

FUTURE

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bridge crew will be pulling the bushes out and then the dirt will be removed from the east side of the building.

We will maybe be able to find out what the problem is so we can get it fixed, Ms. Christensen said. And, she and the commissioners agreed that this could save the county the money of hiring an engineer.

Road and bridge department report

The commissioners signed a resolution making a road west of St. Francis and south of U.S. 36 into a minimum maintenance road. See resolution elsewhere in this issue. They also signed a permit allowing Eagle Communications to access ditches and bore under Road O if needed.

Road O is the old Wheeler highway which runs between St. Francis and Wheeler. Mr. Fleming had three different samples of rock to use in chip sealing this road. Commissioner Dale Patton told him there was another place to get the chips which wasn't too far and might be cheaper.

The old highway was used as a detour and, at that time, was paved. Earlier, the cracks were sealed but with warmer weather, the substance has sunk and the company that did the sealing said they would come back. No decision was made on the road.

Mr. Fleming gave his annual road and bridge report.

He said, on a rainy day, the crew had rewired the shop in St. Francis. He talked about bridge and road work done in the county and plans to repair another bridge. Commissioner, Ernie Ketzner asked about plans for roads in the eastern part of the county. Commissioner Andy Beikman asked why the solid waste site needed to have a land title? Mr. Fleming said that the government required it.

Letter discussed

A letter from Vickie Schliep was read. The letter expressed concerns about the condition and appearance of the corner lot owned by Doug Austin located along east U.S. 36. After discussion, Attorney Kari Gilliland said she would compose a letter to be sent to Mr. Austin. The letter will be signed by the commissioner chairman and the mayor of St. Francis.

Emergency medical service report

Jannelle Bowers, emergency medical service director, presented ambulance license applications and Chairman Ketzner signed them. She said she had received a grant of \$4,575 to be used to help pay for the emergency medical technician bridge class which is being taught.

Two new cordless suction units are needed for ambulances. Mrs. Bowers said they will be purchased using memorial money.

High Plains Mental Health

Walt Hill, director; Carol Rogers, Ilene O'Leary and Tammy Pettijohn all representing the High Plains Mental Health talked about cuts in state funding and staffing.

Mr. Hill said he understood how counties were trying to absorb all the funding cuts because they were also going through these cuts. He said the organization had cut five staff members. He hoped the commissioners would not cut the mental health funding.

Last year in Cheyenne County, the organization had seen 51 residents. Seventeen were new admissions.

New this year was the mental health first aid training given in the counties free of charge. Mrs. Rogers had attended one of the classes held in St. Francis and said it had given a lot of very good information. She encouraged anyone to attend. Mr. Hill said the training has been well received by police, emergency medical technicians and hospital employees.

Mr. Hill said that questions had been raised that some of the participating counties were not funding their fair share but, what was a fair share. Mrs. Rogers, who is chairman of the board, has helped put together a County Funding Committee which has set bench marks for counties based on the number of residents, patients served, if there is an office in the county and the payroll.

Maintenance agreement approved

Bruce Webb, county appraiser, and Bruce Schneider, representing R and S Digital, spent considerable time talking about maintaining the county mapping system. They finally agreed to sign the maintenance agreement for \$5,354.

Grant for fire department

Cody Beeson, representing the Bird City Fire Department, said he was applying for a \$40,000 grant to be used for bunker gear. The county and city of Bird City would each pay 5 percent but he needed to make sure he could use the county's employee identification number. The commissioners agreed that using the identification number was OK and they would pay for 5 percent of the cost.

In other business

In other business:
• Kari Gilliland, county attorney, discussed the Airport Authority's name being changed to Airport Commission. She said that having the name changed in the minutes was sufficient and no resolution was needed.

• Danny Schlittenhardt and Justin Lohr, noxious weed supervisors, were given permission to attend a meeting.

• Bonnie Arnknecht, representing Solid Rock Baptist Church, brought in treats for the commissioners.

