

County in need of food assistance

In Kansas, 14.3 percent of households are considered "food insecure." This means that these Kansas residents don't have access to nutritional foods to help them lead an active and healthy lifestyle and have limited or uncertain availability of food supplies.

What that translates to in Cheyenne County, through Cheyenne County Food Pantry statistics, is that over 100 individuals or 32 families who live among us are food insecure, said Candi Douthit, Food Pantry coordinator. These local numbers do not include those individuals or families who don't ask for help; nor does it represent those who receive assistance through other sources.

What is most amazing, she said, is that prior to six months ago, these families were trying to make ends meet without support.

As reported in spring, the Cheyenne County Food Pantry linked with the Kansas Food Bank to further stretch our donation dollars, as well as to provide monthly food support to those in need. Prior to March, the Food Pantry was only accessible on an emergency basis; such as job loss, major medical bills, or other unforeseen expenses causing food shortages throughout the month.

Since offering monthly food support, the number of families has gone from 19 to 32, and individuals from 50 to 132. In addition to these numbers, over 1/3 of the individuals are children.

For our small community, she said, that is an alarming number of people who are having trouble making ends meet. The need is much greater than expected and increasing monthly.

The goal of Cheyenne County Food Pantry, Mrs. Douthit said, is to provide a box of food each month to those families in need. The box varies in size depending upon the number in the household

and the contents vary, depending on what is available through the Kansas Food Bank and what is on sale in town.

The focus is on the basics, things that aren't prepared (as these cost more and result in less food) and help create the foundation of meals and nutrition.

With providing food boxes for 30 families, it costs \$400 to \$600 in donations each month.

With linking with the Kansas Food Bank, we can stretch our donation dollar 30-50 percent further, she said. The need for financial support and food donation is no longer just during the holiday season - it now extends throughout the year as we help those in need.

Those interested in donating financially, can send the money to the First National Bank. Those giving a food donation, there is a receptacle at Bella's Market and in the Cheyenne County Chamber of Commerce office.

Please be sure food donations are not outdated, she reminds, as they will be thrown away. Perishable donations are acceptable, preferably just prior to the third Saturday of the month.

A list of needed food items includes:

Pastas, rice, potatoes, macaroni and cheese, pasta sauce, dried beans, canned vegetables, pork and beans, tuna, hamburger or tuna helper, canned or dried soup mixes, crackers, cereals, drinks, cake mixes, oil, flour, sugar, corn meal, oatmeal, canned fruit, frozen meats and kid-friendly foods.

Many churches, individuals, and organizations have responded to our urgent request for support, Mrs. Douthit said. We also appreciate those who have supported the food pantry throughout the years.

"We couldn't be serving our community without your faithful support," Mrs. Douthit said.



ST. FRANCIS FIREMEN were called to a grass fire behind the Tobe Zwegardt residence on Tuesday afternoon. Wind was blowing 30 to 40 miles per hour and the flames spread quickly. Troy Porter and his crew were working on a cement floor nearby and reported the fire. Despite the wind, firemen were able to put out the fire before too much damage as done.

Herald staff photo by Karen Krien

County fall health fair is planned

The Cheyenne County Fall Health Fair for men and women has been set for Monday through Thursday, Oct. 10 through 14.

Your health is an essential and dynamic part of who you are, said Mila Bandel, county health nurse. The health fair is an educational outreach to provide basic preventative medical screening to people in the community.

The hospital, clinic and health department will be sponsoring the health fair with two lab exams available - the lab profile will be a Chemistry Panel (with TSH and Lipid panel) Hemoglobin A1C

and PSA. The lab draws will be offered from 7 to 10 a.m. Monday, Tuesday and Wednesday mornings in basement of the clinic in St. Francis and from 7 to 10 a.m. on Tuesday and Wednesday mornings at the clinic in Bird City.

No appointments are needed for lab draws. People should remember that they need to fast for the lab test with nothing to eat or drink except water after midnight. It should be noted that prescription medications can be taken prior to the lab draw that morning.

There is a lab fee. See advertisement on Page 2 of this

issue for more information.

Female exams that includes a breast and pelvic exam with Pap smear, and male exams which include a prostate check will be offered. Appointments will need to be made and the fee is due at time of service and will not be billed to insurance.

