

# Idalia News

By  
**Chuck  
Wright**



**St. John News**  
Sunday, March 16, 10:30 a.m.  
Children's Sunday. The children and youth will lead worship on the theme, We Build With God's Help, Psalm 127:1-2.  
Wednesday, March 19, 6:30 p.m. A Lenten community soup supper, provided by the church, will be held in the Fellowship Hall. Following the meal, Pastor Chuck Wright will lead a Bible study discussion, We Are The Church: A Worshiping Community. I Corinthians 14.  
Sunday, March 23, 10:30 a.m. The worship service will include

a discussion of The Story, Chapter 22: The Birth of Christ.

## Idalia school news

Thursday and Friday, March 13 and 14. No school. Everyone is invited to support the Idalia Girls Basketball team at the State 1-A Basketball Tournament at the Budweiser Event Center in Loveland, Colorado.

Wednesday, March 19, 6:30 p.m. School Board meeting.  
March 24-30. No school. Spring break.

Congratulations to the Idalia FFA on receiving a \$2,500 "Food For All" grant from the National

FFA. The Chapter will use the grant to purchase hydroponics equipment to produce home grown lettuce for the new student salad bar. The Chapter will also educate elementary students in hydroponic food production is and how to grow healthy food at home.

TCAP testing continues for grades 3-10 throughout March.. Parents are encouraged to make sure your child is in school on the days they will be tested.

# Spring health fair scheduled

The 2014 Spring Health Fair in Cheyenne County will be held March 24-28, for blood lab draws and April 14-18, for women and men exams. The blood draws will be conducted from 6:30 a.m. to 10:00 a.m. each day with no appointment needed. Health fair exams for men and women will only be by appointment and will need scheduled through the Cheyenne County Clinic.

Saint Francis will host the blood draws on March 24, 25 and 26 in the basement of the Cheyenne County Clinic. There is an elevator available for those that cannot use stairs and no appointment is needed for the lab draws. It is on a first come first serve basis.

Bird City will host the blood lab draws on March 27 and 28 in the Bird City Clinic. There is no appointment needed for the lab draws in Bird City as well.

Please take your prescription medication and drink lots of water prior to the blood draws. However, no other food or drink should be consumed after midnight the night before your blood draws.

Blood lab tests are generally done for one of the following reasons; To screen for a disease; to help rule out a disease or condition; to assess the severity of a disease; to monitor the progression of a disease, how well an organ is working, or if treatment is helping; to find the cause of symptoms; and to confirm a diagnoses. The labs offered during the blood draws will include;

**Chemistry Panel or Comprehensive Metabolic Panel**  
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.

- Glucose – To determine if your blood glucose level is within a healthy range; to screen for, diagnose, and monitor high blood glucose (hyperglycemia) or low blood glucose (hypoglycemia), diabetes, and pre-diabetes.

- Calcium – one of the most important minerals in the body essential for proper function of the muscles, nerves, and the heart. It

is required in blood clotting and in the formation of bones.

## Proteins

- Albumin – to screen for and help diagnose a liver disorder or kidney disease; sometimes to evaluate nutritional status

- Total Protein – to determine your nutritional status or to screen for and help diagnose certain liver and kidney disorders as well as other diseases

## Electrolytes

- Sodium – to determine whether your sodium concentration is within normal limits and to help evaluate electrolyte balance and kidney function

- Potassium – helps evaluate an electrolyte imbalance; to monitor chronic or acute hyperkalemia or hypokalemia

- Carbon Dioxide – helps to maintain the body's acid-base (pH) balance.

- Chloride – helps to regulate the amount of fluid in the body and to maintain the pH balance.

