



CHAMBER MEMBERS hold last meeting. Board members pictured are (l to r) Sherry Schultz, Sharissa Andrist, Carol Ross, Gloria Bracelin, Chris Bracelin and Kody Krien. Herald staff photo by Tim Burr

Members hold final chamber meeting

By Karen Krien
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The annual and last St. Francis Area Chamber of Commerce meeting was held Tuesday, Nov. 1, at the St. Francis Public Library.

There were 22 members and interested people were present to discuss the future of the Chamber which ended in a vote to dissolve the organization.

There were several reasons for dissolving the Chamber. The main reason was that, Chamber secretary, Gloria Bracelin, was resigning. Mrs. Bracelin had returned several years ago after there was no luck in finding a secretary. It was noted that the job did not pay enough to attract suitable candidates and there were few volunteers stepping up to help with the different events.

Les Lacy, hospital administrator, said he felt it was important to keep the events going in order to bring people into the community. Donna Stevens, business owner, was concerned about keeping Main Street businesses open. On Saturday afternoons, she said, only three businesses are open.

Roger Jensen, city council member, reminded those present

that it was the job of the Chamber to bring people to town by scheduling special events. However, it was the job of the businesses owners to provide specials and activities to bring the people into their stores.

There is the fact that Walmart is only 35 miles down the road and, if St. Francis businesses are going to survive, the townspeople need to work together.

Kari Meyer, business owner, said she thought the Chamber was important and hated to see it dissolved, however, she said she had no more time to take on more work.

Joining forces?

It was suggested that the Chamber join with the Cheyenne County Development organization. It was pointed out that this would not work as it is countywide, not just St. Francis. The Development Corporation is also struggling to keep afloat and will lose its coordinators at the first of the year.

So, who would answer the phone when people called wanting information about St. Francis? It was suggested that the museum staff handle these calls but it was pointed out that the museum was

only open part time and was short on staff.

Many people will probably use the web site. Mr. Jensen said the city was updating the website which might help. A lot of calls, he said, could be covered through the web site.

Main activities

The Chamber headed up or helped with five events through the year including the Christmas activities, the Easter Egg Hunt, the Car Show and the fair parade.

One important matter that the Chamber has taken care of for years is the Chamber Scrip money. Many businesses and individuals give the scrip money as bonuses and gifts. The money can be spent in any Cheyenne County business and keeps the money in the county.

As for the scrip, most of those present agreed that it was something that needed to be continued but who would take on this project? No decision was made but the issuing of the checks will be taken care of by Mrs. Bracelin this year.

Actually, this Christmas season is taken care of as Mrs. Bracelin's resignation does not take effect until the first of the year. There will be the usual Treasure Hunt, Light Parade, coloring contest and drawing.

The Saint Francis Herald holds the Christmas On Us promotion which keeps thousands of dollars in the community. Toward the end of the Christmas season, a drawing is held and the Chamber participates by giving scrip prizes as well as announcing the coloring contest and lighting contest winners.

The Christmas On Us promotion will probably continue next year. Troy Hilt, president of Western State Bank, said the bank would work with the Herald. He suggested that the three banks take over the kids' coloring contest prizes and rotate hosting Santa. The Light Parade will continue.

Each year, while the Chamber has organized the Easter Egg Hunt, it has been sponsored by Ross Manufacturing, Kenny Bracelin Farm and Milliken Law Office. It was noted that these entities will continue with the event.

The Cheyenne County Cruisers

club basically runs the car show in May and they will continue the show without additional help.

The Craft Show, held in November, will probably continue under the direction of Tammy Grice and Bonnie Zweygardt, who have organized the event for years. The Chamber has helped by sending out information and getting volunteers.

First National Bank has been in charge of organizing the Cheyenne County Fair Parade.

Funding for events

Most events take money in some way. If businesses were not paying dues to the Chamber, how would the events be funded?

Mr. Hilt suggested that Chamber money usually paid be put aside and when there is an event that needs funded, the people in charge will ask for money.

It was mentioned that there is the matter of "accountability" for the money collected. That was one reason why it was good to have a Chamber account and someone in charge.