• Dolores Jenik, treasurer, talked about money which may be taken away from the taxpayers. She urged people to contact all Kansas legislators (see article elsewhere in this issue). She also said that Marjorie Peter is planning to retire in June.

Next meeting

The next commissioners' meeting will be held at 8 a.m. on Thursday, April 15, in the commissioners' room in the courthouse.



GOLDEN HORSESHOE RANCH not only has a bakery but also produces mats and grows garden produce to sell. Left, Chet Redmon, Crystal Ludowese and Derek Moreland make rubber mats. Above, Derrick Morton works with garden seedlings.

BAKERY

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for the noodles, after the dough is rolled out, the noodles are cut, separated and dried on trays. The noodles need to be turned periodically so they will dry evenly.

Each of the staff has their favorite items to make. Tonya Heinrich said she is the bread baker and especially likes making the sunflower-flax and cinnamon breads. Carrie Babcock likes baking but she is the cleaner. She keeps the kitchen shining and items put in their place, Mrs. Murray said.

Derek Moreland said he didn't like working in the kitchen as well as working outside. Derrick Morton and Chet Redmon don't mind working in the kitchen but there are several other projects made at the ranch that they would rather do. However, Derrick likes the holidays when he helps make pumpkin and pecan pies and, new last year, were sweet potato pies.

They have just began making fruit turnovers with a squiggle of frosting on the top.

Garden

What many people don't realize is that a large garden is raised, starting in the spring by growing seedlings inside, to the planting and caring for the garden, to the harvest. The boys take care of the garden in the warmer months, coming into help in the bakery when it gets cooler.

Mrs. Ludowese is the vocational manager and oversees the boys work in the garden and the wood shop as well as the making of durable floor mats

Out of the garden comes many of the ingredients for the bakery. For instance, the rhubarb is just coming up and it will be picked, cleaned and frozen for pies. Squash is shredded to use in zucchini bread.

As the weather warms up, they will be planting potatoes, onions and radishes, then on to the other garden plants. They talked about planting strawberries but rabbits had eaten the strawberries planted before.

The farm also raises about 50

chickens and a few ducks. They sell the eggs but Mrs. Murray said they do not use these eggs in the bakery.

They sell garden produce during the summer.

Rubber mats

The heavy rubber mats generally used on porches are constructed by the boys and can be made with different colors and designs. The mats can be made to the customer's order.

The boys have made purple and white mats for the K-State fans, blue and red for the Kansas Uni-

versity fans and mats in area school colors. They put designs, names or initials in the mats. Rex Murray had mats made for his pickup.

Christmas trees

For the holidays, they make large wooden Christmas trees complete with names and lights. At one time, they made wooden garden sheds in the shop but that project has been put on hold for the time being.

More about the special staff

The boys live on the ranch where they are better able to take care of the yard, garden and animals.

The girls live in town and those coming to work in the job training vocation are brought to the ranch by Adrienne West. Adrienne also help oversee work in the kitchen.

To place an order

To place an order, whether it be food, eggs, garden produce, mats or trees, call 785-899-7082. Or stop by Uptown Market on Tuesdays from 10 a.m. to 1 p.m.

Those shopping in Goodland may want to stop by Orsheln's from 9 a.m. to noon on Saturdays.

Students accept scholarships

Several area students, including Darris Keller, Dale Northrup and Amber Smull of St. Francis accepted Fort Hays State University scholarships for the 2010-2011 academic year at a recent Student Recognition Program in Colby.

The event featured scholarship winners from Thomas, Cheyenne, Decatur, Gove, Logan, Rawlins, Sheridan, Sherman and Wallace, from the Nebraska counties of Chase, Dundy, Hayes and Hitchcock, and from the Colorado counties of Cheyenne and Kit Carson.

Darris Keller accepted a \$500 Academic Opportunity Award in agriculture. Keller, son of Clay

Keller and Dana Timmons, St. Francis, plans to major in agriscience.

Dale Northrup accepted a \$900 Academic Opportunity Award in communication studies and an \$800 Hays City Silver Academic Award. Northrup, daughter of David and Aimee Northrup, St. Francis, plans to major in communication studies.