## Kidney Tests

- Blood Urea Nitrogen – To evaluate kidney function; to monitor the effectiveness of dialysis and other treatments related to kidney disease or damage

- Creatinine – To determine if your kidneys are functioning normally and to monitor treatment for kidney disease

## Liver Tests

- ALP – To screen for or monitor treatment for a liver or bone disorder

- ALT – To screen for liver damage and/or to help diagnose liver disease

- AST – To detect liver damage and/or to help diagnose liver disease

- Bilirubin – To screen for or monitor liver disorders or hemolytic anemia

## Lipid Profiles

This is a test that assesses your risk of developing cardiovascular (heart) disease and stroke.

- Total Cholesterol – measures all of the cholesterol in all the lipoprotein particles to screen for risk of developing heart disease .

- High Density Lipoprotein (HDL) – this is the "good cholesterol" it removes excess cholesterol and carries it to the

# Landowners reminded control noxious weeds

Published in The Saint Francis Herald, St. Francis, Kansas, and the Bird City Times, Bird City, Kansas, Thursdays, March 8 and March 15, 2014. (10-11)

## GENERAL NOTICE TO CONTROL NOXIOUS WEEDS

The Kansas Noxious Weed Law K.S.A. 2-1314 et seq requires all persons who own or supervise land in Kansas to control and eradicate all weeds declared noxious by legislative action. The weeds declared noxious are: field bindweed, musk thistle, johnson grass, bur ragweed, Canada thistle, sericea lespedeza, leafy spurge, hoary cress, quack grass, Russian knapweed, kudzu and pignut. Multiflora Rose and Bull Thistle are County Option Noxious Weeds declared noxious by the Board of County Commissioners of Cheyenne County. Notice is hereby given pursuant to the Kansas Noxious Weed Law to every person who owns or supervises land in Cheyenne County that noxious weeds growing or found on such land shall be controlled and eradicated. Control is defined as preventing the production of viable seed and the vegetative spread of the plant.

Failure to observe this notice may result in the County:

1. Serving a legal notice requiring control of the noxious weeds within a minimum of five days. Failure to control the noxious weeds within the time period allowed may result in the county treating the noxious weeds at the landowners expense and placing a lien on the property if the bill is not paid within 30 days or,
2. Filing criminal charges for non compliance. Conviction for non compliance may result in a fine of \$100 per day of non-compliance with a maximum fine of \$1500.

The public is also hereby notified that it is a violation of the Kansas Noxious Weed Law to barter, sell or give away infested nursery stock or livestock feed unless the feed is fed on the farm where grown or sold to a commercial processor that will destroy the viability of the noxious weed seed. Custom harvesting machines must be labeled with a label provided by the Kansas Dept. of Agriculture and must be free of all weed seed and litter when entering the State and when leaving a field infested with noxious weeds. Additional information may be obtained from the Cheyenne County Noxious Weed Department or by contacting the Kansas Dept. of Agriculture, 109 S.W. 9th, Topeka, KS 66612.

liver for removal.

- Low Density Lipoprotein (LDL) - this is the "bad cholesterol" it deposits excess cholesterol in walls of blood vessels, which can contribute to hardening of the arteries.

- Triglycerides – measures all the triglycerides in all the lipoprotein particles; most of which is in the Very Low Density Lipoproteins (VLDL).

TSH – this test is to help evaluate thyroid gland function as to "hypo or hyper" thyroidism due to a condition affecting the thyroid.

## Complete Blood Count (CBC)

To determine your general health status; to screen for, diagnose, or monitor any one of a variety of diseases and conditions that affect blood cells, such as anemia, infection, inflammation, bleeding disorder or cancer.

Hemoglobin - To evaluate the hemoglobin content of your blood as part of a general health checkup; to screen for and help diagnose conditions that affect red blood cells (RBCs); if you have anemia or polycythemia, to assess the severity of these conditions and to monitor response to treatment.

A1C – To monitor a person's diabetes and to aid in treatment decisions; to diagnose diabetes; to help identify those at an increased risk of developing diabetes.

