



ANNUAL TRAIL RIDE— Several riders head out for a two hour ride northwest of St. Francis.

## Riders mount their horses for annual trail ride

By Karen Krien

karen.k@nwkans.com

Sunday the weather in Cheyenne County was chilly, cloudy and there was a stiff breeze. By 2 p.m., time for the annual Cheyenne County Trail Ride, the weather conditions remained the same but that didn't stop 46 riders from mounting their horses for a 2-hour trail ride.

The ride was about 10 miles northwest of St. Francis. It started at the home of Tyler and Kristle Raile and went through a part of The Breaks. Riders found themselves going up and down some steep hills and peering over the edge of rugged cliffs. But, the views were beautiful and the challenges of the trail were met by riders, big and small, young and old.

There were no water crossings but there were five windmills along the way where riders could water their horses. No major mishaps occurred.

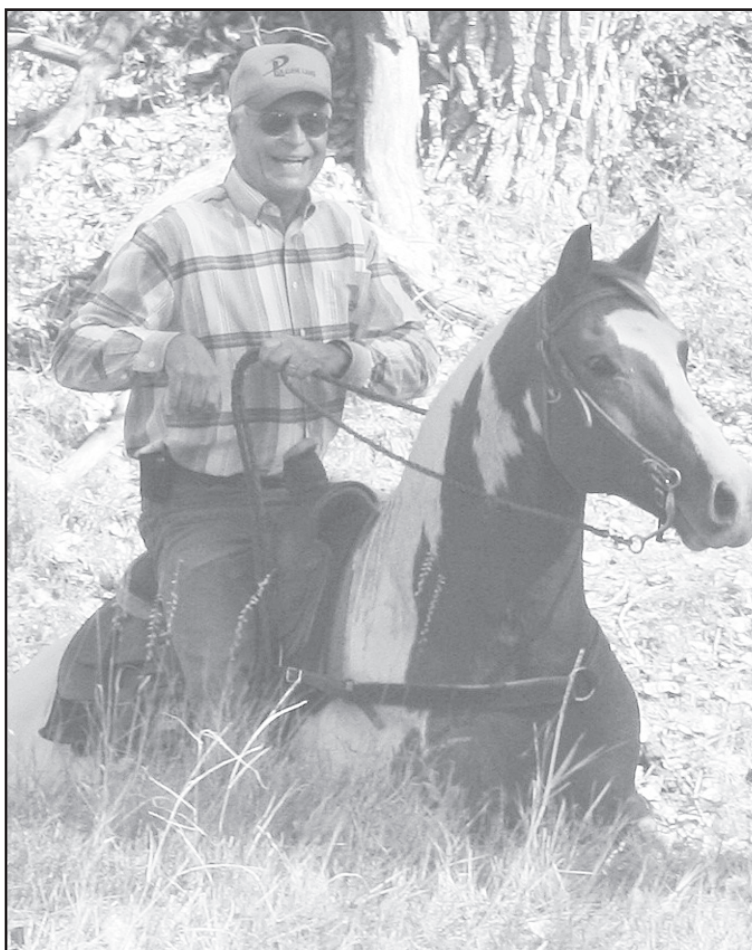
The Railes led the way but

sometimes were the last ones though so they could close the gate. Also present were Gary Cooper and Sharon Olofson, who rode along visiting with people.

One of the best things about the trail ride, Mr. Cooper said, is visiting with people you haven't seen since last year's trail ride. There were people from Nebraska, Colorado and Northwest Kansas.

Mr. Cooper has organized trail rides for 21 years. Mrs. Olofson has helped with the organization for 20 years. Each year, there is a "pre-ride" held on Memorial Day and the ride is mapped out for distance and time. If there is a water crossing, it is announced. Posters are made and distributed, calls and reminders are made, and the day of the ride, signs are posted.

After 21 years, Mr. Cooper said he is retiring. Mrs. Olofson is also resigning the task. While they both have enjoyed organizing the rides, they have decided it is time for someone else to take the reins.



GARY COOPER during a previous trail ride.

At the end of the trail ride on Sunday, Doug Ross had brisket ready for the 4-H horse group to serve sandwiches, beans, chips

and cookies to the riders. This year, the Raile's had placed small bales of alfalfa in their barn and people had a place to sit and eat



ENJOYING THE MEAL— Kathy Woodcox and Sharon Olofson eat barbecue after the ride.

of the wind. There was visiting, laughing and munching as they ended another fun ride. As the pickups pulling trailers

headed towards home, the sun came out – a nice way to end the day.

## Stroke and osteoporosis screening coming to town

Residents living in and around the St. Francis community can be screened to reduce their risk of having a stroke or bone fracture. First Baptist Church will host Life Line Screening on Tuesday, Oct. 18. The site is located at 420 South Scott St.

Four key points every person needs to know:

Stroke is the third leading cause of death and a leading cause of permanent disability.

80% of stroke victims had no apparent warning signs prior to their stroke.