Brochures

The Chamber was in charge of brochures featuring events and sites in the county. Mrs. Bracelin and Carol Ross said they would keep The Breaks and Cherry Creek brochures up and see that they were printed and sent to the Travel Information Centers in Kansas. It was suggested that the Development Corporation take care of the rest of the brochures.

Remaining money

The Chamber had money from the sale of a building which, the board had decided earlier, should be used to purchase a digital sign to be erected on the berm on U.S. 36. Any remaining money is in an account which will be used for the sign and managed by the city of St. Francis.

Chamber officially dissolved

The meeting ended with Mr. Jensen moving to dissolve the Chamber, Tom Keller seconded the motion and the majority approved.

Members of the Chamber board were Raquel Grover, Carol Ross, Troy Hilt, Chris Bracelin, Kody Krien, Sharissa Andrist and Sherry Schultz.

Commissioners agree to purchase graders

By Karen Krien
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Salesmen representing two different companies selling road graders were at the Oct. 31 Cheyenne County Commissioners meeting. Before the meeting ended, the commissioners agreed to buy two road graders.

John Webster with Murphy Tractor and Equipment, and Dustin Daniels, Foley Sales representative, presented their bids for the graders, noting that, by purchasing two graders, they were getting a discount. Two graders, the 1990 and 1995

graders, were traded in. The Foley Sales bid at \$326,920 was the low bid. The commissioners voted to accept the bid.

The graders are CAT 120M AWD graders. Dave Flemming, road and bridge department supervisor, said he had enough money in his budget to cover the costs.

Mr. Flemming asked for 10 minutes executive to discuss non-elected personnel. After returning, Mr. Flemming asked that he had hired J.W. Milliken to fill an opening in the department.

Helpful Hints

- To get rid of itch from mosquito bites, try applying soap on the area and you will experience instant relief.
- Ants, ants, ants everywhere ... Well, they are said to never cross a chalk line. So get your chalk out and draw a line on the floor or wherever ants tend to march. See for yourself.
- Use air-freshener to clean mirrors. It does a good job and better still, leaves a lovely smell to the shine.
- When you get a splinter, reach for the scotch tape before resorting to tweezers or a needle. Simply put the scotch tape over the splinter, then pull it off. Scotch tape removes most splinters painlessly and easily.

Fund	Balance
GENERAL	-91,711.13
ROAD & BRIDGE	532,498.09
SPECIAL MACHINERY	206,646.00
BRIDGE BUILDING	54,058.00
NOXIOUS WEED	2,320.40
NOXIOUS WEED SPECIAL	8,731.70
CAFETERIA PLAN	6,672.98
RURAL FIRE	6,115.14
DIVERSION	3,097.93
CO ATTN'Y BAD CHECK	981.25
REG OF DEEDS TECH	19,470.96
PROSECUTION	2,858.73
RECREATIONAL VEHICLE	464.62
SPECIAL PARKS & REC	5,422.13
E-911	12,220.73
AMBULANCE MEMORIAL	6,033.36
ADVANCED TAX	15,290.95
SPECIAL FIRE EQUIP	15,899.00
MOTOR VEHICLE TAX	34,898.27
MOTOR VEHICLE	8,221.78
STATE SALES TAX	45,300.54
ATTORNEY	866.00
FISH & GAME	67.50
STATE GENERAL	10.61
MAPS	80.00
BENKELMAN TOWNSHIP	620.45
CALHOUN TOWNSHIP	7,122.97
JAUJA TOWNSHIP	7,307.57
HANDICAP EQUIPMENT	875.00
EQUIPMENT RESERVE	338,612.41
CCH/COUNTY HEALTH	27,823.84
PRAIRIE DOG	8,768.30
GIFT ANNUITY	13,336.59
CAPITAL IMPROVEMENT	108,604.05
	1,409,586.72

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Rec 4 U

By Penny Gienger
St. Francis Rec Director

Looking at the calendar and feeling winter knocking at the door reminds me that holiday time is soon approaching. The St. Francis Recreation Commission is offering a few classes that you can hopefully squeeze in between your other activities.

