

First birthday honored



Rankin

Logan Rankin celebrated his first birthday with friends and family on Saturday, Aug. 28. His birthday was Aug. 27 and he took cupcakes to the babysitter's house.

Held the following day at the Zoo Park in Clay Center, a picnic was held prior to opening presents. Then the cake was cut. Logan had his own cake which he preceded to eat by handfuls, pausing ever so often to brush a fly off with his frosting-covered hands. Needless to say, he was covered with cake and frosting but his smile showed he was happy.

Family present for the party included his parents, Brian and Bridgette Rankin, Westmoreland;

grandparents, Tim and Kelly Allen and Ronda Loyd, Clay Center; great-grandparents, Billy and Karen Krien, St. Francis, and OM and Joyce Allen, Clay Center; Kyle Allen, Manhattan, Tim and Pam Peterson, Topeka; Troy and Jan Krien, Waverly, Neb.; Todd Krien, St. Francis, Tyler Krien, Melissa Oursler and Tristyn, Salina.

Obituaries

Milford "Gene" Young

Jan. 27, 1934 - Aug. 31, 2010

Gene Young, son of Violet and Bernard Young, was born Jan. 27, 1934, in Dundy County, Neb.

His father was in the military and Gene spent some of his early life in Maryland, the rest of his teenage life he was left with the responsibility of keeping the family farm going. He endured many long hours raising cattle, planting crops and hand-picking corn.

His early education was started at the Mount Hope School often riding his favorite horse "Billy," carrying his lunch and books. Later on he finished his education in Bird City and graduated in 1951.

On April 27, 1952, he was united in marriage to Marlene Holscher at St. John Lutheran Church in Bird City. Together they began their journey on a farm in the South Fork community, south of Benkelman, Neb.

His welding career was started at the family farm and continued into his early 70s. For several years, he was employed by Walz Metal works in Bird City, where they manufac-

tured farm equipment. He was very passionate in this field, often making or repairing specialized equipment for local farmers and businesses.

He had a great sense of animal husbandry and raised cattle for 60 years.

In 1966, they moved to Marlene's homestead just north of Bird City, where they enjoyed their remaining years together. Playing cards and visiting with the neighbors was a favorite pastime.

They were blessed with two children, Shelley and Rod. Gene was a very patient and giving husband and father always putting his family first. He led by example with a soft hand and a quiet voice.

Faith was very important, he always knew that if God brought him to it, God would bring him through it. He had many difficult times in his life and never complained.

In 1990, he suffered a debilitating syndrome of Guillian-Barre that left him struggling for strength his remaining years.

He really enjoyed fishing and relaxing at Shelley and Jerry's lake home.

On April 27, 2002, Gene and Marlene celebrated their 50th anniversary with friends and family. It was a joyous milestone in their life together.

He entered the Hester Home on July 13, 2010, and died on Aug. 31, 2010, at the age of 76.

Preceding him in death were his parents, an infant sister, Janet Ann Young and a grandson, Alexander Royal Young.

Those surviving are his wife, Marlene Young; his daughter, Shelley Heavilin and husband, Jerry of Blue Springs, Mo.; Rod Young and wife, Jane of Bird City; grandchildren, Megan and Chris Pasquale, Mandy Burton, Shelsea and Dave Horn, Shara and Ben Burgess, Hayley Young and Ethan Young; great-grandchildren, Haylee, Anthony, Isabella, Amelia, Eliza, Lane and Lillie.

Funeral services were held Sept. 4 at St. John Lutheran Church, Bird City, with Pastor David Rossbach officiating.

Casket bearers were John Rambat, Royce Rambat, Loren White, Royce Kehlbeck, Martin Burton and Pete Gilliland.

Interment was in the Bird City Cemetery, Bird City.

Arrangements were by Knodel Funeral Home, St. Francis.

The family requests all memorials be given to the Cheyenne County Emergency Medical Service (EMS).

Health fair scheduled for October

By Mila Bandel
County health nurse

It is time for the fall Cheyenne County Health Fair.

The county hospital, clinic and health department will be sponsoring the fair on Oct. 4 - 8 for men and women. There are two lab exams available - the lab profile will be a chemistry panel with thyroid (TSH) and lipid panel; and prostate-specific antigen (PSA) test. The lab draws will be offered for three mornings in St. Francis and one morning in Bird City.

What does some of the lab work mean?

Chemistry panels are groups of tests that are routinely ordered to determine a person's general health status. They help evaluate the body's electrolyte balance and/or the status of several major body organs. The tests are performed on a blood sample, usually drawn from a vein in the arm.

The thyroid test is often the test of choice for evaluating thyroid function and/or symptoms of hypothyroidism. A high test result often means an underactive thyroid gland that is not responding adequately to the stimulation of test due to some type of acute or chronic thyroid dysfunction. A high test value can also occur when patients with a known thyroid disorder (or those who have had their thyroid gland removed) are receiving too little thyroid hormone medication.

