

TOURISM

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Janet Carman, member of the Historical Society, will create the placard.

The third detail of the plan is to have a rest-stop Kiosk update. An audio system will be installed at the existing rest stop site south of U.S. 36, St. Francis. The system will tell people about all of the sites as well as the history of the area.

The voice of the "Jolly Green Giant" will give the introduction. Elmer Dresslar, the original Giant's voice, was born in St. Francis and has since died. Plans are to have a contest for the Jolly Green Giant spokesman.

Current displays in the case will be updated to emphasize the many sites of interest.

Mr. Kribs said discussions are ongoing with APG Travel, a personal guide, to bring tours to the area from the front range. There will be emphasis on seeing the harvest and following the historical trail. Other activities could be included.

The fifth detail of the plan is promoting a geocaching site in The Breaks through the internet. When the site is visited, the finder would sign the log, retrieve something to be redeemed in St. Francis for a medallion, possible merchant discounts or some other item.

This project does not come without costs.

placard would be approximately \$1,200. Local merchants will be asked to subsidize the ads at \$100 each.

The two placards, one for The Breaks and the other for the historical trail will cost \$900.

The announcing recorder for the rest stop/Kiosk will cost between \$400 and \$600, depending on the type of recorder. The wiring and installation of the recorder will be \$200. There will also need to be a covered literature rack and materials for the display update. Total costs for this part of the project is approximately \$1,000.

Local signage for the different sites will be around \$200.

Promoting the shortest federal highway will cost \$400. The Geocaching will cost \$50.

Total costs for the project is \$3,800 but the amount Mr. Kribs asked the city council for was \$2,800.

He told the council that a full accounting of expenditures would be maintained and submitted at the project's completion. Any excess funds will be returned.

"We would like to see the participation of the St. Francis Area Chamber of Commerce, Historical Society, high school and local businesses in this project," Mr. Kribs said. "We will work hard to make this project happen!"

The city council agreed to help fund the project by paying \$2,800.



CORN SILAGE is being cut and hauled to the Bird City Dairy east of the city.

Herald staff photo by Norma Martinez

Fall harvest begins, silage cut

By Norma Martinez
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Wednesday was a clear, cool, windy day, but the wind did not stop the choppers and trucks from cutting and hauling corn silage at the Bird City Dairy. The Garcias from Goodland and the North Brothers from Rogers Hereford Ranch and Custom Harvesting in McCracken were adding corn dust to the air as they ran two choppers and seven trucks that raced down the dusty roads to the dairy. Once there they dumped it and returned back to the field for another load.

The harvesters were in their second day of harvesting and worked until 11 at night when the rain came and shut them down. After getting almost .75 inch of rain, it was so wet, they had to wait until late afternoon on Thursday to get the cross choppers running and have it completed by Friday.

Once the loads are dumped dairy workers drive three tractors over and over and around the stack of silage to pack it down. After they are through cutting and packing the approximately 16-17,000 tons of corn silage down, the dairy workers will then cover it with a double layer of plastic, and seal it with old

tires.

It will take about three months for the silage to ferment then they will be enough to feed the 2,300 dairy cattle for 10 months. This year's harvest is more of a typical yield and is off just a little from last year's yield which was 2,500 tons.

In order to get these cows to produce 17,000 gallons of milk a day, they feed them very well. On top of the corn silage which they raise, the dairy has to buy 90 percent of their feed. These cows are fed a mixture of corn silage, Total Mixed Ration (TMA), alfalfa, cotton seed, canola

meal, flaked corn, dried distillers grain, soy, hull grains, minerals and a little bit of sugar. This mix is delivered fresh four times a day and monitored daily to ensure the proper nutrition of the cows on a regular schedule.

Mr. McCarty says they work together with all the other farmers who produce the grains and minerals needed.

"We want consistency, in how we milk, feed and grow," he said.

Everyday the Bird City Dairy strives to be the place with happy cows, happy people and great milk.

HEALTH

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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.

DIRECTOR

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or federal assistance if there is enough uninsured damage.

"There are limits and levels of damages, but every one counts. If I don't know the facts so I can report them to the Kansas Department of Emergency Management, the county may be missing out," he said.

Gary Rogers, who recently announced his retirement as the di-

rector, has agreed to stay on as the assistant director.

Gary, he said, has a huge amount of knowledge and is very good to work with.

Mr. Murray is a 1999 graduate of St. Francis Community High School. He has a background in veterinary science and is a licensed radiology technician. He is the son of Rex and Sandy Murray, St. Francis.

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Sit, enjoy dinner with your children

Studies show that eating dinner with your children reduces their risk of substance abuse. Sitting together at the family dinner table may seem a little less common with the busy lives people lead these days. However, did you know that a family meal together helps cultivate an environment where parents can have a conversation with their children? Research done by the National Center on Addiction and Substance Abuse (CASA) at the Columbia University consistently finds that the more often children eat dinner with their families, they are more likely to:

- Be emotionally content.
 - Have positive peer relationships.
 - Have lower levels of stress and are bored less often.
 - Be at lower risk for thoughts of suicide.
 - Not engage in substance abusing behavior.
- Kansas Family partnership has implemented the Family Day campaign to help educate families and create awareness that by having regular conversations between parents/guardians, those conversations serve as a prevention tool to help safeguard Kansas youth. Family Day - A day to eat dinner with your

children is a nationwide initiative to show that parental engagement is the single most potent weapon in preventing substance use and abuse among youth. Family Day is celebrated the fourth Monday of each September, making this year's celebration Sept. 27.

Family Day is not just for families. Kansas Family Partnership is helping to encourage businesses, faith communities law enforcement, schools and community groups to engage in Family Day activities and celebrate Family Day not just one day a year, but every day.

Information regarding Family Day is available online at www.kansasfamily.com/GetInvolved-FamilyDay.cfm where there are downloadable materials or ideas on how you can celebrate Family Day. You may also contact Kansas Family Partnership at (800) 206-7231. Local Regional Prevention Centers and community coalitions, as well as K-State Research and Extension offices are helping to spread the word as well. As Sept. 27 approaches, think of ways you can schedule more family time at the dinner table to find out what's going on in your child's world. After all, what your kids really want at the dinner table is YOU!

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