

# Fun run set to raise money for disorder awareness

On Saturday, April 27, there will be a 5.5-mile run, 2-mile walk, and 1-mile fun run that will raise money for Reflex Sympathetic Disorder (RSD) awareness.

This is a great opportunity to help a great cause and also to encourage individuals to engage in a regular exercise program, said Pastor Warren Cico, organizer of the run.

Registration (beginning at 7 a.m.) for the 5.5 mile run will be in the parking lot at the south side of the St. Francis high school gym. There will be a bus available to take the runners to Highway 217 in Wheeler where the run will begin, then head west to St. Francis. The route will turn north to the cemetery and then west on North Street to the finish line at the intersection of College Street and

North Street.

The 2 mile walk registration will be in the parking lot of Captain Hook's Fine Dining beginning at 7 a.m. The run/walk will begin at 8 a.m. at the south end of Highway 217. The walk will go north 1/2 mile on the highway and then go west for another half mile. Then the walkers will turn around to return to the starting line.

The attractive feature of both the run and the walk, he said, is the 1/2 mile along our nation's shortest maintained national highway.

The 1-mile fun run registration will be at the high school beginning at 7 a.m. The run will begin with a lap at the high school track, proceed to College Street and end at the same place as the 5.5 mile run. Children are encouraged to

participate in this, but adults may join as well. Registration is a free-will donation.

The registration fee for the 5.5-mile run and 2-mile walk is \$30. Most of the fee will go to support the benefit. Participants will receive a T-shirt and will be eligible for the door prize drawing. There will be water along the route and refreshments at the finish line of both races. There will be an overall plaque for the male and female winners of the 5.5 run, and there will be medals for the first-through third-place finishers of each age group (19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80 and over for both men and women) in the 5.5 run. There will not be awards for the walk or the fun run, but all participants will be eligible for the door prizes.

After the run/walk, there will be activities at the Cheyenne County Fairgrounds all day. There will be eight bands playing throughout the day and evening. There will be many vendors selling snacks, drinks, and meals. There will also be a silent auction, and opportunities to hear stories from people who have Reflex Sympathetic Disorder or chronic pain. All runners/walkers and anyone interested is encouraged to head to the fairgrounds for a great day of fun to support a good cause.

People may register online by going to [kansarsdawareness.org](http://kansarsdawareness.org).

We are in need of many people to help with registration, timing, recording the results, handing out the shirts, marking the courses, manning the water stations, directing the participants, and other duties, he said. Those willing to volunteer should call Warren Cico at 772-7098.



GENE VOELLER tears down the old antique shop located off Highway 36.

Herald staff photo by Tim Burr

## Prescription drug drop off set

On April 27 from 10 a.m. to 2 p.m. the Cheyenne County Sheriff's office and the Drug Enforcement Administration will give the public its sixth opportunity in three years to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. Bring your medications for disposal to St. Francis or Bird City Emergency Buildings. The service is free and anonymous, no questions asked.

Last September, Americans turned in 244 tons of prescription drugs at over 5,200 sites operated by the drug administration and its thousands of state and local law enforcement partners. In its five previous Take Back events, the administration and its partners took in over 2 million pounds – over a thousand tons – of pills.

This initiative addresses a vital public safety and public health issue. Medicines that languish

in home cabinets are highly susceptible to diversion, misuse, and abuse.

Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

In addition, Americans are now advised that their usual methods for disposing of unused medicines—flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards.

Until new regulations are in place, local law enforcement agencies like the Cheyenne County sheriff and deputies and the drug administration officers will continue to hold prescription drug take-back events every few months.

## Resignations accepted for three staff members at board meeting

The St. Francis Board of Education met on Thursday where they accepted the resignations of three staff members. Those resigning are Julie Wolters, Teresa Moore and Ward Cassidy.

Mrs. Wolters resigned from her position of sixth grade teacher, effective at the end of the current contract year. Mrs. Wolters has taught 37 years at the St. Francis grade school.

Mrs. Moore resigned from her position of special education paraprofessional. She had worked in the district for 16 years.

