

# Bulletin Board

### Courthouse closing

The Cheyenne County Courthouse will be closed from 2 to 5 p.m. on Friday, so friends may attend the funeral of Carl Williams

### Cemetery board meeting

Cemetery District 2 Board meeting will be held at 7:30 p.m. Monday, July 18, in the Cheyenne County Commissioners room.

### Fair board meeting

The fair board meeting has been moved to 7 p.m. on Thursday, July 21.

### Public meeting

A public forum will be held on Tuesday, July 26, in the St. Francis high school auditorium at 7 p.m. The meeting is being held to discuss the county assuming control of the Good Samaritan Village facility which will be voted on in a special election on Aug. 2.

This meeting will include presentations from Good Samaritan Society management from Sioux Falls, S.D., local health care providers, local government officials, businesses and families of residents. There will also be a question-and-answer period. This forum is scheduled one week prior to the election, in order to provide the most current information.

### Help needed

Fair time is fast approaching and a number of volunteers are still needed to run the booths and rides at the Cheyenne County Fair. Please call DeEtta Knorr at 785-

332-2551 or 785-332-4073, if you can help in any way.

### Cheyenne County ambassadors

If you are proud of your community and your county and want to tell folks about it, stop by the Cheyenne County Development office at 107 W. Washington in St. Francis and pick up an "Ambassadors" package. Take one along on a trip or to an event. Let everyone know what a great place we live in!

### Fair coming

The Cheyenne County Fair is set for Aug 3, 4, 5 and 6. The Amateur Variety Show will be held Friday in front of the grandstand. Talent is needed. Contact Ruth Milliken, 785-332-3421 and enter today.

The fair parade will be held Saturday. The theme is "Reach for the Stars; Lasso the Future."

### Food Pantry

Food Pantry boxes are available from 9 to 11 a.m. on the third Saturday of the month.

### Tag deadline

All residents with last names beginning with J, K and L should purchase their car, pickup, motorcycle and motorized bike tags and pay their vehicle personal property tax by the end of the month to avoid paying a penalty.

Driver's License needs to be presented or entered on form at time of renewal.

### Recreation Commission

#### Boys football camp

Boys football camp sign-up is now. Camp is from 8 to 9:30 a.m. July 25 to July 29 for grades fourth through seventh. Sign-up forms are available at the city office and the high school weight room.

#### Board of Education

The St. Francis Board of Education will meet at 7 p.m. tonight (Thursday).

#### City Council

The St. Francis City Council will meet at 7:30 p.m. on Monday, July 25, at the city hall building.

#### Hospital Board

The Cheyenne County Hospital Board will meet at 3 p.m. on Thursday, July 28, in the clinic basement meeting room in St. Francis.

#### Narcotics Anonymous

Narcotics Anonymous meetings are held at 104 W Webster/Methodist Education Building on Sunday nights at 8 p.m. and Thursday nights at 7:30 p.m. Contact (785) 342-0028.

#### Northwest Kansas Family Shelter

Northwest Kansas Family Shelter provides 24-hour-7 day-a-week service to victims of domestic violence and sexual assault. Weekly support groups are available for women and children within the northwest Kansas area. For information or in need of assistance, please call the toll-free number 1-800-794-4624.

### Correction

Wilma Lampe was the winner of the Harvest Countdown. It was stated as Wilma Floyd in the July 7 issue of *The Herald* and *Times*.



LONESTAR STORAGE, operated by David and Jackie Butler, is located at 121 W North street in. St Francis.

Herald staff photo by Karen Krien

## Couple opens new storage business

St. Francis's latest new business is Lonestar Storage, owned and operated by David and Jackie Butler.

Located at 121 W. North Street, the storage has a wide variety of unit sizes to meet the needs of all Cheyenne County families. Sizes include six 5- by 10-foot units; four 10- by 10-foot

units, eight 10- by 15-foot units, four 10- by 20-foot units and one massive 10- by 30-foot unit.

"The monthly rates for all sizes are very competitive to the area," Pastor Butler said. "We already have four units spoken for."

