

Author to sign books, tells of publishing journey

Kansas author, Deborah Raney, will speak about her publishing journey and sign books at Saint Francis Community Church, 204 N Quincy, Saint Francis, on Saturday, Oct. 16. Lunch will be served at noon with the book signing to follow. Books will be available to purchase.

Mrs. Raney's first novel, "A Vow to Cherish," inspired the world-wide pictures movie of the same title bringing attention to Alzheimer's Disease. Her books have won the Romance Writer's of America prestigious RITA award, the "Honoring

Outstanding Literary Talent" (HOLT) medallion, the Inspirational Reader's Choice Award, as well as the Silver Angel. She won the 2008 American Christian Fiction Writer's Book of the year and has twice been a Christy Award finalist.

She is at work on her 20th novel. Her newest books are the "Hanover Falls" series published by Howard, a division of Simon and Schuster, including "Almost Forever, Forever After," and "After All."

In a recent interview, Mrs. Raney expressed how her faith affects her writing. "I hope

readers of my books will have a greater sense of God at work in their own lives. I hope they'll feel they know the Lord's nature better, and as a result, will feel closer to Him. I hope they'll know the hope we have in this messed up world because of God's grace and mercy. And finally, I hope they will feel they have been entertained in a way that is uplifting and worthwhile."

There is no charge for the event, but reservations are requested. Reservations can be made at 785-332-2487.

Fall prevention program

On Wednesday, Oct. 20, Candi Douthit, RN and Fall Prevention Coordinator for Cheyenne County Hospital will present an effective fall prevention program incorporated into the Diabetes Support Group Meeting. This program will take place at 1:30 p.m. in the Cheyenne County Clinic basement conference room.

Falls are not inevitable consequence of aging, but falls do occur more often among older adults because fall risk factors increase with aging and are usually associated with health conditions such as diabetes. Falls are a major threat to the health and independence of older adults, people aged 65 and older. Each year in the United

States, nearly one-third of older adults experience a fall.

Falls can be devastating. About one out of 10 falls among older adults result in a serious injury, such as a hip fracture or head injury, that requires hospitalization. In addition to the physical and emotional pain, many people need to spend at least a year recovering from the fall either in a long-term care facility, or living with one of their children. Some never return to their homes.

Falls can be deadly. Falls are the leading cause of injury deaths among older adults. The rate of fall-related deaths among older adults in the United States has risen significantly over the past decade.

Falls are preventable. The opportunity to help reduce falls among older adults has never been better.

This diabetes and fall prevention program is open to the public and free of charge. There is elevator access to the basement for this program. For more information contact the Cheyenne County Health Department at 785-332-2381.

-St. Francis News-

Debra and George Harper, Donna and Norvin Northrup, Loretta and Randall Raile were Friday supper guests of Eric and Kayce Harper in Benkelman celebrating Debra's birthday.

Troy and Tyler Dankenbring of Aurora, Colo., were Saturday and overnight visitors of Donna and Norvin Northrup.



TARYN ZWEYGARDT has his face painted during the Penny Carnival held by PTA. Herald staff photo by Karen Krien

Medicare changes could affect coverage

Medicare is making more changes.

Kody Krien, pharmacist and owner at Krien Pharmacy, reports that the impending Medicare changes could affect coverage of senior citizens.

"It appears there will be 30 Part D plans for 2011 which will eliminate 16 plans," Dr. Krien said.

The following is a preliminary list of discontinued plans: AARP Saver, Advantage Freedom, AdvantraRx Value, AdvantraRx Premier, Aetna Essentials, Aetna Plus, Aetna Premier, CCRX Gold, Cigna Plan 2, First Health Part D Secure, Fox Value, Medco Choice, PrescribaRx Bronze, PrescribaRx Gold, SilverScript Complete and UA Silver.

Medicare will have its system updated by Nov. 1 to reflect the

plan changes for the 2011 plan year.

"Due to these plan terminations and significant changes in the remaining plans, I recommend that everyone enrolled in Medicare Part D review their coverage to ensure proper coverage for the next year," he said.

"If your plan is discontinued, you are responsible for changing to a new plan to ensure coverage."

