Lions Club brings mobile health screen to Sainty

The St. Francis Lions Club is hosting the Kansas Lions Mobile Screening Unit on Tuesday, April 17, from 8 a.m. to 5 p.m. at the Cheyenne County Clinic. There will be free screenings in conjunction with the health fair that is going on at the same time.

The unit offers free sight, hearing, blood pressure and diabetes testing. All you have to do is show up, register and come inside for the different screenings.

The results of the testing will be given to each person who is tested, and those results can be taken to the appropriate medical professional. Adults and children are welcome.

The unit features a new piece of equipment which was recently purchased to provide visual screening for children from six months through pre-school age and older. This vision screener looks into the eyes through the pupils and sees problems before they become apparent to the parents or doctor.

Since young children do not know how they should be seeing, their sight can be quite blurry or irregular, forcing them to cope in other ways and fooling parents into thinking their children see normally. The vision screener detects serious eye diseases and problems that then can be tested by ophthalmologists who specialize in such eye diseases and problems. It does not require much in the way of the infant's or child's cooperation- all he or she needs to do is look at the vision screener.

Many eye problems and serious, sight-robbing diseases begin in infancy or early childhood. While it is estimated that approximately 5-10 percent of all children experience sight-robbing vision problems, just 14 percent of U.S. Children six and younger see an eye doctor for testing. By the time they are four years of age, it can already be too late to stop or reverse the damage eye diseases are doing.

Take advantage of these free screenings. Many health problems can be minimized if we catch them in time. Take time to be tested. You are worth it!

Department on Aging looking for fraud help

The Kansas Department on Aging, Senior Medical Patrol (SMP) is partnering with Northwest Kansas Area Agency on Aging to recruit and train individuals interested in fighting Medicare and Medicaid fraud.

The Senior Medicare Patrol is a federally funded national endeavor created to help Medicare and Medicaid beneficiaries protect, detect, and report health care fraud. Since its inception in 1997, the Senior Medicare Patrol is credited with saving taxpayers more than $100 million.

Volunteers serve a vital role in the Senior Medicare Patrol programs. Each volunteer receives extensive training which includes the SMP mission, Medicare basics, and how to recognize and report Medicare fraud. Upon completion, volunteers will have the tools and support needed to assist seniors in the community protect their personal information, detect suspicious activities and report their concerns.

The Senior Medicare Patrol asks volunteers to serve in a number of ways. Opportunities include activities that range from distributing SMP materials such as brochures, flyers and handouts to connect them with the right person to answer more complex questions. SMP staff will meet with volunteers individually to ensure that volunteers are given an opportunity to serve in a capacity that fits their time, interests, location and strengths.

Northwest Kansas Area Agency on Aging is currently accepting applications to be reviewed and processed by the Kansas Department on Aging Senior Medicare Patrol. To obtain a copy of the application please contact Glenna Clingingsmith at 785-628-8204 or Nikki Noe, senior Medicare Patrol Program administrator at 785-296-0377 or email: Nikki.Noe@aging.ks.gov.

Help us prevent and protect potential victims by joining us in the fight against Medicare and Medicaid fraud in Kansas. Become a Senior Medicare Patrol volunteer!

– Helpful Hints –

Great tips

•To get rid of itch from mosquito bites, try applying soap on the area and you will experience instant relief.

•Ants, ants, ants everywhere ... Well, they are said to never cross a chalk line. So get your chalk out and draw a line on the floor or wherever ants tend to march. See for yourself.

•Use air-freshener to clean mirrors. It does a good job and better still, leaves a lovely smell to the shine.

•When you get a splinter, reach for the scotch tape before resorting to tweezers or a needle. Simply put the scotch tape over the splinter, then pull it off. Scotch tape removes most splinters painlessly and easily.

•Now look what you can do with Alka Seltzer!

Clean a toilet: Drop in two Alka Seltzer tablets, wait twenty minutes, brush and flush. The citric acid and effervescent action clean vitreous China.

Clean a vase: To remove a stain from the bottom of a glass vase or cruet, fill with water and drop in two Alka Seltzer tablets.

Polish jewelry: Drop two Alka Seltzer tablets into a glass of water and immerse the jewelry for two minutes.

