



Figgins Killingsworth Lampe Lauer Sherlock
Grace J. Hilt S. Hilt Marin McCauley

Students pick candidates

By Karen Krien
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Sainty's Homecoming Week will start Monday. There are activities and fun planned for every day with the highlight of the week coming Friday when the Homecoming king and queen are announced. The football game with Wray will be played on Greene Field starting at 7 p.m. The homecoming candidates were selected Tuesday morning and include Shayla Hilt, Jodie Hilt,

Aly Marin, Mikaela Grace, Jalyne McCauley, Cody Killingsworth, Brett Lampe, Cody Sherlock, Garrett Figgins and Tyler Lauer. Monday is a big day for activities. Because of a change in the volleyball quad in Tribune (will be held Tuesday instead of Saturday), the bonfire will be held on Monday. The pile of wood, old outhouse, hay bales and fireworks will be lit around 8 p.m. Cheers and speeches will be held with the roaring fire as the backdrop.

Seniors will paint the streets at 6:30 p.m. and the hot dog feed, sponsored by the Booster Club, will also start at 6:30. Following the bonfire, First National Bank will host an ice cream feed in the cafeteria. Students have declared Monday as "Fake an Injury" day. There could be anything from broken arms to lots of gauze. Students are reminded to stay within the school dress code requirements. It should be noted that there will be no junior varsity football game on Monday as noted on the calendar. Tuesday has been designated as "T-Signing Day" as well as "Hat Day." The high school lady volleyball team will travel to Tribune with the game starting at 3 p.m. Wednesday is "Twin Day." The cheerleaders will go to the grade school to teach students cheers for the Friday pep assembly. Thursday, in honor of the volleyball ladies, students will dress up. High school volleyball will be played at Dundy County/Benkelman with the Lady Indians meeting Imperial and Dundy County ladies. Game time is 5 p.m. At 4:30, the junior high volleyball and football teams will meet Decatur Community players in St. Francis. Friday is Green and Gold Day. The king and queen will be crowned at the assembly held in the gym starting at 2:30. The Chamber will also be sponsoring the "slave auction." This yearly event raises money for Chamber projects. This year, the money will go toward benches at the swimming pool. The king and queen candidates along with father escorts will be recognized during halftime of the Friday game with Wray. A homecoming dance will be held from 8 to 11:30 p.m. on Saturday.

Woman competes in Ironman Triathlon

By Karen Krien
karen.k@nwkansas.com
Former St. Francis resident, Sarah Ochsner, was among 2,000 people entered in the Ironman Triathlon held in Madison, Wis., on Sunday. Competing in an Ironman Triathlon is a feat that few experience. The triathlon consists of swimming 2.4 miles, biking 112 miles and running 26.2 miles - all in the same day. Ochsner, at the age of 40, had trained all summer. When 7 a.m. rolled around, she was ready. She said, in an e-mail, that if she was not ready, it was too late! One of her friends, training partner and coach had said, "You are going with what you got or you're not going." To Ochsner, it was not

an option after all the hours of work over the past months. Before the triathlon started, she had no idea what her time might be. "This is my first Ironman," she said. "The goal is to get to the end healthy and happy." Her other goal was to finish in 16:59.59 or better. She made her goal and better. Her finish time was 14:21.27. In each event, her times were: swim - 01:26.09; bike - 06:54.22; and run - 05:43.34. As she came across the finish line, she hears, "You are an Ironman!" - words that she had been waiting to hear after months of training. Ochsner lives in Chicago, Ill., and is the daughter of Gilbert and Shirley Ochsner, St. Francis.

Flu vaccine clinic scheduled

There will be a seasonal Influenza Vaccination Clinic scheduled for Friday, Oct. 1, at the Cheyenne County Health Department. This clinic will run from 7:30 a.m. to 4:30 p.m. No appointment is needed for this flu clinic.

The clinic is located in the basement of the Cheyenne County Clinic. People may take the elevator to the basement floor or use the stairway to the basement flu clinic.

Why get vaccinated? The flu is a contagious disease caused by the influenza virus. It can be spread by coughing, sneezing, or nasal secretions.

Infants, the elderly, pregnant women, and people with certain health conditions...such as heart, lung, kidney disease or a weakened immune system are at highest risk for the influenza virus and can get much sicker. Flu can cause high fever and pneumonia, and make existing medical conditions worse.

The 2010-2011 influenza vaccine will protect against an influenza A H3N2 virus, an influenza B virus and the 2009 H1N1 virus. By getting vaccinated you can protect yourself from influenza and may also avoid spreading influenza to others. It takes up to two weeks for protection to develop after the shot. Your protection with the vaccine should last about one year.

All people 6 months of age and older are highly recommended to get vaccinated against the flu virus. Vaccination is especially important for people at higher risk of severe influenza and their close contacts, including health-care personnel and close contacts of children younger than 6 months of age.

