

# Junior varsity girls suffer loss

St. Francis and Hayes Center met in junior varsity girls basketball action on Jan. 22. The final score was Hayes Center 33, St. Francis 7.

"We came out playing better, but still not shooting really well," Coach Susan Dinkel said. "We shot 25 shots, but unfortunately

only made three of them.

"It's difficult to win games when you don't shoot well. Hopefully, we will continue to play better and eventually hit more shots."

Scoring: Laura Brunk 2, Aly Northrup 2, Clarice Neitzel 2, Aubrey Mills 1.

## Club Clip

### Knifty Knitters

The Knifty Knitters met on Monday, Jan. 11, at Meme's house. Kattie entertained them with the Knifty Knitters song. They had popcorn and kool aid for snacks.

The Knifty Knitters could use your help. They are always looking for knitting needles and yarn. If you don't knit any more or have some extras sitting around the house, please let them know. They

could even pick them up.

If you would like to join the group, please call Kailey Shay at 332-3209, Mandi Cooks at 332-2231, Kattie Wurm at 332-2650 or Cassie Cooks at 332-2345.

Kattie finished her kitty blanket and will start her new project on Jan. 25.

There will be no Knifty Knitters on Jan. 18. Be there on the 25th.

## OWNERS

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year, Mr. De Waal said they will continue to provide outstanding customer service.

By concentrating on the tri-state area, the business will be able to deliver a service that is superior to anything currently on the market.

The service department is lead by Ian De Waal, he said "We are excited to have increased our service team members this year, to allow us to continue our fast service response time for our customers. The service team members are Jesse Laten, Dean Miesner, and Vic Martinez. Each of the technicians have fully-equipped service vehicles with GPS positioning, laptop trouble shooting, computerized mapping monitoring devices and welders for onsite welding for their customers.

Brent Rueb is the in-house parts manager and onsite manufacturing. He has 30-years experience in farming as well as being involved

in retail and wholesale sales.

Jill Zwegardt recently joined the staff in the office and will be doing clerical and customer service work.

Michele Nichol is the insurance and account manager. The last four years, she has been working in the insurance industry. She will be working with the company's Market Diversified Full Replacement Insurance program and increasing the program to help the customers. She is also an AFLAC agent.

Tri-State Irrigation is planning an open house and expo for this spring.

"We are planning to have several agriculture industry leaders speak during the event about their industry products and solutions," said Ms. Nichol.

Farmers are urged to stop by the office located east of St. Francis on U.S. 36 and discuss plans or questions with the Tri-State Irrigation staff.

## RATES

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Access Hospital annual executive summary. The review meets a statutory requirement and is used to help in making facility-wide improvements.

**Board input**

Mr. Lacy had four questions asking for the board's input:

- 1) What are future risks to the county's health care community?
- 2) How can the risks be avoided?
- 3) What other services can be explored?
- 4) How can the hospital be better stewards of people's health?

The board and administrator identified some of the risks as declining population, the economy, health care reforms, retaining health care providers and staff, and meeting the needs of all age groups.

In avoiding the risks, Mr. Lacy pointed out that the board, administration, and Great Plains Health Alliance need to continue to look at potential changes that will help the hospital meet the community's needs more economically. New services are implemented as needed, he said, but they need to be things we can do well, meet a community need, and create a good balance between our mission and resources we have available.

They talked about the services already available at the hospital. Mr. Lacy said the hospital is one of only two counties in Kansas to take on a county health department but, he said, it creates a better environment to pursue a healthy community.

As far as being better stewards of people's health, Mr. Lacy said the hospital's stance on the vaccine programs, the Primary Care Clinic program, case management, and community education programs such as the weight

loss group, the diabetes support group, and the obstetrics program are good examples of its position.

Lacy pointed out that one alternative to the Rural Health Clinic might be the Federally Qualified Health Center model. He indicated that a grant is being pursued to complete a pro-forma evaluation of that potential.

