



TONY RODRIGUEZ performs the music of Aaron Copland at a recital on Saturday, July 5.

Passion for music shared by local musician at recital

Tony Rodriguez entertained an enthusiastic audience with the music of Aaron Copland at Quincy Gallery Saturday July 5th. Rodriguez explained to the group that Copland's music represents the fullness of the American experience and culture. His primary goal in writing music was for the listener to understand how inspiring the "common" life is and to realize the gifts and greatness we possess both individually and collectively. The pieces chosen for this recital were a tribute to that belief: "Down a Country Lane", "Piano Blues #1 & #3" and "Fanfare for the Common Man".

A Detroit area native, Tony moved to Western Kansas in 2003. He currently serves as the Under-sheriff for the Sheriff's Office. Prior to entering law enforcement he spent nearly six years as a K-12 music teacher and as a private piano instructor in the Detroit area. He studied music at the University of Michigan and Oakland University. He is a graduate

of Fort Hays State University and is currently pursuing a doctorate in organizational leadership.

Tony told the audience that he came to Kansas because he wanted to get away from big city life and the violence he experienced growing up. Tony shared his philosophy about life in St. Francis: "Living in the area the last 11 years has taught me a great deal about the kindness of people and the importance of community... something I never experienced growing up. St. Francis has become such a special place to my wife Kara and I because of the kind and thoughtful nature that we display as a community. We also value our traditions here, but are willing to grow at the same time. The commitment to preserving a proud heritage while at the same time, working towards creating a legacy that future generations will enjoy is something that inspires me daily. It is an honor and privilege to serve this community and it is a blessing to call this place home."

Northwest Kansas women to host annual event in Sharon Springs

Today, women's involvement in agriculture is changing the importance on making a living to a way of living.

Northwest Kansas Conservation and Environmental Alliance is celebrating women in Northwest Kansas by hosting their Fifth Annual Women in Denim Event: Pour Your Heart Into Life. This fun filled, informative event will be held at The Mount Sunflower Bed and Breakfast in Sharon Springs on Oct. 3 and 4.

how to pour their hearts into a life that overflows with happiness and fulfillment.

Friday evening, Oct. 3, we will register at the Bed and Breakfast and then head to Wallace for an exciting evening at the "Pond Creek Diner". The food is fantastic and the atmosphere is 50's diner, complete with jukeboxes and soda fountain. After returning to the Bed and Breakfast there will be more fun activities. Saturday, Oct. 4, we will enjoy our feature presentation by Julie Clark and much much more.



This event is made possible by the following partners: NWKCEA, Kansas State Research and Extension, Western Prairie RC & D, and participating Conservation Districts.

If you would like to attend the Women in Denim: Pour Your Heart Into Life event, please contact Bev Elder at 785-852-4262 or Sandy Rodgers at 785-899-3070. Registration deadline is Sept. 8. Friday overnight stay and activities, plus all day Saturday activities and meals are included in the registration fee of \$100. If you plan to attend only Saturday the registration fee is \$40 which includes lunch. Space is limited! Please contact Bev, Sandy or your local Conservation District Manager for more information.

NWKCEA and the U.S. Department of Agriculture are equal opportunity employers and providers.

The following presentations will be scheduled throughout this motivational opportunity for fellowship, information and fun: Julie Clark is a national award-winning author, speaker, trainer and founder of The Inspirational Coffee Club.

She is a fun-loving, inspiring coffee-lover who never stops learning and never stops teaching others how to get every last drop out of each and every day. She's developed a creative way to blend her passion for personal growth and love for coffee. Today, through The Inspirational Coffee Club, Julie shares one-of-a-kind strategies (what she calls "Ground Rules") that teach others

Volunteer board continues county fair preparations

Amanda Miller
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The Cheyenne County Fair Board is busy getting ready for the county fair that will be held August 4 - 9. The board had a few business matters to discuss last Thursday before dispersing to begin preparations.