Clean a thermos bottle: Fill the bottle with water, drop in four Alka Seltzer tablets, and let soak for an hour (or longer, if necessary).

Unclog a drain: Clear the sink drain by dropping three Alka Seltzer tablets down the drain followed by a cup of white vinegar. Wait a few minutes, then run the hot water.

WORKING ON AN OPPONENT at the Kids State Wrestling Championships in Topeka, junior Zach Gienger took home fifth place in the 195 pound weight class. *Herald photo by Shawna Blanka*

Two wrestlers place in championships

Competing with over one thousand wrestlers from across the state at the Kids State Wrestling Championships in Topeka were seven St. Francis Kid wrestlers.

Trayton Doyle brought home third place and Zach Gienger placed fifth.

The State Championships were held Saturday and Sunday with the top four wrestlers from the four districts wrestling for the championship.

In the 8 and under, Shadryon Blanka 80 pounds, lost a 6-7 decision to Braden Sloyer, Burlington; lost a 1-5 decision to Ashton Nigo, Andover Jaguars. In the 10 and under, Tayton Weeter, 82 pounds, lost a 0-7 decision to Ty Roark, Columbus and lost a 0-3 decision to Jacob Reiss, Rock Creek.

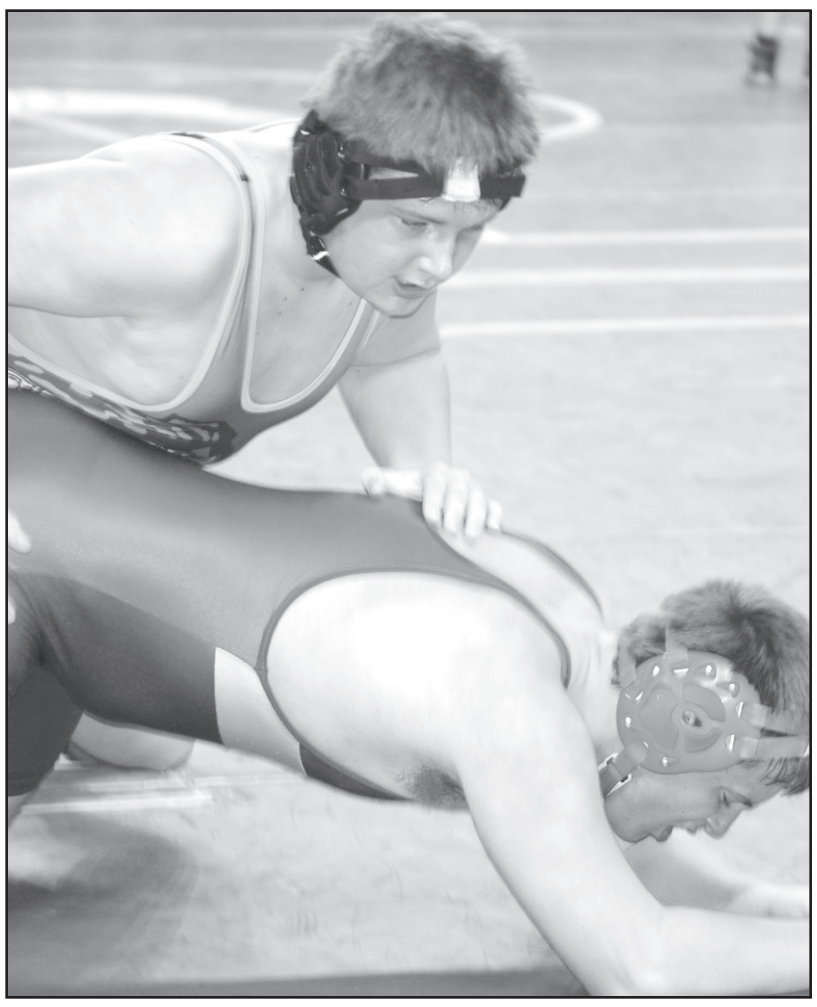
In the 12 and under, Ryan Grover 190 pounds, lost by fall to Seth Sanford, Allen County; won by fall over Dakota Letoumeau, Team Haysville and lost by fall to Bret Stindt, Republic County.

