret so shocking, it shakes the foundation of their family and changes who they believe they are.

Mesmerizing from the first page to the last, *Winter Garden* is that rarest of novels—at once an epic love story and an intimate portrait of women poised at the crossroads of their lives. Evocative, lyrically written, and ultimately uplifting, it will haunt the reader long after the last page is turned.

## Performer entertains at Quinter school

Petrella, the first Lady of Country-Soul, is bringing her one woman show, "18 Reasons to Live, Laugh and Love" to the Quinter High School auditorium at 3 p.m. on Sunday. The show, sponsored by the Western Plains Art Association, will give people in the region their first look at this delightful and energetic performer.

A native of Hot Springs, Ark., Petrella has seven nationally distributed CDs to her credit and has performed nationally for the past 15 years. During this time she has produced five top 100 singles, appeared on the cover of Cashbox magazine, reached the top 15 hot single sales on Billboard, been nominated for New Artist of the Year, Album of the Year, and has received the producers' choice award. Petrella has appeared with Gladys Knight in Los Angeles, on the Ernest Tubbs Midnight Jamboree and at the First Ever FanFest.

Petrella's foundation, Dreams

of the Heartland Foundation, Inc., has provided monetary benefits to such charities as the Garland County Literacy Council, the Lupus Foundation of America, the Charitable Christian Medical Clinic, Habitat for Humanity, and CASA (Court Appointed Special Advocates). Petrella continues her work to support underprivileged students by providing scholarships to a male and a female student who are either majoring in music or are full-time members of their college choir.

Admission to Petrella is by Western Plains Arts Association season ticket or at the door. This presentation is supported by Mid-America Arts Alliance with generous underwriting by the National Endowment for the Arts, Kansas Arts Commission, and foundations, corporations and individuals throughout Arkansas, Kansas, Missouri, Nebraska, Oklahoma, and Texas.

## Coming Soon: SENIOR PARENTS!!!

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## Congratulate Your Graduate ...

The Saint Francis Herald and Bird City Times are now planning the Senior Graduation Supplement and will be giving parents a chance to put a baby picture in along with a short message from the family for \$20 extra. This feature is optional.

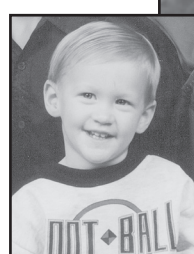
Senior pictures will be sponsored by parents, grandparents, individuals and/or businesses for \$39.00 each or three for \$99. Deadline for baby picture and message is Friday, April 29.

### Matt Raile

I plan on attending Colby Community College or Fort Hays State University and pursuing a degree in animal science. After college I hope to come back to the family farm.

Matt Dillon—

It's been a joy watching you grow from that special little boy of ours to the fine young man you are! We wish you lots of success and happiness in all that you do. You've made us very proud! With all our love, Mom and Dad



Parents: Delbert and Marilyn Raile

For more details, contact the Saint Francis Herald at 785-332-3162

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