Sarah Kinzer, treasurer, had all bills prepared for payment, and brought one bill to the board's attention. The radio ad bill with Curtis Duncan was significantly more than what they had originally agreed to spend. The board held the \$525 bill until President Dick Bursch is able to talk to Curtis Duncan and adjust the bill or find out why it is so much.

Josh Moberly has asked the board for permission to park his Mobe's Archery trailer by the business booth section at fair. Inside the trailer he has a set up so that customers can try out the bows and arrows and shoot at a target within the trailer. The board agreed that if it was up to the safety standards he explained, they were ok with allowing customers to try them within the trailer.

President Bursch asked if there are volunteers lined up for the gates. Volunteers are still needed to help at the gates on Thursday,

Friday and Saturday.

The Cheyenne County Fair has a website that people can now visit at www.cheyenneksfair.com. The website manager has offered to sell tickets to Baxter Black ahead of time for a service charge of \$1.50. After some discussion, the board decided that the tickets can be sold on the website so people can make sure they have tickets to the event, however they cannot afford to take that service charge out of the ticket price. So they said if the website manager is willing to sell tickets for the \$15 and add the service charge the website manager would like of \$1.50 in addition, they will sell the tickets online. Baxter Black will be performing Thursday, Aug. 7 at 7 p.m.

The fair board had some discussion about the last clean up date, at which only two people showed up. Gary Cooper told the board he was disappointed that more did not come to help, as there is a lot that needs to be done. The next scheduled clean up and set up with the 4H students is July 29 at 6 p.m.

President Bursch told the board that he had received some calls about the grass at the fairgrounds. He explained that he has seeded the grass and would prefer to wait to mow it so that the grass can thicken up. The board agreed to

wait one to two weeks to let the grass grow.

The Cheyenne County Fair will be held August 4-9. The carnival rides and games will be open beginning Wednesday, August 6 through Saturday August 9. The rides will be open from 7 p.m. to 11 p.m. Wednesday, Thursday, Friday and 6 p.m. to midnight on Saturday.

The Red-Neck Olympics will be held on Wednesday. This night will be free admission, and will include events for the whole family. Entries begin at 6 p.m. and the Red-Neck Olympics begin at 7 p.m.

Baxter Black will perform on Thursday at 7 p.m. Tickets will be \$15 at the door or at the fair's website www.cheyenneksfair.com.

The Tuff Truck Challenge will be held on Friday at 8 p.m. Admission will be \$10, and pit passes will be sold for \$20.

Saturday, August 9, crowd favorite the Team Demolition Derby will kick off at 7 p.m. Admission will be \$10, and pit passes will be sold for \$20.

Mark your calendars to come to the Cheyenne County Fair this year and enjoy all the events that are sure to entertain the whole family!

Moments With Mila

Why staying hydrated is important



Your body depends on water for survival. Did you know that water makes up more than half of your body weight? Every cell, tissue and organ in your body needs water to function correctly. For example, your body uses water to maintain its temperature, remove waste and lubricate joints. Water is essential for good health.

You lose water each day when you go to the bathroom, sweat, and even when you breathe. You lose water even faster when the weather is really hot, when you exercise, or if you have a fever. Vomiting and diarrhea can also lead to rapid fluid loss. If you don't replace the water you lose, you can become dehydrated.

Symptoms of dehydration include:

- Little or no urine, or urine that is darker than usual
- Dry mouth
- Sleepiness or fatigue
- Extreme thirst
- Headache
- Confusion
- Feeling dizzy or lightheaded
- No tears when crying

Don't wait until you notice symptoms of dehydration to act. It can be hard to recognize when you're dehydrated, especially as you age. Actively prevent dehydration by drinking plenty of water.

There are different recommendations for water intake each day. Most people have been told they should be drinking 6 to 8 8-ounce glasses of water each day, which is a reasonable goal. However, different people need different amounts of water to stay hydrated. Most healthy people can stay well hydrated by drinking water and other fluids whenever they feel thirsty. For some people, fewer than 8 glasses may be enough. Other people may need more than 8 glasses each day.