## Prostate Specific Antigen (PSA)

This test is to screen men for prostate cancer, to help determine the necessity for a biopsy of the prostate; to monitor the effectiveness of treatment for prostate cancer; and to detect reoccurrence of prostate cancer.

The women and men exams will be conducted in both the Saint Francis Clinic and the Bird City Clinic by appointment only. The women and men exams will be held April 14-18. Please call the Saint Francis Clinic as 785-332-2682 or the Bird City Clinic at 785-332-2306 to make your appointment.

# Petition has been filed in county district court

Published in The Saint Francis Herald, St. Francis, Kansas, Thursdays, March 13, March 20, March 27, 2014. (11, 12, 13)

## IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS

In the Matter of the Estate of

Diana S. Zimbelman, Deceased

Case No: 14-PR-3

## NOTICE OF HEARING

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that a Petition has been filed in this Court by Raymond W. Zimbelman, father and one of the heirs of Diana S. Zimbelman, deceased, requesting:

Descent be determined of the following described real estate situated in Cheyenne County, Kansas:

The Southwest Quarter (SW/4) of Section Twenty-eight (28), Township Two (2) South, Range Forty-one (41) West of the 6th P.M.

and all personal property and other Kansas real estate owned by decedent at the time of death. And that such property and all personal property and other Kansas real estate owned by the decedent at the time of death be assigned pursuant to the laws of intestate succession.

You are required to file your written defenses to the Petition on or before April 7, 2014, at 10:00 a.m. in the District Court, in the city of St. Francis, Cheyenne County, Kansas, at which time and place the cause will be heard. Should you fail to file your written defenses, judgment and decree will be entered in due course upon the Petition.

Raymond W. Zimbelman  
Petitioner

MICHAEL J. DAY, #8523  
KITE & DAY  
112 W. Washington, P.O. Box 575  
St. Francis, KS 67756  
(785) 332-3323  
Attorney for Petitioner

# The Gardener

## Calls, messages coming in

I'm feeling mighty good today! In fact, as we used to say down in Bucklin, "man I'm really fired!" Why? It's very simple. The reason is that I have received dozens of calls and messages since the first of the year from gardeners asking about "starting some of my own transplants." Many of you are telling me that you are actually going to try it and I think that's just awesome! Growing a few of your own transplants can be one of the most gratifying garden projects you'll ever do. You've asked many questions. Lets get right to it.

You'll need a few supplies, many of which you can use again next year. You may want to buy one of those "ready to go" seed starting kits at your favorite garden store. Or, just pick up the things you'll need on an individual basis. You'll need a bag of seed starting mix. Not potting soil... not garden soil... not dirt from the back yard.

You need seed starting mix, a material made expressly for seed starting. You'll need some kind of tray or pan that is a couple of inches deep to hold the starting mix. I use several of those plastic trays that my petunias came in last year.

And then you'll need the seed you have carefully selected. Maybe it's just tomato seed... maybe broccoli or cabbage seed, or perhaps the seed of a favorite perennial plant that you want in your garden.

That's about it. Fill your tray or plastic pan with the starting mix and spread out evenly. Wet the mix thoroughly, but leave no standing water. With the point of a pencil, punch a few quarter inch holes in the wet mix, at half-inch intervals. Drop one seed in each hole and cover with your fingers. Mark each row with a plastic or wooden type of marker that tells you what you have planted.

Set the pan someplace at room temperature and check it each day. When you see a plant emerging, move the pan immediately to an area of bright light, like a south-facing windowsill or shelf. This is the most critical step of the entire project. There are "grow lights" available at the garden store, made especially for this kind of use. But however you do it, get the starting pan into strong light just as soon as the little plants come up or they will suddenly get tall and leggy and useless. **THEY MUST HAVE LIGHT!**