**Great Plains' report**

Jackie John, area director for Great Plains Health Alliance, the company which leases the hospital, talked briefly about the proposed health reform, noting that legislation of this magnitude, impacting such a significant segment of the budget, has never been developed and is predicted to be passed into law on a strict party-line vote.

Both Mrs. John and Administrator Lacy talked about the cuts the Kansas Legislature is proposing including those to schools and health care. One of the cuts is a 10 percent reduction in funding all agencies providing care to Medicaid people. Mr. Lacy said there will be a significant impact from this Medicaid cut at nursing homes across Kansas as well as Good Samaritan Village.

He talked about a community meeting to discuss the challenges of state budget cuts and problems.

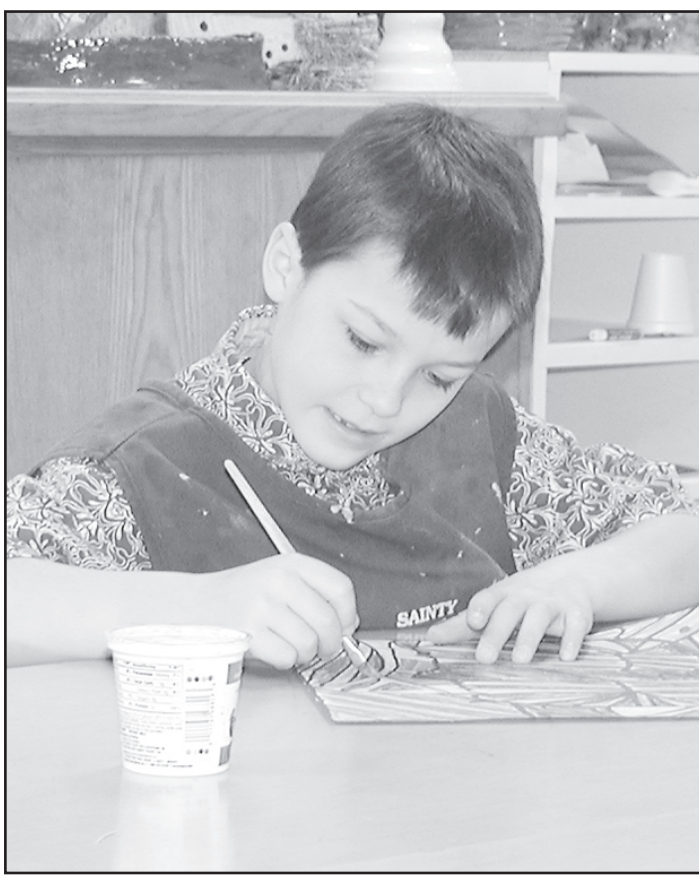
In other business

**In other business:**

- Brooke Lohr, St. Francis, was present to ask the board for help as she works toward a degree as a lab technician. She is presently working at the hospital in that department.

