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Saint Francis Herald 3

Program awards funds to schools picked by farmers

By Karen Krien

karen.k@nwkansas.com grant for up to \$25,000.

"America's Farmer Grow Rural Education," a Monsanto to American's Farmers Grow Fund program, gives farmers the Rural Education, 914 Spruce opportunity to nominate their Street, St. Louis, MO 63102. The public school district.

The grants will be awarded based on merit, need and community support. The more farmers to a school district, the more it demonstrates community support and strengthens the school district's application.

a new grass-roots program. The peppers and/or cucumbers grown Monsanto Fund was organized in protected culture. to strengthen education in rural America.

The program was piloted in Illinois and Minnesota earlier administrator that the district has this year and the results showed been nominated to compete for that over 11,000 farmers showed a grant through the program and their overwhelming support by encourages them to submit an nominating 56 percent of the eligible school districts. Due to the success, Monsanto is launching administrator to inform the school the promotion in more than 1,200 counties in 39 states.

In Cheyenne County, the grant application. "America's Farmers Grow Rural Education" program is being a school district, the more it promoted by Frontier Ag in Bird demonstrates community support City.

GrowRuralEducation.com, or by too.

stopping by Frontier Ag, Bird City and talking to Ray Magnani, or by Cheyenne County schools will calling 1-877-267-3332. A printed now have a chance to receive a copy of the entry form and rules are available at the three sites.

Completed entries can be mailed nomination runs Jan. 6 through April 15.

Eligible farmers include the farmer who is 21 years or older and actively engaged in farming with a minimum of 250 acres of corn, soybeans and/or cotton, and/ or 40 acres open field vegetables The rural education program is or at least 10 acres of tomatoes,

Once a farmer nominates a school district, the Monsanto Fund notifies that school district application.

Farmers can also contact the district that it has been nominated and encourage them to submit a

The more farmers nominate and strengthens the district's Eligible farmers can nominate application. So, farmers should a public school district by filling encourage other farmers to out a short nomination form at nominate their school district,

IN DRAFTING CLASS, students Laramie Jenkins, Martin instructor Dennis Fredrichs goes over the lesson plan. Herald staff photo by Karen Krien Hnizdil and Matt Tygart follow along on their screens as

Diabetes changes familiar ways of life

can be life altering... and in all yes. Do your family and loved honesty, should be. Diabetes, in ones matter? many ways, can be like a sleeping giant in that it can go undetected for years (an average of five to be exact).

If that sleeping giant has awakened in you, or someone is the health care provider, you know, it can change the way diabetes educators, pharmacists, everyday choices that used to be nutritionists, etc. automatic literally affect how one feels in the moment and for years to come. If, and that's a very big if, you desire to live and enjoy it to its fullest extent, good diabetes self management is crucial.

Living with Diabetes, for many, health matter to you? Most say

Most would also say yes. Does being productive and successful in your job, matter to you? Absolutely! Oh and by the way, the other one percent

There is a lot to learn about diabetes. It won't happen in a doctor's visit, a two hour session with a diabetes educator, in a month or even a year. It happens little by little, day by day, over a The ugly truth: diabetes is the lifetime. Learning about healthy number one cause of blindness eating, regular exercise, knowing medications you need, born today will develop diabetes trouble shooting and reducing complications, getting the annual (or more frequent) check-ups you heart attack and stroke. Diabetes need to prevent complications and last but not least, healthy coping for the inevitable challenges that will come. There's a lot to learn and just know, you're not alone.

Commissioners accept resignation

Cheyenne The Commissioners met for the last meeting of the year with little business on the agenda.

A letter of resignation from Karen Flemming, deputy appraiser, was read and accepted. Later, Bruce Webb, appraiser, and Mrs. Flemming attended the meeting. Mr. Webb asked if he could hire Mrs. Flemming on a part-time basis. He assured the commissioners he would not go over budget.

Webb Mr. asked the commissioners if they would consider increasing the county reimbursement mileage to coincide with the federal mileage allowance. The county's mileage allowance is \$.40 per mile. The federal allowance is \$ 50 per mile The commissioners agreed to raise the mileage rate. Mr. Webb asked for 10 minutes executive session to discuss personnel. No decision was made upon coming out.

County and, in the past several years, there was a fatal accident

reported at the corner. Bids for a "super structure" replacement on the bridge east of the Alvin Holzwarth farm were reviewed. The bridge is located west of St. Francis. Husker Steel's bid for \$39,870 was accepted and signed.

Mr. Flemming asked for 10 Engineering, discuss personnel. No decision throughout the year.

County located in southwest Cheyenne was made upon coming out of the session

In other business

• Ryan Murray was appointed the county's "Exercise Program Manager.'

• The commissioners decided to not transfer equipment reserve funds other than those that had already been transferred.

thanked minutes of executive session to commissioners for their support

Council talks about energy agreement, utility rate increases

Next meeting

The next meeting of the commissioners has been set for 8 a.m. on Monday in the commissioners' room in the courthouse. As of Wednesday, few items of business were on the agenda.

