

## Graduation plans set for Cheylin

By **Karen Krien**  
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Another year has passed and those little kindergartners 13 years ago are now ready to graduate from high school. Cheylin's graduating seniors will receive their diplomas at 11 a.m. on Saturday. The ceremony will be held in the high school gym in Bird City.

Cheylin seniors include Heath Antholz, David Burns, Craig Busse, Jared Cahoj, Teryn Carmichael, Whitney Churchwell, Daniel Frisbie, Adrian Garcia, Mitchel Jensen, Caleb Keltz, Steven Pham, Samantha Robertson and Christopher Walden.

The class motto is "And in the end, it's not the years in

your life that counts, it's the life in your years." – Abraham Lincoln.

Giving the invocation on Saturday will be Heath Antholz; Steven Pham will give the welcome. Bruce Bolen, principal/superintendent, will introduce Craig Busse as the salutatorian, and Christopher Walden as the valedictorian. Whitney Churchwell will give the farewell.

Scholarships will be awarded and a slide show will be presented.

Presenting the diplomas will be board members, Eric Churchwell, Wade Carmichael, Janice Busse and David Frisbie.

## Support group to discuss dehydration

Kristle Raile, physician assistant at the Cheyenne County Clinic, will be the guest speaker at the Diabetes Support Group to talk with participants about the concerns of diabetes and dehydration. The program will be held at 130 p.m. on Wednesday, May 18 in the basement of the Cheyenne County Clinic. This program is open to the public and free of charge.

Diabetics should be careful to

avoid fluid dehydration. Drinking fluids makes things easier for the kidneys and gives the pancreas the fluid it needs to properly produce the insulin that regulates blood sugar levels. Fact is, the metabolism of sugar is a very fluid dependent system that quickly suffers if fluid intake is suddenly limited.

For more information contact Mila Bandel, RN, County Health Nurse at 785-332-2381.

## School Menu

### Monday

Breakfast: French toast sticks, syrup, juice, cereal assortment, milk.

Lunch: chicken casserole, buttered peas, hot rolls, cherry cheesecake, milk.

### Tuesday

Breakfast: breakfast taco, salsa, juice, cereal assortment, milk.

Lunch: sloppy joes, French fries, green beans, apricots, milk.

### Wednesday

Breakfast: scones, juice, cereal assortment, milk.

Lunch: hot hamburger, mashed potatoes, gravy, tossed salad, peaches, milk.

### Thursday

Breakfast: tornadoes, juice,

cereal assortment, milk.

Lunch: pork fritter on a bun, tater tots, corn, applesauce, milk.

### Friday

Breakfast: sausage, egg and cheese muffin, juice, cereal assortment, milk.

Lunch: beef tacos with cheese, lettuce, tomato, salsa, sour cream, refried beans, cinnamon churros, pears, milk.

• Salad bar is offered at noon daily in the junior/senior high school.



### 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.

### Annual pancake day

The St. Francis Senior Center annual Pancake Day will be held from 7 a.m. to 1 p.m. on Saturday, May 14.

### Vietnam presentation

Alisa Rath will be giving a presentation on her recent trip to Vietnam at 7 p.m. on Sunday at Peace Lutheran Church, St. Francis. Everyone is welcome.

### Kindergarten promotions

St. Francis kindergartners will be promoted at 10 a.m. on Friday, May 20, at the grade school gym.

### Rural health option meeting

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 Archival preserving - those attending are to bring some type of old newspaper article, document or anything that they would like

## Weather

Date	H	L	P
May 3	73	37	
May 4	69	34	T
May 5	69	40	
May 6	83	40	
May 7	85	48	
May 8	93	46	
May 9	93	41	

to preserve. The lesson will be on the Covered Wagon. The project will be the block and lot maps. All visitors are welcome.

### Rec Commission update

- Alternative Answers Class facilitated by Kate Jenkins will meet at 7 p.m. on Thursday, May 19 in the public library. The topic for the evening is "Diabetes - A Modern Epidemic."
- Coed adult softball teams are forming for Sunday, June 5. Sponsored by the St. Francis Rec. Commission.

### Kidz DramaCamp

Due to the overwhelming response to the Kidz Drama Camp, sponsored by On Stage, Inc., registrations for the camp are now closed.

Registered campers and their parents will meet at the St. Francis High School Theater Sunday afternoon, June 12, at 1:30 for orientation and kick-off. The camp will conclude Thursday evening, June 16 at 7 p.m. with a performance of "i Monster," a children's musical, written by Michelle Uyemura of Wray, Colo. The public is invited to attend.

### 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.

### Swim team

Plains Tsunami Saintry Sharks swim team will start practice soon. For more information on being on the team, contact Margaret Poling at 332-3103 or 772-7374.

### 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.

### Board of Education

The St. Francis Board of Education will meet tonight (Thursday).

### 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.

### Track schedule

May 13: league meet in St. Francis May 20: regional track meet; May 27-28: state track meet in Wichita.

### Library Art Gallery

The St. Francis Public Library Art Gallery is featuring student's art work.

### 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

By **Mila Bandel**



County Health Nurse

### 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 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.

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

## St. Francis Senior Center

### Annual Pancake Day

Saturday, May 14

7 a.m. to 1 p.m.

Pancakes  
Biscuits & Gravy  
Ham

Scrambled Eggs  
Milk, Orange Juice  
and FREE Coffee



**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.

### 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

## Come and Go Baby Shower

for Mason Conley Rieger

Son of Cale & Lori Rieger

Saturday, May 21

1 to 3 p.m.

at the St. Francis United

Methodist Church

512 S. Scott Street



### Specials

#### Friday

Chicken Fried Steak

#### Sunday

Roast Beef

#### Monday

Fried Chicken

#### Tuesday

Ham and Scalloped Potatoes

ATM Available

**Majestic Service & Truck Stop**

510 West Highway 36  
St. Francis, Ks.  
785.332.2905

## Wedding Registry

Natalie Rogers

&

Jerry Stahlecker

Wedding

May 14

Schultz's Ltd.

114 W. Washington  
St. Francis  
785-332-2833

## American Profile

Celebrating Hometown Life

See American Profile magazine in this week's issue of

## The Saint Francis Herald

(available in local area only)

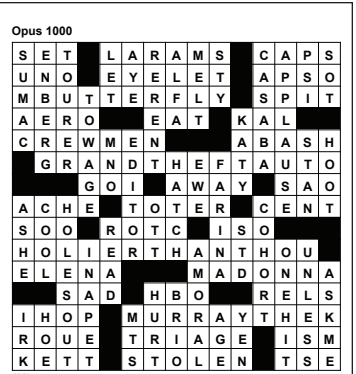
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For more information contact: Anita at

785-332-3162



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