

# Family business is 100 years old

Companies that have been in business for 100 years are rare in a day when business failure, buy-outs and mergers make constancy and stability seem old-fashioned. Now, factor in that Bell Lumber and Pole Company has been owned by the Bell family for 100 years, this is something that's just about unheard of.



**Tommy Bell**

Bell Timber, Inc. of Haigler, is proud to announce that Bell Lumber and Pole Company will be celebrating its 100th year of business. Founder, M.J. Bell, began pole operations on Aug. 14, 1909, using northern white cedar along Lake Superior near Ashland, Wis.

Today, fourth generation owner, Tom Bell, adds his vision and passion to this ongoing family affair, producing large quantities of western red cedar, douglas fir and red pine poles. In addition, the company offers customers southern yellow pine poles, specialty wood products, as well as laminated wood poles for companies throughout North America. The Bell Family includes hun-

dreds of employees at facilities throughout the U.S. and British Columbia.

"Our Bell Timber facility in Haigler retains an inventory of thousands of poles for delivery throughout the country," Mr. Bell said.

To learn more about Bell Lumber and Pole, visit: [www.blpole.com](http://www.blpole.com).



**FOUNDER, M.J. Bell, began Bell Lumber and Pole operations in August of 1909.**

# Young volleyball team splits wins

By Betty Jean Winston  
[betty.w@nwkansas.com](mailto:betty.w@nwkansas.com)

The junior varsity volleyball season began at home on Tuesday, Sept. 1, with Sainty ending the day with a match win over Golden Plains by the scores of 25-16 and 25-15 and Hoxie winning the second match 25-20 and 25-12.

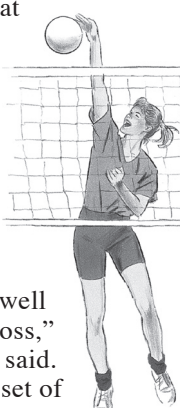
**vs Golden Plains win 25-26, 25-15.**

"The young Lady Indians got off to a very good start against Golden Plains," Coach Jeff Olofson said. "They missed very few serves, played hard

and made a number of great plays. The serving percentage was 85 percent.

**vs Hoxie loss 20-25, 12-25.**

"Against Hoxie things started fairly well with a close loss," Coach Olofson said. "In the second set of the match however the wheels fell off. The young ladies had trouble in all aspects of the game and Hoxie took full advantage of the mistakes. The serving percentage was 73 percent and we will not beat teams very often if we serve below 80 percent. As it is early in the season we have ample opportunities to improve."



# Nurse graduates leadership

A Cheyenne County registered nurse was among 32 students graduating from the Kansas Hospital Association Leadership Institute on Aug. 25.



**Douthit**

Candice Douthit was in the eighth class at the Critical Issues Summit in Wichita. Students were nominated by their hospital's chief executive officer to be part of this select group. They represent the future leaders of Kansas hospitals.

Helping to build future health care leaders is important to the Kansas Hospital Association.

"We are committed to strengthening and promoting the leadership capacity of hospital employees in Kansas," said Tom Bell, president and chief executive officer of the Association. The Leadership Institute was established to help hospitals provide professional development opportunities that accentuate the personal skills and abilities needed to facilitate positive change and innovation in Kansas hospitals.

Students were nominated because their chief executive officer recognized their potential to be future leaders and wanted to help cultivate that development. Each one of these students made a personal and professional commitment to expand their skills by attending all six courses of the Leadership Insti-

