

Former resident promoted



Dan Winston

Former St. Francis resident Dan Winston was promoted to the newly created Trainer (Field Skills Developer) position at Ellsworth Correction Facility on Monday, March 16.

He will be assigned to the Kansas Department of Correction's Programs, Research and Support Services Division and supervised by a Central Office position, but he will be located at the Ellsworth facility.

Mr. Winston will be responsible for delivering case management training and providing skills development services to case managers in facilities and offices throughout the state with an emphasis on the Ellsworth and Larned geographic regions.

He began his employment with the State of Kansas as a Health Service Worker at the Larned State Hospital in September 1987. He was promoted to Psychiatric Aide

in April 1988. In September 1988 he began his employment at the Ellsworth facility as a Corrections Officer 1. He resigned his employment in November 1988 but returned as a Corrections Counselor 1 in April 2002. He was promoted to Corrections Counselor II at Hutchinson Correction Facility in October 2007, where he served until his recent return to the Ellsworth facility.

Mr. Winston has a bachelor's degree in communications from Kansas Wesleyan University and has obtained credit hours in counseling from Fort Hays State University.

Plain Sense

A Psychiatric Emergency

When someone is experiencing a medical emergency such as a heart attack or stroke, family and friends would not hesitate to call 911 for help. In those situations, the physical signs are readily apparent that something needs to be done quickly. In the field of mental illness, emergency situations are also very common but are not always easy to recognize, nor are most people trained in how to respond. A psychiatric emergency can take many forms. Often a person's symptoms intensify such as an increase in depression, anxiety, or hallucinations. They may display a sudden or erratic change in their behavior or personality. Some individuals lose the ability to take care of themselves and fail to meet their daily needs.

When a psychiatric emergency occurs, there can be a fair amount of confusion for those involved. If the person in crisis recognizes the need for help and seeks it willingly, most psychiatric emergencies can be quickly addressed. However, because of the nature of some mental illnesses, there are times when the person does not recognize or accept that they need help quickly. In addition, family and friends can be confused about how to react, or not even sure that they should respond. There is also a hesitation on the part of the larger community to become involved in a private or family matter, or

that they might make the situation worse.

When there is concern for the personal well-being of someone with a mental illness, the extended family should be notified. If the person refuses help or treatment, then a spouse, parents or other responsible family members can file a mental illness petition through the local county attorney, with the result that the person can be hospitalized for psychiatric treatment. To accomplish this, it helps for those involved to have current information about the person's changing behaviors, and to know the reasons why others are concerned. If the situation is potentially dangerous to the person in crisis or to anyone else, law enforcement should be contacted immediately. Law enforcement officers are trained and responsible for bringing the person in crisis to the attention of the mental health system, and can do so in the safest way possible during the emergency.

Just as help is available with a call to 911, there is also help available for psychiatric emergencies. If you have concerns, contact your local physician, hospital or mental health center for assistance.

Contributed by Ken Loos, MS, LMLP, LCP Prevention, Education and Outreach Department.

Mail questions to High Plains Mental Health Center, Plain Sense, 208 East 7th, Hays, KS 67601.

Family reunion held in Fort Morgan, Colo.

The Ekberg Cousin reunion was held on March 29 in Fort Morgan at the Maverick Restaurant.

Those attending were Jim and Joan Ekberg of Loveland, Colo., Manley and Doris Chase of Westminster, Colo.; Chris Elbert of Aurora, Colo.; Marilyn Bruffett of Commerce City, Colo.; Eldon

and Patty Hesselius of Louisville, Colo.; Alfred and Rhoda Renzelman of Haxtun, Colo.; Roge and Rhonda Schritter of Northglenn, Colo.; Jacque Ekberg, Harry Ekberg, Carol Chapman, Willie Klie and Paul and Bessie Dent of Wray, Fred and Shelly Klie and Bonnie Jones of St. Francis.

Bulletin Board

Death notice
Dean Skinner died March 23, 2008, in Dallas. Mr. Skinner was born on April 3, 1927. He was a retired funeral director. Survivors include two sons, Craig Skinner and Charles Skinner, two daughters, Kristin Skinner and Kimberlyn Vick; seven grandchildren and six great-grandchildren. Visitation was on March 27. There was no service.

Card shower for 80th
The family and friends of Deway Rogers are holding a card shower to help him celebrate his 80th birthday on April 9.