Pastor David saw Lonestar Storage as a great opportunity

for college funds for his sons and as a retirement income for he and Jackie.

"As a small family owned and operated business," he said, "we are able to offer the personal service and attention people are looking for when storing personal belongings."

So, he said, if you're in

between moves and need space to store your things for a while, or you want somewhere to put all those Christmas boxes, Lonestar Storage has just the right size for you.

For more information or to rent a unit, call Pastor Butler at 785-332-2218 or fax him at 785-332-8905.

## Hospice offers more than pain management

By Darla Schueth

It's likely that many Camera readers saw the AARP Bulletin's June 1 article, "Palliative Care is Not What You Think." And it's a good bet that those who did were left with an inaccurate perception about hospice care.

For while I applaud the article's informative look at the vast difference palliative care can make for those who are terminally ill, the assertion therein that hospice care (which is always palliative care) "is for people who no longer need or want to treat their condition but want help managing their pain" (italics mine) fails to convey the reality so many grateful people have experienced with the help of hospice at the end of life.

Truth be told, pain and symptom management -- though critical -- is merely one aspect of the care hospice provides to terminally

ill individuals and their families. Those who choose hospice care also receive the emotional and spiritual support they need to fully live every day that remains at home, in comfort and with dignity, surrounded by their loved ones.

In fact, through the expert and compassionate care of an interdisciplinary team (including a hospice and palliative care physician, registered nurse, certified nursing assistant, social worker, chaplain, and grief counselor) and a customized care plan based on respect for each individual's choices and goals, hospice helps patients and families find peace and meaning, strengthen personal relationships, and complete and celebrate life. All of which eases the burden for patients and their loved ones at what is understandably a difficult time of heightened family dynamics and differences.

Given this, it's not surprising that hospice care is shown to improve quality of life for patients and their families. (Journal of Clinical Oncology, March 2010). However, a little known truth is that hospice can also actually prolong life for terminally ill patients with certain diseases by a mean survival rate of 29 days longer than non-hospice patients. (Journal of Pain and Symptom Management, March 2007). Moreover, after the death, hospice continues to make a significant difference, with grief support services designed to provide comfort and guidance to those who

are left behind.

"Help with managing their pain" may be the initial impetus for terminally ill patients and their families to seek hospice care. And with good reason; we are experts at this. But as those we serve soon learn, we can -- and do -- offer so much more.

Darla Schueth is President and Chief Executive Officer (CEO) of HospiceCare of Boulder and Broomfield counties. She agreed to let us (Hospice Services, Inc. Phillipsburg) send this article to our area newspapers.

## Weather

| Date    | H  | L  | P   |
|---------|----|----|-----|
| July 6  | 86 | 62 | .87 |
| July 7  | 87 | 65 |     |
| July 8  | 91 | 65 | .60 |
| July 9  | 91 | 66 | .04 |
| July 10 | 98 | 66 | .54 |
| July 11 | 93 | 65 |     |

## Poetry Winner

Randee Grover was among the poetry winners in the freshman class. She will have this poem published.

### The Lonely Flower

Randee Grover

Freshman

Through sunshine, windstorms, drought, and rain,

And floods, and tornadoes, and drought again.

Through the heat of harvest and winter snow,

A single sunflower stands there alone.

It always sways, but never falters.

It grows each day, barely altered.

Through blizzards, dust storms, drought, and rain,

It doesn't move; it just quietly suffers the pain.

On a muddy road where no one passes,

And it only receives downpour flashes.

Through the heat of harvest and winter snow,

A single sunflower stands there alone.

