

Census figures important to area

People are urged to fill out and send their 2010 census forms. It is the law that everyone complete their form and send it in. If it is not sent in by April 1, a census taker will be knocking on your door.

It takes only 10 minutes to fill out the short form. Each of the 10 questions on the census form are mandatory and required by law. People are urged to fill all questions. If there are questions, people can click on <http://2010.census.gov/2010census/how/interactive-form.php>.

Those who do not mail back their completed form in a timely manner will find the a census taker at your door to record your answers to the questions on the form. All census takers carry a badge with a Department of Commerce watermark and expiration date. Some census workers might carry a U.S. Census Bureau bag as well. The census taker will provide you with supervisor contact information and/or the Local Census Office phone number for verification, if asked.

The Census Bureau is spending a lot of money to have the census taken. Census 2000 proved that paid advertising was a wise investment that reduced the overall cost of the census. For every 1-percent increase in mail response in 2010, the census will save \$85 million that would otherwise have to be spent on door-to-door follow-up with households that didn't respond.

Census 2000 was the first census to use paid advertising rather than rely solely on donated public service announcements. It helped reverse a three-decade-long decline in mail response rates.

The question was asked, "Why does the Census Bureau ask for my phone number on the questionnaire?"

The answer is, the Census Bureau needs the phone number in order to call in case their form is returned with incomplete information. Calling instead of coming to your door saves taxpayers' money.

Library is again open Saturdays

After being closed on Saturdays for three months, the St. Francis Public Library is now open from 10:30 a.m. to 1 p.m.

Pat Leibbrandt, librarian, encourages residents to stop by, whether it is to check out a good book or magazine, or use the computer.

The library had closed from December through February in an effort to save money on utilities. It opened on March 1.

The library has been a busy place as it works through bar coding hundreds of books. The job will soon be done and will be computerized.

Starting April 19, the library's

book sale will start. The books are duplicates or older books or those which have not been checked out for some time. With money raised through the sale of the old books, new books will be purchased.

School will soon be coming to an end for the year. In May, children may enroll in the summer activities. Look for more information in The Herald.

Saturdays are a good way to spend some time at the library. Plan to stop by and just browse. A book that you have been wanting to read will probably be on the shelf. If not, the librarian can probably get it.

Learn more about your horses needs

Are you getting ready to head out on the show circuit, rodeo trail or just ready for some trail riding this spring? Do you know your horse's needs before, during and after the trip out? Have you considered the vaccinations, coggins test, or health certificate you might need when commingling with other horses or crossing a state line?

Join Kristy Booker, doctor of veterinary medicine, of Oakley Veterinary Services at the High Plains Horseman's Day on April 17, as she covers these aspects of hauling safety. Dr. Kristy will

be presenting the pre-hauling, in-hauling, and post-hauling issues you need to be prepared for.

Make plans to attend the High Plains Horseman's Day with registration beginning at 8:30 am at the Logan County Fairgrounds in Oakley. Spend the day and learn more about your horse.

For more information or to pre-register for this event contact Thomas County Extension Office at 785-460-4582.



MIKE HOPPER, game warden, talked to the St. Francis Cub Scouts about traps and the hunting laws. They talked about animals and their habits. Pictured, left to right, are Seth Hilt, Wyatt Hilt, Aaron Blair and Officer Hopper.



HOW BIG IS A BEAR SKIN? Cub Scouts, left to right, Nick Paulsen, Jasper Hunt and Josh Van Allen, tried on the big skin as Officer Hopper held it.

Photos courtesy of Kris Blair

Wray health fair to be held in April

The annual Spring Community Health Fair in Wray will be held Saturday, April 24, at the Wray Schools Kitzmiller Building from 8 a.m. to noon.