The staff at Krien Pharmacy would be happy to help anyone analyze their Medicare Part D coverage for the future.

"Everyone on Medicare, no matter where they buy their medicine, can feel free to stop in anytime after Nov. 1 to check out their options," he said.

Watch *The Herald* for more information.

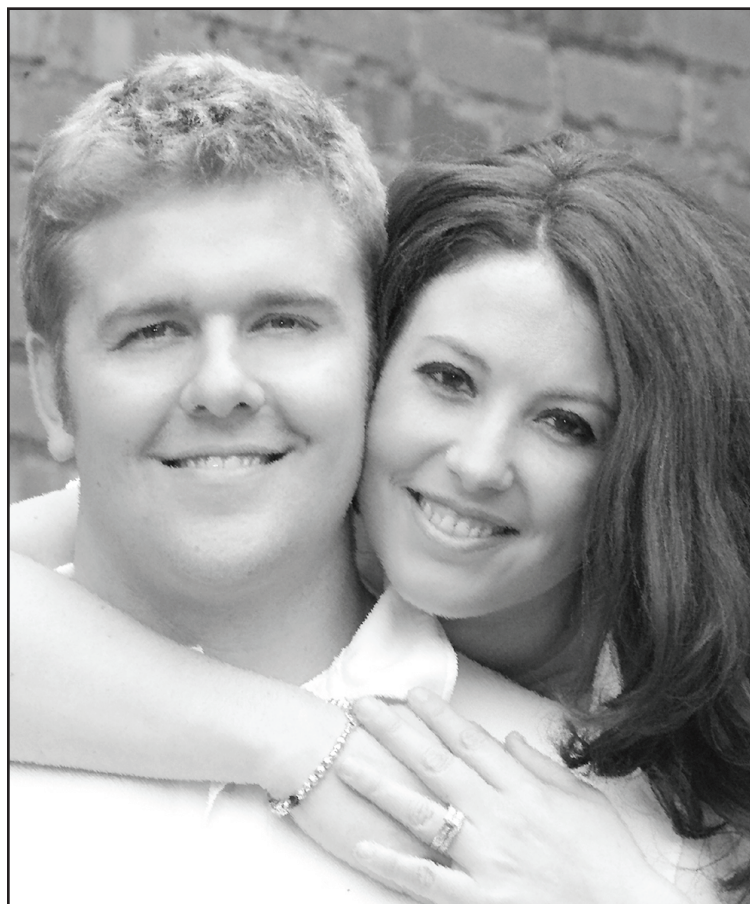
Couple to exchange vows

Melissa Dianne Oursler and Tyler Kent Krien announce their engagement and upcoming marriage at 5 p.m. on Nov. 13 at the First Covenant Church in Salina.

Parents are David and Janet Oursler of Peabody, and Billy and Karen Krien of St. Francis.

The future bride is a 2000 graduate of Peabody-Burns Junior/Senior High School and a 2002 graduate of Wichita Area Technical College Dental Assisting Program. She is a hygiene coordinator for New Horizons Dental Care, Salina.

The future groom is a 1999 graduate of St. Francis Community High School and a 2001 graduate Northwest Kansas Vocational College with a degree in communications technology. He is a network switch engineer for U.S. Cellular, Salina.



Krien-Oursler

Fun Facts

- Sealed envelope - put in the freezer for a few hours, then slide a knife under the flap. The envelope can then be re-sealed.

- Use empty toilet paper roll to store appliance cords. It keeps them neat and you can write on the roll what appliance it belongs to.

- For icy door steps in freezing temperatures: get warm water and put Dawn dish-washing liquid in it. Pour it all over the steps. The mix won't re-freeze.

- Crayon marks on walls? This worked wonderfully! A damp rag, dipped in baking soda. Comes off with little effort (elbow grease that is!).

St. Francis Super's

Your Halloween Headquarters!

120 E. Washington
St. Francis
785-332-2064

Fall Harvest is Here!

Stop by and talk to the guys about your harvest needs. We carry tires, batteries, oil, fuel and more!

St. Francis Equity

Station
785-332-2421

Owned by the farmers and ranchers of this community since 1913

Diabetes Support Group Meeting

Wednesday, Oct. 20, 2010
1:30 p.m.