## College Student Rebate Sale

### Stop in Today for the Best Selection

|  |          |
|--|----------|
| 1998 Chrysler Caravan, Air, Cruise, Brown, #T3835A       | \$1,100  |
| 1999 Crown Vic, Cloth, 73K, Blue, #53870B                | \$4,250  |
| 2003 Ford Taurus SE, 150K, #52324A                       | \$4,400  |
| 2004 Ford F250, S/C, 141K, #T2049B                       | \$17,500 |
| 2004 F350 Crew XLT, 4x4, L.Box, 112K, #T1256A            | \$19,000 |
| 2004 Ford Freestar Mini Van, Silver, 82,000, #T6700A     | \$8,000  |
| 2005 Ford Explorer XLT, Cloth, 94k, #02926A              | \$11,400 |
| 2005 Taurus SE, 110,572 miles, #48583A                   | \$5,250  |
| 2005 Ford F-250 Lariat, 133,000 miles, #T9945A           | \$18,500 |
| 2006 Ford F-250, S/C, 63,500K, #T9464A                   | \$21,700 |
| 2006 F350 Crew Lariat, 4x4, L. Box, 6.0L, #T2088C        | \$23,500 |
| 2006 F550 XL Crew, AT, 4x4, Serv. Bed, #T8939A           | \$14,500 |
| 2006 Freestar Van, 71,800K, #60770A                      | \$8,775  |
| 2006 F150, S/C, XL, L.Box, AT, 4x4, 47K, White, #23451A  | \$18,500 |
| 2006 F250, S/C, XLT, 6.0L, 4x4, AT, 88K, White, #T8116A  | \$19,000 |
| 2007 Ford F-350 Service Box, 49K, #T3016                 | \$23,900 |
| 2007 Ford Focus, Happy Yellow, 86K, #54444A              | \$10,600 |
| 2007 F-150 XLT, 4x4, 86K, #T1325A                        | \$22,975 |
| 2007 Ford Freestyle, #T7813A                             | \$13,000 |
| 2008 GMC Acadia, SLT pkg., Dual DVD, #T0869B             | \$22,000 |
| 2008 Ford F-250, S/C, Lariat 4x4, 6.4L, 49K, #T1737A     | \$34,500 |
| 2008 F150 Crew XLT, 4x4, AT, 60K, #T5192B                | \$27,100 |
| 2008 F350, S/C, XL, 4x4, AT, 6.4L, Flatbed, 80K, #T7537A | \$26,000 |
| 2008 F250 Crew XLT, 4x4, AT, 6.4, 70K, #T3329A           | \$34,200 |
| 2009 Ford F-150 Lariat, 36,400, #T7873A                  | \$32,900 |
| 2009 Flex Limited AWD, DVD, Nav., 35K Miles #T5459A      | \$30,500 |
| 2010 Focus SE, AT, 4 door, 20K, #27020                   | \$14,000 |

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For appointments call:

Rawlins County

Health Center

785-626-3211

Wed., July 20

Cheyenne County

Hospital - P.M.

210 W. 1st • 332-2104

Thurs., July 21

Atwood (a.m.) • 626-3211

Colby (p.m.)

CSMC, 175 S. Range

462-3332

CMC, 100 E. College Dr.

462-7511

Fri., July 22

CSMC at 9 a.m.

## American Profile

Celebrating Hometown Life

See American Profile magazine in this week's issue of

## The Saint Francis Herald

(available in local area only)

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For more information contact: *The Saint Francis Herald* at 785-332-3162

Watered Down

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | L | E | P | H | D | E | S | K | N | A | T | O |   |   |
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| T | W | O | I | F | B | S | E | A | M | I | M | I |   |   |
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SHOWTIME: 8 p.m. 1 hr. 52 min.

### Cars 2 3D

July 15, 16 & 17 Kids/Family, Animation and Sequel

Ryan Reynolds, Blake Lively, Peter Sarsgaard, Mark Strong, Angela Bassett, Tim Robbins G

**CHEYENNE THEATER** St. Francis, KS 785-332-2747

Children 12 & Under: \$4 All Others: \$6

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## CHEYENNE COUNTY HOSPITAL

210 W. 1st • St. Francis, KS  
785-332-2104

### School Physicals

### Cheyenne Co. Clinic and Health Department

Call for appointment (785)332-2682

## Free

By appointment only!

Physicals will be done in the St. Francis Clinic July 25th - 29th and in the Bird City Clinic July 25th - 29th

\*Sports physical forms must be completed and signed by parent before exam. Forms available at clinic.