

Magazine names county landmarks

By Karen Krien
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The Arikaree Breaks, St. Francis, Hilltop General Store and one of Fred Magley's signs are featured in the Fall 2009 issue of *Kansas!* magazine.

Rodney Neitzel, owner of Hilltop Market, said there were several scouts taking pictures of the area last spring. They had stopped in and talked to him about the store and took a number of photos, asking for his permission to use one or more of them.

Last week, he received two complimentary copies of the magazine and a certificate telling that the store had appeared in the fall issue. The "Best Little Grocery Store" sign is pictured at the top of page 17.

There is a photo of the Breaks, 10 miles northwest of St. Francis. The article describes it as the yucca-covered High Plains which suddenly drops off into the Arikaree Breaks, "A breathtaking canyon sculpted out of 9,000-year

old loess hills. On Page 4 of this issue, there is a letter from Dr. R.W. "Pete" Meador of Medicine Lodge, who recently traveled to the Breaks.

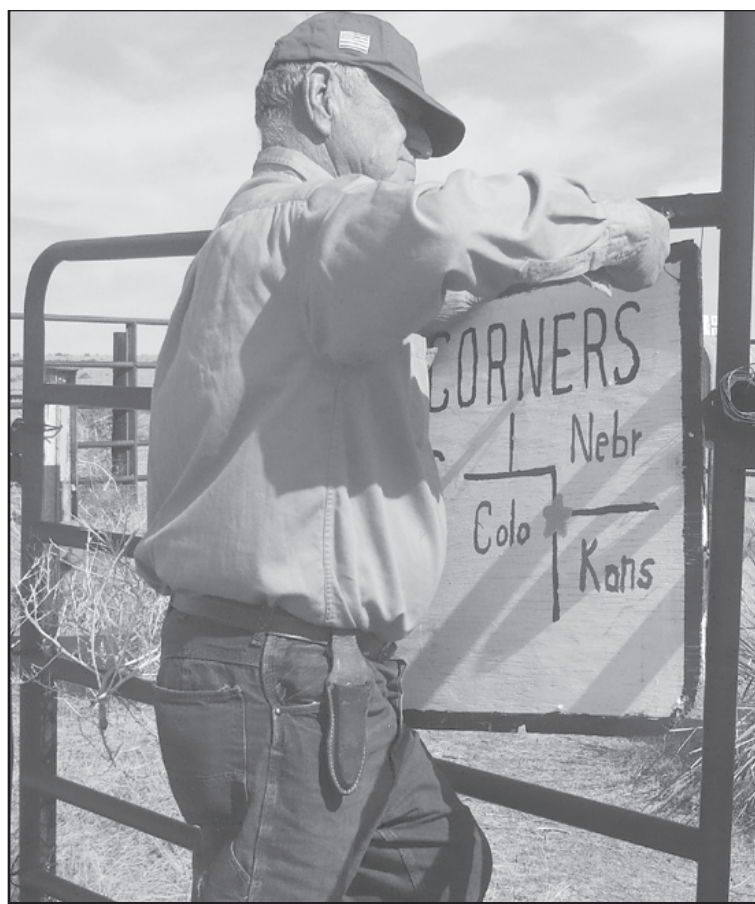
Mr. Magley's unique sign, "Horse Thief Cave here," is pictured. It one of many found throughout the county marking historic sites as well as locations of country schools and creeks, just to name some.

Under the "St. Francis" section of the article, mentioned are the Stearman Fly-In and Big Ed's Steakhouse and Lounge in Bird City.

The article, written by Pam Grout, ends with, "You'd expect to find busloads of tourists taking advantage of this photo-op. But it's little-known, like most of the treasures along U.S. 36."

Ms. Grout says memories were the real treasures she took home from her U.S. 36 trip.

The article featured other towns besides St. Francis along U.S. 36 including Elwood, Troy, Hia-



MANY CHEYENNE COUNTY SIGNS, including this one at Three Corners, have been erected by Fred Magley.

