

# Obituaries

## Merle Lynn Mills June 27, 1939 - Nov. 16, 2012

Merle Mills was born on June 27, 1939, on a rainy Monday night at the Mills Ranch, northwest of St. Francis, Kan. He was the third child to be born to Gladys Wright and Marvin Mills, joining sister, Jane, and brother, Marvin Lee. He attended first grade at Hackberry School District 16 for a year before the school closed and the family moved to St. Francis.

During the years at St. Francis Community High School, Merle was active in basketball and wrestling but music was where he was gifted. He often sang solos at music contests and played his trumpet and baritone at these events. Many first place ribbons and medals were the result of these events. Throughout most of his life, he continued performing at weddings, funerals and other special events.

Sight reading music and memorizing it were simple for him and he presented his solos with ease. His sister, Jane, recalls his forgetting a few words in a song but he added his own version of words and no one knew it.

After graduation in 1957, Merle attended Fort Hays State Univer-

sity in Hays. This is where his mother, Gladys, had attended in the late 20s to get her teaching certificate.

During college, Merle was offered an opportunity to travel with a project for the Methodist Church. This involved a trip to Germany to deliver a load of heifers for displaced German people.

His brother, Lee, was stationed in Etain, France, with the Air Force so Merle was able to visit him as well as visit several other European countries including Germany, the Netherlands, Austria, Italy, Switzerland, Denmark, Sweden, Norway and Finland. Music continued to be a large part of his college life as he participated in tours with the Fort Hays Singers and Accapella Choir and sang lead parts in Oklahoma and Messiah presentations.

Merle returned to Hays to finish his degree in farm and ranch management, graduating in December 1962. During his college years, a pretty little gal caught his eye at a fraternity dance. He married Janet Harrison at the First United Methodist Church in Hays on July 20, 1963, and they moved to the St.

Francis ranch.

Merle became active in the Mills Ranch cattle operation, working with his father, Marvin and brother, Lee. He loved the outdoors and the opportunity it provided for him to expand the ranch.

The sales at the Denver National Western Stock Show were of special interest to him and much planning and time was spent in preparation for this annual event. He was an excellent salesman.

Merle died on Friday, Nov. 16, 2012. A memorial service was held on Monday, Nov. 19.

He is survived by his wife, Jan, son, Mark, daughter-in-law, Julie, grandchildren, Aubrey, Mallery and Zach Mills, sister, Jane Oliver and her son, Scot Oliver, and his daughter, Samantha Oliver, as well as Cori Durham and Colton Durham, nephew Patrick Mills and wife, Karla, and their sons, Seth and Eli, niece, Laurie Mills Wallace and husband, Scott and their children, Robert, Stephen and Catherine.

## Larry G. Henry

August 8, 1935 - November 21, 2012

Larry Gay Henry along with his twin sister, Mary were born August 8, 1935 to Gaylen S. Henry and R. Ruth Ford Henry near Chardon, Kansas in eastern Rawlins County. He departed this life Wednesday morning, November 21st at the age of 79 under the care of Hospice Services.

Larry grew up on several different farms in northern Thomas County and eastern Rawlins County. His father raised over 2,000 sheep. Larry and his brothers were responsible for caring for the herd.

He attended schools in Colby, graduating from Colby High

School in 1951. He was on Colby's football and wrestling teams. The following year he enrolled at Kansas State University studying agriculture. He took an active part of college life belonging to Colgate 4-H, participating on the school's Livestock Judging team on both the Senior and Junior teams. He also wrestled for KSU his freshman year until an injury of his shoulder. Larry worked his way through school at the university sheep barn, it was also where he lived. It was at K-State that he met and married his college sweetheart, Treva Westfall. They were married on June 5th, 1955 just

weeks after receiving his Bachelor of Science in Agriculture.

His first job after graduation was for Thomas County National Bank of Colby. Less than two years later he went into the Extension Service. His first position was for Rooks County, Kansas. In his 32 years of service he worked in Washington, Greeley, Cheyenne, Finney, and Sherman counties. Larry worked for the Golden Plains Extension program in Colorado starting in 1979. He worked with livestock producers and 4-H youth in Kit Carson, Yuma, Washington, and Phillips counties in Colorado. He completed his Master's of Agriculture Science at Colorado State University in 1963.