A low test result can indicate an overactive thyroid gland (hyperthyroidism) or excessive amounts of thyroid hormone medication in those who are being treated for an underactive (or removed) thyroid gland.

The lipid profile is a group of tests that are often ordered to-

gether to determine risk of coronary heart disease. They are tests that have been shown to be good indicators of whether someone is likely to have a heart attack or stroke caused by blockage of blood vessels or hardening of the arteries (atherosclerosis). The lipid profile typically includes:

- Total cholesterol
- High density lipoprotein cholesterol (HDL-C) - often called good cholesterol.
- Low density lipoprotein cholesterol (LDL-C) - often called bad cholesterol triglycerides.

Prostate-specific antigen (PSA) is a protein produced by cells of the prostate gland. The prostate test measures the level of prostate-specific antigen in men's blood. It is normal for men to have a low level of prostate-specific antigen in their blood; however, prostate cancer or benign (not cancerous) conditions can increase a man's prostate-specific antigen level. As men age, both prostate-specific antigen and prostate cancer become more common. The most frequent benign prostate conditions are prostatitis (inflammation of the prostate) and benign prostatic hyperplasia (enlargement of the prostate). There is no evidence that prostatitis or benign prostatic hyperplasia causes cancer, but it is possible for a man to have one or both of these conditions and to develop prostate cancer as well. A man's prostate-specific antigen level alone does not give doctors enough information to distinguish between benign prostate conditions and cancer. However, the doctor will take the result of the prostate-specific antigen test into account when deciding whether to check further for signs of prostate cancer.

Lab draws dates, times and location: Oct. 4, 5 and 6 from 7 to 10 a.m. daily in the basement of the St. Francis clinic and health department.

On Oct. 5 and 6, from 7 to 10 a.m., the lab draws will be held at the Bird City Clinic.

No appointment is needed. Remember to fast for the chem panel lab test (nothing to eat or drink except water after midnight). Note: People can take their

prescription medication prior to the lab draw that morning.

A female exam that includes a breast and pelvic exam with pap smear, the male exam will include a prostate check will also be offered. The exam dates include the afternoon of Oct. 6, all day on Oct. 7 and Oct. 8. The exams will be at the clinic in St. Francis.

The fee is due at time of service and will not be billed to insurance.

Introducing

Carter John Wilson

Matt and Sara Wilson, Bird City, announce the birth of their son, Carter John, on Aug. 13, 2010. Carter was 7 pounds, 1 ounce, and 19 1/2-inches long.

Maternal grandparents are John and Mary Beth Kohake, Centralia. Great-grandparents are Elmer and Virginia Koelzer, Baileyville; Dan Kohake of Seneca and the late Mary Kohake.

Paternal grandparents are Troy and Cindy Burr, Bird City and Ron Wilson, St. Francis. Great-grandparents are Bonnie Burr, Bird City and the late Willis Burr; Libby Curry, Colby, and the late Ronald Curry, and Larry and Louise Wilson, St. Francis.



Wilson

Caiman Wayne Jensen

Caiman Wayne Jensen, son of Travis and Amanda Jensen, was born July 10, 2010, at Presbyterian/St. Luke Hospital in Denver. He weighed 6.5 pounds and 19 3/4-inches long. Caiman has a sister, Avery, 3 years old, to welcome him home.

Grandparents are Roger and Janet Jensen, St. Francis; Marilyn and Kenny Taylor, Lubbock, Texas, Cindy and Russell Miller, Cibolo, Texas. Great-grandparents are Barbara Sellers, Cibolo, and Ella and Calvin Miller, Shreveport, La.



Jensen

Quade Ryan Gattshall

Quade Ryan Gattshall arrived on Aug. 12, 2010, at 4:03 a.m. at Cheyenne County Hospital. He weighed 7 pounds, 7 ounces and was 20.5-inches long.

Parents are Matt and Erica Gattshall of Goodland. Grandparents are Steve and Melva Douthit of St. Francis and Bill and Diane Gattshall of Goodland. Great-grandparents are June O'Dell of Wray, Colo., and Henry Nagel of Kanarado.



Gattshall

St. Francis News

Betty Jean Winston and Dan Winston of Ellsworth met Shawn and Leigh Legere in Wichita Saturday morning and attended the Wichita Invitational Cross Country meet on Saturday morning. Senior Miles Legere is a member of the Blue Valley West High School cross country team.

