



Sleep-deprived workers unsafe on overnight shift

High government officials have ignored both science and common sense in their reaction to reports of air traffic controllers asleep at the radar when working overnight shifts alone at airports big and small.

Secretary of Transportation Ray LaHood, who forced out the head of the Federal Aviation Administration's air traffic control section, says workers won't be allowed to sleep on his watch.

Controllers suspected of sleeping are being suspended left and right. But that won't solve the problem, rooted in the rotating shifts that controllers work.

And though he's a sorry excuse for a cabinet official, the former Illinois congressman is not alone. Many government agencies and private firms force workers through regular rotating shifts - days, nights and overnight - without a thought of what that does to their sleep cycle or their alertness.

Police officers, airline pilots, truck drivers, railroad operating crews, all work rotating or irregular shifts that destroy sleep cycles. It's not necessary, and as the air traffic controllers have shown us, it could be dangerous. But no one seems to understand.

Sleep scientists long have known that rotating shifts, in particular, give workers fits. Yet, because they otherwise have trouble filling night shifts, and to "be fair," they force all employees to share in the misery. That's barbaric, at best.

"Government officials haven't recognized that people routinely fall asleep at night when their doing shift work," Dr. Charles Czeisler, chief of sleep medicine at Brigham and Women's Hospital in Boston, told the Associated Press. He called claims that air controllers falling asleep were isolated incidents "preposterous."

Rotating shifts ignore two facts: Some people like night work and would volunteer for it. And workers do better on a stable schedule, day or night. Employers could ask for volunteers, then assign junior workers to fill out each shift.

Railroads and some other union operations have done this for years, at least for jobs with a regular start time. While not everyone appreciates night shifts, some would rather have them than days. Forcing everyone to sleep poorly to be "fair" hardly seems right.

Workers with no regular schedule, such as airline pilots, line-haul train crews and over-the-road truckers have a different problem. While government rules have been tightened, they still are subject to call day and night, often with only eight to 10 hours "rest" between trips. Since that includes time to eat, see the family, do business and relax, as well as sleep, it's hardly restful.

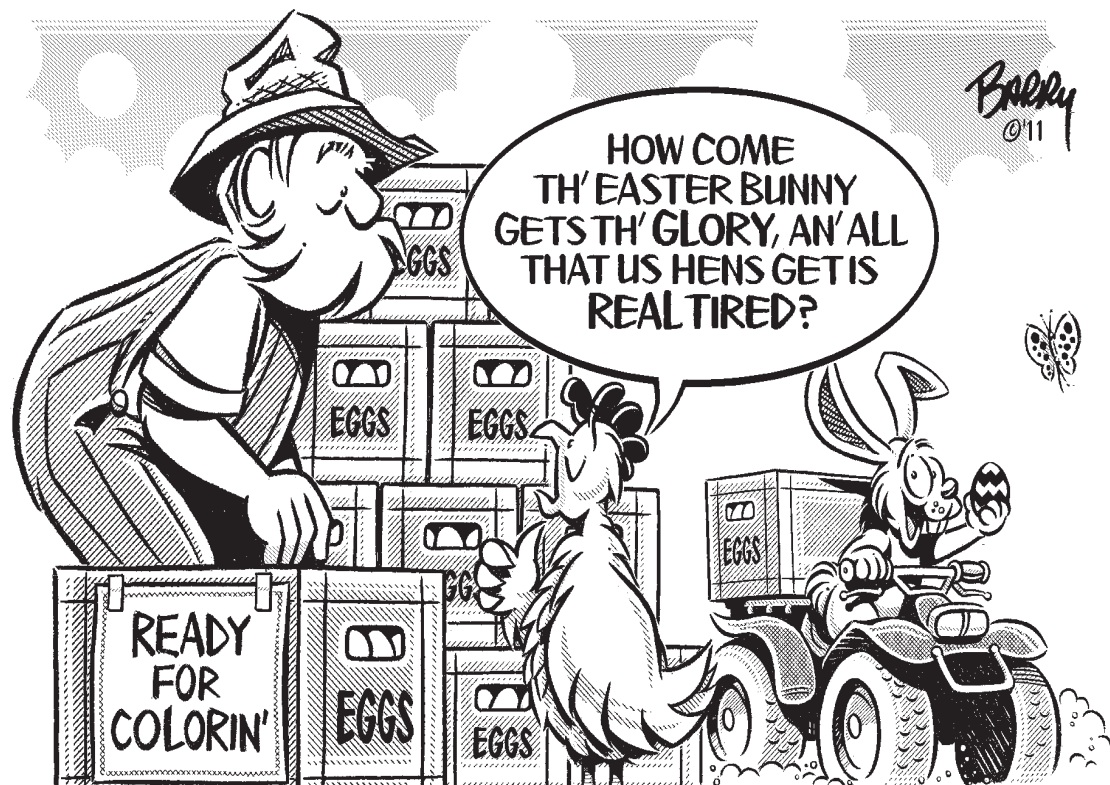
One solution for either situation is, yes, allowing workers to nap. Ray LaHood says no, but railroads now allow it. And the secretary is ignoring the best scientific and medical advice and thereby endangering the traveling public.

