

Casey's Comments

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It seems we often get caught up in the unimportant daily activities of our lives and miss the bigger picture.

I had an opportunity to stop and think about the honor given me by being in the presence of a great American.

Several years ago I spent a Sunday afternoon interviewing a very quiet and unassuming little old man in an empty bar-room in McDonald. Little did I know the story from that day would be one of the biggest in my writing career.

The gentleman's name was Lou Webb. I knew going in that he was a veteran of World War II, but that was about it. Lou was the last person to blow his own horn and he had to be coaxed to trust me with his tale. But as we sat in that quiet room his story began as a trickle and turned into a flood as the years came back to his memory.

When the war began Lou had training in radios which made him a valuable member on an Army Air Force B-24 bomber. Lou saw

service in England, North Africa and Italy.

The first part of his experience alone made for an incredible article. His plane, "Hot Freight," had flown almost enough missions to allow her crew to return stateside. But during a bombing raid over Germany it collided with a Nazi aircraft and Lou, the lone survivor, parachuted to earth and, for two years, was a guest in a prisoner of war concentration camp.

If the war hadn't toughened him up already, the months of waiting out the end changed Lou forever. Till the day he died, Lou would walk with his hands clasped behind his back, a sad reminder of his service given for his country.

Last Thursday Lou was laid to rest at the Cheyenne Valley Cemetery south of Wheeler. It was so fitting that a crisp and polished honor guard made the long trip from Fort Riley to send this old soldier home.

Indeed, my life was made better through the honor of knowing Army Airman Webb.

Home Circle Club

Carol Peters, club vice president and historian, will be the hostess for the May Home Circle Club meeting. It will be held at the manor at 2 p.m. on Thursday, May 19.

Offices closed on May 30

The deadline for ads, pictures and stories for the June 2 issue of The Saint Francis Herald and Bird City Times will be at 5 p.m. on Tuesday, May 31, as the offices will be closed on Memorial Day (Monday, May 30). The newspapers will be published and delivered one day late that week.

Card shower for 90th

Eula K. (Harrison) Ham will celebrate her 90th birthday on May 17. She was born in Dundy County, Neb., and married Francis Harrison of the South Fork Community of Cheyenne County in 1944. Francis died in 1970. Eula married Byron Ham of Benkelman, in 1972 and currently lives at 1111 B St, Benkelman, NE 69021. Her family is organizing a card shower to honor their mother.

Rural health option meeting

Bulletin Board

The next meeting of the Kansas Rural Health Works education program will be held at noon today (Thursday), at the Legion hall in Bird City. This meeting will discuss a health service directory for Cheyenne County.

Bird City Historical Association

The Bird City Historical Association, Inc. meeting will be at 2 p.m. on Friday at the Bird City Senior Center. The lesson will be on Archivally preserving - those attending are to bring some type of old newspaper article, document or anything that they would like to preserve. The lesson will be on the Covered Wagon. The project will be the block and lot maps. All visitors are welcome.

Tag deadline

All residents with last names beginning with E, F and G should purchase their car, pickup,

motorcycle and motorized bike tags and pay their vehicle personal property tax by the end of the month to avoid paying a penalty.

A driver's license needs to be presented or entered on form at time of renewal.

Weight watchers walk

Come one/come all at 6 p.m. on Thursday, May 19, to the United Methodist Church for a 5K Weight Watchers walk with friends and family. Watermelon will be served following the walk. For more information, call Vickie Schliep at 332-2479.

Bird City Alumni

The Bird City Alumni will be held on Saturday, May 28, at the Bird City Legion hall. Tickets can be purchased until May 21 at First National Bank, Bird City, and Hometown Market. See classified for more information.

Commissioners

The next meeting of the commissioners will be held on Monday. They will meet with the St. Francis City Council at 7:30 a.m. with the regular meeting to follow at 8 a.m.

Narcotics Anonymous

Narcotics Anonymous meetings are held at 104 W Webster/Methodist Education Building on Sunday nights at 8 p.m. and Thursday nights at 7:30 p.m. Contact (785) 342-0028.

Northwest Kansas Family Shelter

Northwest Kansas Family Shelter provides 24-hour-7 day a-week service to victims of domestic violence and sexual assault. Weekly support groups are available for women and children within the northwest Kansas area. For information or in need of assistance, please call the toll-free number 1-800-794-4624.

