

Moments With Mila

By Mila Bandel



County Health Nurse

Do you have the sitting disease?

You're probably inactive for more of your day than you realize. Do you sit at an 8-hour-a-day desk job, and then unwind in front of the television all evening? Do you depend on e-mail, direct-deposit paychecks, and online shopping to accomplish tasks that would have required you to run errands 10 or 20 years ago?

If so, then you may have "sitting disease" which is the new buzzword for a sedentary lifestyle, which may put your health at risk. Research shows that long periods of physical inactivity raise your risk of developing heart disease, diabetes, cancer, and obesity. It's possible to drastically revamp your life to become more physically active - adding an expensive treadmill to your home, or placing a new exercise bike in front of the television. But there are also simpler, less costly solutions.

Mix standing and sitting. Sitting constantly is unhealthy, but stand-

ing still for long stretches of time can cause problems, too, such as bad backs or sore feet. It's better to frequently shift between sitting and standing.

Pretend it's 1985. Have a question for your co-worker down the hall? Don't shoot him an e-mail; walk to his/her work area and ask him/her face to face.

Adopt new habits. Standing uses more muscles and burns more calories than sitting, so train yourself to stand whenever you talk on the telephone. Ask friends to go for a walk during lunch instead of chatting in the break room. Use the stairs instead of the elevator.

End your workday with a bang, not a whimper. Prolonged sitting at work can tire you out, making you zone out as 5 p.m. approaches. If you take a brisk, 15-minute walk in the afternoon, you'll be far more productive in your last two hours. If you're worried that you don't have time for a walk,

you may be surprised that you get your work done more quickly afterwards.

Watch more television. That is, if you vow to be active when you watch. Pull your dust-covered treadmill out of retirement, place it in front of the television and only allow yourself to watch when you're walking. No exercise equipment? March in place or tidy the room while watching. Just don't be a couch potato: Research shows that the longer you sit watching television, the greater your waist circumference, and the higher your risk is of dying from cardiovascular disease.

We all have our own excuses to why we don't exercise by taking small steps getting started will help you work consistently into a steady exercise program so that you won't have the "sitting disease."



CAR SHOW PRIZES are being arranged by Carol Gamblin. Note the quilt with the show T-shirts from the last nine show. There is also a small refrigerator and a pedal car.

Herald staff photo by Karen Krien

STAFF

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fering a retirement incentive for those employees who are eligible to retire with full Kansas Public Employees Retirement System benefits. He said he had already talked to employees about a possible health insurance benefit if

they choose to retire at the end of this year's teaching contract.

The board discussed the matter, then agreed to have Mr. Schiltz proceed with drafting a retirement incentive document for use with eligible licensed personnel.

Kansas Assessments

Mr. Schiltz said a number of the students had completed the Kansas Assessments and the preliminary results were once again impressive. He complimented both the teachers and students for their hard work. Look for more information about the assessment scores in the near future.

In other business

In other business:

- The Scholarship Committee, made up of Ed Marin and Bonnie Zweygardt, will meet at 4 p.m. on Thursday.

- The Kansas Association of School Boards, Region 9 meeting will be held on Monday in Brewster.

- Mary Beth Miller, board president, was selected to present diplomas at commencement on Sunday, May 23.

Next meeting

The next regular board meeting will be held at 8 p.m. on Wednesday, May 12, in the board room in the high school.

Student News

Fort Hays State University

Danielle Flemming of St. Francis, was among the 27 senior members of Phi Eta Sigma, a Fort Hays State University honorary society, who was recently awarded a Senior Bookplate award.

To receive the Senior Bookplate award, members of Phi Eta Sigma must maintain a minimum 3.50 cumulative grade-point average through their senior year.

Alzheimer's meeting set

Tuesday from 9:30 to 11 a.m. the Cheyenne County Extension Office will be presenting "My Story: Alzheimer's From The Inside Out." Richard Taylor Ph.D. will speak live via web streaming about his personal journey with this disease. Diagnosed with dementia, probably Alzheimer's, he is a world-renowned author and champion for individuals with Alzheimer's.

Refreshments will be served. Please RSVP to the Extension office at (785) 332-3171 by Monday. You may also call this number for further information or questions.



FIVE GENERATIONS of Kriens — Left to right: Bill Krien, holding Logan Rankin; Billy Krien, Kelly Allen, Leone Krien and kneeling, Bridgette Allen.

LOCAL

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in 1950). He was involved in the Block and Bridle Club, Chaperones Rodeo Club, Pershing Rifles Drill Exhibition Unit and Promenaders Square Dance Club. He was also an announcer for the college radio station.

One of the highlights of his life was having the lead role of Klaus Klang in "Dust on the Sunflowers." There were a total of nine performances in the area with the final performance being the annual spring meeting of the Kansas State Historical Society on June 22, 1985.

He spent most of his life farming southwest of Bird City along with working various jobs including being a law officer, serving as a municipal judge in Bird City and working for the county road and bridge department.

He has four children, Wayne, Lee, Paul and Marilyn. Look for a complete obituary in a later issue of *The Saint Francis Herald* and *Bird City Times*.



Coming Soon: SENIOR PARENTS!!!

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Congratulate Your Graduate

The Saint Francis Herald and Bird City Times are now planning the Senior Graduation Supplement and will be giving parents a chance to put a baby picture in along with a short message from the family for \$20 extra. This feature is optional. Senior pictures will be sponsored by parents, grandparents, individuals and/or businesses for \$39.00 each or three for \$99.

Matt Whitmore

I am considering going to Kansas State University to major in business and marketing with a minor in leadership studies..

Matt, You have grown into such a fine young man. We are so very proud of you and all that you have accomplished. Remember to work hard, never stop learning and have fun along the way! May all your dreams come true! We love you very much!!
Mom, Dad, Logan and Sarah



Parents: Jerry and Lila Whitmore

For more details, contact Casey McCormick at the Saint Francis Herald at 785-332-3162

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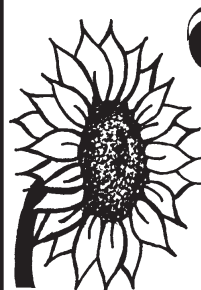


Don't Miss This Upcoming Special Section Promoting U.S. 36!

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!

YOU WON'T WANT TO MISS THIS ONE!



The Saint Francis Herald

P.O. Box 1050, St. Francis, KS 67756 • 785-332-3162

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Bird City Times