On Sunday, December 4, Kathy Vandike and Barb Holzwarth are organizing "An Old Fashioned Cookie Exchange." The fun begins at 1:30 p.m. in the high school kitchen with everyone bringing their recipe and ingredients to make your favorite holiday cookie.

When the goodies are finished, the exchange begins. Everyone will take home an assortment of freshly baked treats. Don't miss the fun - get your recipe ready and call me today to sign up. For the grade school age children, I will be offering two after-school classes - Homemade Christmas wrapping paper and a class to make quick holiday snacks. The most difficult decision is trying to find an afternoon the kids are free after school.

Flyers will be sent home from school to announce dates and fees. Watch the newspaper and your child's backpack for information relating to these two classes.

Those playing adult flag football

were able to enjoy two evenings of play.

The weather and fall harvest put a damper on the Tuesday evening game times. Dustin Dunn is hopeful that one to two more games can be played, but time will tell what the weather decides to do.

Make plans to join in the fun next fall. We will need you to participate.

Adult coed volleyball may begin soon. Watch for an announcement in *The Saint Francis Herald*, our event board by the post office and on our website - <http://sfksrec.org>.

Also, coming soon for children - basketball and wrestling. Get your gear ready.

Dennis Friedrichs's woodworking class will be drawing to a close the week of Thanksgiving. The six participants will soon have new items to take home. Thank you to all the people who took advantage of that class.

To learn more about the Rec Commissions activities, call Penny at 332-3949.

Moments With Mila

By Mila Bandel, RN
County Health Nurse

American Diabetes Month

November is American Diabetes month, a time to communicate the seriousness of diabetes and the importance of diabetes prevention and control.

The term "diabetes mellitus" that you might hear from medical staff, family members or on TV refers to a group of diseases that affect how your body uses blood glucose, commonly called blood sugar. Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. It's your brain's main source of fuel.

If you have diabetes, no matter what type, it means you have too much glucose in your blood, although the reasons may differ. Too much glucose can lead to serious health problems. Chronic diabetes conditions include type 1 diabetes and type 2 diabetes. Potentially reversible diabetes conditions include prediabetes - when your blood sugar levels are higher than normal, but not high enough to be classified as diabetes and gestational diabetes, which occurs during pregnancy.

Diabetes symptoms vary depending on how high your blood sugar is elevated. Some people, especially those with prediabetes or type 2 diabetes, may not experience symptoms initially. In type 1 diabetes, however, symptoms tend to come on quickly and be more severe.

Some symptoms for type 1 and 2 include; increased thirst; frequent urination; extreme hunger; unexplained weight loss; fatigue; blurred vision; slow-healing sores; mild high blood pressure; frequent infections, such as gum or skin infections

and vaginal or bladder infections. Although type 1 diabetes can develop at any age, it typically appears during childhood or adolescence.

Type 2 diabetes, the most common type, can develop at any age and is often preventable.

Treatments for all types of diabetes include;

Healthy eating. Contrary to popular beliefs, there's no diabetes diet. You won't be restricted to boring, bland foods. Instead, you'll need plenty of fruits, vegetables and whole grains - foods that are high in nutrition and low in fat and calories and less sweets. It is the best eating plan for the entire family.

Physical activity. Everyone needs regular aerobic exercise, and people who have diabetes are no exception. Exercise lowers your blood sugar level by transporting sugar to your cells, where it's used for energy. Exercise also increases your sensitivity to insulin, which means your body needs less insulin to transport sugar to your cells. Walking is the easiest and cheapest activity to enjoy. Aim for at least 30 minutes most days of the week.

Diabetes is a serious disease. Follow your diabetes treatment plan your medical provider has implemented for you. Every effort is worthwhile and careful management of diabetes can reduce your risk of serious-even life-threatening complications.

-St. Francis News-

Donna Northrup was hostess to a farewell coffee honoring Joan Collins Saturday afternoon. Other guests were: Dixie Curry, Carolyn Culwell, Bonnie Armknecht, Marvel Gleason and Betty Coon.

In Loving Memory of
GARY BROWN
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