Editor's note: The above article was taken from the unapproved • Jerold DeBoer, Penco minutes of the Dec. 30 Cheyenne the County Commissioners' meeting.

in adults. One in three children the if current trends continue.

Diabetes doubles the risk for is killing us. Death rates due to cancer, heart disease and stroke are on a 20-year decline. Unfortunately, diabetes is on the rise (International Diabetes Federation).

These facts are not to scare people. It's simply the truth.

Even so, it doesn't mean if one has diabetes, they are destined to experience the long-term chronic complications, like losing a toe (or worse), a kidney, one eye or both, and have a heart attack or stroke. The risk does exist- its real and it could happen.

Despite the truth, there is hope. Hope to have a very active, adventurous, involved, contributing life for anyone with diabetes. "Just how am I to do that," you may be asking.

Living a life to its fullest extent, with diabetes, is very possible, and it's 99-percent up to the diabetic.

It's about getting real with your priorities, your lifestyle habits and choices that you make every day. Are you choosing life? Does your

The Wray Community District Hospital Diabetes program is an accredited program through the American Association of Diabetes Educators. Karla Saffer RN and Lori Smith, RD are the educators that work with each provider in Yuma County and surrounding regions to help patients learn good diabetes self management.

In 2012, check out the classes offered and see what you'd like to start learning good diabetes self management. Check out the ad in this issue for the first meeting in Wray or call the Wray Rehab Department at 970-332-2245 with questions and to sign up.

Or, there is a diabetic meeting at the Cheyenne County Clinic. See ad on Page 2 of this issue for more information or call Mila Bandel, county health nurse, 785-332-2381.

Road and bridge department report

Dave Flemming, county road and bridge department supervisor, went over his work schedule and monthly budget. He had the Penco Engineering agreement which allows the firm local public authority to do the engineering inspection on Armknecht corner project. The Armknecht corner is

By Nathan Fiala nfiala@nwkansas.com

The final St. Francis City Council meeting of the year on Thursday, Dec. 29 was a short one, mainly held to pay bills. The energy agreement was also brought up again, but without city attorney Michael Day and city superintendent J.R. Landenberger present to go over the details of the contract, nothing was decided, except that a short term extension until the end of February had been entered into. The current agreement expired at the end of December.

The council did approve Ordinances 581, 582 and 583 for increases on water, trash and sewer rates, respectively.

The council also approved cereal malt beverage licenses for Majestic and the Cheyenne Bowl.

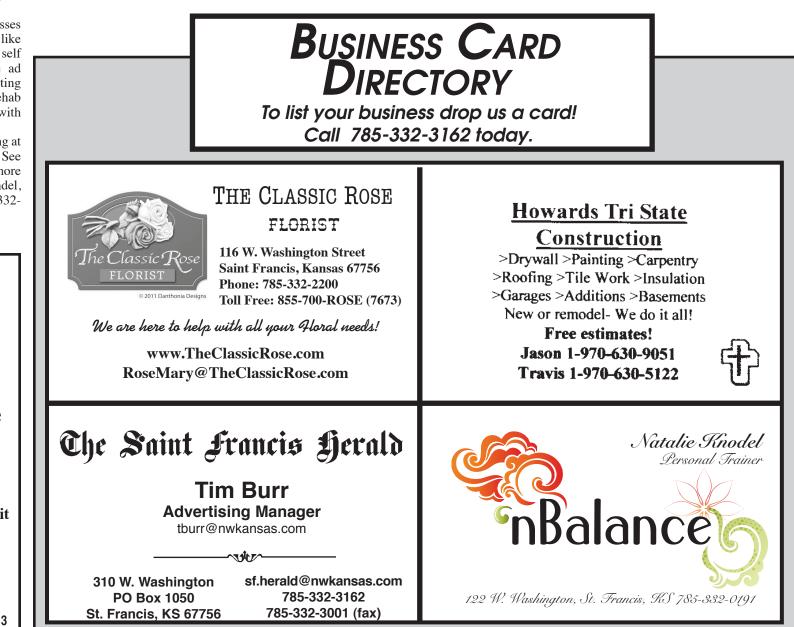
Council comments

Council member Paula Keller said that the council needs to remember the rate increases when it came time to making the budget. Council member Carla Lampe agreed and said they also needed to tell the auditor, as a lot of the budget is determined before they even get to see it.

Council member Roger Jensen said that he had talked to the state forrester for advice on replacing and removing trees on Main Street and said he will continue to consult with him in the future.

Council member Bruce Swihart noted that he would like to see some money from 2011 put into savings and/or toward debt. City clerk Glorianne Milne said she didn't know yet but would have a better idea toward the end of January.

The next council meeting will be at 7:30 p.m. on Monday at city hall on Main Street.



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