

Club Clip

American Legion Auxiliary

The American Legion Auxiliary met on May 6 at the American Legion Hall in Bird City. There were 10 members and one visitor there.

Members voted to purchase their bingo license again for the coming year, so they plan to have bingo again starting in October.

Carol Marsh talked about making pillows for the soldiers out of used jean material. These pillows are not very big, but they are small enough that the men and women can carry them in their back packs and would help them as they are out in rough terrain of Iraq and Afghanistan.

Memorial Day was discussed. Again this year, the Auxiliary will have coffee and rolls at the Legion Hall for a time of fellowship after the Memorial Day Service at the Cemetery.

Hulda brought a copy of the Dispatch magazine, and this article read, entitled, Troop Pay Can't Be Threatened. "A narrowly averted government shutdown earlier this month would have caused America's men and women in uniform to go without their paychecks. The American Legion is calling on Congress to ensure that the well-being of servicemen is never again threatened by a budget crisis.

"It is inconceivable that our federal government nearly held up the pay of men and women who are fighting for and dying for this country," said National Commander, Jimmie L. Foster.

Noting that many critical civilian workers in the federal government, including members of Congress, would have received their full paychecks, during a government shutdown, Foster asked, "What jobs are more critical than those being done in Afghanistan and Iraq, engaging the enemy and protecting our country?"

The American Legion wants Congress to pass a law that will guarantee the timely delivery of full paychecks to active-duty service-members. The Legion received many calls prior to the shutdown from military families, concerned about how they would be affected by pay stoppages.

In the days preceding the threatened shutdown, the Legion

stood ready to help military families affected by paycheck delays through its Family Support Network. This program was created during the Persian Gulf War to help service-members' families with special household needs such as child-care, grocery shopping and auto repairs.

To contact the Family Support Network, go on-line to www.legion.org/familysupport or call 1-800-504-4098. Requests from military families for assistance are referred to a local American Legion Post for action."

Hulda also brought an e-mail that she had received on stress -

"A young lady confidently walked around the room while leading and explaining stress management to an audience: with a raised glass of water...and everyone knew she was going to ask the ultimate question, 'half empty or half full?' She fooled them all, 'How heavy is this glass of water?' she inquired with a smile. Answers called out ranged from 8 ounce to 20 ounce.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes." She said, "And that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden-holding stress longer and better each time practiced. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Pick them up tomorrow. Whatever burdens you are carrying now, let them down for a moment. Relax, pick them up later after you've rested. Life is short. Enjoy it and the now "supposed" stress that you've conquered.

• Accept the fact that some days you're the pigeon, and some days you are the statue.

• Always keep your words soft and sweet, just in case you have to eat them.

• Always read stuff that will make you look good if you die in the middle of it.

• Drive carefully. It's not only cars that can be recalled by their Maker.

• If you can't be kind, at least have the decency to be vague.

• If you lend someone \$20 and never see that person again, it was probably worth it.

• It may be that your sole purpose in life is simply to serve as a warning to others.

• Never buy a car you can't push.

• Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

• Nobody cares if you can't dance well. Just get up and dance.

• Since it's the early worm that gets eaten by the bird, sleep late.

• The second mouse gets the cheese.

• When everything is coming your way, you're in the wrong lane.

• Birthdays are good for you. The more you have the longer you live.

• You may be only one person in the world, but you may also be the world to one person.

• Some mistakes are too much fun to make only once.

• You could learn a lot from crayons. Some are sharp, some are pretty, some are dull. Some have weird names and all are different colors. But they all have to live in one box.

• A truly happy person is one who can enjoy the scenery on a detour.

• Have an awesome day and know that someone thought about you today.

• Save the earth... It's the only planet with chocolate."

After the meeting, members enjoyed refreshments prepared by Mary Dorsch. Members plan to have the next meeting on June 3 at 2 p.m. at the American Legion Hall.

Anyone who is eligible to join will be welcome to join members there as they plan projects to help servicemen, serving to keep people free.



PUSHING TO THE finish line! Emily Serrano came in first at the tractor pull. The event was one of the attractions at the Car Show held on May 14 in Saint Francis.

Times staff photo by Karen Krien

South of McDonald News By Sandy Binning

Avery Nicole Winter

Avery Nicole Winter, daughter of Brandon and Amanda Winter of Andale, was born May 10, 2011. She weighed 6 pounds 13 ounces, and was 18 1/2-inches long. Grandparents are George and Kathy Banister of McDonald, Orin and Deb Winter of Andale. Great-grandmothers are Amelia Banister of Atwood and Laurene Dickman of Quinter.

Linda Dewey was a weekend guest of her parents, Ote and Ellen Dewey. Tom and Kelly Dewey and children joined them for Sunday lunch.

Mike and Amy Waters, Owen and Brynn of Cimmeron were Saturday overnight and Sunday guests of Bethel Goltl. Owen stayed to help his grandparents with some chores.

Bethel Goltl joined the McDonald Red Hat Ladies in Bird

City where they toured Monty's Jerky and enjoyed dinner at the Bird City Senior Citizens Center.

David Banister was a Sunday dinner guest of George and Kathy Banister before returning to Salina.

George Banister attended the graduation reception of Tyler Lauer in St. Francis Sunday afternoon.

Cheyenne County Residents

Your input about Health/Eldercare is needed..



Answer the call...

Telephone Survey by FHSU Docking Institute

(Caller ID will say 785-628-4000 FHSU)

Survey begins May 31

***The survey will ask questions regarding your experiences with the local health/elder care system and help identify our health/elder care needs.**

***The survey is 10 minutes and they call between the hours of 6-9 p.m.**

***The overall goal of the survey is to gather input from the residents of Cheyenne County as to the health care needs now and in the future. The results will be used to assess current strengths and weaknesses in the system and give a direction for future health care planning for our community!**

Don't Hang Up!

Take Time To Be Heard!

Your Opinion Counts!

***Responses are Confidential**