Cards may be sent to him at 205 Cedar, St. Francis, KS 67756.

Job's Daughters
The Job's Daughters will have an official visit at 7:30 p.m. on Saturday at the Masonic Lodge hall.

Relay for Life works at Pizza Hut
Relay for Life workers will be at Pizza Hut on Saturday, April 12. Pizza Hut donates a percent of the profit and all of the tips to the Relay for Life. Everyone is encouraged to come to Pizza Hut on the 12th.

Relay for Life Week will be recognized with activities and fun at the St. Francis Grade School the week of April 14. More information will be available later.

Firemen's Ball
Firemen will be going door to door on April 7 and 8 in preparation for the Firemen's Ball.

Historical Society
Cheyenne County Historical Society meets Tuesday, April 8, at 5 p.m. at the Museum.

Cheyenne County Hospital Guild
The Cheyenne County Hospital Guild will meet at 2 p.m. on Monday, April 7, at the Senior Center in St. Francis. Dr. Rebecca Allard will present the program.

City Council
The St. Francis City Council will meet at 7:30 p.m. on Tuesday, April 8, at the new city hall building.

Board of Education
The St. Francis Board of Education will meet at 8 p.m. Thursday, April 10.

'Love's Labours Lost'
The St. Francis Community High School drama class will be presenting an adaptation of Shakespeare's witty story of true love and courtship, "Love's Labours Lost" at 4 p.m. on Sunday,

April 13 and at 7 p.m. on Monday, April 14.

Singing group program
At 7 p.m. on Sunday, a free concert will be held in the St. Francis Community High School auditorium.

"Eternity Focus, a group made up of four sisters; will sing Contemporary Christian and Praise and Worship music. This April, they have released their first self-titled recording project. They began recording their second album in the fall of 2007. Check out their website at <http://www.eternityfocus.com> for more information and booking details.

Commodities to be distributed
Government surplus commodities will be distributed from 9:30 to 10:30 a.m., Thursday, April 10, at the St. Francis Equity community room. You may pick up in person or send a signed permission note with another individual. Cheyenne County address is required.

Please bring a strong sack or box for your items. Commodities available include breakfast cereal, beef

stew, noodles, peaches, pears, peas and peanut butter.

The following guidelines went into effect on July 1. Guidelines are as follows (maximum monthly income): household of one - \$1,107; household of two - \$1,484; household of three - \$1,861; household of four - \$2,238; each additional family member \$377.

Kansans for Life
The Cheyenne County Kansans for Life will meet at St. Joseph Catholic Church in Bird City on Monday, April 7, with a potluck dinner beginning at 6:30 p.m. Special guests will be David Gittrich of Kansans for Life from Wichita and Victor and Eva Pochop of Atwood. All in the community are welcome to join in prayer, learning and fellowship to work together to provide "Life for All."

Library Art Gallery
Digital Photographs by Howard Freeman will be on display in the Art Gallery of the St. Francis Public Library until April 7. There are approximately 25 photographs.

Cheyenne County Fair Board
The Cheyenne County Fair

Board will meet at 8 p.m. tonight (Thursday).

Health Fair scheduled
The St. Francis Parent Teacher Association (PTA), Cheyenne County Hospital and Clinic will host a health fair from 6:30 to 8:30 p.m. on Thursday, April 10 at the St. Francis Grade School gym. Lab work results will be available at the health fair.

Veterans Affairs
Jody Tubbs, of the Kansas Commission on Veterans' Affairs, will be in St. Francis at 9:30 a.m. Thursday, April 3, at the county clerk's office. You may also contact the Veteran's Affairs office in Colby any Monday, Wednesday, or Friday at 785-462-3572.

Northwest Kansas Family Shelter
Northwest Kansas Family Shelter provides 24-hour-7 day-a-week services to victims of domestic violence and sexual assault. Weekly support groups are available for women and children within the northwest Kansas area. For information or if you are in need of assistance, please call the toll-free number 1-800-794-4624.

Extension Notes

Beef exports continue to improve as dollar declines

By Joe Leibbrandt

Recently released trade data for January showed that beef exports continued to grow. January 2008, beef exports totaled 118.9 million pounds, 771,000 pounds more than December and up 35 percent from January 2007.