Moments With Mila

Controlling High Blood Pressure

High blood pressure affects about 50 million or one in four American adults. Of those with hypertension, about 68 percent are aware of their condition... but only 27 percent have it under control. The reasons for this include not taking medication as prescribed and/or not taking a medication that sufficiently lowers blood pressure.

Hypertension can lead to stroke, heart failure, or kidney damage. "Blood pressure" is the force of blood pushing against the walls of the arteries as the heart pumps blood. If this pressure rises and stays high over time, it can damage the body in many ways.

Blood pressure is measured as systolic and diastolic pressures. "Systolic" refers to blood pressure when the heart beats while pumping blood. "Diastolic" refers to blood pressure when the heart is at rest between beats.

You most often will see blood pressure numbers written with the systolic number above or before the diastolic number, such as 130/80 mmHg. (The mmHg is millimeters of mercury...the units used to measure blood pressure.)

Blood pressure doesn't stay the same all the time. It lowers as you sleep and rises when you wake up. Blood pressure also rises when you're excited, nervous, or active. If your numbers stay above normal most of the time, you're at risk for health problems.

All levels above 130/80 mmHg raise your risk, and the risk grows as blood pressure numbers rise. "Prehypertension" means you're likely to end up with high blood pressure, unless you take steps to prevent it.

If you're being treated for high blood pressure and have repeat readings in the normal range, your blood pressure is

By Mila Bandel



County Health Nurse

under control. However, you still have the condition. You should see your medical provider and follow your treatment plan to keep your blood pressure under control.

The lifestyles changes to control high blood pressure are: lose weight, if overweight; become physically active; choose foods lower in salt and sodium; and limit alcohol intake.

Honor Roll

New and renewed Times subscriptions: Wally Underwood, Bird City; Darren Dale, Bird City; Otis Dewey, McDonald; Chauncey Dewey Jr., Brewster; Marlene Young, Bird City; Chad Sager, Yuma, Colo.; Michael Sager, Denver, Colo.; Hal Sager, Bird City; Vada Burkhalter, Bird City; Terry Glasco, Bird City; Linda Schneider, Bird City; Stephen Meyers, Medford, Ore.

School Menu

The Cheylin menu for Monday, May 16 through Wednesday, May 18 includes cooks' choice for both breakfast and lunch.



Rod Klepper donated the time and materials to build new benches for the Bird City Golf Course. Ray (left) and Willy Martinez (right) volunteered their time to build them. They are done and really spruce up the golf courses just in time for the Golf Tournament to be held at the Bird City Golf Course on May 21.

Times staff photo by Norma Martinez.

Introducing

Baylen Joseph Finley

Baylen Joseph Finley was born March 24, 2011, at 12:27 p.m. at the Colby Citizen's Medical Center. He weighed 6 pounds, 6 ounces and was 19.5-inches long. His parents are Jason and Marci (Boyson) Finley of Goodland. Baylen was welcomed home by older sister, Peyton and older brother, Teylon.

Grandparents are Mike and Belinda Boyson of Bird City and Bill and Jackie Finley of Goodland. Great-grandparents are Darlene Burr of Bird City, Dolly Boyson of Atwood, and Nyla Finley and Brenda Moss, both of Goodland.



Baylen Finley

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For more information contact: Anita at
785-332-3162

SHOWTIME: 7:30 p.m.

2 hr. 10 min.

Fast Five

May 13, 14 & 15

Action/Adventure and Sequel

Vin Diesel, Paul Walker, Jordana Brewster, Tyrese Gibson, Matt Schulze, Chris "Ludacris" Bridges

PG-13 for intense sequences of violence and action, sexual content and language.

CHEYENNE THEATER

St. Francis, KS
785-332-2747

Children 12 & Under: \$4

All Others: \$6

CHEYENNE COUNTY HOSPITAL

210 W. 1st • St. Francis, KS
785-332-2104

2nd Public Meeting

Assessing Healthcare needs in Cheyenne County

*Data & Information briefs

*Work on Community Survey

Thursday, May 12

Serving lunch at 11:40

Meeting starts at Noon and will last one hour

Legion Hall, Bird City

Please RSVP by Monday, May 9 to:

Hospital Front desk at 785-332-2104 or

Email Tom Keller at: tomekeller48@gmail.com.

Diabetes Support Group Meeting

Wednesday, May 18, 2011

1:30 p.m.

Cheyenne County Clinic Basement

Guest Speaker:

Kristle Raile, PA

Topic: Diabetes & Dehydration

For more information contact

Mila Bandel, RN - County Health Nurse

785-332-2381