Exam dates in St. Francis will be Oct. 12 in the afternoon; Oct. 13 and 14 at the clinic. In Bird City, exams are set from 9 to noon, Wednesday through Friday, Oct. 12 - 14, at the Bird City Clinic.

For additional questions, call 785-332-2682.

While you wait

While health fair participants are waiting to have their blood drawn, there will be mini booths set up in the conference room in the basement of the clinic. Information will include: Lifeline, nutrition, diabetes, cardiovascular disease, vial of life, advance directives, hand washing, tissue donation, breast and cancer screenings, tobacco cessation, and patient portal demonstration from the clinic. They can also have their blood pressure taken, height measured, weighed and body mass index figured.

Lab work determines general health status

While at the Cheyenne County Health Fair, people will be having lab work done. But, what does some of the lab work mean?

• 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 TSH test is often the test of choice for evaluating thyroid function and/or symptoms of hyper- or hypothyroidism.

A high TSH result often means an underactive thyroid gland that is not responding adequately to the stimulation of TSH due to some type of acute or chronic thyroid dysfunction. A high TSH 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 TSH 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 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

• Hemoglobin A1C — This test evaluates the average amount of glucose in the blood over the last 2 to 3 months. The test is used to monitor diabetes treatment in someone who has been diagnosed with diabetes. It helps to evaluate how well their glucose levels have been controlled by treatment over time. For other people, this test may be used to screen for

and diagnose diabetes and pre-diabetes.

• Prostate-specific antigen (PSA) is a protein produced by cells of the prostate gland. The PSA test measures the level of PSA in men's blood.

It is normal for men to have a low level of PSA in their blood; however, prostate cancer or benign (not cancerous) conditions can increase a man's PSA level. As men age, both benign prostate conditions and prostate cancer become more common.

The most frequent benign prostate conditions are prostatitis (inflammation of the prostate) and benign prostatic hyperplasia (BPH) (enlargement of the prostate). There is no evidence that prostatitis or BPH 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 PSA 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 PSA test into account when deciding whether to check further for signs of prostate cancer.

More information

For more information regarding the educational exhibit booth health fair, contact Mila Bandel, RN County Health Nurse at 785-332-2381.

School Menu

Monday

Breakfast: Pancake and sausage on a stick with syrup, juice, cereal assortment and milk.

Lunch: Chicken enchilada, tossed salad, buttered peas, mandarin oranges.

Tuesday

Breakfast: Cheese biscuits, juice, cereal assortment and milk.

Lunch: Chili with crackers, relish sticks, sliced pears, cinnamon rolls.

Wednesday

Breakfast: Breakfast pizza, juice, cereal assortment, milk.

Lunch: Beef tacos, refried beans,

apricots, churros.

Thursday

Breakfast: Fruit turnover, juice, cereal assortment, milk.

Lunch: Sloppy joes, corn, strawberry fruited jello, chocolate no bake cookie.

Friday

Breakfast: Breakfast taco, juice, cereal assortment, milk.

Lunch: Macaroni and cheese or ravioli with meat sauce, green beans, rolls, sliced peaches.

• Salad bar is offered at noon daily in the junior/senior high school.



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The Saint Francis Herald

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You are invited to a
Wedding Reception
celebrating the marriage of
Melissa Hoyes and Marvin Moore
Thursday, Oct. 12, 2011
6 - 9 p.m.

At **Cuppa Joe's** coffee shop on Main Street.

Please no gifts. We will be relocating in the Kansas City area following the reception, and I would love a chance to thank you all for making this community such a hard place to leave.

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.

Accordianists to play varied styles of music

The Goodland High School auditorium will be the place to be on Sunday when U.S. national and bronze medal world champion accordianists perform their many varied styles of music.

Dan and Kim Christian, who together make Squeeze Play, will present their program at 3 p.m. and will exhibit their reputation of having excellent technique and mastery of the accordion. They have an extensive repertoire that

is sure to please audiences of all ages, and show a uniqueness that cannot be found anywhere else.

Audiences will be intrigued by the fascinating finger and bellows techniques displayed by these accordion maestros.

Admission is by Western Plains Arts Association season ticket or at the door. Student groups of 20 or more may have a special admission price at the door, as long as there is room for all season ticket holders as well.

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