Photo courtesy of Marsha Magely

watha, Marysville, Washington, Belleville, Courtland, Smith Center, Phillipsburg, Norton, Oberlin and Atwood.

Healthcare agent choice is important

Hospice Services is available to those with cancer. The service personnel gives comfort, compassion and quality end-of-life care to patients in northwest and north-central Kansas. Below is information in helping patients chose healthcare agents.

For additional information about advance directives call 1-800-315-5122 or Sandy Kuhlman in Phillipsburg office at (785) 543-2900.

Healthcare agents: choosing one

A healthcare agent (or durable power of attorney for healthcare) is someone you choose or designate to make medical decisions for you if, at some future time, you are unable to make decision's yourself. Your agent can be a close relative or a personal friend, but should be someone who knows you well and whom you trust. Your healthcare agent should be a person who knows your wishes about medical treatment and who is willing to take responsibility to ensure your wishes are followed.

Ideally, your agent should be someone who is not afraid to ask questions of the healthcare professionals in order to get information needed to make decisions. Your agent may need to be assertive to ensure that your wishes are respected. Your agent will need to know as much as possible about your wishes and values regarding the use of medical technology. Not everyone is comfortable accepting this sort of responsibility; therefore, it is very important to have an honest discussion with the person you plan to appoint before you make the appointment.

Selecting an agent

Select someone whom you trust and who understands your decisions.

Because you are asking your agent to accept significant responsibility, be certain to ask your agent if he or she is willing to act on your behalf. Not everyone is able to be an effective agent.

Talk to your agent about your wishes regarding end-of-life medical treatment. Even family members may not know how much treatment a loved one would be willing to accept near the end of life. Talking clarifies what you want and diminishes an agent's potential guilt and anguish over whether he or she is doing the right thing. Prepare and sign the appropriate advance directive forms for your state. Keep the original and give copies to your agent and alternate agents, family and doctors and have it placed in your medical record.

Benefits of having an agent

The agent knows you and understands your wishes about medical treatments. He or she can make decisions in situations you might not have anticipated.

An agent has flexibility. He or she can talk with your physicians about your changing medical condition and authorize treatment or have it withdrawn as circumstances change.

If you have prepared a living will, your agent can interpret it in situations that were not foreseen. Be sure to make clear in your living will that your agent should make decisions on how to interpret it or when to apply it.

Your agent can advocate for you. If healthcare providers resist following your wishes, your agent can negotiate with them and take any other necessary steps to see that your wishes are honored.

Moments With Mila



By Mila Bandel
County Health Nurse

H1N1 vs seasonal flu - What do you need to know

Most of you are aware of the H1N1 virus that developed last spring and has been lingering in the United States. Questions have been asked regarding the seasonal flu and how H1N1 will impact this flu season. The Health Department and Clinic are here to help vaccinate individuals to help prevent and/or reduce the spread of the virus.

The plan is to start giving flu shots in mid September. Regardless of how early you receive your seasonal flu vaccination, you will have protection from seasonal flu throughout the duration of the flu season.

The Kansas Department of Health and Environment's goal for individuals, especially those at high risk of developing complications from influenza, is to receive a seasonal flu vaccination before influenza activity is taking place in the community. Seasonal flu activity could begin at any time, so the sooner individuals receive their seasonal flu vaccination, the better.

Despite all of the news about H1N1, it is still important for people, especially the elderly and other high-risk groups, to receive the seasonal flu vaccine, which will be available much earlier this year.

Another question that has been asked numerous times is if the seasonal flu vaccination will protect individuals from the H1N1 influenza A pandemic strain of flu that has developed and come to the United States? The Kansas Department of Health and Environment's answer is "NO."

Because the this strain of flu has never been seen before, the seasonal flu vaccination will not provide protection against it. Therefore, individuals will need to obtain separate vaccinations for H1N1 in order to be fully protected this flu season.

Those that should get the H1N1 vaccine first are individuals in the following federally identified priority group: pregnant women, household contacts and caregivers of infants younger than 6 months of age, all children and young adults ages 6 months through 24 years, healthcare and emergency medical service personnel, people aged 25-64- years of age with certain high -risk

medical conditions.

