Spring health fair starts on April 12

Twice a year, the Cheyenne County Hospital, clinic and health department sponsor a health fair. The spring health fair has been set from Monday to Friday, April 12 through 16. During these days, there will be blood draws, male and female exams

The health fair is an excellent way to offer screenings for some health problems like diabetes and high blood pressure, said Mila Bandel, county health nurse. By catching them early, it can reduce the risk for costly complications.

The lab draws will be offered for three mornings in St. Francis (April 12, 13 and 14) from 7 to 10 a.m. in the basement of the their family. This event is free of Cheyenne County Clinic in St. Francis and one morning in Bird No appointments are needed for the lab draws.

Remember to not eat or drink having the lab draws can take their morning prescription medications with sips of water prior of their body weight. to the draws.

16 in the St. Francis Clinic as well as the Bird City Clinic.

exams will offer breast and pelvic exams, pap smears; the male exams are at a reduced price and will not be charged to your in- ing health care costs.

There will be an exhibit booth fair with health and safety information available from 6 to 7:30 p.m. on Thursday, April 15, at the St. Francis Grade School gymnasium. This is a come-and-go fair for participants to walk through

Free medical testing

Free medical testing will be available in the following areas: blood pressure, pulse, oxygen, glucose /blood sugar, vision, body mass index score just to name a few. There will also be numerous organizations on hand to visit with people regarding health and safety for them and charge to attend.

Preventing or delaying the on-City (Tuesday, April 13) from 7 set of chronic health problems to 10 a.m. at the Bird City Clinic. like diabetes, heart disease and stroke can produce significant savings for any insured employee group or individual. Regular except water after midnight the physical activity helps people night before the lab draw. Those temporarily or in some cases, permanently, prevent having diabetes if they also lose 7 percent

In addition, regular physi-There will also be male and cal activity helps people manfemale exams available for the age their diabetes, high blood health fair on April 14, 15, and pressure and cholesterol better, thereby reducing their short and long term health care costs. Appointment for exams are a People who walk at least 30 must and can be made by call- minutes, five days a week, lower ing 785-332-2682. The female their stress, and risks for heart disease, stroke, hospitalizations, osteoporosis, fractures, depresexam will include a prostate sion, gall bladder disease, Alcheck. The fees for the labs and zheimer's Disease, and many other conditions, thereby lower-

Free family fun day set

In celebration of the "Week of throughout the four hour event. the Young Child", Smart Start Resource and Referral, as well as several other organizations and a.m. to 2 p.m. mountain time. The Start at 465-9103 or Resource and event will be held in the Union at Referral at 460-5482. Northwest Area Technical School at 1209 Harrison in Goodland.

The carnival atmosphere will provide games and prizes as well as food, activities, clowns and fun for everyone. There is no cost for this event. Children must be accompanied by an adult. Drawings for door prizes will be held

"Week of the Young Child" is

North West Kansas, Child Care an annual event held each April to recognize and celebrate the special gift of young children to a combusinesses will be sponsoring a munity. This year's celebration Family Fun Day for area fami-runs from April 11 through 17. For lies on Saturday, April 10 from 10 more information contact Smart

Sponsoring organizations include: PCAN (Prevention of Child Abuse and Neglect) Northwest Kansas Educational Service Center, Sheridan County Head Start, Girl Scouts, Big Brothers and Big Sisters, Peoples State Bank, and



RELAY RACE — Eddie Frisbie hands the baton off to his team mate Walker Janicke at the track meet held on Photo courtesy of Lori Janicke

Students hold entrepreneurship fair

Bird City Century II Development Foundation sponsored the first Cheylin Entrepreneurship Fair (E-Fair), which took place on

The E-Fair was open to all Cheylin students in grades seventh through 12 and a total of 18 students participated with 13 individual entries and two group entries submitted for judging. In addition, participants had the chance to win scholarship awards of \$500, \$300 and \$200.

Students created their own business and designed their business plan, including the financial portion of it and then presented their project to four judges.

Entries were judged on their business plan, product knowledge, marketing ideas, product feasibility, financial feasibility, commitment to rural economy, overall impression of the contestant/product during a verbal presentation.

The first place with a \$500 scholarship award went to Craig Busse and Stephanie Busse for their entry, "Busse's Bountiful Harvest Flour Company." Second place with a \$300 scholarship award went to Kenan Reeh for his

Bird City News

Thursday to Sunday afternoon, Edna Roesener's daughter, Cathy (Shrader) Atkins and husband, Larry of Hot Springs, S.D., and their children were guest of Paul and Edna Roesener.

Mike and Danielle Rush, and Newalla, Okla.; Michelle Stasser, and children Oriona and Ariya of Midwest, Okla.; Bethany Stoney and children, Tierra and Kaitlyn of Great Bend, and Roy and Karen Shrader and Grant of Bird City also joined the family for a visit

entry, "K-R Spraying."

Third place with a \$200 scholarship award went to Joshua Keltz for his entry, "Josh's Pheasant Farm." And the E-Community Scholarship Award of \$200 went to Jacob Brubaker for his entry, "Jacob's Lawn Care Service."

Guest speaker for the E-Fair was Val Reiss, an entrepreneur from Weskan. His primary message revolved around the quote, "You can choose to live where you work, or work where you live."

During Mr. Reiss presentation, he gave examples of previous Weskan students who chose to return home to raise their families and were able to do so through entrepreneurial business opportunities.

He stated several similarities between Weskan and the Bird City/ McDonald communities, reminding the students there are opportunities out here. He spoke highly of the Cheylin School, pointing out the high percentage of students who excel in the state testing year after year and to be proud of the students' accomplishments.

Also in attendance to show their support of the E-Fair were Resource Partners Network Kansas, Wichita; Kansas Small Business Development Center, Bird City Outreach Office; Kansas Department of Commerce, Hays and Colby; and Pioneer Country Development, Hill City.

In addition, Colby Commu-College-Entrepreneurship nity Program, and Northwest Kansas Technical College-Business Class in Goodland sent students who children Michael and Maely of interacted with the E-Fair participants.

Scholarship awards were given on behalf of Bird City Century II Development Foundation, to first, second, and third places. A fourth award was given through the Bird City E-Community Fund.



BUSSE'S Bountiful Harvest Company owners Craig Busse and Stephanie Busse took first place at the E-Fair.

CHEYENNE COUNTY HOSPITAL EMPLOYMENT OPPORTUNITY

Environmental Services

Part-time housekeeping and linen services assistant needed to perform a variety of general cleaning tasks to maintain patient rooms, offices, and hallways.

Monday through Friday from 1:00 to 6:00 p.m.; weekend rotation will be required.

Other responsibilities include operating mechanical floor cleaners, setting up chairs and tables for special events, distributing emergency supplies as needed.

Please pickup an application at the front office or

Human Resources, (785)332-2104 Ext. 116 210 West First, St. Francis, KS 67756



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