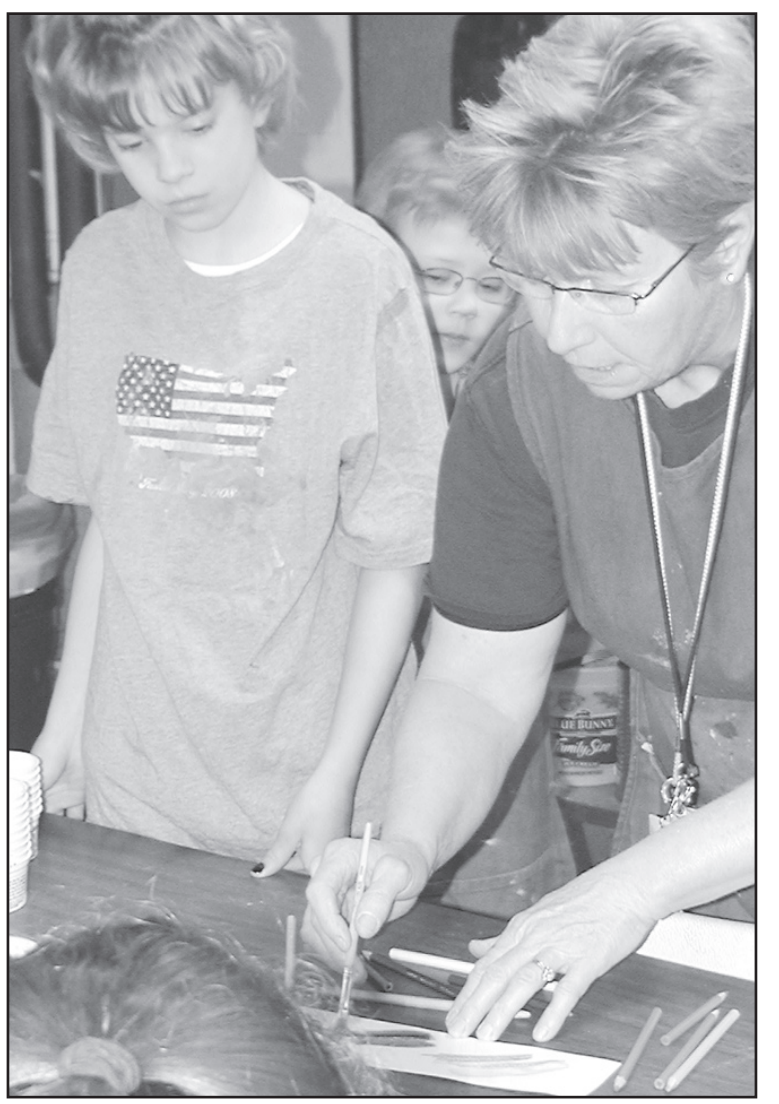
**Next meeting**

The board decided that, for the year, they will be meeting on the fourth Thursday of each month. The next meeting will start at 3 p.m. on Thursday, Feb. 25, in the meeting room in the basement of the clinic in St. Francis.



**THIRD GRADE ART** students were busy learning the techniques of watercolor Monday morning. Their instructor, Mary Beikman, right, showed them what would happen if their brushes were not clean and how blue and yellow will make green. Joslyn Ketzner is watching closely. Left, Mason Schmid has his project started.

Herald staff photos by Karen Krien



# Committee meets to discuss changes

By Karen Krien  
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Monday evening, nine people met to discuss whether or not to hold the St. Francis Community High School alumni celebration every five years, 10 years or leave it like it has been, the third weekend in June. At the end of the meeting, they unanimously agreed to continue as it has been.

Last year in the alumni letters, Shirley Zwegardt, alumni coordinator, had included a questionnaire asking alumni if they had another suggestion instead of meeting yearly. Out of around 100 responses, it was 50/50 — no overwhelming vote of yes or no and several suggestions.

So Ms. Zwegardt called a meeting to get additional input. While there had been numerous suggestions, with the main reason being that often classmates wanted to see kids who in the classes ahead or behind, it seemed like a working schedule would be almost impossible.

If the celebrations were held every five years, the gym and cafeteria would not be big enough and St. Francis does not have enough motel accommodations.

It was suggested that, when an honor class meets, cards or calls could be made to classmates in classes ahead and behind inviting them to come.

**Date change suggested**

Raedell Winston suggested that the date of the alumni celebration be changed to Memorial Day — that it was a three-day weekend and would give people more time. It was pointed out that, even with the celebration being held the third weekend in June, there were schools on the west coast that were still in session.

If the alumni is held later, then farmers would be in the harvest field and it is probably going to be much hotter than in June.

After considerable discussion, Ms. Zwegardt said she would include a questionnaire in the alumni letters which is sent the

first part of April. This would give alumni an opportunity to respond to the date they would want the celebration.

### Entertainment

Those present were encouraged to think outside the box. Entertainment was discussed. An alumni had recommended an entertainer from Texas but the cost would be \$1,500.

There were several problems addressed with having an entertainer. When and where would he/she entertain. Glenn and Louann Isernhagen attested to the fact that while many enjoy the music in the gym while alumni are gathering, they were just too busy visiting with friends and classmates they hadn't seen for years.

