

Initiative association to hold a forum for county residents

In a Cheyenne Initiative Association forum, Cheyenne County residents will be able to reflect on questions and possibly find answers. The forum starts at 7 p.m. on Friday, March 30, in the cafeteria at the St. Francis Community High School.

Some of the questions to be answered are: "What do you see as assets for Cheyenne County in the next 12 to 15 years?" "What do you see as needs for Cheyenne County in the next 12 to 15 years?" and "What does Cheyenne County really need to be vibrant, healthy and

prosperous by 2020?"

The forum will be led by outside professionals from the Ogallala Commons organization. People will focus on county assets and needs, starting in small group discussions. The assets and needs selected by each group will finally be considered by all those in attendance.

Tom Keller, chairman, said everyone will be given the opportunity to present their ideas and concerns. The outcome of the evening will be a proven method of focusing on and addressing the major is-

sues selected by those present.

Everyone will then be given the opportunity to volunteer to work on the selected projects developed from the forum.

Mr. Keller said that input from this forum will be used to update the current county strategic plan.

What is the Cheyenne Initiative Association

The Cheyenne Initiative Association, along with Rawlins and Norton counties, are participating in the High Plains Regional Cluster. The Cluster is facilitated by Ogallala Commons, a resource development network for creating thriving communities in the High Plains — Ogallala Aquifer region.

Also participating in the Cheyenne Initiative Association are: The commissioners, cities of Bird City and St. Francis, Bird City Century II Development Foundation, Cheyenne County Economic Development, St. Francis Community Foundation and New Generation Fund, Bird City and St. Francis Ministerial Alliance, St. Francis and Cheylin school districts, Cheyenne County Hospital, Good Samaritan Village and Bird City Community Club.

Student competes for Junior Miss

By Karen Krien

Cheyenne County Young Miss, Lauren Ross, traveled to Belleville last week where she competed in the Kansas' Junior Miss 2007 program. Lauren didn't win a title but did come home with a \$1,500 scholarship to Kansas Wesleyan University, Salina. On Monday, she signed a letter of intent to participate in track at the college.

The winner of the Junior Miss title was Jammie Layman of Marysville.

There were 11 high school seniors competing in this year's program. Lauren said she had a great time and would do it again!

"I loved my host family," she said. "The lived on the golf course and had two daughters."

Lauren meeting and working



Ross

with the other contestants was great and she made some good friends and the shopping in Belleville was an added bonus.

County health fair begins on March 26

From Monday, March 26, through Thursday, March 29, will be a good time to get that check up you have been putting off. The check ups and the tests will all be performed with great cost savings.

Cheyenne County Hospital will be holding its spring health and lab fair during the week but appointments are needed for the exams. However, they are not needed for blood draws.

The fair will include laboratory testing Monday through Wednesday, 7 a.m. to 10 a.m. Male (prostate) and female (pap smear) exams will be Tuesday through Thursday by appointment.

The laboratory work will include a complete metabolic panel, a lipid panel, thyroid stimulating hormone and an optional prostate specific antigen for men.

The complete metabolic panel, known as a "CMP," will give information about electrolytes, sugar (glucose), calcium, kidney func-

tions and liver function.

The "lipid panel" will tell cholesterol levels. These will include the "HDL" (good), "LDL" (bad) cholesterol and "VLDL" (bad). Maybe it would be best said as the good, the bad and the ugly!

The thyroid stimulating hormone, known as a "TSH," will tell if there is a thyroid disorder. This is a common disorder that is usually easily controlled by medication.

The prostate specific antigen, known as a "PSA," can track some prostate abnormalities.

For more accurate glucose and lipid panel, please fast after the evening meal prior to the lab work, however, drinking water is permissible.

See related ad for more details. For further questions regarding the health fair, contact the Cheyenne County Hospital, 785-332-2104 or the Cheyenne County Clinic at 785-332-2682.



TWENTY-FIVE YEARS of selling vehicles. Bob Yost visits with salesman, Justin Haispin.

Ford dealership celebrates 25 years in the business

By Casey McCormick

Yost Ford and Mercury is celebrating the 25th years of operation in St. Francis.

On Thursday, March 15, Debbie Rogers, Ford Dealer account manager, presented a plaque to Bob Yost to mark the occasion.

Yost Ford opened on April 15, 1982.

"Back then there were four car dealers and four tractor dealers in town," Mr. Yost said.

Today Yost Ford and Mercury and Yost Farm Supply are the lone dealers in St. Francis. Yost Farm Supply has been operating since October 1967.

When Mr. Yost started his car dealership there had not been a Ford outlet for several years.

"We had five semi-loads of vehicles delivered at one time," Mr. Yost said, "We paraded all of them down Main Street."

