

# Plan to attend Health fair

The fall Cheyenne County Health Fair will be held Monday through Friday.

Sponsored by the hospital, clinic and health department, there are two lab exams available - the lab profile will be a chemistry panel with thyroid (TSH) and lipid panel; and prostate-specific antigen (PSA) test. The lab draws will be offered for Monday, Tuesday and Wednesday from 7 to 10 a.m. in the clinic basement in St. Francis and on Tuesday from 7 to 10 a.m. in the Bird City Clinic.

No appointment is needed. People taking the lab draws are reminded to fast for the chem panel lab test (nothing to eat or drink except water after midnight). Note: People can take their prescription medication prior to the lab draw that morning.

A female exam includes a breast and pelvic exam with pap smear, the male exam, including a prostate check, will also be offered. The exam dates include the afternoon of Oct. 6, all day on Oct. 7 and Oct. 8. The exams will be at the clinic in St. Francis.

The fee is due at time of service and will not be billed to insurance.

For more information on fees, refer to the ad on Page 2 of this issue.

### What does some of the lab work mean?

Chemistry panels are groups of tests that are routinely ordered to determine a person's general health status. They help evaluate the body's electrolyte balance and/or the status of several major body organs. The tests are performed on a blood sample, usually drawn from a vein in the arm.

The thyroid test is often the test of choice for evaluating

thyroid function and/or symptoms of hypothyroidism. A high test result often means an underactive thyroid gland that is not responding adequately to the stimulation of test due to some type of acute or chronic thyroid dysfunction. A high test value can also occur when patients with a known thyroid disorder (or those who have had their thyroid gland removed) are receiving too little thyroid hormone medication.

A low test result can indicate an overactive thyroid gland (hyperthyroidism) or excessive amounts of thyroid hormone medication in those who are being treated for an underactive (or removed) thyroid gland.

The lipid profile is a group of tests that are often ordered together to determine risk of coronary heart disease. They are tests that have been shown to be good indicators of whether someone is likely to have a heart attack or stroke caused by blockage of blood vessels or hardening of the arteries (atherosclerosis). The lipid profile typically includes:

- Total cholesterol
- High density lipoprotein cholesterol (HDL-C) - often called good cholesterol.
- Low density lipoprotein cholesterol (LDL-C) - often called bad cholesterol triglycerides.
- Prostate-specific antigen (PSA)

is a protein produced by cells of the prostate gland. The prostate test measures the level of prostate-specific antigen in men's blood. It is normal for men to have a low level of prostate-specific antigen in their blood; however, prostate cancer or benign (not cancerous) conditions can increase a man's prostate-specific antigen level. As men age, both prostate-specific

antigen and prostate cancer become more common. The most frequent benign prostate conditions are prostatitis (inflammation of the prostate) and benign prostatic hyperplasia (enlargement of the prostate). There is no evidence that prostatitis or benign prostatic hyperplasia causes cancer, but it is possible for a man to have one or both of these conditions and to develop prostate cancer as well. A man's prostate-specific antigen level alone does not give doctors enough information to distinguish between benign prostate conditions and cancer. However, the doctor will take the result of the prostate-specific antigen test into account when deciding whether to check further for signs of prostate cancer.

### Auxiliary of the VFW Post 1528

The Auxiliary of the VFW Post 1528 met on Sept. 13 at Ruth Moore's house. There were seven present: Connie Rooney, Marlys Poulignot, Ruth Moore, Dot Hill, Carol Connett, Hattie Terry and Wanda Dowdy. President Rooney called the meeting to order and we had the opening ceremonies. JoAnn Wahrman did the inspection for the 9th District. She was given a corsage that Ruth Moore had made, with \$5 in it. JoAnn gave this back to us as an endowment.

Each person present at the meeting was given a folder with copies of the program for 2010-2011 to keep and read when we

have time to give us a better understanding of the things that the VFW Auxiliary stands for and does for the Veterans. One of the things that was in these copies was a list of things that we can count for community service. This includes a lot of things that a lot of us do in our everyday lives - recycling, helping others, giving meals or gift certificates for meals for others, as well as just helping out when others need it.

Another thing that was in this packet was a TCB contest. This is for Taking Care of Business - what we should be doing as an Auxiliary. There will be in each mailer 1 question that we can answer - there is a paper that gives the information that

we need to write and where to send our answers. There will be prizes awarded for the correct responses, but we all will be winners because we will be reading the by-laws and learning more about our organization.

They discussed the "Make A Difference Day" project and decided that they would give to the Food Pantry for this year. This is a needy cause and members can help.

If anyone is eligible and welcome to join the Ladies Auxiliary of the VFW 1528, as plans are made for projects for the following year. They will meet at Ruth Moore's house on Oct. 18 at 1:30 p.m.