Some people are at higher risk of dehydration, including those who get

a lot of exercise, have certain medical conditions, are sick, or are not able to get enough fluids during the course of the day. Older adults are also at higher risk. As you age, your brain may be unable to sense dehydration and send the signals for thirst.

If you are concerned that you may not be drinking enough water, check your urine. If your urine is consistently colorless or light yellow, you are most likely staying well hydrated.

You may need to increase the amount of water you are drinking if you:

- Have certain medical conditions, such as kidney stones or bladder infection
- Are pregnant or breastfeeding
- Are going to be outside during hot weather
- Are going to be exercising
- Have a fever, or have been vomiting or have diarrhea
- Are trying to lose weight

Water is the best option for staying hydrated. There are other drinks and foods that can help provide the water you need, but some may add extra calories from sugar to your diet.

Drinks like fruit and vegetable juices, milk and herbal teas can contribute to the amount of water you should get each day. Even caffeinated drinks, such as coffee, tea and soda, count toward your daily water intake - up to a point. But it's best to limit these since caffeine may cause some people to urinate more frequently, or feel anxious or jittery. A moderate amount of caffeine, 200 to 300 milligrams (about the amount in 2 to 4 8-ounce cups of coffee), is not harmful for most people.

Water can also be found in fruits and vegetables, such as watermelon, tomatoes and lettuce, and in soup broths.

A sports drink can also help replace electrolytes if you have a

fever, have been vomiting or have had diarrhea. Choose sports drinks wisely, as they are often high in calories from sugar and may contain high levels of sodium. Also check the serving size. One bottle may contain several servings. Some sports drinks contain caffeine. If you use a sports drink that contains caffeine, be careful not to get too much caffeine in your diet.

Sports drinks are not the same as energy drinks. Energy drinks usually contain large amounts of caffeine and other stimulants (such as, guarana or taurine) that your body doesn't need. Most of these drinks are also high in sugar. Many experts recommend that kids and teens should not have energy drinks.

Tips for staying hydrated:

- Keep a bottle of water with you during the day
- If plain water doesn't interest you, try adding a slice of lemon or lime to your drink.
- If you're going to be exercising, make sure you drink water before, during and after your workout.
- Start and end your day with a glass of water.
- When you're feeling hungry, drink water. The sensation of thirst is often confused with hunger. True hunger will not be satisfied by drinking water. Drinking water may also contribute to a healthy weight loss plan, as some research suggests drinking water will help you feel full.
- Drink on a schedule if you have trouble remembering to drink water. For example, drink water when you wake up; at breakfast, lunch and dinner; and when you go to bed. Or drink a small glass of water at the top of each hour.

The County Health Department can be reached at 785-332-2381.

James Swinehart M.D.
Board Certified Dermatologist
Will be seeing patients at the
**Cheyenne County Hospital
Specialty Clinic - St. Francis**
Thursdays, July 17 & Aug. 14
For appointments call 303-744-1202

**Cheyenne County Fair
Co-ed Mud Volleyball**
Saturday, Aug. 9
13 years old & up
Pre-registration
deadline is
July 31
\$35 per team

More info & pre-registration, call
Kelsey Andrist, 785-332-6025 or
Dennon Flemming, 785-332-6126.

Grand Opening
at
Cowgirl Creations & Design LLC
220 East Webster • St. Francis
(the little white church by the grade school)
Friday & Saturday, July 11 & 12
10 a.m. - 6 p.m.
A Little Store with Unique Charm
Featuring: Kansas-made products, Lotions, Soaps, Rabbit Creek
Products, Candles & many unique handmade items. There's
something for Everyone!!! Specials & Door Prizes both days
Owner, Allison Grice 785-332-2220

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Two Big Days • July 11 & 12
8 a.m. - ????
301 E. Spencer • St. Francis
at the McCumber's

- Furniture • Yard Tools • Books
- Yard Power Tools • Housewares •
- Clothes • Misc. Kitchen Items •
- Patio Furniture • Lots of Misc.

Sale
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The Sewing Corner & Fabric Store
\$1 per yard various fabrics
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