

The Saint Francis Herald

\$1 (Tax included: 73¢ delivered at home)

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U.S. Census Count Day is Thursday

All homes in Cheyenne County should have received the 2010 U.S. Census form, and people are asked to fill them out and mail the form back in the self stamped envelope by Count Day on Thursday, April 1.

The goal for St. Francis, Bird City and Cheyenne County is to raise the return percentage this census to the 85 to 90 percent range. Cheyenne County was about average across the state in the 2000 census returning 69 percent of the census forms.

Every 10 years — as required by the U.S. Constitution (Article 1, Section 2) — every American household receives a form to be filled out and returned to help count everyone in the city, county, state and nation.

The constitutional reason for counting everyone every 10 years is to determine the boundaries and number of Congressional representatives for each state. Kansas has four Congressmen, and it is important to get a good count to be sure the state keeps that number of representatives.

A "Be Counted" and questionnaire assistance site has been opened at the St. Francis Public Library at 121 N. Scott.

Pat Leibbrandt, librarian, said

the Census worker will be at the library from 11 a.m. to 3 p.m., on Mondays and Tuesdays, and Wednesdays from noon to 2:30 p.m.

Cheyenne County Commissioner, Andy Beikman said he knows the census numbers are important for the county in looking to the future. He said having as high a census count as possible will help the county when applying for state and federal money.

Robert M. Groves, director of the U.S. Census Bureau, said he has received questions about people who get their mail at a Post Office box, and have not received a form.

"The U.S. Census doesn't send census forms to Post Office boxes," he said, "so it's actually normal for people not to receive a form at their P.O. box. The census is all about counting people where they live and sleep, so we must tie each form to a physical location. Postal boxes are not tied to specific housing units, so we can't use them to send the forms to specific housing units."

Most of the Census forms in Cheyenne County were delivered to the homes by census workers. Those who have received and

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BRIDGER STROHM was the winner of a BB gun at the Cheyenne County Wildlife Banquet held Friday at the fairgrounds in St. Francis. See Page 9 for more pictures and information.

Herald staff photo by Casey McCormick

County health fair runs April 12 through 16

Twice a year, the Cheyenne County Hospital, clinic and health department sponsor a health fair. The spring health fair has been set from Monday to Friday, April 12 through 16. During these days, there will be blood draws, male and female exams

The health fair is an excellent way to offer screenings for some health problems like diabetes and high blood pressure, said Mila Bandel, county health nurse. By catching them early, it can reduce the risk for costly complications.

The lab draws will be offered for three mornings in St. Francis (April 12, 13 and 14) from 7 to 10 a.m. in the basement of the Cheyenne County Clinic in St. Francis and one morning in Bird City (Tuesday, April 13) from 7 to 10 a.m. at the Bird City Clinic. No appointments are needed for the lab draws.

Remember to not eat or drink except water after midnight the night before the lab draw. Those having the lab draws can take their morning prescription medications

with sips of water prior to the draws.

There will also be male and female exams available for the health fair on April 14, 15, and 16 in the St. Francis Clinic as well as at the Bird City Clinic.

Appointment for exams are a must and can be made by calling 785-332-2682. The female exams will offer breast and pelvic exams, pap smears; the male exam will include a prostate check. The fees for the labs and exams are at a reduced price and will not be

charged to your insurance.

Exhibit booth fair

There will be an exhibit booth fair with health and safety information available from 6 to 7:30 p.m. on Thursday, April 15, at the St. Francis Grade School gymnasium. This is a come-and-go fair for participants to walk through the exhibits.

Free medical testing

Free medical testing will be available in the following areas: blood pressure, pulse, oxygen, glucose /blood sugar, vision, body

mass index score just to name a few. There will also be numerous organizations on hand to visit with people regarding health and safety for them and their family. This event is free of charge to attend.

Preventing or delaying the onset of chronic health problems like diabetes, heart disease and stroke can produce significant savings for any insured employee group or individual. Regular physical activity helps people temporarily or in some cases, permanently, prevent having diabetes if they also lose 7

percent of their body weight.

In addition, regular physical activity helps people manage their diabetes, high blood pressure and cholesterol better, thereby reducing their short and long term health care costs. People who walk at least 30 minutes, five days a week, lower their stress, and risks for heart disease, stroke, hospitalizations, osteoporosis, fractures, depression, gall bladder disease, Alzheimer's Disease, and many other conditions, thereby lowering health care costs.

Fireman retires after 20 years

By Karen Krien

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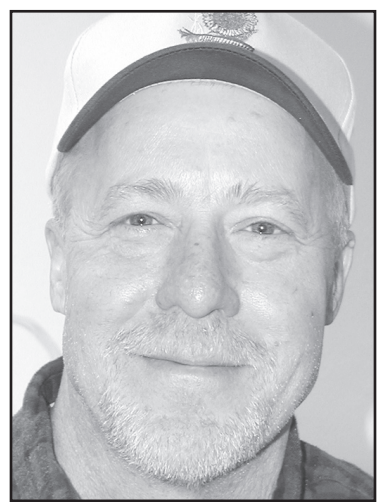
Dale Weeks recently retired from the St. Francis Fire Department.