"There should be sanctioned on-shift napping," says Gregory Belenky, a sleep expert at Washington State University. "That's the way to handle night-shift work."

Since the Department of Transportation regulates so many sleep-deprived occupations, we should expect a more enlightened viewpoint, but apparently, sounding tough is more important to officials than solving the problem.

And this problem should be solved, for the good of us all. Just the thought of being "served" by sleep deprived cops, trainmen, pilots and industrial workers is frightening.

Wake up, Ray, and get with the program.
- Steve Haynes



The Gardener

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I greatly value the input of my loyal, faithful, veteran readers... all five of you. So, in an attempt to please you, I decided to write something different this week. I wanted to write about something with wide appeal to all gardeners, and so I asked my regulars to come up with a subject that has universal interest. And by a vote of three to two, their decision was...the weather!! After last week's big blow, it would seem that the weather is on nearly everyone's mind these days, not just gardeners.

Just about all my life, I have talked about the weather on the radio, or heard other people talk about it.

"When the wind is in the east, it's not fit for man or beast."
"It's an I'll wind that blows no good."

"If you don't like the weather

now, just wait a few minutes."
In 1949, Marcellus Cox observed that "One way to help the weather make up it's mind is to hang the wash on the line." (You old timers may need to explain to the youngsters about the days when we hung the wash on the line.)

Weather forecasters are often the target of displeasure when they miss the mark, which seldom happens anymore. Forecasting the weather these days is a science and thousands of times more accurate than when I was a kid. People used to say that the forecasters were "flying by the seat of their pants, whatever that means. Jean Paul Kaufmann wrote that "the economy depends about as much on economists as the weather depends on forecasters."

Charles Dudley Warner wrote this in an editorial in the Hartford (Conn.) Courant on Aug.

24, 1897. Everybody talks about the weather but nobody does anything about it." Mark Twain later used Warner's observation in his speeches.

Mark Twain DID have this to say in 1876. (No, I wasn't there to hear the speech.) He said, The weather gets through more business in the spring than any other season. In the spring, I have counted 136 different kinds of weather inside of 24 hours."

I like what Sir Anthony Helps wrote in his book, "Companions of My Solitude." "To be sure, there was chilliness in the air, but if you walked with vigor and said it was a charming morning, it would probably become so."

I appreciate your "weathering" today's column. No question about it, the weather, hot or cold, wet or dry, windy or calm, plays such an important part in the life of every gardener!

Behind The Scenes

By Janet Carman



It's come a long way! Ideas and plans for renewing the old country church began about four years ago.

The community supported this Historical Society project with donations of money and hours of labor and love. New siding was installed, the bell cradle was repaired, interior walls were plastered and painted, a chandelier was donated and hung in the entrance. Volunteers have cleaned inside. Flowers and shrubs were planted in front last summer. Restoration of the interior woodwork and construction and installation of storm screens are two ongoing endeavors.

The historic church is available for weddings, family gatherings, meetings, music performances, drama-presentations and sing-a-longs.

Currently the church is reserved for two weddings, a family reunion, an anniversary celebration and church services for alumni weekend. Call the Museum for reservations (785-332-2504). If no one is working at the Museum, the answering machine has other numbers to call.

Thanks to the individuals and organizations that have helped make the restoration of this charming old church a reality. Truly, it has come a long way since its beginning northwest of town in 1914, to its South Fork move and finally to its home west of the museum on U.S. 36.

Donation sparks curiosity
The Methodist Women's Thrift Store recently donated a German Border Guard uniform jacket to the museum. The dark green jacket, with a green cuff and white letter-

ing - Grenztruppen der DDR- on the left arm, appeared in a bag of clothing left at the Thrift Store. Historical Society members and Thrift Store volunteers are curious about the origin of this uniform. If you have information, call the Museum or the Thrift Store.

Museum to open for season
Wednesday, May 4, is opening day for the Museum of Cheyenne County. Hours will be Wednesday through Friday, 1 to 4 p.m. Tours can be scheduled at other times by calling co-directors, Sally Wieck or Janet Carman.

Their phone numbers are on the Museum's answering machine.