It is important to help reduce the spread of the flu. Following these basic procedures will help:

- Wash hands thoroughly with soap and warm water or use of alcohol-based sanitizes to get rid of most germs and avoid touching your eyes, nose and mouth.
- Stay home when you are sick to avoid spreading illness to co-workers and friends.
- Cough or sneeze into a tissue, and properly dispose of used tissues.
- If you have no tissue, cover your face with your elbow.

Stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise. For more information, can contact the Cheyenne County Health Department at 332-2381 or go to the Kansas Department of Health and Environment website www.kdheks.gov/H1N1.

Obituary

Alma Beringer

Dec. 13, 1928 - Aug. 19, 2009

Longtime Bethune, Colo., resident Alma Beringer died on Wednesday, Aug. 19, 2009, at the Presbyterian St. Luke Hospital in Denver. She was 80 years old.



Beringer

Alma was born on Dec. 13, 1928, in Campbell County, S.D., to John and Elizabeth (Heiser) Beringer. She was one of five children.

The family moved to St. Francis, Kan., in 1930. Alma attended a country school near St. Francis to the third grade. In 1939 the family moved to Bethune. She attended school in Bethune through the sixth grade. On Feb. 14, 1942, the family was in a car accident where her parents and sister, Irene, died. After the accident Alma went to live with Amelia and Reuben Meyer. She attended a country school through the seventh grade.

Alma was baptized on Jan. 27, 1929, in South Dakota into the Lutheran Church. She was confirmed on April 9, 1944, at the Immanuel Lutheran Church, north of Bethune, and was a member of the church and a member of the Ladies Aid. She enjoyed being a part of the settlement sewing club, quilting, embroidery, gardening, growing flowers, raising chickens and milking cattle. She was also a babysitter for many children that grew up in the settlement.

She was preceded in death

by her parents, her sister, Irene Beringer, an infant brother, Elmer and an infant sister, Justina. She is also preceded in death by Reuben Meyer.

Alma is survived by one brother, Milbert Beringer, Amelia Meyer and a stepbrother, Jerry Meyer, all of Bethune. She is also survived by numerous nieces, nephews, cousins and friends.

Funeral services for Alma were held on Monday, Aug. 24, at the Immanuel Lutheran Church north of Bethune with Pastor Roger Milheim officiating. Burial followed in the Immanuel Lutheran Church Cemetery.

Memorials may be made in Alma's name to the Immanuel Lutheran Church and may be left at or sent to the Colorado East Bank and Trust in Stratton.

Friends may go to www.lovefuneralhomes.com to sign the family's online register book and leave a message of condolence.

Pow Wow plans told

A group of Cheyenne Indians are planning on gathering Friday, Saturday and Sunday in rural southeast Rawlins County for a three-day Pow Wow that will celebrate history and culture of the Plains Indians.

BC Buffalo and Ginther Stables will host the group who plan on making camp in traditional teepees set among a herd of buffalo. While Friday and Sunday are not open to the public, the Cheyenne welcome and encourage public attendance on Saturday, beginning at 10 a.m.

Traditional Native American goods will be available to purchase, trail rides will be given,

and other activities are planned. The Pow Wow will commence with a buffalo cookout Saturday evening. The group is looking forward to talking to visitors and sharing their culture around the campfire.

Please make reservations for the meal and trail ride by Thursday, by calling 785-322-5343. Please accept our apology for the short notice.

For more detailed information regarding a schedule of events and driving directions this will be posted in the Thursday's edition of the *Rawlins County Square Deal* newspaper.

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May God Richly bless You!

Welcome Danielle McAtee, O.D.

Dr. McAtee joins with Vision Source of Goodland
Dr. Mark Wahlmeier and staff are happy to announce the arrival of Dr. Danielle McAtee, family practice optometrist.
Dr. Danielle (Kriegh) McAtee is a St. Francis native and happy to be back home in Western Kansas.
Call 785-899-3654 to schedule your next eye health & vision exam
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