

Progress made after injury

By Janet Carman

Local St. Francis resident Krysta Smestad sustained a traumatic brain injury on Jan. 22, 2011, and as a result was diagnosed with chronic seizure disorder. She suffers daily seizures described as painful and sometimes violent.

Before the accident, Krysta attended college, worked, and owned her own home. The seizures have forced her to move back in with her parents, Randy and Dorothy Smestad, because her condition requires constant monitoring.

In the first days after the accident, Krysta couldn't even spell the word "cat". Regaining the ability to read, follow directions, make decisions, and to plan is an ongoing struggle.

Years ago, she was trained as a Wilton Certified cake decorator. Now, baking has become the therapy that is helping her.

"Our family is a team," she said. "We all work on these cooking projects together."

"Krysta has done very well through this whole thing," said her mother. "She has a great attitude, and her goal every day is to do something!"

Despite the progress she has made, Krysta still cannot be left alone. This is a very difficult



KRYSTA SMESTAD enjoys baking cookies.

situation for a young 27-year-old woman, and her family, as well.

Recently, the Smestads found out about a special type of service dog, called a seizure response dog. The dog's training promises to offer Krysta the opportunity to experience independence for the first time in over two and a half years.

After much research, they found Canines 4 Hope, and a yellow lab named Tyler that is being trained in Florida. Service dogs usually cost \$30,000, but Krysta will be able to get Tyler for around \$9,000. The benefits to the Smestad family will be immeasurable.

Next week there will be a story about Tyler, and how he will benefit the Smestads and the entire community.

Mr. Landenberger also presented figures to upgrade the city's electrical system. The cost is estimated to be a little over \$500,000.

If begun in 2014, the upgrades can be done in phases and would be completed by 2019. The cost would be funded by raising the kilowatt charge one penny, which should bring in an additional \$100,000 to \$110,000 per year in revenue. It would be earmarked for upgrading the city's electrical infrastructure.

Other business
Gene Voeller has put in bids of \$25 and \$15 for the Emerson Street properties. After discussion, the council will ask Mr. Voeller to come up with a proposal/scope of work plan on how he intends to clean up the properties.

City council discusses purchase of new fire truck

By Douglas Sloper
dsloper@nwkansas.com

The St. Francis City Council members, at the Sept. 23 meeting, were updated on the income and expenses of the St. Francis swimming pool.

Council member Bruce Swihart reported that the income this summer was down approximately \$900 from last year, while expenses were down approximately \$2,500 from a year ago. The expense drop, he said, was due to the fact that most of the employees were hired for minimum wage. He also said that it had been difficult hiring and keeping employees this year.

Superintendent J.R. Landenberger reported that the city had spent \$5,000 in the past 5 years on upkeep for the Cheyenne Theater sign. This is due mostly to hail damage and weathering.

He has been looking into changing the marquee sign out from neon to LED lighting. This would cost approximately \$7,300 and would hold up much better than the neon lights. The LED lighting, he said, is not as susceptible to hail damage as the neon lighting currently is. The LED lighting also has a 10-12 year life span.

After discussion, where the council questioned the need to spend \$7,300 on just the marquee, the issue was tabled to a later time.

Mr. Landenberger also presented information on buying a new fire truck to replace the oldest truck, which recently barely passed its yearly inspection. A new truck that would meet National Fire Protection Association compliance standards would cost approximately \$280,000. A truck that did not meet all the associations' standards would be approximately \$210,000 - \$230,000.

Council member Roger Jensen asked about any trade in value the older truck would have. Mr.

Kale Dankenbring requested information on obtaining a cereal malt liquor license to serve 3.2 beer at Union Square, the new business place on Main Street. Attorney Mike Day informed him that he would need to get an application from the city clerk's office. He would also have to have at least 70 percent of the gross business be non-alcoholic sales (such as food, coffee, non-alcoholic beverages) to be able to serve alcohol where minors could be present. Mr. Dankenbring told the council that in addition to the Fresh Seven Coffee shop, there will be pizza and roasted meats served.

Fire chief George Harper presented information on buying a new fire truck to replace the oldest truck, which recently barely passed its yearly inspection. A new truck that would meet National Fire Protection Association compliance standards would cost approximately \$280,000. A truck that did not meet all the associations' standards would be approximately \$210,000 - \$230,000.

Council member Roger Jensen asked about any trade in value the older truck would have. Mr.

Harper said these trucks have no trade-in value. He said that even though the older truck has only 8,000 miles, the main concern is having pumping pressure that is required and the fact that replacement parts are hard to purchase.

The insurance rating for the city is also affected and the city will pay more for fire insurance should they decide to go with only one truck. After much discussion it was decided that since the older truck has passed inspection for this year, it will be reviewed again and included in next year's budget.