Amber Smull accepted a \$700



Keller



Northrup



Smull

Fort Hays Bronze Academic Award and a \$500 Academic Opportunity Award in psychology. She also won the drawing for a laptop computer.

Smull, daughter of Ben and Laura Smull, St. Francis, plans to major in psychology.

Make Cheyenne County a Destination as you enjoy your Travels along U.S. 36



Don't Miss This Upcoming Special Section Promoting U.S. 36!

From the Kansas-Missouri border to the end of the line at Estes Park, Colo. Casey McCormick, ad manager, will be contacting area businesses in this grand opportunity to promote St. Francis, Bird City & U.S. 36.

If interested in purchasing advertising space in this section, give us a call at The Saint Francis Herald!

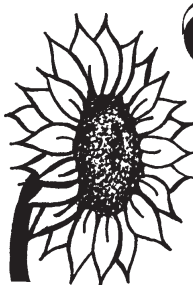
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— and —

Bird City Times



UNIQUE

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spots that had been there for years. Those spots took an extra "zap," but again, it didn't hurt. She said it would take a week for those spots to lighten and would probably take another treatment. But, after years of covering them up, Mrs. Krien said, what was a little more time.

Dr. Allard, who is a medical doctor at the Cheyenne County Hospital and clinic, had worked in this area while doing her residency. She said she had been intrigued with the intense pulsed light and laser treatments at the time. When the opportunity came where she could acquire the equipment, she and her husband, Kent, decided to offer the service to clients in the area.

Being able to offer these services to people saves them money and time, she said.

From April 1 through Oct. 1, they are offering special introductory prices which are about two-thirds of the regular price. Plus, she said, they don't have to travel a distance. The regular prices they will charge are about two-thirds of Denver pricing.

With proms, graduations, weddings and class reunions, clients will have the opportunity to look their very best with the treatments received at Frontier Medical Rejuvenation. Appointments can be made by calling 785-772-1906.

Hair removal

Are you tired of shaving your legs? Don't like the hair on your

chest or back? Wherever there is unwanted hair, it can be removed permanently. The intense pulsed light treatments target the hair follicles, causing permanent damage to the follicle so the hair will not grow back. Depending on area where the removal is needed and the color of hair and skin color makes a difference on the amount of time it takes and the number of treatments needed.

Dark hair, Dr. Allard said, takes less time and is easier to remove because the intense pulsed light picks up the darker colors better.

She estimates that a treatment usually takes 30 minutes to 2 hours, depending on the body area. Depending on the different hair textures, color and growth rates, it takes from three to seven treatments.

More about the treatments

Photo facials can be done with the intense pulsed light treatments. Aging and sun-damaged skin can be cleared up.

The treatments for clearing pigmented areas, sun spots and rosacea can quickly be cleared up without any downtime, Dr. Allard said.

She told about a person she had treated that, when embarrassed, her face and neck turned red. After one treatment there was a noticeable difference.

Another client suffered from rosacea, a butterfly red rash on the face. She was able to treat

the rash.

Some teenagers are especially bothered with acne. It lowers their self esteem and confidence as well as causes scarring. With the pulsed light treatments, acne is reduced and helps prevent new acne. There are no medications, she said, which are expensive and there are no harsh facial chemicals.

The treatments decrease discoloration from previous acne and old acne scars.

Acne, she said, may be treated weekly and it typically takes 10 to 12 treatments for good results. The client may want to follow up if new acne spots flare up.

Laser vein treatments

With summer coming, there are people who will not be wearing shorts, skirts or swimsuits because of ugly spider veins and small varicose veins. The laser treatment offered at Frontier Medical Rejuvenation is a noninvasive and comfortable vein treatment.

The laser pulses fade or clear visible vessels on legs, face and other body areas.

Treatments are done by using a numbing cream. The hand piece used is also chilled so little heat is felt from the tip during the laser pulses.

More information

For more information, call 785-772-1906 or E-mail at frontiermed@yahoo.com website coming soon- www.frontier-med.com.