

Single car accident takes life of driver

By Karen Krien

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One man was killed and another seriously injured on Saturday at about 8:30 p.m. The accident happened at the intersection of Roads 29 and O, north of Bird City. The 1993 Ford Explorer rolled twice when the driver, Daniel Gamboa, 33, of Imperial, Neb., missed the curve and slid into the ditch. The vehicle rolled at least twice and became airborne, coming to rest on the passenger

side.

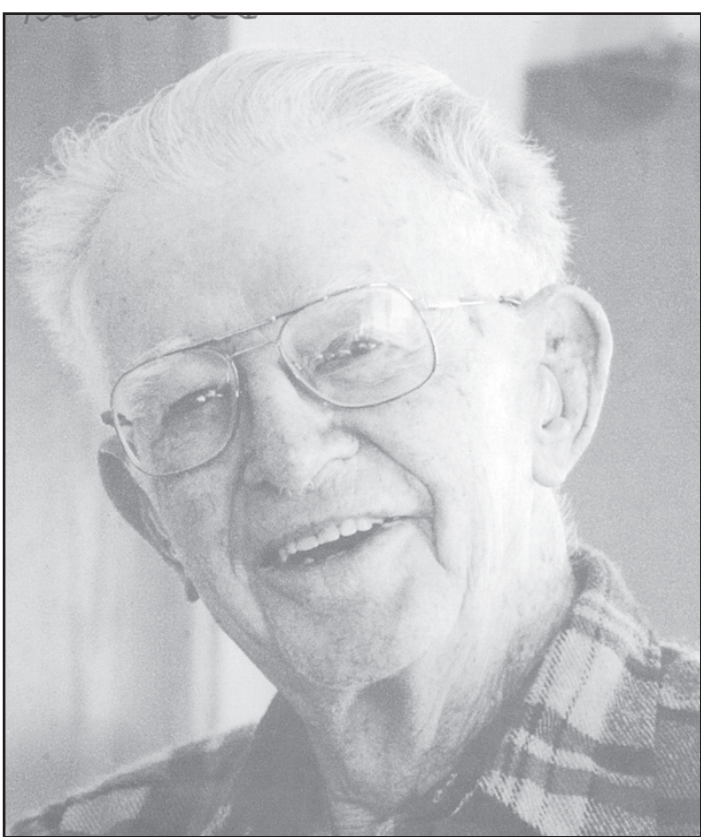
Mr. Gamboa was pronounced dead at the scene. His passenger, 21, Daniel Hernandez, McDonald, was taken to the Cheyenne County Hospital by emergency medical technicians and later flown to Swedish Hospital in Denver. At the time of this writing, Hernandez's condition was unknown.

The accident was worked by the Cheyenne County Sheriff's officials and the Kansas Highway Patrol.



The Lollipops, Sarah Trembly, Ashlynn Lambert, Jacquelyn Ketzner and Tilyn Bell are ready to deliver their singing valentines.

Herald staff photo by Karen Krien



Milestone reached

Lester Confer is celebrating with an open house from 2 to 4 p.m. on Saturday, Feb. 14. His family is helping him celebrate his 100th birthday

at the Cheyenne Manor, 200 N. Ash in St. Francis.

Safety program to be offered in St. Francis

Farmers and ranchers need to put March 4 on their calendar and plan to attend a safety program to be held in St. Francis.

"The rural education outreach idea was derived from a review of high injury activities within Cheyenne County and the tri-state area," said Candi Douthit, hospital education coordinator.

There have been multiple deaths, injuries or near misses related to all-terrain vehicle use, farm equipment and farm animals, and rural road driving. Therefore, Cheyenne County Hospital chose four educational programs, "ATV Safety," "AgraSafe," "Buckle Up or Eat Glass" and "Rural Emergency Response Training," to address these high risk areas.

"AgraSafe" is a 4-hour comprehensive farm family safety education program. The topics include farm equipment safety, natural gas and propane safety, electrical safety, grain bin dangers, first aid from the toolbox, power takeoff danger, and many other issues. The information is presented via lecture, videos, hands on training, and demonstrations.

This program will be held March 4 from 5 to 9 p.m. at the Cheyenne County Fairgrounds. This program will be presented by "AgraSafe" trained educators in conjunction with Cheyenne County Hospital, Kansas Farm Bureau, K-State Research and Extension, and Goodland Greenline John Deere.

The program is for all ages and is free, including dinner. If planning to attend, contact Mrs. Douthit at 785-332-2104 by March 2nd.

More programs in the future
In addition to AgraSafe, the following programs will be held in the upcoming months:

- The "Rural Emergency Response Training" program teaches local firefighters, emergency medical technicians, family members, and paramedics how to safely remove a patient from a farm accident scene without further injuring the victim or injuring themselves
- All-Terrain Vehicle Safety is a 6 hour, hands-on-class based on principles from the All-Terrain Vehicle Safety Institute and 4-H safety program. It is geared toward 8-16 year olds and teaches basic skills of all-terrain vehicle operation and safety.
- "Buckle Up or Eat Glass" is a rural road safety program created by Farm Safety 4 Just Kids. These programs focus on the unique hazards of rural driving including unmarked intersections, loose ground surfacing, and slow moving machinery. (This program has already been presented at both high schools.)

Mrs. Douthit said all of the programs are funded by the William H. Gerber and Velma C. Gerber Charitable Trust out of Idalia.

