



## King, queen crowned

By Karen Krien

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The highlight of Homecoming Week is the crowning of the king and queen.

Friday afternoon, the high school gym was rocking with music, cheers and people which led up to the crowning of Mikaela Grace and Garrett Figgins as this year's homecoming king and queen. Other candidates were Cody Killingsworth, Brett Lampe, Cody Sherlock, Tyler Lauer, Shayla Hilt, Jodie Hilt, Aly Marin and Jalyn McCauley. Crown bearers are Matilynn Smull and Jake Rath.

Throughout the week, there were fun activities including a faking an injury day, twins day and signing T-shirts. The bonfire which was scheduled on Tuesday was moved to Monday, then weather delayed it to Wednesday night. The fire from the huge pile of outhouses and bales sent sparks and embers flying which the fire department quickly put out and, soon the bonfire was also extinguished.

Friday evening, during the half time ceremonies of the Sainty vs Wray football game, the queen and candidates were accompanied by their fathers out on the field. Unfortunately for the Indians, the Wray Eagles won the game.

The homecoming dance was held Saturday evening.



**HOMECOMING KING AND QUEEN** were announced Friday. Pictured at the crowning are Garrett Figgins and Mikaela Grace.

Herald staff photo by Leslie McCormick

## Health fair starts Monday

The fall Cheyenne County Health Fair will be held Monday through Friday.

Sponsored by the hospital, clinic and health department, 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 Monday, Tuesday and Wednesday from 7 to 10 a.m. in the clinic basement in St. Francis and on Tuesday from 7 to 10 a.m. in the Bird City Clinic.

No appointment is needed. People taking the lab draws are reminded 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 includes a breast and pelvic exam with pap smear, the male exam, including 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.

For more information on fees, refer to the ad on Page 2.

### What is lab work

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 together 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

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## Games planned for PTA carnival

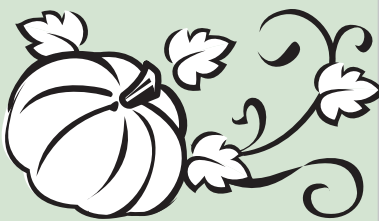
By Stacy Kaup

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The St. Francis PTA is holding the Penny Carnival starting at 5:30 p.m. on Monday at the grade school playground.

This is a fun night of games, crafts and food. There will prizes available for game winners. Jodie Hilt will be serving hot dogs and hamburgers to raise money for her Ambassadors of Music tour.

The games will include ring toss, ladder golf, plinko/sinko, the fireman ride and pumpkin painting. All games will be one ticket, with the pumpkin painting ranging from one to three tickets depending on pumpkin



size. Tickets can be purchased for 25 cents each the night of the carnival. PTA members will receive four free tickets. Those who would like to sign up to be a member can leave their dues the grade school office.

Children of all ages and adults are welcome to come and enjoy the Penny Carnival. See advertisement located elsewhere in this issue for additional information.

## Tourism project given to council

By Karen Krien

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The Cheyenne County Development Corporation directors are gearing up to bring tourism to the county. This will be done through the creation of promotional materials, travel aids, displays and outside agencies.

Chuck Kribs, coordinator, informed the St. Francis City Council at the Sept. 13 meeting, that the proposed project will cover all of the county, lapping to some surrounding out-of-state and out-of-county areas. It will emphasize historical and geological sites.

The focus, he said, is promoting local businesses and engaging a specialized travel agency to conduct outings to this area. Geocaching sites will also be created.

The project has five areas, the first is a flyer or placard to be created to lure people off U.S. 36 and into St. Francis businesses and locations of interest. The placard will be distributed at locations and events before the travelers reaching St. Francis.

The Cheyenne County Historical Society, working with the development corporation, has created a "historical byway" route which will take people to various sites of interest including the Arikaree Breaks and other points of interest in Kansas, Colorado and Nebraska.

The byway drive will be designed to bring people back to St. Francis when it is time to eat or stay overnight.

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**RYAN MURRAY**, emergency management director, looks over plans. He assumed his duties at the first of the month.

## New emergency director hired

By Karen Krien

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Ryan Murray, St. Francis, has taken the position of emergency management director for Cheyenne, Sherman and Rawlins counties. He replaces Gary Rogers who retired after 18 years of service.

His duties require him to be ready for any emergency, whether it be weather related, foreign animal disease, hazardous material or a terrorist attack.

People, he said, don't understand that I am not a first responder like a fireman or emergency medical technician.

His job, he said, is to be a liaison - to provide additional aid and/or information for the first responder. Depending on the incident, he activate the emergency operation center organize cleanup, request outside funding and resources, and doing resource tracking.

He had just taken over the job when there was a two-semi truck accident at the Wheeler intersection. While it was not a serious accident, it involved a truck pulling a gas tanker. The tank was empty but this type of accident is something that emergency directors are required to follow up on. It took hours making all the contacts and filling out all the forms, he said

but it was the first of a learning experience.

Mr. Murray comes to the position with experience, having served as the emergency preparedness manager for the Cheyenne County Hospital. At the hospital, he wrote plans and carried out mock trainings. He worked with Mr. Rogers during these trainings.

With the director's position, Mr. Murray said there is on-going plans that he will be working on. He will soon be meeting with members of the emergency operation center team in each of the counties to get familiar with the members.

He will also be studying in his spare time. To become Kansas certified, he will need to complete 80 hours of emergency training. He has two years to complete the work.

I am fortunate, he said, because while I was at the hospital, I took some training and I'm NIMS (National Incident Management System) compliant. He has also taken some homeland security training.

When there are storms, rain, hail, snow, wind or tornado, Mr. Murray asks that people call him and tell what their damage is. The counties may qualify for state and

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## Computer service business opens

By Karen Krien

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St. Francis has a new computer service business, CSI, located at 109 North Quincy.

Computer Solutions Inc. (CSI), owned by Galen and Judy Lambert, was started 24 years ago. It is a value-added information technology service and sales organization for the small business community. It also specializes in serving the financial, government and education sectors.

CSI, Mr. Lambert said, is one of the five largest Hewlett Packard resellers in Kansas which is a remarkable achievement because the company is so far from the large population centers.

The St. Francis business is run by Matt Wilson. There are four other CSI locations in Smith Center, Beloit, Concordia and McPherson. The staff is working from Estes Park, Colo., to Columbia, Mo., as well as north and central Kansas, he said.

Mr. Wilson said he will be offering quality products, competitive

pricing and the highest level of service and support.

Personal dedication to our customers is key and we have an excellent combined skill set of employees, Mr. Lambert said.

The company was recently recognized by the Huck Boyd National Institute for Rural Development which helps rural people help themselves. CSI also received a gold certification from Microsoft. Last year, Mr. Lambert was selected as the outstanding member of the Heartland Technology Group, a peer group of information technology companies that share financial and organizational data with each other.

Following Matt's graduation from Cheylin High School in 2003, he went on to the Manhattan Area Technical College graduating in December 2004, he began working for Computer Solutions and has been in the McPherson office.

Wanting to get closer to home, he recently moved to Cheyenne County to open up another branch office.

He will be working with small



**MATT WILSON** works on the computer in his office at 109 N. Quincy, St. Francis.

Herald staff photo by Karen Krien

businesses and individuals, offering technology consulting and value-added reseller services from the leading information technology manufacturers. He will be offering expertise with customized solutions resulting in a better return on infor-

mation technology expenses.

Mr. Wilson said, besides working on computers, they will keep a small inventory of parts. He welcomes people to stop by anytime. From 1 to 4 p.m. on Monday, Oct. 25, an open house will be held.