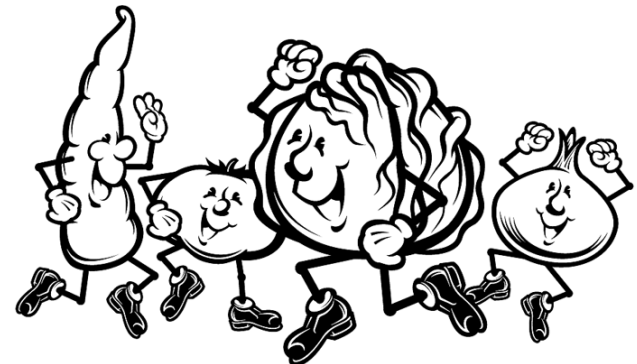
When the plants get their first set of true leaves, transplant them into their own individual peat pots, two-inch plastic cells, or foam cups that have been filled with the starting mix. Keep them in the bright light. Be sure they have a drainage hole in the bottom. Set them out in the garden at the proper, safe planting time.

For tomatoes, start the plants about 6 or 7 weeks before they're ready to go outside. Therefore, if you want them outside by May 10, start the seed on or about

March 30. Most peppers need to be planted a few days earlier. Broccoli and cabbage need only five weeks starting time and can go outside a week or ten days earlier than tomatoes. Check with your Extension Office about average last frost dates in your area. Questions? Please call or email me.

This can be an extremely satisfying project. Give them light and they will grow!

OMAHA OMAHA....HURRY HURRY.....



# Airport commission announces new goals

Published in The Saint Francis Herald, St. Francis, Kansas, Thursday, March 13, 2014. (11)

## PUBLIC NOTICE

The Cheyenne County Airport Commission, St. Francis, KS hereby announces its fiscal year 2013-15 goal of 0.2% for Disadvantaged Business enterprise (DBE) for their currently programmed airport construction projects. The proposed goal and rationale are available for inspection between 8:00 a.m. and 5:00 p.m. Monday through Friday at Cheyenne County Clerk, 212 East Washington, Saint Francis, KS for 30 days from the date of this publication.

Comments on the DBE goal will be accepted for 45 days from the date of this publication and can be sent to the following:

David Yost  
Cheyenne County Airport Commission  
P.O. Box 1080  
St. Francis, KS 67756

# Company proposes to add antennas to tower

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AT&T Mobility, LLC is proposing to modify a wireless telecommunications facility located at 393 South College Street, Saint Francis, Cheyenne County, KS. Modifications will consist of the addition of 3 proposed and 3 future LTE antennas mounted at +/-105 feet above grade on the existing +/-140-foot water tank. Any interested party wishing to submit comments regarding the potential effects the proposed facility may have on any historic property may do so by sending such comments to: Project 61141196-JLD c/o EBI Consulting, 6876 Susquehanna Trail S, York PA 17403 or (203) 309-8285.

# Petition filed; people should file defenses

First published in the St. Francis Herald, Thursday, February 27th, 2014. (09, 10, 11)

## IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS

In the Matter of the Estate of

Vada M. Burkhalter, Deceased

## NOTICE OF HEARING AND NOTICE TO CREDITORS

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that on February 25th, 2014, a petition was filed in this Court by Rodney L. Young, an heir, devisee and legatee, and executor named in the "Last Will and Testament of Vada M. Burkhalter," deceased, dated March 6th, 2013, praying the will filed with the petition be admitted to probate and record; petitioner be appointed as executor, without bond; and petitioner be granted Letters Testamentary.

You are required to file your written defenses thereto on or before March 24th, 2014, at 10:30 o'clock a.m. in the District Court, St. Francis, Cheyenne County, Kansas, at which time and place the cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon the petition.

All creditors are notified to exhibit their demands against the Estate within the latter of four months from the date of first publication of notice under K.S.A. 59-2236 and amendments thereto, or if the identity of the creditor is known or reasonably ascertainable, 30 days after actual notice was given as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

Rodney L. Young, Petitioner

JAMES M. MILLIKEN, CHARTERED  
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(785) 332-2101  
Attorneys for Petitioner