Mr. Cassidy has been the school counselor for a number of years and has been in the district for a total of 43 years.

The board continued their discussion on staffing plans for next year. No decisions were made.

With the sixth grade position vacated, Rob Schiltz, superintendent, talked about moving the sixth grade class to the junior high. Mr. Schiltz had sent out an inquiry to other superintendents around the state regarding the topic of sixth graders in the junior high. and their responses were given to the

board to review.

After a lengthy discussion, the board voted not to move the sixth grade this year. However, the administration will continue to study and develop a plan to move the sixth grade class at the next available opportunity.

The board approved a contract for Dennis Hengen to complete the driving portion of the drivers' education class. Mr. Hengen is a licensed drivers' education teacher at Cheylin in Bird City.

Earlier in the year, Kelly Gienger, board member, had reported that he was not interested in running for a third term. At the general election, he had received five write-in votes, putting him back on the board.

Again, he said he was not interested in being on the board and would decline. It is now up to the board to find a person willing to replace him before July 1.

**Gifts for scholarships**  
The board accepted a gift offer from David Huffman for \$1,000. The money will be used for the Ray Huffman Scholarship given to a graduating senior. The Pete

Kinen family also donated \$1,974 for the Pete Kinen Memorial Scholarship fund which the board accepted.

**Scholarship committee**  
The Scholarship Committee met April 10 with Mr. Cassidy to go over the scholarship packets and procedures in selecting scholarship recipients. They will meet again on April 17 to tally their votes for the Stephenson Scholarship and the Gillispie Academic Scholarship.

**Contract with auditors**  
A new contract with financial auditors, Adams, Brown, Beran, and Ball out of Colby, was presented. The board agreed to adopt a 3-year contract as follows: \$6,443 in year one, \$6,636 in year two, and \$6,835 in year three.

**Next meeting**  
The next meeting of the board will be held at 7 p.m. on Thursday, May 9, in the board room at the high school.

*Editor's note: The above article was taken from the unapproved minutes of the April 12 board of education meeting.*

It's all the little things you do  
That makes our life worthwhile  
a little kiss upon our cheek  
Always makes us smile

Your endearing words  
That you send our way  
Is all we need  
To make our day

So many little things you do  
To numerous to mention  
All of them we dearly love  
They get our full attention

Happy 60th Birthday, Mom!  
We love you!  
Kaycee, Mac and Keaton



PEGGY MOBERLY helps her daughter with a family keepsake.

## Diving Safety

Diving is one of the most hazardous water activities. Most diving-related injuries occur in pools with five feet of water or less. The Kansas SAFE KIDS Coalition urges parents to take the following precautions to prevent diving-related injuries and deaths:

- Do not let your children dive into water unless an adult is present and knows that the depth of the water is greater than five feet.
- Never allow your children to dive into above-ground pools.

- Teach your children to dive with their hands in front of their face and to swim toward the surface immediately upon entering the water to avoid hitting the bottom or sides of the pool

- Teach them to dive only from the end of the diving board; never let them dive from rooftops, balconies, ledges or fences.

- Teach them to keep their dives simple.

- Do not permit children to run and dive.

### In Concert

at the Wesleyan Community Church in Bird City will be the

*Armouraires Quartet*

Saturday, April 20 at 7 p.m.

A free will offering will be received.

### Thank you - Thank you

We would like to thank all of you that have supported us for the past 29 years. From entertaining you to providing a form of communication and security for you and your family, we appreciate the trust that you put in us.

A special thanks to Mary Lou for being a part of our team for so many years, we couldn't have done it without you!

For our Verizon customers, feel free to call us for your needs until the new location in town is approved. FYI: A antenna on the Wheeler tower was damaged in the storm, our local service will be impacted until a tower crew can be brought in to replace the antenna. We will continue to take care of your Dish and television needs - Just give us a call. Video Kingdom — 785-332-3207

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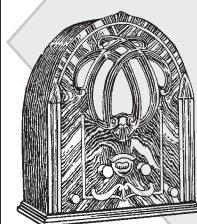


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