Cheyenne County Clinic Basement

Topic: Diabetes & Fall Prevention

Candi Douthit, RN & Fall Prevention Coordinator for the Cheyenne County Hospital will be the guest speaker.

For more information contact Mila Bandel, RN - County Health Nurse
785-332-2381

Windmill Estate Angus Dispersal Sale

Thursday, Oct. 21, 2010 @ 1:00 P.M. (MST)

Held at the Ranch in Haigler, NE
2 Miles East on US Hwy 34
Selling Over 300 Head!

25 Bred Heifers

25 Fall Pairs

220 Spring Bred Cows

20 Commercial Bred Heifers

Windmill Angus Ranch
Alex and Joan Peterson
31820 Hwy 34
Haigler, NE 69030
(308) 297-3368
(308) 883-1174 Alex's cell
www.windmillangus.com
windmillbulls@bwtelcom.net

For more information contact the sale managers, TOMBURKE/KURTSCHAFF/JEREMYHAAG, AMERICANANGUSHALL OFFFAME at the WORLDANGUSHHEADQUARTERS, Box 660, Smithville, MO 64089-0660. Phone (816) 532-0811. Fax (816) 532-0851. E-Mail: angushall@earthlink.net - www.angushall.com

www.shayrealty.com

FOR SALE! INVEST IN FARM & RANCH LAND!

NICE QUARTER SECTION KANSAS CROPLAND: SW/4 Sec. 24, 2-39, Cheyenne Co. 160± acres nice dry cropland with good bases. Seller will cash-lease back. Located northwest of Bird City.

CHEYENNE CO. KANSAS IRRIGATION JUST LISTED: Center-pivot irrigation in NE/4 Sec. 8, 3-38. Located northwest of Bird City.

160± ACRES LEVEL KANSAS CROPLAND JUST LISTED: SW/4 Sec. 35, 3-39, Cheyenne Co. 80 acres planted to wheat. Seller to receive all mineral rights. Located southeast of St. Francis.

40± ACRES CHEYENNE CO. KS HUNTING PROPERTY: Three-bedroom house, 10± ac. alfalfa, 30± ac. grass, trees & improvements, creek. (SE/4NW/4 Sec. 12, 2-38) North of Bird City off Hwy. 161 on Rd. X.

FIVE TRACTS AG LAND & IMPROVEMENTS FOR SALE: Tracts may be purchased separately. (Four tracts are mostly irrigation, one tract is dryland and grass) 1,500± total acres. 20± ac. headquarters with 3,800 sq. ft. 5-bedroom brick home, 40'x60' metal shop, 50'x160' quonset & 5 grain bins. Selling with 5-year Seller lease back. West of Vernon, CO.

2,138± ACRE RANCH WITH LIVE WATER: 1775.4± ac. grass, 186.6± ac. CRP and 172± ac. farmground. Steel corrals, 2 wells with water piped to 7 underground tanks. 3-bedroom remodeled ranch home. Abundant wildlife! Ranch could be split. 6 E. & 7.5 S. of Wray, CO.

159± ACRES YUMA CO. GRASS & CRP: 109± ac. grass; 50± ac. CRP (7 more payments). SE/4 Sec. 17, 4-43. 4.5 E. of Idalia, CO. on CR 9.

UNIQUE BUILDING: Former church building features hardwood floors on main level. Basement has kitchen, dining area, several classrooms. New retaining wall. Consider the many possibilities. Priced to Sell! 500 S. Benton, St. Francis, KS.

SHAY REALTY, Inc.

Call Rodney, Ryan or Reese
785-332-2566 or 970.332.3350
Serving Kan., Colo. & Neb.

Good Bye Summer ... Hello Fall!!!

... and it's "that" time again!

CITY-WIDE CLEANUP

St. Francis Citizens

Call the Power Plant 332-3031
between 7:30 a.m. to 12 noon
and 1 p.m. to 4:30 p.m.

Do not leave cleanup requests on the answering machine, they will not be picked up, talk to the dispatcher. Requests can be called in Monday thru Friday.

DEADLINE OCTOBER 14

Calls received after the deadline will have to wait until next fall. Your cooperation and patience will be appreciated.