Preventive ultrasound screenings can help you avoid a stroke.

Screenings are fast, noninvasive, painless, affordable and convenient.

Screenings identify potential cardiovascular conditions such as blocked arteries and irregular heart rhythm, abdominal aortic aneurysms, and hardening of

the arteries in the legs, which is a strong predictor of heart disease. A bone density screening to assess osteoporosis risk is also offered and is appropriate for both men and women.

All five screenings take 60-90 minutes to complete. For more information regarding the screenings or to schedule an appointment, call 1-877-237-1287 or visit the website at [www.lifelinescreening.com](http://www.lifelinescreening.com). Pre-registration is required.

## Scouts to participate in flag retirement ceremony

The St. Francis Girl Scouts, Cub Scouts and Boy Scouts will be joining Hal Sager and others from the VFW post to learn about the flag retirement ceremony. They will meet at the Scout Hut and participate in this honored tradition at 7 p.m. on Saturday.

Scouts will be taught the proper manner in which a flag should be retired. They will know the difference between flags being burned by protestors and demonstrators and have a respective attitude during the flag retirement ceremony. They are also inviting the public to take part in this ceremony.

Following the ceremony refreshments will be served. People will be able to see the changes made at the Scout Hut and ask Mr. Sager questions.

Those who have a flag that

needs retired should call Kris Blair, Cub Master, at 785-332-6648.

The U.S. flag is more than just some brightly colored cloth... it is a symbol of our nation.

The seven red stripes and six white stripes together represent the original 13 colonies that gained us liberty. The red stripes remind us of the lifeblood of brave men and women who were ready to die for our country.

The white stripes remind us of purity and cleanliness of purpose, thought, word and deed. The blue is for truth and justice, like the eternal blue of the star-filled heavens.

The stars represent the 50 sovereign states of our union.

The U.S. flag should be treated with respect when it's flying, and should be treated with respect

when it's being retired.

The United States Flag code states: "The flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning".

A flag should be retired with dignity and respect when it has become worn, torn, faded, or badly soiled. A flag ceases to be a flag when it is cut into pieces.

## Community Christmas box program underway for soldiers

S. O. S. (Support Our Soldiers) also known as the HUGS Project is underway!

It is time for the community to take time to remember our military personnel overseas with a Christmas box. The program is the same as it has been in the past, the list of items is the same, the time for shipment is the same so hopefully many of us will share our Christmas with them said Hulda Dorsch.

Letters, pictures from the school children are very much

appreciated plus the personal care items, food, candy, nuts, socks, etc. The list will be posted in various business places in both St. Francis and Bird City and boxes will be provided which hopefully will be filled to show appreciation for the freedom this nation has because of these troops.

This is a very worthy cause, Mrs. Dorsch said. Please support these men and women as you have in the past and bring a bit of joy from home, a little bit of

happiness that we have not forgotten them.

"These are the people that lay their lives 'on the line' every hour of the day to bring peace to the countries they are protecting," she said. And most of all, keeping the ravages of war away from our shores and our great country, the United States of America.

There is only one month for this project of love. For more information, contact Mrs. Dorsch, chairman, Bird City American Legion, 785-734-2792 or Christy Wurm, 4-H chariman, St. Francis, 785-332-2650.

### Thank You

*To all the incredible people that organized, attended, cooked, rode, volunteered and helped in any way for my benefits. I don't want to forget anyone. You have all touched my life in an indescribable way. The overwhelming support everyone has shown is unbelievable. I will forever remember all your generosity. All the cards, thoughts, prayers, support that people have sent are just wonderful. Thank you does not seem enough for all that everyone has done.*

Linda Effers



### Beautiful Home FOR SALE

402 S. Scott Street, corner lot in St. Francis.  
Need to sell as soon as possible due to job relocation.  
Over 5,000 sq. feet, larger than average rooms, huge fireplace.  
3 bedrooms on main level, 1 to 2 bedrooms downstairs.  
Two car garage unattached.  
Asking Price \$150,000. Serious buyers only.  
Call Dawn Lucas at 785-332-3212 after 5:30 P.M.

### Wanted — Police Officer

The City of St. Francis is seeking career-minded candidates who are 21 years of age at time of application, have a H.S. Diploma or GED, are a U.S. Citizen, and have a valid driver's license. APPLICANTS MUST BE AVAILABLE TO WORK ROTATING SHIFTS, INCLUDING WEEKENDS AND HOLIDAYS. Qualified applicants must be able to pass a physical fitness test, written aptitude test, polygraph, psychological, drug and physical exams; as well as an extensive background investigation and oral interview board. Salary range is DOQ with an excellent benefits and retirement package. Applications may be picked up at City Hall, 209 E. Washington, St. Francis.

*Wedding*

*Registry*

Amy Rieger  
&  
Blaine Werner  
Wedding - Oct. 22

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

*Schultz's Ltd.*  
114 W. Washington  
St. Francis  
785-332-2833