

# Moments With Mila

By  
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County Health Nurse



## Fire Prevention Week

Oct. 4 through Oct. 10 was National Fire Prevention Week. Fire departments responded to an estimated 1.5 million fires in 2008. These fires resulted in 3,320 civilian fire fatalities, 16,705 civilian fire injuries and an estimated \$15.5 billion in direct property loss. Every 22 seconds a fire department responds to a fire somewhere in the United States. Eighty-four percent of all fire deaths were caused by home fires. By learning about valuable information on fire and burn prevention and safety tips, you can help family and friends keep their homes and their lives safe from fire and burns.

### Burn Notice

- Keep hot foods and liquids away from tables and counter edges so they cannot be pulled or knocked over.

- Always be careful when using things that get hot such as curling irons, oven, irons, lamps, heaters.

### Just Right?

- Reminder to grown-ups to test water before placing children or yourselves in the tub.

### Cool a Burn

- Treat a burn right away. Put it in cool water for 3-5 minutes. Cover with a clean, dry cloth.

- If the burn is bigger than your fist, or if you have any questions, get medical help right away.

### Safety in the Kitchen

- Grown-ups should stay in the kitchen when cooking. Keep things that can burn (potholders, towels and paper) away from the stove.

- Kids should stay 3 feet away from the stove when a grown-up is cooking.

### Electrical Check-up

- Check electrical cords to make sure they are not damaged.

### Heating Reminders

- Keep space heaters 3 feet from anything that can burn.

- Grown-ups should always turn off space heaters every time they leave the room and before going to bed.

- Never use an oven to heat your home.

### Smart Grown-Up Reminders

- Install smoke alarms on every level of your home, inside each bedroom and outside each sleeping area.

- Test smoke alarms once a month.

- Replace smoke alarms every 10 years.

- Make a home fire escape plan with your family.

- Find two ways out of every room and an outside meeting place.

- Know the emergency number for your fire department.

- Practice your escape plan twice a year.

- When the smoke alarm sounds, get outside and stay outside!

Take time to tell your local volunteer fire department thank you for all of their hard work and dedication in making our community a safe place to live and for fighting fires.

# MOTEL

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### Emergency medical service department report

Jannelle Bowers, director for the emergency medical service, was concerned about having a backup for her position. If she needed to be gone for some reason, she said, there is no one to back her up. The commissioners agreed that there needed to be someone who could take over if needed.

Mrs. Bowers asked for 10 minutes executive session to discuss public safety. No decisions were made upon returning to regular session.

Mrs. Bowers told about an incident when the ambulance crew went to get gas and the credit card would not work. The commissioners agreed to have a backup bank account with \$100 in it which would be used only for emergencies.

Write offs for the ambulance department were \$6,719.

### High Plains Mental Health

Carol Rogers, the county's representative for High Plains Mental Health, reported that a meeting is being held in Overland Park in hopes of getting a more fair way for counties to pay for the services. She said that they will be looking at population, assessed value, patients served and benefits the county gets from the association and the employees in the county. The proposed plan is to pay as the services are needed/used.

### Next meeting

The next commissioners meeting has been changed from Friday, Oct. 30, to Thursday, Oct. 29. It will start at 8 a.m. in the commissioners' room in the courthouse.

### Landfill

At a previous meeting, the commissioners had agreed to let the contractor tearing down the Bird City lumberyard bring items to the landfill with no charge. The agreement had the stipulation that he would remove the asphalt shingles, painted wood, concrete and tin. Instead, there has already been around 10 tons brought to the landfill which were mixed with the items that needed to be sorted. Unpainted wood can be burned. The commissioners also noted that only half of the building has been taken down so there could be 10 tons more.

We just paid \$50,000 to have a new hole dug, said Andy Beikman, commissioner, and we don't want to have it filled up with one project.

Mrs. Domsch, who is working with a building project in Bird City that will eventually have some houses demolished, noted that the commissioners had agreed to waive the landfill fee for that project. The commissioners said there needed to be a better understanding about what is brought to the landfill and how it is separated.

Dave Flemming, road and bridge department supervisor, said the company doing the work for the airport runway had asked if fees could be waived for that project. The commissioners decided that they would not waive the fees.

Mr. Flemming had recently been to a meeting where another county

# MONEY

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The information and pictures will stay the same. The overlay simply goes up over what is there for a fresh face.

This project is to be completed within the next few weeks.

### Christmas decorations

Through the years, donations and memorials have been given for Christmas decorations for downtown St. Francis. The donations were originally for lights in the trees, said Carla Lampe, committee member, but the trees have outgrown the lights and the ability to decorate them.