### School Phones

HS Office - 734-2341

Elem. Office - 734-2351

### Board of Education

Hal Antholz, Jan Busse, David Frisbie, Dale Hazuka Jr., Lori Janicke, George Louderbaugh, Anita Pochop

### Administration

Bruce Bolen - Superintendent/Principal

### Office Personnel

Loretta Rucker - HS Sec. Jane Young - District Clerk Deanna Nelsen - Elem. Sec.

### Cooks

Avis Hazuka (Kitchen Supv.); Dianna Carson (Head Cook); Leah Rambat (Kitchen aide).

### Custodians

Leticia Estrada, Linda Schneider.

### Bus Drivers

Randy Miller (Supervisor); Phyllis Carson, Dave Hubbard, Sylvia Hubbard, Dixie Louderbaugh, George Louderbaugh, Kay Miller, Jacky Roesener

### Aides

Jeri Antholz, Kris Burns, Kendal Cahoj, Rose Miller, Mary Moore, Barbara Parker, Anita Pochop, Lucille Rossbach, Bobbie Walden

### Faculty

Barbara Antholz - FACS Margyre Antholz - Title I Anthony Blair - Health/PE

Emily Bolen - Migrant Educator

Elaine Marcuson - At Risk Coordinator

Anita Burton - K-12 Counselor

Darla Dible - Librarian, Soc. Studies.

Abbi Dixson - English/Speech

Kevin Dixson - Math.

Deb Grace - Speech Pathologist

Amy Hendricks - Science

Dennis Hengen - Ind. Arts

Rose Hengen - Music/Band

Susan Jensen - Business/Computer

Max Keltz - Vo Ag

Janice Churchwell - Math/Language.

Carol Parch - Sp. Ed.

### Kindergarten Kayla Bursch

Eduardo Baca

Tucker Burr

Nathalie Chacon

Phoenix Clemans



Isabelle Gabaldon Diane Martinez Jillian Martinez John Serrano

### First Grade Ranae Suter

Christian Gabaldon Nellie Hesper Mitchell Howard Trent Howland Dylan Ketzner Grace Wright

### Second Grade Kathy Weber

Joseph Augusta Makenzie Barnett Mikaela Barnett Soledad Bermudez Jeff Canare

Gabriela Gutierrez

Gustave Hesper Colton McCarty

Joseph Melton Caitlin Ray

Brissanelly Salcido

Andrew Schields

Briana Vandike

### Third Grade Ken Hankins

Jayden Boyson

Guienevere Burr

Samantha Childers

Miguel Gonzales

Kaylynn Hendricks

Luis Reynoso

Montserrat Salais

Eric Vasquez

Kimberly Velazquez

### Fourth Grade Tammi Carmichael

Granite Bock

Gregor Burr

Kevin Castillo

Jorge Chacon

Destiny Clemans

Isaiah Flower

Christina Frink

Mary-Hannah Frisbie

Rosa-Lena Frisbie

Yordi Gutierrez

Jeimy Martinez

Abbi Miller Andy Miller Merlin Ray Jacob Serrano

### Fifth Grade Cristi Antholz

Gina Courter Alexandra Hazuka Jordan Janicke Dominique Johnston Rachel Keltz Amber Manners

Tasha Ritchey

### Sixth Grade Kale Schields

Christopher Antholz Bergan Bock Jacqueline Chacon Kevin Estrada Thomas Frisbie Jorge Gonzalez