Mr. Weeks had been a fireman for 20 years and said if he was 20 years younger, he would do it again! It's a good organization to be affiliated with, he said.

"Being a fireman has been self-rewarding because of the people we were able to help," he said. "I'll miss the people, but I won't miss the long, cold nights."

Now, he said, it is time to let the younger guys step up and do the job.

When he started, he said he had good teachers including Gordon Ross, Larry Brunow, Gary Rogers and Terry Touslee. Through the years, he has taken different



Weeks

classes and trainings and, the job, he said has become more demanding.

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Claim lost, forgotten cash on Tuesday

Kansas State Treasurer Dennis McKinney's office is currently safeguarding over \$200 million worth of unclaimed property for their rightful owners or their heirs.

As a part of the treasurer's "Unclaimed Property Returns" tour, Mr. McKinney and staff members will be traveling throughout the area talking about and searching for Kansans unclaimed property. They will be in St. Francis at the Cheyenne County Courthouse at 212 Washington Street in the commissioners room from 4 to 5 p.m. on Tuesday.

"We encourage everyone in the area to stop by and check their name and the names of family and friends," Mr. McKinney said "In this economy everyone could use a little help and we feel it's important to be sure that these resources get back to the rightful owners. The Unclaimed Property Returns tour is a wonderful opportunity for us to connect Kansans with cash and property currently being held by our office."

Unclaimed property includes inactive savings and checking accounts, uncashed checks,

stock shares and bonds, dividend checks, insurance proceeds, mineral royalties, and utility deposits.

In addition to cash, stocks and bonds, safe deposit boxes are also turned over to the State Treasurer's office on an annual basis. There are currently over 15,718 safe deposit box properties on file. Approximately 600 new boxes are turned over to the treasurer's office each year.

"It is my job to reunite Kansans with their unclaimed financial assets," McKinney explained. "Reaching out to people in their

hometowns is a great way to give back to Kansans what is rightfully theirs."

Making a claim is free and easy. There are no fees involved in searching for or claiming cash and property. To search, a last name is required and a first name is recommended.

Kansans who can't make it to the county courthouse on Tuesday may call the State Treasurer's office at 1-800-432-0386 or log onto www.kansascash.com to search for unclaimed property.



Six students earn I ratings

Six soloists came home from the 1-2-3-4A Regional Music Festival with I ratings and have qualified to go to State Music Festival.

The festival was held in Oberlin on Saturday. Earning I ratings were Logan Whitmore-trumpet; Sarah Whitmore-Flute; and Alyssa Lee, Brandon Keeker, Tilyn Bell and Jacquelyn Ketzner, all having vocal solos.

Other soloists and ensembles performing at festival were Robbie Herman, vocal solo; Christina Schoenrogge, vocal solo; the flute trio (Sarah Whitmore, Taylor Archibald and Jodie Hilt); the saxo-

phone trio (Mikaela Grace, Trista Orth and Laura Brunk), the percussion ensemble (Isaac Schiltz, Logan Whitmore, Ross Nicklos, Gavin Cooper, Sam Reed, Ty Zwegardt and Brock Zwegardt); the girls vocal ensemble (Alyssa Lee, Taylor Archibald, Elena Paulsen, Mikaela Grace, Shayla Hilt, Jacquelyn Ketzner and Jodie Hilt); and the mixed vocal ensemble (Tilyn Bell, Hayley Brown, Trista Orth, Laura Brunk, Sarah Whitmore, Chauntell Peter, Caitlin Northrup, Christina Schoenrogge, Christina Hilt, Trevor Reed, Brandon Keeker, Brandon McGinnis and Kaleb Zwick).

The 2A State Music Festival is scheduled for Saturday, April 24, in Concordia. The four-week interval between regional and state gives the students time to implement the suggestions for improvement that were made by the judges on Saturday.

"I was pleased with the performances given by these students," said Debbie Fiala, band and vocal instructor. "They spent many hours practicing at school with me, as well as putting in time individually at home on their solos. The soloists continuing on to state should do extremely well."

Sainty man arrested

Mark Jamison, 49, St. Francis, was arrested Monday, March 22, on three charges connected with methamphetamine.

He made his first appearance in Cheyenne County District Court on March 24 where he was charged with unlawful manufacturing of a controlled substance, a drug severity level 1 felony; unlawful distribution of a controlled substance, a drug severity level 2 felony; and unlawful possession of a controlled substance, a level 4 felony.

He is being held in the Rawlins County Jail. The arrest was made by the Cheyenne County Sheriff's Department.

Easter bunny visits Saturday

There will be candy, prizes and the Easter Bunny at the Easter Egg Hunt set for 11:30 a.m. on Saturday in the St. Francis Grade School gym. Children should bring their baskets to collect the candy and prizes.

Be sure to bring a camera as there will be opportunities for parents to take their child's picture with the Easter Bunny.

There will be five age divisions: 1-year-olds; 2-year-olds; 3-year-olds; 4- and 5-year-olds; and 6-, 7- and 8-year-olds.