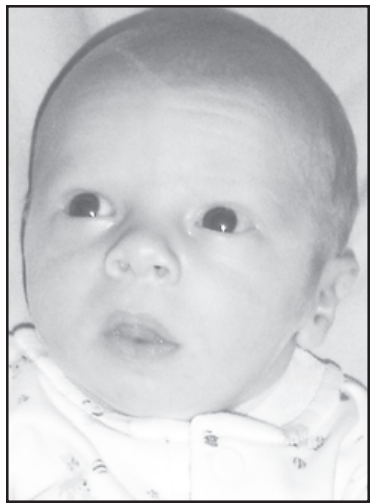


Introducing

Jedidiah Jude Wood

Nate and Shana Wood are proud to announce the birth of their first child, Jedidiah Jude Wood. Jedidiah was born at Stormont-Vail Hospital in Topeka on Friday, June 22, 2007, at 6:07 p.m. He weighed 5 pounds, 11 ounces, and was 19-inches long.

Grandparents are Gene and Patty Voeller of St. Francis, Sherri Kohman of Abilene and Dana Wood of Shawnee. Great-grandparents include Kenneth Voeller of St. Francis and the late Ellen Voeller, June Richers of Wray, Colo., the late Albert and Doris Richers, Betty Jo Young of Satanta and the late Gail Young.



Woods

Book Reviews

Book review from St. Francis Public Library

Chill Factor

By Sandra Brown

Cleary, N. C., is a sleepy mountain town, the kind of place where criminal activity is usually limited to parking violations. Not so, lately. Four women have disappeared from Cleary over the past two years. And there's always a blue ribbon left near the spot where each of the women was last seen. There are no bodies, no other clues, and no suspicion as to who their abductor might be.

And now, another woman has disappeared without a trace.

It is to this backdrop that Lilly Martin returns to close the sale of her mountain cabin, marking the end of her turbulent eight-year marriage to Dutch Burton, Cleary's chief of police. Dutch's reluctance to let her go isn't Lilly's only obstacle. As she's trying to outrun a snowstorm, her car skids on the icy road and strikes a man who emerges from the woods on foot. She recognized the injured man as Ben Tierney, whom she's met the previous summer. They're forced to wait out the storm in the cabin, but as the hours of their confinement mount, Lilly begins to wonder if the greatest danger to her safety isn't the blizzard outside, but the mysterious man right beside her.

Is Ben Tierney the feared abductor? Or is he who he claims to be...her rescuer from harm and from the tragedy that haunts her?

The compelling, sexual tension and stunning plot twists in Sandra Brown's *Chill Factor* combine to create a page-turner that will keep readers guessing until the very end.

Book review from St. Francis Public Library

Puppet

Joy Fielding

What Amanda Travis knows: Her mother has murdered a man she claims she's never met.

What Amanda needs to know: Why?

New York Times bestselling author Joy Fielding returns with *Puppet*, a compelling drama that explores how a woman's search for the truth behind her present-day life leads her to discover the shocking reality that is her past.

Puppet features the beautiful Amanda Travis, a successful 28-year-old criminal attorney who wins just about every case for her less than admirable clientele. A Florida transplant, Amanda races through her glamorous life, her only concerns being herself, a good bottle of red, and her pristine Palm Beach condominium. Her estranged mother, dead father, two ex-husbands, a love that once consumed her, and countless one-night stands have since lagged far, far behind.

But when ex number one won't stop calling, Amanda finally gives in. He tells her that her mother shot a man at point-blank range in the lobby of Toronto's Four Seasons hotel. Despite her best arguments, Amanda knows she must return to her hometown to face her demons and uncover the hidden facts behind her mother's violent outburst. All too soon, she is drawn into the dark, strange power her mother seems to hold over everyone. Her childhood nickname, puppet, echoing in her ears, Amanda must finally confront the past in order to be free of the ties that bind and learn to stand on her own.



THE STATE DEPARTMENT is taking out the dirt build up in the medians along the highway. Herald staff photo by Karen Krien

Plain Sense

Plain Sense from High Plains Mental Health Center

Aging, Grief and Depression

As people grow older, they face major issues in dealing with change and loss, particularly in regard to the death of loved ones such as a spouse, close friends or family members. Grief is part of the process of dealing with such losses, and

is a normal, time-limited progression that a person goes through as they adapt to new situations. Senior citizens and their loved ones should expect to go through the grieving process more than once, because it is a normal part of life. However, there is a difference between grieving these losses and becoming depressed.

Grieving involves the need to talk about the loss and the inherent fear of the unknown. After the death of a spouse, a person may not know "what they are going to do next" or "how they can even go on" without that loved one. They may also worry about other factors related to that loss such as the loss of mobility (not being able to drive), and the loss of independence (not being able to care for themselves). When a person grieves any kind of a loss, the need to talk and receive support from loved ones is an important part of their recovery.