Upon retirement from Extension service in 1989, Larry worked as a field representative for the bean industry. He continued his love of gardening and found a new hobby of collecting and restoring farm toys and pedal cars and tractors. He and Treva moved to Bird City 18 years ago and enjoyed being in the area with their old friends and the new friends that they had met.

Left to mourn his passing and celebrate his life are his wife Treva of the home; children Mark and wife Cindy, Cheyenne Wells, Colo. Mike and wife Connie, Burlington, Colo., Jorita, Garden City, Greg, Bird City, and Lorri Arnold and husband Tony, Trinidad, Colo.; twelve grandchildren, fifteen great-grandchildren; sister, Mary Rippe, Vancouver, Wash. brothers, Allen of Purdin, Missouri, and Loren of Fountain Hill, Ariz.; and many friends.

Larry was preceded in death by his parents, and his brothers Dennis and Wilbur.

A memorial service was held on November 28, 2012 at Immanuel Methodist Church, Bird City. Memorials may be made to Larry Henry Youth Scholarship in care of Knodel Funeral Home, St Francis, Kansas.

# Exercise physiologist to speak at health program

Carmen Winter, exercise physiologist at Hays Medical Center, will be a guest speaker in Cheyenne County at 1:30 p.m. on Wednesday, Dec. 19, in the Cheyenne County Clinic conference room.

Carmen works in a variety of clinical settings, developing and overseeing exercise programming for cardiac, pulmonary, cancer, diabetes and bariatric surgery patients. She is a Cancer Exercise Specialist who developed and implemented the current cancer exercise program called "Healing In Motion."

With all the patients, she sees on an outpatient basis, her focus is to empower people to believe they can change their thinking and habits to lead a healthier lifestyle and she assists patients in reducing their risk factors that lead to disability and disease.

Carmen has a great deal of interest in the field of mind and body connection and is a certified health, fitness, and wellness coach completing her training through WellCoaches corporation. She is most recently involved in launching the "Exercise Is Medicine" initiative at Hays Medical Center.

In addition to working in the clinical exercise field, she also has certification in teaching Pilates and Zumba classes.

Carmen will be working with the Diabetes Education Management participants while in Cheyenne County on Dec. 19 at 1:30 p.m. This program is open to the public and free of charge.

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

# Legislative News

By  
Ward  
Cassidy



120th State Representative

Saturday, Nov. 17, I had the pleasure of attending the second Kansas Governor's Pheasant Hunt in Oakley. Oakley did an outstanding job of showcasing Western Kansas hospitality and the excitement of pheasant hunting. The next two years, the event will be in Norton.

Pheasant hunting in Kansas is a \$4 million industry. Pheasant hunting is also a family tradition I have enjoyed all of my life. The drought conditions have hurt our pheasant population drastically, and after opening weekend I am afraid not many people will be traveling here to hunt. It is just one more way the Kansas economy has been hurt by our horrible weather conditions.

I was so concerned I contacted Robin Jennison, the head of Wildlife and Parks, and asked him if shortening the season and/or lowering the daily bag limit had been considered.

I received a very informative letter in return, and the gist of the information was that harvesting male pheasants has no impact on future populations: 1) female pheasants are by far the most important in terms of population growth and they cannot be legally harvested, 2) harvesting males has little potential to impact population change because a single rooster can fertilize more than 10 hens, and 3) research shows it is impossible to harvest more than 75 percent of the rooster population.

The bottom line is we need wet weather for many reasons.

On a fun note, I got to hunt with the National Rifle Association lobbyist who gave me a D rating for voting against conceal carry in college dorms. I shot two pheasants out from under him at the Governor's hunt and he gave me a hat when we were done.

Monday, Dec. 3, is the most important vote I will make in the next two years. We vote for Speaker of the House.

Next week, I'll let you know how that turns out.