Trayton Doyle, 215 pounds, won by fall over Nomkiwash Potts, Ogden Outlaws; won by major decision 8-0 over Marquis Hannon, Maize; lost by fall to James Chancellor; won a 3-2 decision over Joey Simpson, Team Hawks and won a 9-1 major decision over Kevin Nichols, Lawrence Elite to win third place.

In the 14 and under, Shakotah Blanka 265 pounds, lost by a fall to Cooper Allen, Jackson County; won a 6-2 decision over Mikel Cottonmyre, Republic County and lost by a fall to Mark Schippers, Hoxie Kids.

In the High School, Zach Gienger 195 pounds, lost by fall to Gavin Houser, Columbus; won by fall over Grant Strand, Republic County; won by 10-7 decision over Wayne Adams, Carroll Jr.; won 8-3 decision over Chance Drake, Manhattan Optimist; lost a 0-8 major decision to Preston Solomon, Augusta Jaquar and won a 15-3 major decision over Jordan Hlaquist, Linn Co Twisters to place fifth.

"The kids competed well and wrestled hard all weekend," Coach Dylan Loyd said. "The experience from this big tournament is key to more development of their skills. It is sad to see the season end but looking forward to the future is always exciting too!"



TRAYTON DOYLE took third place at the Kids State Wrestling Championship in Topeka. *Herald photo by Shawna Blanka*

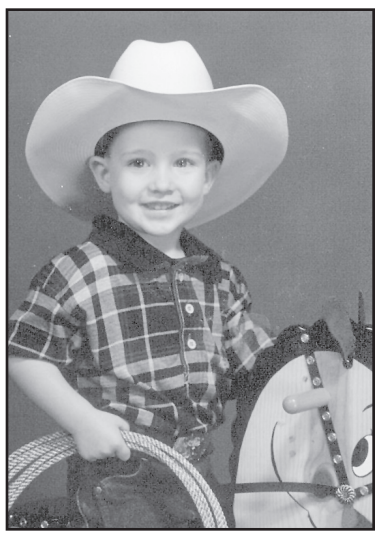
CONSTRUCTION CONTINUES at the airport in St. Francis. *Herald staff photo by Tim Burr*

Wedding Registry

Emily Rehmer & Dylan Loyd
Shower - March 10
Wedding - April 28

Rachel Schmidt & Steven Morris
Shower - April 1
Wedding - April 21

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



Happy 16th Birthday Lane!

We are so proud of you and hope you have an awesome birthday! We love ya!

Love,
Shannon, Kristin & Taylor Stevens

Come See What's New

Garters
Headbands
Easter Buckets
Gifts Sets
Tutus
Silk Flowers
Lace
Hair Bows

The Sewing Corner & Fabric Shop
785-772-7019

Upcoming Auction
Saturday, March 31st, 2012 10:00 a.m. CST

Place Your Bid!

Auction Location: 4-H Building
N. Hwy. 25, Atwood, KS.

Seller: Bessie B. Peterson Estate
Tamzen Rooney Irrevocable Trust & Et al

Selling: Equipment, Furniture, Appliances, Antiques, Collectables, Misc.

Glad Real Estate
Rocky Hayes-Auctioneer
415 State, P.O. Box 173, Atwood, KS 67730
Office:(785) 626-2039/ Cell (785) 626-4022
visit our website for photos @ www.gladrealestate.com

Help Wanted

A part-time/on-call RN Position is open at CHEYENNE MANOR. Candidate must be flexible, able to work 12 hour shifts, to fill in for vacations and other shifts as needed. Duties include supervision of 2-3 CNA's and nurse management for 21 residents. Competitive wages are offered as well as a shift differential when working the night shift. This position has the potential to turn into full time. Full time employees enjoy excellent benefits that include the employee's health insurance paid in full. The working environment at this 5 Star Nursing Facility is very warm and caring and you will be working with an excellent team of care givers. Call Doris to schedule an appointment 719-767-5602 or apply in person to Cheyenne Manor, 561 W 1st Street N, Hwy 385, Cheyenne Wells, Colorado. EOE

Come & Go Bridal Shower
for Emily Rehmer
Bride elect of Dylan Loyd
Sunday, April 1
1-3 p.m.
at the First Christian Church Fellowship Hall