After much discussion, it was decided that additional electrical circuits would be necessary to adequately support more lights. The committee opted to order season's greeting banners to be hung up and down Washington Street.

The banners will also hang at the corner of Washington and College so visitors and sports fans will see them. There is a total of 29 large- and medium-sized banners which will be visible both during the day and at night.

The banners should arrive in time for the start of the holiday season.

### Playground equipment

The final and biggest project, said Mrs. Lampe, is the addition of several new pieces of playground equipment and benches to the city park behind the courthouse.

Seven new pieces have been ordered along with two benches, a new trash receptacle and play-area curbing. The playground area will more than double in size with most of the new equipment placed in the newly created area.

The old merry-go-round will be

replaced by a new "Maxi Wheel." Playground mats will be placed under the existing swings. Dirt work will be done to build back up the trenches around the old equipment from years of children playing on them.

Completion of this project isn't expected until spring but the committee hopes to find volunteers to help assemble the new pieces when they arrive.

### Additional information

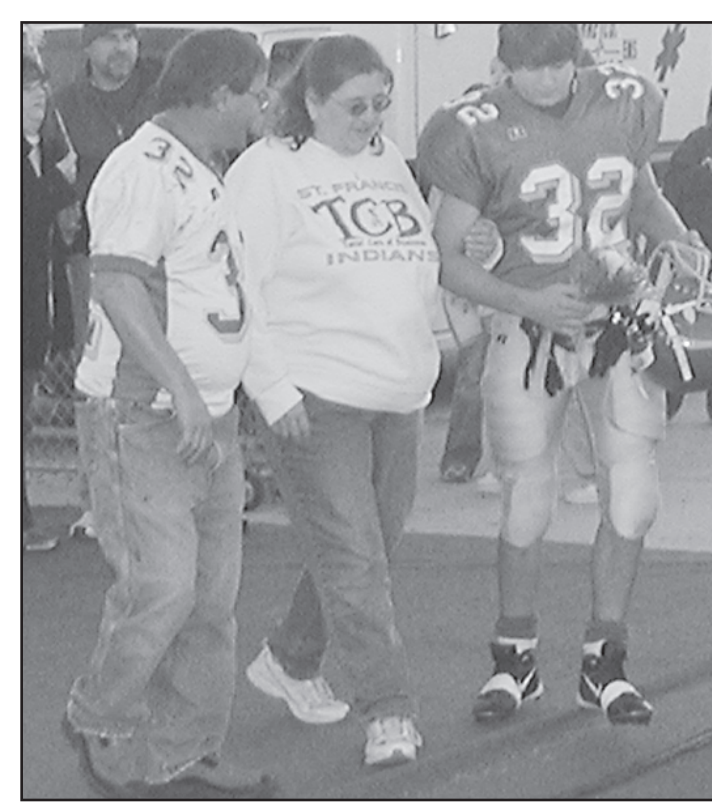
The projects, Mrs. Lampe said, are all a reflection of the pride this community takes in its appearance and recreation.

The money raised was from a va-

riety of people. The United Methodist Thrift Store has made a generous donation to help with the completion of the park project.

If anyone else, a group or organization, would like to volunteer to help or make a contribution to the park project, contact any of the committee members: Roger Jensen, Mary Lampe, Paula Keller, Mrs. Bracelin, J.R. Landenberger and Mrs. Lampe.

"We look forward to comments or questions," Mrs. Lampe said. "We also appreciate everyone who has helped by volunteering or supporting the Chamber to make these projects possible."



PARENTS NIGHT is held at the last home football game which was Friday. Right, parents, Pat and Laura Lampe walk with their son, Terrence Lamb.

Herald staff photo by Casey McCormick

# C-Team ends season

By Betty Jean Winston

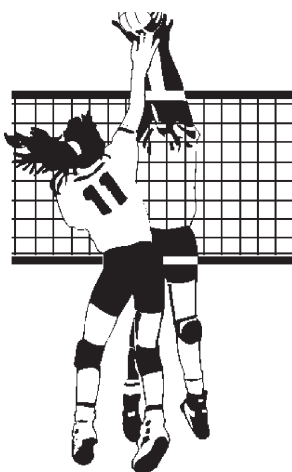
betty.w@nwkansan.com

"This was the last match for the young Lady Indians. The St. Francis C-team fell to Wallace County by the scores of 19-25, 15-25.

"Due to illness, our C team played with a different group of players than we have all season," Coach Jeff Olofson said.

"It took some time for the young ladies to work out some communication wrinkles. We served well but we did not serve receive well enough to stay in the match."