Mr. Harper will also talk with Superintendent Landenberger regarding the issue of the Emergency Medical Service wanting to add five flagpoles outside the emergency building. Mr. Landenberger is concerned about the power lines and the fact that the U.S. flag will need to be lit up. He and Mr. Harper will meet to discuss the issue further.

Next meeting
The next meeting of the city council is set for 7:30 p.m. on Monday, Oct. 7, in city hall on Main Street. Council meetings are open to the public to attend.

Junior high Lady Indians get a win

The junior high Lady Indians took on the Oberlin Red Devils in Oberlin Thursday night, Sept. 26. In an exciting first match the Lady Indians B team knocked off the Red Devils in straight sets 25-21, 25-19.

Not to be outdone the Lady Indians A team playing hard, and showing tough resilience, defeated the Red Devils in an exciting first set 27-25, dropping the next set 25-12, but coming back to take the 3rd set and the match 15-9.

In C team action St. Francis lost in straight sets 25-12 and 25-13. Coach Morgan Strand was very pleased with the effort the Lady Indians showed against Oberlin.

"I was very pleased by the way our girls played at Oberlin. I haven't seen our girls play, rally, 'pass, set, hit,' or serve in a game that well yet. It was great to see our girls come together and work to play some good volleyball."

"In the B game, the girls really showed me that they wanted to win" said the coach. "It was great to see that the players wanted to work hard and win. In the C game, the girls showed a lot of heart. I am impressed with how far these girls have come since our first day of practice and their willingness to continue to work hard toward our goal of winning games."

Junior high still unbeaten

In football action, the Saint Francis junior high Indians remained undefeated at 4-0, with a 38-0 shutout of the Oberlin Red Devils Thursday, Sept. 26.

After a scoreless first quarter, the Indians lit up the scoreboard in the second quarter when quarterback Tate Busse hit wide receiver KC Krien with a 23 yard touchdown pass. Jordan Raby ran in the extra point, and the Indians were up 8-0. Later in the quarter Tate Busse again hooked up with

Jordan Raby for a 17 yard touchdown pass. Tate Busse converted the extra point and the Indians were up 16-0. The Indians next score of the quarter came when Jordan Raby made a nifty run, behind great special teams blocking returning a Red Devils punt 65 yards, for the Indians third score of the quarter. The extra point was no good and at the half, St. Francis had a comfortable 22-0 lead.

After a scoreless third quarter, the St. Francis finished off Oberlin in the fourth quarter, when Jordan Raby scored on an 11 yard run. He also added the extra point and the Indians were up 30-0. St. Francis then held Oberlin in check the remainder of the quarter and finished the game with a final score 30-0.

Next up for the undefeated Indians will be the Benkelman Tigers on Thursday evening, Oct. 3 with the kickoff scheduled for 4:30 p.m. at Greene Field.

Oncology Clinic Brings Expanded Cancer Services to Colby



Dr. Sameh G. Abuerreish
Medical Oncologist/Hematologist



Dr. January Fields
Medical Oncologist/Hematologist

Dr. Sameh Abuerrish, oncologist and hematologist with HaysMed's Dreiling/Schmidt Cancer Institute, will join oncologist Dr. January Fields to evaluate patients and provide follow-up oncology and hematology services at HaysMed's Colby oncology clinic:

- Oncology - Dr. Sameh Abuerreish - Monthly
- Oncology - Dr. January Fields - Twice Monthly
- Citizens Medical Center Specialty Clinic
- 100 E. College Drive - Colby

The cancer program at HaysMed is accredited by the American College of Surgeons Commission on Cancer. Its trained cancer specialists provide these state-of-the-art cancer care services:

- Medical oncology
- Radiation oncology
- Hematology
- Breast Care Center
- Cancer prevention, screening and early detection
- Diagnosis, consultation, treatment
- Patient support and education
- Clinical research
- Cancer survivorship services

To schedule an appointment, consult your primary care physician or call 1-855-429-7633.

ONE CALL
1-855-HAYSMED

2220 Canterbury Drive - Hays
www.haysmed.com/cancer



Stop in for our **GRAND OPENING!**
October 4 & 5 • 8 a.m. to 5 p.m.

Building pictured is not priced in ad. Crew travel required over 50 miles. Local building code modifications extra. Price subject to change without notice.

Colby, KS BUILDING SALE!

990 S. Ranger Ave. / Colby, KS
(785) 462-2023
Food & Refreshments Provided!

- 30' x 48' x 12' • \$13,615
- 42' x 80' x 14' • \$25,065
- 60' x 112' x 16' • \$49,965

FEATURING: FABRAL

CALL US FOR A FREE CONSULTATION!
800-373-5550 | ClearyBuilding.com

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
Dr. Jeffery Curtis
Monthly

ONE CALL
1-855-HAYSMED

In partnership with Cheyenne County Hospital
haysmed.com