Lines from the Library

By Pat Leibbrandt

The following new books have arrived at the library: *Queen Of The Night* by J.A. Jance; *Hearts Aglow* by Tracie Peterson; *A Heart Of Home* by Lauraine Snelling; *Fire The Sky* by Kathleen and Michael Gear; *Treachery In Death* by J.D. Robb; *Angel* by James Patterson; *Fatal Error* by J.A. Jance; *Devil's Food Cake Murder* by Joanne Fluke; *God's Guest List* by Debbie Macomber; *The Land of Painted Caves* by Jean Auel; *Mystery* by Jonathan Kellerman; *Live Wire* by Harlen Coben; *Phantom Evil* by Heather Graham; *Keep A Little Secret* by

Dorothy Garlock; *Toys* by James Patterson; *Mobbed* by Carol Higgins Clark; *Crunch Time* by Diane Mott Davidson; *I'll Walk Alone* by Mary Higgins Clark; 44

Charles Street by Danielle Steel; *The Judgment* by Beverly Lewis; *The Wedding Promise* by Thomas Kincade; *Heaven Is For Real* by Todd Burpo.

GOD SAYS
And let us not be weary in well doing: for in due season we shall reap, if we faint not.
Galatians 6:9

Casey's Comments

By Casey McCormick



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There is a bit of magic at every high school prom.

Boys turn into banker and lawyer look-a-likes when they doff their rented tuxedos or new suit. But it's the girls where the major transformation takes place.

Our daughter Lexi, who is a junior, went to her first last week-

end. I had seen the dress (after two trips to Denver) and had an idea what she would look like. But it wasn't until she had a friend help her with makeup, a beautician work on her hair and the dress was put on for the big night that the magic occurred.

Of course I knew it was our

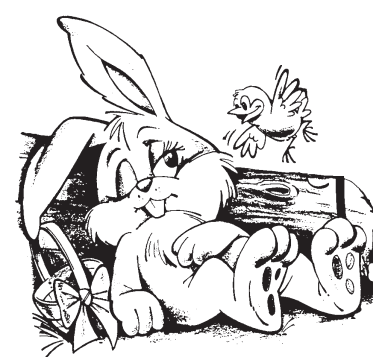
Lexi all dressed up and ready for the night, but my mind kept wanting to take me in other directions. First it was as if a princess had mistakenly walked into the wrong home. She had an extraordinary effect as she moved through our living room.

But then the feeling was one of watching our little girl blossom into a young lady. You know that time is going to come someday, but it still comes as a bit of a jolt.

Back to the magic of the moment, here's to hoping that bit of magic hangs on to the teenager's memories forever.

Honor Roll

New and renewed Herald subscriptions: Bradley Waters, Bird City; Delroy Rogers, St. Francis; Shannon Grover, St. Francis; Goodland Greenline, St. Francis; Brad Burnham, Woodbury, Tenn.; Stan Burnham, Eudora.



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Church of Christ
332-2380, Pars. 332-3424
502 W. Spencer
Norman Morrow - Minister
Bible Class 11 a.m.
Morning Worship 10 a.m.
Wed. Bible Study 7 p.m.

St. Francis of Assisi Catholic Church
625 S. River • 332-2680
Fr. Roger Meitl
Sunday Mass 10:00 a.m.
Weekday Mass 8:30 a.m.
Confessions Sat. 4-4:30

First Baptist Church
2nd & Scott • 332-3921
J.W. Glidewell, Pastor
Sunday School 9:30 a.m.
Worship 10:30 a.m.
Sunday Evening Service 6:30 p.m., Wed. AWANA Club 6:30 - 8:00 p.m.

Salem Lutheran Church
332-3002
Pastor Chris Farmer
Sunday School 10 a.m.
Morning Worship 11 a.m.
Communion Sunday

St. Francis Community Church
332-3150
204 N. Quincy Street
www.sfccfamily.com
Pastor: David Butler
Sunday School 9:15 a.m.
Worship Service 10:30 a.m.
Potluck & Communion - Every 2nd Sunday
Wednesday Bible Study 7 p.m.

United Methodist Church
Church Office 332-2292,
Church 332-2254,
512 S. Scott
Pastor Morita Truman
Early Bird Service 8:30 a.m.
Sunday School 9:30 a.m.
Worship 10:30 a.m.

Solid Rock Baptist Church
412 S. Denison
Welcomes You!
Pastor Allen Coon
Sunday School 9:30 a.m.
Worship 10:30
Prayer Meeting, Wed 7:30 p.m.

Peace Lutheran Church, AFLC
202 N. College
Pastor Glenn Isernhagen, Interim 332-2928
Sunday School 9:30 a.m.
Worship 10:30 a.m.
Communion 1st Sunday of the Month

Seventh-Day Adventist Church
785-890-5718 • 3rd & Adams
Pastor Jerry Nowack
Sabbath School 9:30
Morning Worship 10:45

First Christian Church
Pastor Jeff Landers
332-2956 • 118 E. Webster
Bible Fellowship 9:15 a.m.
Church Service 10:15 a.m.

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