The Yost philosophy is built on return business, and supplying many

cars and trucks to the tri-state area and beyond.

"A large portion of the vehicles on the lot are trade-ins that were purchased here," Mr. Yost said.

Selling cars and trucks has changed over the years. In the past, most buyers stayed within a 50-mile radius to shop.

"In the old days, folks would come in and make a deal," Mr. Yost said.

Now, with the internet and television, people will drive to big cities to shop.

When Mrs. Rogers gave the award to Mr. Yost she commented about the achievement.

"Twenty five years, most marriages don't last that long," Mrs. Rogers said.

Mr. Yost was joined at the presentation by wife, Arnita, son, Dave and his wife, Pat, and Jeff Raile.

Wildlife banquet set for Friday night

By Karen Krien

Every year, hunters and fishermen as well as others interested in the outdoor sports gather for the Cheyenne County Wildlife banquet. It will be held from 6:30 to 8 p.m. at the Bird City Legion hall on Friday. The auction will begin at 8:15 p.m. Besides a dinner of prime rib with all the trimmings, there will be drawings and door prizes awarded.

Some of the items auctioned off will include a Remington Over/Under shotgun, Henry 22 youth lever action, .270 cal. Howa Bolt Action, 870 20 ga. youth Remington, 870 3 1/2-inch 12 ga. Remington, 20 ga. Charles Daily Over/Under shotgun, .22 long rifle Henry Lever action, .17 HMR pistol, and a .17 HMR bolt action Marlin.

To encourage membership, those joining with their paid membership will enjoy the free prime rib meal along with the banquet activities.

To purchase a ticket to the banquet and auction, stop at Bumper To Bumper, or Owens True Value in St. Francis; Heritage Corner in Bird City;

or contact any Cheyenne County Wildlife member.

Cheyenne County Wildlife is active in the county and the money used from the banquet and auction help with cost-share tree plantings, stock trout in Keller Pond. The organization also gives four scholarships to graduating students.

This year, the members saw the great need to feed the pheasants, quail and other wildlife during the weeks of cold, snowy weather. Led by Bob Bixler, Hal Sager first provided grain for the birds, asking that people come pick up the grain and spread it in areas where there were pheasants. Later, Tim Burr, St. Francis Equity manager, saw to it that grain was in the barrels. Others helping with the project were Lance Long, Matt Small, Chris Bracelin and Tim Stimbert. Quail Unlimited also helped pay for the grain.

The Wildlife organization's clubhouse south of St. Francis was once again the place where hunters could bring the deer to be tested for chronic wasting disease.

Surprise 89th Birthday Party!!

Potluck to Honor Louis Webb World War II Vet

Mon., April 2 ~ 5 p.m.

Bird City Legion Hall

Happy 21st Birthday!

~ We Love You!

IN MEMORY OF JOE LARSON

AUG. 8, 1964 ~ MARCH 24, 2005

THE BROKEN CHAIN

We little knew that day,
God was going to call your name.
In life we loved you dearly,
In death, we do the same.
It broke our hearts to loose you.
You did not go alone.
For part of us went with you.
The day God called you home.
You left us beautiful memories.
Your love is still our guide.
And though we cannot see you.
You are always at our side.
Our family chain is broken.
And nothing seems the same.
But as God calls us one by one.
The chain will link again.

We miss you ~ Kay & Tyler

Adult Help Wanted

Must be able to Cook

Apply at Dairy King

785-332-2137

715 S. Quincy ~ St. Francis

Wray Community Health Fair

1017 W. 7th Str. ~ Wray, CO

BLOOD DRAW DATES

March 26-April 18 • 6 a.m.-9:30 a.m. (Wray Hospital)

March 29 & April 12 • 7-9:30 a.m. (Idalia Visions)

Fast for 12 hrs. (but DRINK plenty of water!)

Cost

\$20 - Chem Panel (glucose, blood count, electrolytes, thyroid & more)

\$10 - PSA (prostate blood test for men)

Fair Date

Saturday, April 21 • 8 a.m.-Noon at the WRAC

Call for a Blood Draw Appointment • 970-332-4811

Call Jennifer Kramer, RN for any questions • 970-332-2245

Benkelman Pharmacy

1-877-423-2759

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Attention Diabetic Patients

Your Medicare Plan will allow you a new pair of shoes every year.

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You're Invited to a

Come & Go Bridal Shower for AMBER FEIKERT

Sunday, March 25 2-4 p.m.

St. Francis Public Library

Please bring a recipe to share with Amber

Clarence is still "kicking high"!

Please remember his 85th birthday, March 29th, with a birthday card. He'll love hearing from friends from NW Kansas.

Send cards and greetings to: Clarence Kamla; 309 Hillcrest Dr; Nevada, MO 64772

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In back, hanging on board