

Annual health fair set for Oct. 26

The annual Fall Community Health Fair in Wray will be held Wednesday, Oct. 26, at the WRAC from 5:30 to 7 p.m. This annual event is sponsored by the Wray Community District Hospital and Clinic and Wray Lions Club.

The health fair will offer people an opportunity to learn more about their current health status and to improve their health. Additionally, the fair will offer an opportunity for the community to visit with a member of our local medical staff about lab results.

Optional blood testing is available prior to the Health Fair. This testing includes a full general health chemistry including cholesterol, glucose, blood count, and thyroid levels. Remember, you must fast 12 hours prior to this test and drink

plenty of water!

For an additional charge, men interested in receiving a PSA (Prostate Specific Antigen) test may include this in the general blood test.

This test is utilized in detecting prostate cancer and is recommended annually for men over 50 (sooner for those at high risk). All test results will be distributed at the Wray Health Fair.

If participants are unable to attend the health fair, the test results will be mailed the following week along with a flyer explaining the results. Abnormal readings should be discussed with your provider and will not be flagged. Critical values will be reported to the participant's care provider.

All participants are encouraged

to make your doctor's visits after the health fair as results will not be released until Oct. 26.

All blood tests must be completed prior to the Health Fair. Blood draws will be performed in the education room by the south entrance of the Wray Community District Hospital weekdays starting Friday, Oct. 7, through Friday Oct. 21 from 6 to 9:30 a.m. Blood Draws will also be available at the Idalia Visions Building on Thursday, Oct. 6, and Monday Oct. 24, from 7 to 9 a.m.

Appointments are encouraged. To make an appointment for your

blood test, call the Wray Hospital at 970-332-4811.

Optional bone density screening will be available the night of the Health Fair. This screening provides screening information about osteoporosis.

Participants will receive a print-out of their results at the time of the screening and are encouraged to discuss these results at your next visit with your care provider.

Call for an appointment at (970) 332-4811 and pay for the screening the night of the Health Fair when you check in for your appointment.



Mr. and Mrs. Cody Braz

Vows exchanged in backyard ceremony

Hailey Frewen and Cody Braz were married on Friday, Sept. 23, 2011 at the home of Jo and Kelly Frewen, St. Francis. The wedding took place in their decorated backyard with a reception

following. Judge Robert Van Allen officiated the ceremony.

Hailey is the daughter of Mike Frewen, St. Francis and of Julie and Larry Bernard of Russell. Cody is the son of Deb and Bill Braz of Wray, Colo.

Grandparents of the bride are Mary Lee Frewen, St. Francis and Mr. and Mrs. Dean Weeks of Cawker City. The groom's grandparents are Mr. and Mrs. George Elder of LaJunta, Colo. and Mrs. Gannon of Frederick, Okla.

The couple have two children-Maverick Seal and McKenna Dawn.

Hailey graduated from St. Francis Community High School and is presently working as a certified nurses aide for the Good Samaritan Nursing Home in Atwood. Cody is a graduate of Lone Star High School in Colorado, and is employed by the Willard Zwegardt Farms, St. Francis.

Team plays hard and wins

By Nathan Fiala
nfiala@nwkans.com

The junior high Indians football team battled back this week, winning a close game against Dundy County, 12-6, on Sept. 29.

This was a big game for us, Coach Kyle Buffington said. Dundy County is a good football team that runs their offense well. They have some very skilled defensive players that made this a difficult game for us.

Garrett Brunk scored for the Indians in the third quarter on a 55-yard fumble recovery. The score was tied up until about a minute left in the fourth quarter when Lane Hobrock blocked a Dundy County punt, which Jude Faulkender recovered. On the next play, Brunk ran in a 26-yard touchdown giving the Indians the victory.

Offensively, we were a little ugly early in the game, Coach Buffington said. We eventually began to settle in and put some drives together, even though we, a lot of times, stopped ourselves. We had to overcome a lot of adversity to win this game. It really shows the character of these young men and the love they have for the game. Hats off to them.



Linin — Sowers

Couple announces their engagement

Rachel Elisabeth Sowers and William Maurice Linin have announced their engagement and upcoming wedding on Nov. 19.

Rachel is the daughter of Dan and Lori Sowers, Bird City. She is a 2009 graduate from Cornerstone Bible Institute with a degree in Christian Education. She is employed as an advisor assistant at Ameriprise Financial Services

in Hot Springs, S.D.

William is the son of Max and Brenda Linin, Goodland. He received a bachelor of science degree in Construction Science and Management from Kansas State University in 2007. He has recently returned to the Goodland area to farm.

The couple plans to make their home in Goodland.

Wedding Registry

Amy Rieger & Blaine Werner
Wedding - Oct. 22

Ashley Lang & Kyle Buffington
Shower - Oct. 29
Wedding - Nov. 12

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Businessman wants resolution established

By Karen Krien

karen.k@nwkans.com

Mike Callicrate, Callicrate Feed Yard owner, and A.J. Jones, manager, were present to talk about news conference held at the feed yard but were especially interested in having the commissioners look into establishing a "coordination" resolution.

The resolution would give the commissioners power instead of the Environmental Protection Agency. The commissioners could prevent Environmental Protection Agency people from coming into the county, he said. In fact, the sheriff can arrest them if they do walk in without the commissioners' permission.

The agency, he said, is under a lot of pressure these days - they are very unpopular.

Dale Patton, commissioner, said he had studied coordination and thought it could be good for the county as well as schools, cemetery districts and cities.

Mr. Callicrate said he had sent Kari Gilliland, county attorney, information on coordination.

He said that with the coordination agreement, it forces entities within the county to work together to find solutions to problems.

Mr. Patton noted that, with the Callicrate problem with the Environmental Protection Agency, the state Department of Health and Environment told the manager one thing and, the feds come in and

say both the county and state are wrong. No one, he said, is on the same page. With coordination, it will force people to sit down and make the best decisions within the county.

Logan County adopted a coordination resolution when people from the humane society tried to dump hundreds of prairie dogs in their county.

Without coordination, he said, the future of the feed lot, No Bull, Ross Manufacturing and others are in EPA's hands!

Some people, he said, are afraid of persecution, noting that he had heard this was true of one of the commissioners.

Mr. Patton said the more people who go with coordination, the stronger we will be.

Mr. Callicrate talked about the mobile slaughter at the feed yard. The big boys, he said, don't want us to have it.

He said he would like to build a small slaughter plant in the county, open up a small cafe that served real food. That is in our future plans, he said.

"We are here to build this county into a more prosperous place," he said. "The people in rural America are scratching but the people on wall street don't know what to do with their money so they are coming out and buying our land - we need to own our land - we need to take care of rural America and our homes. If we don't have it, then we have lost it."

Save The Date!
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Program: North Pole Nonsense
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