Depression, on the other hand, is an intense on-going condition that can result in a high degree of hopelessness and helplessness, and may only get worse if not recognized and treated effectively. Both grieving and depression can cause physical problems including insomnia, loss of weight or appetite, and stomach or back pain. However, with depression, these types of problems are often more intense and long-lasting. As mentioned earlier, the person who is grieving needs to be able to talk about their feelings; when depression is present, talking is often insufficient.

A person can look at grieving as being a normal response to changes

in life in which their abilities to cope are "pushed to the limit", but still are basically functional. In depression, a person's ability to cope is overwhelmed and the negative thoughts that are an inherent part of the condition often prevent them from identifying possible solutions. Depression, no matter the person's age, should not be considered a normal phase (such as grieving) but instead as a potentially serious condition that requires professional help and treatment.

Contributed Ken Loos, MS, LMLP, LCP, Manager, Consultation and Education Department

The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help. Mail questions to: High Plains Mental Health Center, Plain Sense Consultation and Education Department, 208 East 7th, Hays, KS 67601 Internet site: www.highplainsmentalhealth.com

Chat with Rosalie

Property Taxes

By Rosalie Seemann

Good news for senior citizens having a problem paying the property taxes on their homestead for the year beginning after Dec. 31. You will receive more of the property tax back, provided you meet the income and age guidelines. I will have more of this information available later after guidelines are available but it does look good. This bill was not a Silver Haired legislative bill but we did support it.

Hopefully the Silver Haired Legislative Omnibus bill for three additional Ombudsmen will be approved. The cost to the state for this bill would only be \$150,969 with the federal government kick-

ing in an additional \$60,000. This would be very minimal for all the good it would do.

The governor signed the bill to not tax Social Security for Kansas Income tax on April 19, this should help a lot of senior citizens of the state.

Do you have an item you would like for me to discuss in this article? I would love to do research on anything you would like to hear about.

Until next time, stay safe.

Readers may submit questions by writing Seemann at Chat With Rosalie c/o Rosalie Seemann, 426 Hale, Levant, KS 67743 or by emailing: rseemann@st-tel.net.

Published in The Saint Francis Herald, St. Francis, Kansas, and the Bird City Times, Bird City, Kansas, July 12, 2007. (28)

QUARTERLY FINANCIAL REPORT

	03/31/2007			06/30/2007
	BALANCE	EXPENDITURES	RECEIPTS	BALANCE
General	\$422,856.39	\$959,857.23	\$1,097,037.45	\$560,036.61
Road & Bridge	\$349,376.02	\$188,748.41	\$282,317.06	\$442,944.67
Bridge Building	\$12,418.02	\$829.84	\$1,874.34	\$13,462.52
Noxious Weed	\$16,302.71	\$8,079.11	\$10,740.12	\$18,963.72
Noxious Weed Special	\$8,731.70	\$0.00	\$0.00	\$8,731.70
Rural Fire	\$18,248.05	\$6,123.05	\$11,347.13	\$23,472.13
Hospital	\$23,219.38	\$145,094.93	\$151,173.84	\$29,298.29
Motor Vehicle Fund	\$2,971.45	\$5,644.65	\$7,276.75	\$4,603.55
Attorney Fund	\$1,839.69	\$42.00	\$47.00	\$1,844.69
TOTAL ALL FUNDS	\$855,963.41	\$1,314,419.22	\$1,561,813.69	\$1,103,357.88

A detailed statement of expenditures is available for public inspection at the county clerk's office. Copies of such statement shall be available upon request K.S.A. 19-228.

Terry Miller
Terry Miller
Cheyenne County Clerk



Welcome to Saint Francis Orthopedic Surgeon Mekki Saba, M.D., F.R.C.S.

Dr. Saba specializes in total hip and knee replacements. Dr. Saba is available for consultations as well as emergencies and sports injuries. We are very fortunate to have an orthopedic surgeon of Dr. Saba's caliber in northwest Kansas.

Dr. Saba will see patients in Saint Francis on July 19th. To Schedule an appointment in Saint Francis call (785) 460-9303

Northwest Kansas Orthopedics

"We heal better close to home."

100 E. College Drive, Colby, Kansas
Call during regular business hours:
(785) 460-1223



After hours for emergencies: (785) 462-7511
Outreach clinics are held monthly in Atwood, Saint Francis, Oakley, Hoxie, Hill City and full-time during the week in Colby.

Upcoming Promotions

For more information contact Casey McCormick at:

The Saint Francis Herald

P.O. Box 1050, St. Francis, KS 67756 • 785-332-3162

Christmas
In July
\$1,000 Giveaway!!!
Shop St. Francis through
July 20 and sign up

Cheyenne County Fair



Featuring 4-H'ers, fair and carnival activities, schedule of events and other interesting happenings at fair time.