This is an annual event sponsored by the Wray Community District Hospital and Clinic and the Wray Lions Club and co-sponsored by The Cancer, Cardiovascular Disease, and Pulmonary Disease Competitive Grants Program at the Colorado Department of Public Health and Environment. The health fair will offer community members an opportunity to learn more about their current health status, ways to improve their health, and resources available in and

around our community. Additionally, the fair will offer an opportunity for the community to visit with a member of our local medical staff about lab results.

Optional blood testing is available prior to the health fair. This testing includes a full general health chemistry including cholesterol, glucose, blood count and thyroid levels. The cost of this test is only \$25. People must remember to fast 12 hours prior to this test and drink plenty of water!

For an additional \$15, men interested in receiving a PSA (Prostate Specific Antigen) test may include this in the general blood test. This test is utilized in detecting prostate

cancer and is recommended annually for men over 50 (sooner for those at high risk).

All test results will be distributed at the Wray Health Fair. If participants are unable to attend the health fair, the test results will be mailed the following week along with a flyer explaining the results. All participants are encouraged to make doctors visits after the health fair as results will not be released until April 24.

All blood tests must be completed prior to the health fair. Blood draws will be performed in the education room by the south entrance of the Wray Community District Hospital weekdays start-

ing Friday, April 2, through Wednesday, April 20, from 6 to 9:30 a.m.

Blood draws will also be available at the Idalia Visions Center Thursday, April 1, and Wednesday, April 21, from 7 to 9 a.m. Appointments are encouraged. To make an appointment for your blood test, please call the Wray Hospital at 970-332-4811.

WRAY COMMUNITY HEALTH FAIR

Blood Draw Dates: Weekdays April 2nd – April 20th 6:00–9:30 a.m. @ Wray Hospital

Idalia Visions April 1st and April 21st, 7-9 a.m. May take normal medications prior to test. Fast for 12 hours (but DRINK plenty of water!)

Cost: \$25 – Chem Panel (glucose, blood count, electrolytes, thyroid & more) \$15 – PSA (prostate blood test for men)

Fair Date: April 24th @ the Wray Schools Kitzmiller Building 8a.m. - noon
Call for a Blood draw appointment: 970-332-4811 (Appointments Highly Encouraged!)

Call for any questions 970-332-2245

Sponsored by: Renada Doddridge-RN, Lynn Clapper-RN, Denice Baucke-RN
Sponsored by: The Wray Community District Hospital, Wray Clinic, and the Wray Lions Club
Co-Sponsored by: The Cancer, Cardiovascular Disease, & Pulmonary Disease Competitive Grants Program at the Colorado Department of Public Health & Environment



Crayola Easter Basket Drawing

(Register with each visit)

Super's Super Value Sale

Two weeks only

Wednesday, March 24 thru Sunday, April 7
(while supplies last/no rain checks, please)

Purina Dog Chow, 20 lb. \$10.99

Meow Mix Cat Food, 16 lb. \$10.99

12 pack Shasta Soda \$2.99

Pepsi Assorted Products, 20 pack \$4.99

Various Hams & Turkeys, your choice \$1.19 lb.

Sheboygan Sausages, 1 lb. pack, various types, \$2.99

Large selection of Easter Baskets

St. Francis Super's 120 E. Washington, St. Francis

These 6 Wrestlers are State Bound!



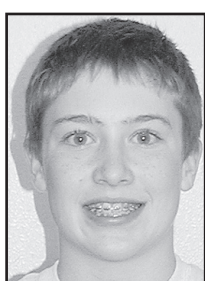
Garrett Brunk



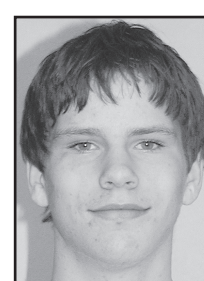
Luke Lampe



Shakotah Blanka



Lane Hoffman



Dylan Wolaver



Terrence Lamb

Saturday & Sunday
March 27 & 28
Kansas Expocentre
One Expocentre Drive
Topeka, Kansas

We're Proud of You!
From Your Families and the St. Francis Wrestling Club