Having an entertainer in the

cafeteria would not be appreciated because, again people would be getting their dinner and talking.

The group finally decided to see if a disk jockey could be hired to play in the band shell in Sawhill Park. Alumni and others would be encouraged to bring their chairs and enjoy visiting or dancing to the music.

Also discussed was having finger food served in boxes instead of the banquet-style meal. This was tabled until another year.

### Alumni golf tournament

The meeting was about ad-

joined when it was suggested that an alumni golf tournament be held on Saturday morning. The committee agreed that this was an excellent idea but more information would be needed. Ms. Zwegardt will make some calls but would appreciate input from others on the possibility of organizing a golf tournament.

### Committee to meet again

The committee will meet again at 7 p.m. on Monday, Feb. 22, at the high school. Others are encouraged to attend and help make plans for the 2010 alumni celebration.

Those attending Monday besides Ms. Zwegardt, the Isernhagens and Ms. Winston were Jo Rogers, Traci Neitzel, Karen Krien, Ron Zwegardt and Eddy Schultz.



**HOME SCHOOL STUDENTS**, Kailey Shay and Chaisley Wieck, center, visited *The Herald* office with Bernice Wieck, right, several weeks ago. They were checking out the very old bound volume of *The Cheyenne County Rustler* with Karen Krien, publisher.

Herald staff photos by Casey McCormick

## Moments With Mila

### Glaucoma Awareness Month

By Mila Bandel  
County Health Nurse

January is National Glaucoma month. Do you or someone you know have Glaucoma? It is an eye condition that develops when too much fluid pressure builds up inside of the eye. It tends to be inherited and may not show up until later in life.

The increased pressure, called intraocular pressure, can damage the optic nerve, which transmits images to the brain. If damage to the optic nerve from high eye pressure continues, glaucoma will cause loss of vision. Without treatment, glaucoma can cause total permanent blindness within a few years.

Because most people with glaucoma have no early symptoms or pain from this increased pressure, it is important to see your ophthalmologist regularly so that glaucoma can be diagnosed and treated before long-term visual loss occurs.

If you are over the age of 40 and if you have a family history

of glaucoma, you should have a complete eye exam with an ophthalmologist every one to two years. If you have health problems such as diabetes or a family history of glaucoma or are at risk for other eye diseases, you may need to visit your eye doctor more frequently.

### What Are the Symptoms of Glaucoma?

For most people, there are usually few or no symptoms of glaucoma. The first sign of glaucoma is often the loss of peripheral or side vision, which can go unnoticed until late in the disease. Detecting glaucoma early is one reason you should have a complete exam with an eye specialist every one to two years. Occasionally, intraocular pressure can rise to severe levels. In these cases, sudden eye pain, headache, blurred vision, or the appearance of halos around lights may occur.

If you have any of the following symptoms, seek immediate medi-

- cal care:
- Seeing halos around lights.
  - Vision loss.
  - Redness in the eye.
  - Eye that looks hazy (particularly in infants).
  - Nausea or vomiting.
  - Pain in the eye
  - Narrowing of vision (tunnel

vision)

We sometimes take for granted our eye sight, take care of your eye sight and see your ophthalmologist.

## Club Clip

### Classy Classic Red Hatters

The St. Francis Classy Classic Red Hat ladies attended a Japanese Tea Party at the home of Rose Mary Bierig on Saturday, Jan. 16.

The goodies for the tea table came from Rose Mary's son, Geoffrey Peter who had spent a week in Tokyo enjoying the sights and buying treats for his mom.

Along with the Japanese tea, the table was arrayed with a variety of candies, crackers, tea cakes with fillings, corn nuts, candy-coated peanuts and rice nuts. The

candies and cakes were not sweet like American candies and cakes. There was rock sugar for the tea and coffee and rock salt with a grater to grind it.

Rose Mary added a meat and cheese tray and banana bread for the ladies to enjoy.

Fourteen members and two guests partook of the Japanese delicacies, along with viewing a Japanese kimono waist wrap made out of beautiful embroidered silk that Geoffrey had mailed to his mom.