The final record for the C team was 0 wins, 11 losses.



# PLATES

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one of any specific combination within the state. Because of this change, the department of revenue will mail 31,600 letters to people who will not be allowed to retain their current combination. Since they are not the first owner of their current combination, they must select a new unique combination.

The department of revenue is in the process of putting on their web-

site the ability for individuals to type in a requested plate combination that will tell them immediately if it is available or not.

In the past, owners received two plates. As a cost savings measure, the department of revenue will be issuing only one personalized plate. State law requires just one plate per vehicle. People can call at 785-296-7044 or e-mail personalized\_plates@kdor.state.ks.us.

# Midwest Energy is a Cooperative...

## Why Does It Matter?

### We're Responsive To Customer Needs!

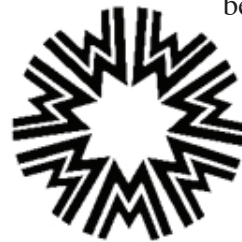
One of the top priorities at Midwest Energy is to make sure that we are constantly listening to you, our customer-owners. Working for a customer-owned cooperative makes our job great. Because we have only one, simple, business rule – what is good for our customers is good for us. And that helps us be more responsive to your needs.

And because we're a local company, we're close enough to notice the needs of a single customer from the factory owner to the small-business owner on Main Street; from a residential customer to the hard-working farm family in the country. A network of cooperatives nationally gives us the resources and knowledge required to meet your needs.

Why is being locally owned and operated so important? Because more and more, the energy industry is changing. National energy policy proposals will affect all of us and at Midwest Energy, our first obligation is to our customers, because you are our owners.

There will always be someone nearby you can talk to about any aspect of your service. At first glance, it may seem that there is little connection between school kids waiting for their bus and the line crew in the local Midwest Energy truck. But look again. Those crews working on utility poles or on gas lines, probably have kids waiting for their school bus alongside yours. We're connected to our customers, our neighbors, by much more than power lines and pipes.

Our staff also understands that paying attention to the little things is important. That's the added benefit of being served by a local cooperative.



**Midwest Energy, Inc.**

"A Customer-Owned Cooperative...Making Energy Work For You."

Published in The Saint Francis Herald, St. Francis, KS, Bird City Times, Bird City, KS, Thursdays, October 22 and October 28, 2009; and the Country Advocate, week of October 19, 2009.

### NOTICE TO AIRPORT CONSULTANTS

The Cheyenne County Airport Authority is hereby soliciting statements of qualifications and experience from airport consultants for a project at the Cheyenne County Municipal Airport. Subject to receipt of Federal funding, these projects may include the following:

1. Runway Extension.
2. Taxiway and Turnaround Construction.
3. Pavement Rehabilitation.
4. Airfield Lighting Improvements.
5. Apron Expansion.
6. Hangars and Other Buildings.
7. Access Road and Parking Lot Improvements.
8. Airport Layout Plan Update.
9. Associated work items, including land acquisition and general airport engineering.

The required services include, but are not limited to, A/E services for preliminary, design, bidding and construction phases including incidental special services for projects funded under the FAA Airport Improvement Program.

A qualification based selection process conforming to FAA Advisory Circular 150/5100-14d will be utilized. Fee information will not be considered in the selection process and must not be submitted with the statement of qualifications. Selection Criteria will include: Recent experience on similar airport projects; Capability to perform all aspects of project; Ability to meet schedules within budget; Quality of previous airport projects; Interest shown; Consultant Qualifications; and Reputation, including references.

Fees will be negotiated for projects as federal funds become available.

Prospective consultants are advised that applied overhead rates must be in accordance with the cost principals established within Federal Regulation 48 CFT Part 31, *Contract Cost Principles and Procedures*.

This contract is subject but not limited to the following federal provisions:

- Title VI of the Civil Rights Act of 1964.
- Section 520 of the Airport and Airway Improvement Act of 1982.
- DOT Regulation 49 CFR Part 18.36 (i) - Access to Records.
- DOT Regulation 49 CFR Part 20 — Lobbying and Influencing Federal Employees.
- DOT Regulation 49 CFR Part 26 — Disadvantaged Business Enterprises Participation.
- DOT Regulation 49 CFR Part 29 — Government-wide Debarment and Suspension.
- DOT Regulation 49 CFR Part 30 — Federal Trade Restriction Clause.

Interested firms should submit three copies of their statement of qualifications and experience along with references to the following address, no later than October 28, 2009.

David Yost  
Cheyenne County Municipal Airport Authority  
P.O. Box 1080  
St. Francis, KS 67756