Along with growing economies worldwide and increased protein demand, the decline in the U.S. dollar relative to many world currencies has also supported beef exports. The U.S. dollar index futures averaged \$75.285 in January 2008, down from \$76.70 December 2007 and \$84.43 a year ago.

The weakening dollar is likely contributing to lower beef imports as well. January 2008 beef imports, for example, were down 20 percent compared to January 2007.

Canada and Mexico continue to comprise the largest volume of export trade for the U.S. (approximately 68 percent of all beef exports). In January, beef exports to Canada and Mexico were up 89 percent and 15 percent, respective-

ly. Compared to the 5-year period prior to the BSE trade disruptions (1999-2003), beef exports to these two countries were 44 percent and 8 percent higher in 2007.

However, the U.S.'s two largest beef export customers prior to 2003 (Japan and South Korea) continue to lag in U.S. beef purchases compared to these historical levels. Japan and South Korea's beef imports from the U.S. were less than 20 percent of the 1999-2003 average.

Still, beef exports to Japan and South Korea were up 16 percent and 171 percent in January compared to a year ago. Significant increases in exports to Russia and other countries also occurred in January.

In this month's Sunflower District Extension newsletter is a marketing questionnaire. If you don't receive the newsletter, but would like to receive this survey, please contact the Extension office and we would be glad to get one to you.

We would really appreciate it if you would take the time to complete this survey and return to the Extension office. The results of this survey can make a big impact on our local economies.

There are many things that producers can do to add value to their calves. Many of the things mentioned in this survey, are changes that anybody can make. Simply put, the goal of this project is to help you make more money on the cattle that you are producing

SHOWTIME: 7:30 p.m.

1 hr. 28 min.

Horton Hears A Who!

April 4, 5 & 6
Jim Carrey, Steve Carell, Dan Fogler, Carol Burnett, Seth Rogen

Kids/Family, Animation & Adaptation
Rating: G

CHEYENNE THEATER

St. Francis, KS
785-332-2747

Children 12 & Under: \$3

All Others: \$5

Farrowed Jan. 10th, out of Shipley AI Sires. Sires used were, Sitting Bull, Linebacker and Dozer. Crossbred and purebred Yorksire pigs available.



All pigs are consistent with excellent structures, bone size and muscle. Pigs will be sold private treaty ONLY!!!

Contact Pettijohn Club Pigs in Kinsington, Kansas at 785-476-2125 (evenings). Ask for Darrell



Northwest Kansas Home Care Nursing Home
Licensed Nurses Needed

St. Francis Village
820 S. Denison St.
St. Francis, KS 67756
Phone: 785-332-2531
Fax: 785-332-2716

- Full-Time or Part-Time
- Good Pay for Rural Setting
- Supportive Community

- Benefits (Full-Time)
- Pleasant & Inexpensive Community
- Onsite Senior (55+) Housing Available

Call Rick or Michele R at 785-332-2531

St. Francis Good Samaritan Village is an EEO/AAP - M/F/V/D employer.

Just In....

2005 Taurus SE
3.0L, AT, 52K
\$9,500



YOST FORD MERCURY

800-524-9678 Bob - Justin
785-332-2188 Jeff
yostford.com

E. Hwy. 36 St. Francis, KS 67756

American Profile

Celebrating Hometown Life

See American Profile magazine in this week's issue of

The Saint Francis Herald

(available in local area only)

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The Herald

"Your sponsorship could be right here.
For more information contact:
Casey at 785-332-3162

Auction Reminder!

Machinery Consignment Auction

Sat., April 5, 2008 @ 10:30 am CT

Auction Site: Western Auction & Real Estate

COMBINES-TRACTORS-TRUCKS-LIVESTOCK EQUIP-IMPLEMENTS-SNAP ON TOOLS

More items arriving daily on the auction lot! Visit our website for updated consignments and photos! westernauctionandrealestate.com

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Jeff Raile, Personal Property Auctioneer - 785.332.8951
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Brett Petersen, KS Sales Agent & Auctioneer
W. Hwy. 36 - P.O. Box 928
St. Francis, Kansas 67756 - 785.332.8990
Betty L. Petersen, Broker & Appraiser

Check your renewal dates

Current Rates

The Saint Francis Herald

Area - \$33 KS - \$38
Out-of-State - \$42

Bird City Times

KS - \$30
Out-of-State - \$34