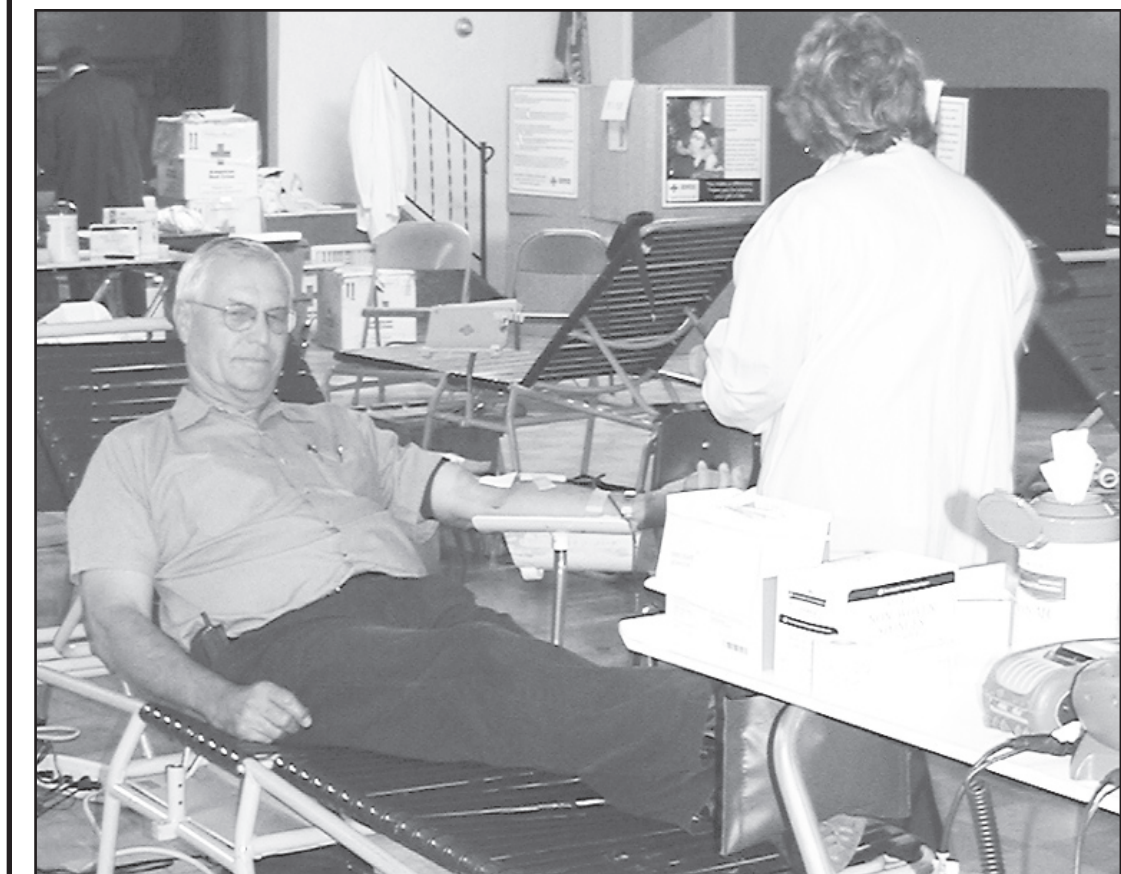
tute. The curriculum was structured to enhance each student's leadership abilities.

- Course 1 focused on explaining the difference between leadership and management, identifying organizational values and creating a positive organizational climate.
- Course 2 focused on enhancing communication skills and examining ethics.
- Course 3 focused on team building - including how to lead a team and how to be part of a team.
- Course 4 examined conflict and how to effectively manage it.
- Courses 5 and 6 were at the Critical Issues Summit. Students learned about governance and the challenges facing health care in the future.



**DRYING DISHES — Janice Krien uses the dish towels that were made and donated by Phyllis Roelfs to the Senior Citizens Center.**

*Herald staff photo by Karen Krien*



**GARY COOPER gives blood during the Red Cross Blood Drive that was held in Bird City on Aug. 26.**

*Times staff photo by Linda Schneider*

# Moments With Mila

The benefits of fruits and vegetables

By Mila Bandel



County Health Nurse

Almost everyone needs to eat more fruits and vegetables. A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat every day.

Did you know that fruits and vegetables can protect your health? Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of

a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.

Nutrients should come primarily from foods. Foods such as fruits and vegetables contain not only the vitamins and minerals that are often found in supplements, but also other naturally occurring substances that may help protect you from chronic diseases. Fruits and vegetables assist with weight management substituting fruits and vegetables for higher-calorie foods that can be part of a weight loss strategy. Our busy lives can benefit from food that's nutritious,

yet easy to eat on-the-go, like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.

Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, foliate, potassium and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon and white onions. For more variety, try new fruits and vegetables regularly.

# Department head gives report

By Karen Krien

[karen.k@nwkansas.com](mailto:karen.k@nwkansas.com)

Kathy Hertel, director of materials management, was on hand to talk about the operations of her department at the Thursday Cheyenne County Hospital Board meeting.

For the last 29 years, her responsibility has been ordering

the supplies for the hospital. But, first of all, she thanked the hospital board for helping with some of the health insurance costs.

Ms. Hertel said she had hired Alica Beeson who does the ordering and works in the store room.

Ms. Hertel talked about the wellness program offered by

the hospital which gives the employee who participates \$200 a year. Employees receive 15 days a year sick leave. She suggested

that the board consider giving vacation leave for unused sick leave. She also suggested that members of the board visit each department in the hospital at least once a year.

**SCSEP**  
SENIOR COMMUNITY SERVICE  
EMPLOYMENT PROGRAM

**Are you 55 or older?  
Do you want to enhance  
your employment skills?**

SER Corporation's Senior Community Service Employment Program provides low-income older Kansans with paid, part-time community service training positions within not-for-profit organizations or public agencies as a gateway to unsubsidized employment.

**SER Corporation**

Abilene Office:	1-888-254-1551
Chanute Office:	1-866-431-4251
Dodge City Office:	1-866-925-2658
Hays Office:	1-785-737-6010
Kansas City Office:	1-877-236-8100
Wichita Office:	1-316-264-5372



Finding a job in today's marketplace is no easy task for a 61 year old trying to start over. I have nothing but praise for the people and the mission of the Senior Community Service Employment Program. It just goes to show you that with some determination and a little help you can overcome almost any barrier.

-- Bill, SCSEP Participant



**PRAIRIE FIRE WOOD PELLETS**

**ON SALE NOW!!**

**Wood pellets for your pellet and corn stoves! Stop by or call your local Frontier Ag location.**

**BUY BY THE TON AND SAVE!!!**

*(Special booking price will end September 30, 2009)*