# Envelopes inserted in newspaper

In this week's issue of The Saint Francis Herald and Bird City Times is the Salvation Army envelope. People wishing to donate can put a check in the addressed envelope and mail it.

Last year, Cheyenne County raised \$5,000. Of the money collected in Cheyenne County, \$4,400 supported the local Salvation Army programs throughout the year. Programs, said Dolores Jenik, coordinator, included rent, utilities, motel rooms, auto insurance, gas for transportation to doctor appointments, medications, groceries and eye exams and glasses.

Anyone wishing to donate by credit card may call 1-800-SAL-ARMY. Checks can also be mailed to The Salvation Army, PO Box 462, St Francis, 67756.

Cheyenne County continues to see higher numbers of people turning to the organization for help than ever before, said Mrs. Jenik. They need basic needs like food and shelter.

This year, there has been an increased number of people needing help with eye glasses and the Salvation Army works with the Lions Club's program.

Winter is here and Salvation Army helps residents with their winter fuel expenses. There are two programs available: Mid-

west Customers Care program and EagleCares. Hotline numbers to call is: 1-877-566-2769 - (for Midwest ext 401) - (for EagleCares ext 417)

Any amount people can give

to the Salvation Army this holiday season will help provide assistance to those in the community who are struggling, day in and day out, to make ends meet, Mrs. Jenik said.

# Club constructs garden greenhouse

Saturday Dec. 1, several members of the St Francis Community Garden Club began constructing a greenhouse. The greenhouse is located at the present community garden site at the corner of Scott and Third.

Once constructed the club will begin planting varieties of greens such as swiss chard, kale and spinach that do well in greenhouses throughout the winter. For this year the greenhouse will use passive solar heat.

In the future the club hopes that they will be able to install heat and an aquaponics system. If you would like to help share in the harvest of year round vegetables contact Bernadette Luncsford at the National Resources Conservation Service office to become a volunteer 785-332-2183. If you would like to help financially or by donating supplies then contact Kale Dankenbring at 785-772-1202.



# Rec 4 U

By  
Penny  
Gienger



St. Francis Rec Director

Have you taken the time to check out St. Francis's new sand volleyball court?

The past several weeks have been great weather to allow play time outside. If you are not aware of the new addition to our city, go to the west end of Spencer Street. The court is located across the street and west of the Scout Hut.

Many thanks to the people that made it happen. Our board members, A.J. Marin, Larry Finley, and Kirby Elliott spent several hours researching on-line, calling for quotes, and overseeing the project. Once the building process began, the court took shape quickly.

Future plans for the court will eventually include lights for evening play and a fence around the boundary of the court. We are hoping to add low-maintenance landscaping with a few trees and benches.

If you know of an organization or individual wanting a community project to help with, contact us. We are hopeful that we can dress up the area with your help.

## Lil' Indians basketball

Lil' Indians basketball under the coaching of Holly Hingst has been meeting Saturday mornings for several weeks. It is a skills building time for kindergarten through sixth

grade with their ending program during half time of the high school game Dec. 14.

Another grade school age basketball practice time has started up this last week under the direction of Matt Bandel. Matt, as well as other parents, has conducted this practice time for several years. For more information contact Penny.

## Christmas cookie exchange

On Sunday, Dec. 16, the Rec Commission is sponsoring the second annual Christmas Cookie Exchange. I was a part of this get together last year and had a great time. I took home several dozens of treats that my family loved sampling.

So find your favorite Christmas cookie recipe and bring the ingredients. We'll spend the afternoon cooking, sipping on hot spiced cider and listening to holiday music. Kathy Vandike and Barb Holzwarth will organize the kitchen and add several yummy cookies to the exchange.

For questions and/or suggestions for classes contact Penny @ 332-3949.

# Partnering To Bring Medical Specialists To St. Francis

## St. Francis Outreach Clinic Schedule

**Cheyenne County Hospital**  
210 W. 1st Street - St. Francis

### Mobile Mammography

Every Four Weeks  
(785) 332-2104

**Cardiology**  
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Mondays-Fridays

785-626-9344

Medicare & Blue Cross Blue Shield provider

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