Healthy nutritious eating on a budget

Farm Bureau's Food Check-Out Week, Feb. 15-21 is devoted to helping teach Americans how to stretch their grocery dollars with healthy, nutritious food. America's farmers and ranchers are committed to producing safe, healthy and abundant food. And they share a common concern with consumers when it comes to putting nutritious meals on the table while sticking to a tight budget.

With the continuing economic squeeze, many Americans are concerned that the cost of a healthy diet is out of reach. However, according to an Agriculture Department study, the cost of eating healthy hasn't changed as much as less-healthy alternatives. Eating healthy food within a budget does require smart shopping

The good news: a March 2008 United States Department of Agriculture report favorably supports the economics of healthier eating. Recent food price data show that prices for unprepared, readily available fresh fruits and vegetables have remained stable relative to dessert and snack foods, such as chips, ice cream and cola.

Therefore, as defined by foods in the study, the price of a "healthier" diet has not changed compared to an "unhealthy" diet.

Farm Bureau's Food Check-Out Week is aimed at helping American consumers learn how to shop effectively to put nutritious meals on the table with fewer dollars. "Learning to use your grocery dollars wisely ensures that nutrition isn't neglected," according to Shawna Blanka, Cheyenne County Farm Bureau president.

"Fruits and vegetables - along with whole grains, low-fat dairy products, lean meats, fish, beans, eggs and nuts - are an important part of a healthy diet. Buying fresh produce when it's in season

and costs less, while buying frozen fruits and vegetables when they're not in season, is a smart way to stretch that dollar," says President Blanka.

Farm Bureau has developed Food Check-Out Week educational materials dedicated to helping consumers make healthier food purchases. Information on several topics including "Tips for Better Nutrition on a Tight Budget," "How Much Should I Eat?," "Understanding Food Labels" and "Understanding What My Pyramid Means" is available.

In honor of Food Check-Out Week Cheyenne County Farm Bureau is sponsoring a drawing at Saintry Supers, Bird City Home Town Market and P&L Market. Be sure to sign up for \$15 worth of free groceries at these stores. Additionally, at Hilltop General Store, there will be a cart full of groceries and shoppers are encouraged to try and guess the individual closest to the correct dollar amount in the basket. The individual closest to the correct dollar amount will win a \$30 gift certificate to Hilltop General Store. The cart full of groceries will then be

donated to the Community Food Bank on behalf of Farm Bureau and Hilltop General Store.

Now in its 11th year, Food Check-Out Week also highlights America's safe, abundant and affordable food supply, made possible largely by America's productive farmers and ranchers. According to the most recent information from the USDA's Economic Research Service, American families and individuals spend, on average, less than 10 percent of their disposable personal income for food.

Behind The Scenes

By Janet Carman



Nearly 75 years ago, on July 26, 1934, over 5,000 people gathered to dedicate St. Francis Park. That historic event will be commemorated with a Diamond Jubilee celebration on Sunday afternoon, May 31.

The Diamond Jubilee Committee encourages individuals, organizations and schools in the county to help with this event. Already, several teachers and local organizations have volunteered their time and talents. Get involved with games, booths, drama, music, poetry, storytelling, costumes or food by calling Dorothy Smestad at Saintry Stitches at 332-2339.

A few people are sharing memories of their special times at St. Francis Park or Sawhill Park. The Rough Writers, a local writers' group, plans to compile a book of park memories based on stories received. Send stories to: 1625 Road G, St. Francis, KS 67756. (With author's permission, stories will be printed.)

Lucille Price sent this descriptive memory of an Easter Sunrise Service:

"The rainbow colors across the top of the archway over the stage welcomed worshippers on that Easter morning. Beams of light from the front edge of the band shell illuminated the stage. As a freshman in high school, I remember the early morning service, as the day was dawning. The amphitheater facing the band shell was crowded with many from Cheyenne County. Hymns were sung, voices reaching out

across St. Francis Park. The high school a cappella choir, under the direction of Berneice Fallis performed "Listen to the Lambs," beginning barely above a whisper. As a member of the high school choir, I will always remember the beauty of that Easter Sunrise Service. What a beautiful morning in the park."

School Menu

- Monday**
No school, Presidents' Day.
 - Tuesday**
Breakfast: pancakes, syrup, juice, cereal assortment, milk.
Lunch: chicken and noodles, mashed potatoes, peas, hot rolls, oranges, milk.
 - Wednesday**
Breakfast: breakfast casserole, toast, juice, cereal assortment, milk.
Lunch: enchilada casserole, tossed salad, corn, French bread, sliced pears, milk.
 - Thursday**
Breakfast: frosted long john, yogurt, juice, cereal assortment, milk.
Lunch: sloppy joes on a bun, tri-tators, dill pickle spears, Rice Krispie treats, sliced peaches, milk.
 - Friday**
Breakfast: breakfast taco, salsa, juice, cereal assortment, milk.
Lunch: bacon cheeseburger on a bun, lettuce, tomato, pickles, onion, macaroni salad, grapes, milk.
- Salad bar is offered at noon daily in the junior/senior high school

Thank You

We would like to thank everyone who worked so hard putting together the Bob Fiedler Benefit Auction. We would also like to thank everyone for their attendance, phone calls, cards, letters and continued support, as it has meant so much to us and has helped tremendously. We have set up a website to follow Bob's progress in beating this disease. Please visit www.mylifeline.org/bobfiedler for continued updates. Thanks again Bob and Cindy Fiedler.

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Cheyenne County Hospital - P.M.
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Fri., March 13
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