Zimbelman picnic

A family picnic was enjoyed at the Gulick Park in Goodland on Saturday, Sept. 4. Those attending were Lance and Rhonda Coburn, Shelby and L.T. of Quinter; Tammy Taylor and Lena of Colorado Springs, Colo.; Jim and Debbie Satran, Nicole, Curtis and Aaron of Ogallah, Rudy Zimbelman of Goodland; Alvin and Sylvia Zimbelman of Goodland, Roger Zimbelman of Phoenix, Ariz.; Mike and Cindy Mitchell, Andrew and Justin of Wilber, Neb.; Bradley Merklin, Pat Rose, Leon and Darlene Merklin, all of St. Francis; April Lauder milk, Amber and Tony, Michael Kincaid and Jaxon, all of Brewster; Diane Kent of Denver, Colo.; Eldon and Dorothy Palmer of Goodland; Mike and Ginger Chadwick and Dusti of Goodland; Bill and Ruby

Stock of McCook, Neb.; and Lonnie Zimbelman of Imperial, Neb. The group enjoyed tennis, water balloons and visiting. Hosts were the Alvin Zimbelmans and Mike Chadwicks.

Book Review

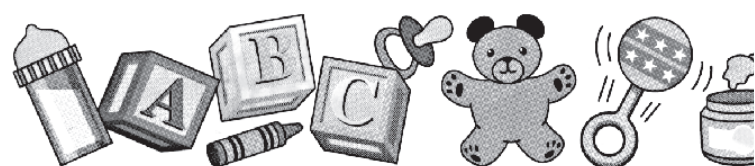
Book review from the St. Francis Public Library

The Walk

By Richard Paul Evans

What would you do if you lost everything...your job, your home, and the love of your life...all at the same time? When it happens to Seattle ad executive Alan Christoffersen, he's tempted by his darkest thoughts. A bottle of pills in his hand and nothing left to live for, he plans to end his misery.

Instead, he decides to take a walk. But not any ordinary walk. Taking with him only the barest of essentials, Al leaves behind all that he's known and heads for the farthest point on his map: Key West, Fla. The people he encounters along the way, and the lessons they share with him, will save his life...and inspire yours.



House for sale by auction

424 N. Elk, Oberlin, Kansas
Tuesday, September 28
4 p.m.



2,767 Sq. Feet, 2 car garage.
\$5,000 deposit due at sale, closing within 30 days.
Seller will pay taxes up to closing date.
For more information, or to see the home, call Dick Kelsey at 316-706-5845

Introducing

The Board of Directors and Medical Staff are pleased to announce that Dr. Lindsey Paulson has accepted a full-time position on the Medical Staff for the Wray Community District Hospital and Clinic. Dr. Paulson will begin seeing patients at the Wray Clinic on September 13.



Dr. Paulson

Dr. Paulson recently graduated from the North Colorado Family Medicine Residency Program in Greeley where she had served as the Administrative Chief Resident. She has previously worked in Wray on several occasions both during medical school and residency.

She will be offering a full-spectrum of Family Practice services and has special interests in obstetrics and gynecology along with pediatrics. Dr. Paulson is a native of rural Colorado and is a graduate of the University of Denver and the University of Colorado School of medicine. She is excited to establishing a practice in a rural Colorado. She has recently moved to Wray with her husband and two-year old daughter and looks forward to being a part of the Wray Hospital & Clinic team.

Household Hazardous Waste Roundup!

Do You Have Any Unwanted Products Stored at Home!

MARK YOUR CALENDARS!

Cheyenne County will hold a Household Hazardous Waste Collection Day on **Saturday, Sept. 18 from 1:00 p.m. to 3:00 p.m.** at the Cheyenne County Landfill.

Materials accepted include paints, solvents, cleaners, pesticides, aerosol cans, batteries and used oil. Automobile lead acid batteries will be accepted. Please have the materials in sturdy boxes for easy and quick unloading. Have your used oil in disposable containers. Farm chemicals, appliances, tires, yard waste, explosives, school lab chemicals, medical waste, radioactive waste, ammo, compressed gas cylinders (propane), asbestos, dioxins or silvex will not be accepted. Program organizers reserve the right to reject delivery of materials.

Participants are asked to leave all materials in their original containers. If the container is leaking, pack the container "as is" in another larger container and label it clearly. If another container is used, be sure it is clearly labeled. Do not mix contents of different containers. Securely package materials before transporting. Do not carry open containers of liquids with strong odors or spill potential in a closed automobile. Pack the containers so they won't tip, break or spill during travel. Waste oil should not contain gasoline, solvents, decreases, paint or antifreeze. Keep all household hazardous waste away from children and animals.

Due to KDHE regulations these are items that can't be picked up during the City-Wide Cleanup later in the month. You do not need to call prior to bringing items to the Landfill. If you have questions, please call the Landfill at 785-332-8842, Tuesday through Saturday.

No Household Hazardous Waste items accepted early or after the clean up date.

- Paints
- Solvents
- Cleaners
- Pesticides
- Aerosol Cans
- Batteries
- Used Oil



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