Haleigh Rucker Hector Vasquez

### Seventh Grade

ElsaCraig Burr

Alexis Frink

Diana Garcia

Pedro Gutierrez

Devon Janicke

Elizabeth Keltz

Ivan Kemp

Reece Leonard

Danea Magnani

Kelsey Miller

Derek Vandike

### Eighth Grade

Michael Barnett

Jacob Brubaker

Anamarie Crespina

Jaime Davison

Anna-Lura Frisbie

Cheyenne Hewitt

Mary Anne Orten

Shawn Pochop

Kalin Ritchey

### Freshman

Manda Barnett

Blaine Burns

Ty Carmichael

Justin Culwell

Edward Frisbie

Connor Hazuka Shayla Hubbard Walker Janicke Susannah Jones

Shandonae Manners

Elizabeth Pochop

Mary Riley

Mercedes Ritchey

Luis Solis

Casey Vandike

### Sophomore

Stephanie Busse

Heath Churchwell

Austin Cobb

Caleb Frink

Josh Keltz

Adam Orten

Ruben Razo

Kenan Reeh

Cassie Rucker

Nakita Schneider

Grant Shrader

Jessica Smith

### Junior

Clint Burns

Forrest Burr

Noah Jones

Dalton Magnani

Austin Manners

Wilhelm Orten

Roberto Ponce

Iliana Reynoso

Cory Rucker

Kayla Statley

Jeremiah White

Ethan Young

### Senior

Heath Antholz

David Burns

Craig Busse

Jared Cahoj

Teryn Carmichael

Whitney Churchwell

Daniel Frisbie

Adrian Garcia

Mitchel Jensen

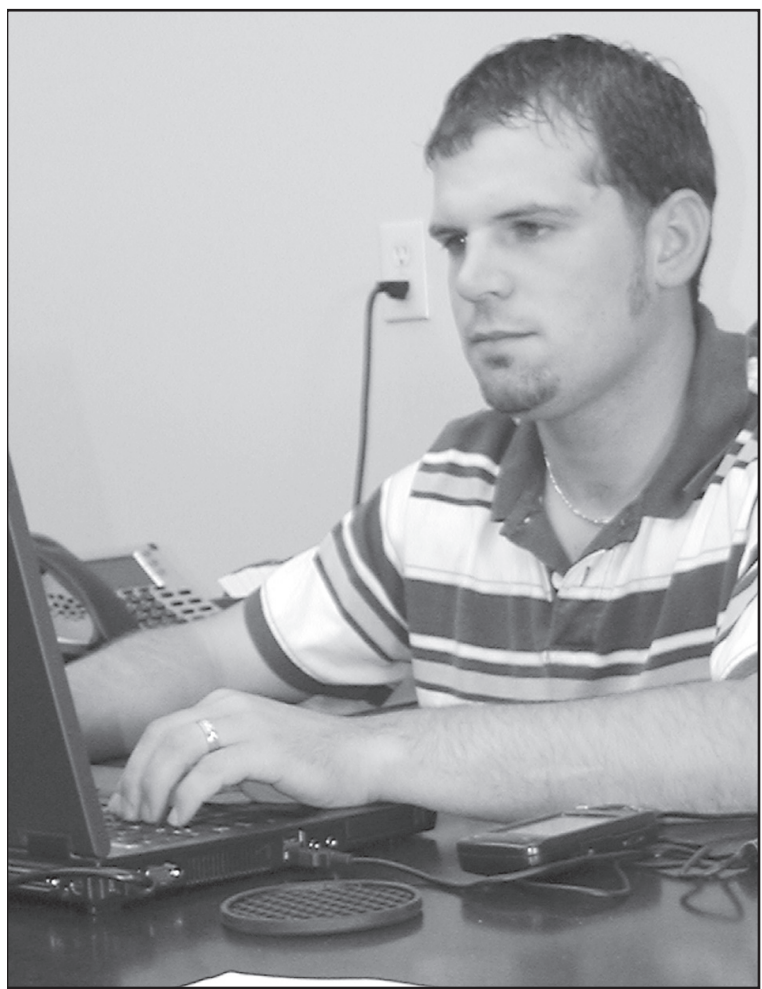
Mariah Jones

Caleb Keltz

Samantha Lampe

Steven Pham

Chris Walden



OPEN FOR BUSINESS - Matt Wilson of CSI runs one of five locations across the state. Herald staff photo by Karen Krien

# New computer service business open in Sainty

By Karen Krien

karen.k@nwkansas.com

St. Francis has a new computer service business, CSI, located at 109 North Quincy.

Computer Solutions Inc. (CSI), owned by Galen and Judy Lambert, was started 24 years ago. It is a value-added information technology service and sales organization for the small business community. It also specializes in serving the financial, government and education sectors.

CSI, Mr. Lambert said, is one of the five largest Hewlett Packard resellers in Kansas which is a remarkable achievement because the company is so far from the large population centers.

The St. Francis business is run by Matt Wilson. There are four other CSI locations in Smith Center, Beloit, Concordia and McPherson. The staff is working from Estes Park, Colo., to Columbia, Mo., as well as north and central Kansas, he said.

Mr. Wilson said he will be offering quality products, competitive pricing and the highest level of service and support.

Personal dedication to our customers is key and we have an excellent combined skill set of employees, Mr. Lambert said.

The company was recently recognized by the Huck Boyd National Institute for Rural Development which helps rural

people help themselves. CSI also received a gold certification from Microsoft. Last year, Mr. Lambert was selected as the outstanding member of the Heartland Technology Group, a peer group of information technology companies that share financial and organizational data with each other.

Following Matt's graduation from Cheylin High School in 2003, he went on to the Manhattan Area Technical College. Following his graduation in December 2004, he began working for Computer Solutions and has been in the McPherson office.

Wanting to get closer to home, he recently moved to Cheyenne County to open up another branch office.

He will be working with small businesses and individuals, offering technology consulting and value-added reseller services from the leading information technology manufacturers. He will be offering expertise with customized solutions resulting in a better return on information technology expenses.

Mr. Wilson said, besides working on computers, they will keep a small inventory of parts. He welcomes people to stop by anytime. From 1 to 4 p.m. on Monday, Oct. 25, an open house will be held.

# Cheylin Cougars 2010-2011

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