There are two types of influenza vaccine: The first one is an inactivated (killed) vaccine given by a needle injection into the muscle. The second is a live, attenuated (weakened) influenza vaccine. This one is sprayed into the nostrils. The Center for Disease Control (CDC) highly recommend the

people who got the 2009 H1N1 (pandemic) influenza should still get the 2010-2011 seasonal flu vaccine.

The Center for Disease Control states that the risk of a vaccine causing serious harm, or death, is extremely small. Serious problems from inactivated influenza vaccine are very rare. Mild problems with the vaccine include: soreness, redness, or swelling where the shot was given; fever; aches. If these problems occur, they usually begin soon after the shot and last 1-2 days.

People with an egg allergy should not get the vaccine. If you had a severe reaction after a dose of influenza vaccine, or had Guillain Barre Syndrome ask your medical provider prior to getting a flu shot. Your medical provider will help you decide whether the vaccine is recommended for you.

For more information contact the Cheyenne County Health Department at 785-332-2381.



GOLFERS practice their putting before the tournament started Sunday morning at Riverside Recreation. Herald staff photo by Betty Jean Winston

Men compete in golf tournament

September is here and golf tournaments are coming to an end for the year at Riverside Recreation.

The weather was beautiful on Sunday morning as the 54 golfers prepared to tee off in the Riverside Three-Man Scramble. The participants were divided into flights for the event.

The tournament winning team was Ahlberg, Wishon and Garrett from Oberlin.

Winning the first flight was the team of Crabtree, R., Lauer and Grace. Two teams tied for second including G. Lauer, C. Rieger and D. Andrist and the team of Orth, K. Frewen and Faulkender.

The second flight was won by M. Frewen, Daryl Schultz and Brock McAtee. Lippert, Boden

and Burton came in second. There was a tie for third between Roeseener, McKain and Sabatka and Chris Bracelin, Cade Bracelin and K. Bracelin.

Hole winners for the tournament include Chris Bracelin, Tom Garrett, Gene Dodd, Bill Braz, Jon Wishon, Dick Ahlberg, Bob Lippert and Cale Rieger.

Retirement Reception
Gary Rogers
Wed., Sept. 22 • 4-6 p.m.
at the Emergency Building
Everyone Welcome

GARDNER CONSTRUCTION
is doing small carpentry and repair projects.
Justin Gardner, 785-332-2843 or 785-332-7119 cell

Check your renewal dates ...
*****5-DIGIT 80824
2215 06-21-01 W 72P 52S
JOHN DOE
3444 Walker St.
City, State, Zip

Current Rates
The Saint Francis Herald
Area - \$38 KS - \$42
Out-of-State - \$48

Don't Miss Single Issue!

Baby Shower for
Jill (Dodd) Gary
(It's a girl)
Saturday, Oct. 2 • 2 p.m.
523 E. Jackson St.,
(Robyn Raile residence)
Registered at: Babies "R" Us and Target

The Cheyenne County Treasurer's Office will be **CLOSED** on **Tuesday, September 21, 2010** for training from the state. We apologize for any inconvenience this may impose on anyone!

Influenza "Flu" Clinic Scheduled:
Friday, Oct. 1, 2010
7:30 a.m. - 4:30 p.m.
No appointment needed
Cheyenne County Health Department located in basement of the Cheyenne County Clinic.
(Elevator available for use to basement)
Mila Bandel, RN
County Health Nurse at 785-332-2381

Cheyenne County Cruisers
Poker Run
Sunday, Sept. 19
Registration 12:30 p.m. at the St. Francis City Park
Departure at 1:30 p.m.
Fundraiser for St. Francis Cemetery flag pole and flags
Entry fee and meal \$25; bonus card \$5
More information 785-332-0039 or 785-332-3960

NOTICE • NOTICE • NOTICE

Sainty Homecoming Bonfire has been moved to Monday, Sept. 20, at dark, approximately 8 p.m.

High School Volleyball game with Tribune has been moved from Saturday, Sept. 18, to Tuesday, Sept. 21, in Tribune, 3 p.m.

There is no JV football with Dundy County on Monday.

Flu Season is Here!
Get your flu shot at **Krien Pharmacy**
No appointment Necessary!
Stop in during regular business hours to visit with our knowledgeable staff and receive your flu shot
More than just flu shots! Other vaccinations available: Pneumonia, Tetnus, Zostavax (shingles)

Krien Pharmacy
105 W. Washington • St. Francis • 785-332-2177

Fall Harvest is Coming!
Schedule oil changes for your grain and semi trucks. We also pack bearings on stock and flatbed trailers.

St. Francis Equity
Station
785-332-2421

Owned by the farmers and ranchers of this community since 1913