

TYRONE WILKENS is getting ready to hang the sign and open the Frosty Mug in McDonald.

# Restaurant to open in McDonald

By Peggy Horinek

Tyrone and Amy Wilkens, along with family and friends are working hard remodeling and updating the Frosty Mug in McDonald. They are hoping to open the end of July or the first of August. Be watching for updates as they will be having live music the first weekend.

The kitchen has been totally re-

The restaurant will be handicap ac- and banquet area. cessible as they have also put in new building will maintain it's original look and the interior will have an board and pool table. The upstairs and Sunday, 10:30 a.m. to 3 p.m. They modeled with all new equipment and has been totally gutted and plans for will be closed on Tuesdays.

the rest rooms have also been redone. the future include more seating space

Their menu will include a daily specement sidewalks on the outside. The cial, smoked foods and a steak menu. They will serve beer and wine coolers. The hours the Frosty Mug will be open antique look and will include old pic- are: Monday, Wednesday and Thurstures of McDonald as it once was. day, 10:30 a.m. to 8:30 p.m., Friday There will be a game area with a dart and Saturday 10:30 a.m. to midnight

# Family reunion planned for Aug. 1

The children of the late Gene and Shirley Pianalto, formerly of Bird City, are going to be holding a reunion with their families Aug. 1 through Aug. 4 in

The family will be in the park in Bird City on Friday, Aug. 2 and would like to encourage friends and relatives of the area to join them between 1 and 5 p.m. It has been several years since most of the children have returned home (to Bird City). They have missed seeing the people of the area and would love to see them again. The reunion was planned during the time of the Cheyenne County Fair in hopes of being able to see old friends and acquaintances. Those attending may use the

### **Honor Roll**

New and renewed Times subscripions: Russell Childers, Bird City; Larry Williams, Parks, Neb.; Barbara Woolverton, Yardley, Pa; Nova Devo Ann Arbor, Mich; Kite & Day, St. Francis; Gerald Wright, Bird City; Beverly Kite, Stockton; Kay Davis, Broomfield, Colo.; Gerald Lillich, Colorado Springs, Colo.; Dean Smith, Bird

Heidi Ketzner, Bird City; Shelly Heavlin, Blue Springs, Mo.; William W. Leach, Bird City; Warren Sager, Otis; C.W. Antholz, McDonald; Lee Beeson, Bird City; Deana Miller, Strasburg, Colo.; Radean Wright, Bird City; Richard Hornock, Englewood, Colo.; Terrie Steele, Denver, Colo.; Joe Hoffert, Des Moines, Iowa; Luella Resco, Clyde; Dianna Carpenter, Bird City; Walter Roesener, Bird City; Ruby Rambat, Bird City; Don Gilliland, Bird City;

ington in St. Francis as a contact or a sity. number of family members will be staying at the Empire Motel.

Dorothy is married to Mike Rich and lives in Colorado Springs. Dorothy's son, Troy is in Wichita with his daughter, Zoee who is 6.

Donna is married to Bob Whitfield and lives in Colorado Springs. Their son, Zane is also in Colorado Springs with his son, Jake who is 7.

Byron is in Norfolk, Va. His daughter, Sarah (25) and husband John more at Fort Hays State University, Vernon live in Virginia Beach with Jacob is 12 and Kattie 4. their two children Kayla, 7 and Dominick, 5.

Denise is married to Greg White and lives in Lewis. Their son, Andy, 22, just graduated from Fort Hays State on attending Cloud County Commu-University and now lives in Lees Sum- nity College at Concordia. Their sons mit, Mo. Their daughter, 19, will be a include Mark, 17 and Mathew, 15.

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home of Dolores Jenik at 420 E. Wash-sophomore at Fort Hays State Univer-

ter, Brandi (22) and husband Junior Ammay live in Newport News, Va., with sons Christopher, 4, and Ranchez, 3 months. Her son Jeremy is 17.

Dolores is married to Mark Jenik and lives in St. Francis, Shawn, 21, has completed a two-year program at Goodland Technical College and is attending Colby Community College next year; Kiedra, 19, will be a sopho-

### Della is in Norfolk, Va. Her daugh-

Burton is married to Roberta Riedel and lives in Goodland. Their daughter, Kamilla, 18, just graduated from Goodland High School and is planning

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#### ing breakfast guests. Ryan Wilkinson left on Monday to Kent and Joan Banister, Amelia enplane back to his job in the U.S.

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## Hormone replacement therapy: the newest evidence

By Nadja Vawryk Button, MHS, PA-C

Recent news about hormone replacement therapy (HRT) has prompted many questions, and perhaps some fear from women using the therapy. Like any other medication, it is important to understand the reason why women are taking the medication, along with the benefits and risks, and any alternatives available. The goal of this article is to provide individuals with information for making decisions about their personal use of hormone replacement therapy, when discussing therapy with your health care provider.

The U.S. Food and Drug Administration approved two uses for hormone replacement therapy. One use is for the relief of menopausal symptoms such as hot flashes. The second approved category is the prevention of osteoporosis. The use of hormone replacement therapy for control of menopausal symptoms and/or the prevention of osteoporosis has not been called into question by the recently published study results. Studies suggest that there may be an

increased risk of breast cancer with prolonged use of hormone replace-

ment therapy. However, one study of breast cancer patients showed that users of estrogen had lower death rates from breast cancer than non-users.

Prolonged exposure of the uterus to unopposed estrogen (estrogen without progestin) has been shown to increase a woman's risk of endometrial cancer. The current hormone replacement therapy standard for women with an intact uterus is combination estrogen/ progestin therapy. This combination reduces this risk of endometrial cancer.

Researchers once felt that estrogen lowered the risk of cardiovascular (heart and blood vessel) disease. Data revealed this month shows this is not the case. There is a pattern suggesting a higher risk of heart problems early on in therapy. This risk decreases over time. Women with heart disease should not start treatment with hormones for the purpose of preventing coronary events.

There are other non-hormone replacement therapy medications the individual's provider can prescribe for the prevention of osteoporosis and some non-medication options that are smart advise for everyone:

#### Summary

Summary of hormone replace-

- ment therapy (HRT): · Can be used to control meno-
- pausal symptoms. · Can be used to prevent os-
- teoporosis. • There are non-hormone replacement therapy treatments to
- prevent osteoporosis. Hormone replacement therapy should <u>not</u> be used to prevent heart
- There is a pattern suggesting a higher risk of coronary events in hormone replacement therapy us-
- There may be an increased risk of breast or endometrial cancer with hormone replacement therapy.

and vitamin D.

- Do weight-bearing exercises, like walking, on a regular basis.
  - Avoid smoking and excessive al-

Those having any further questions can contact the Cheyenne County • Eat a balanced diet rich in calcium Clinic at 785-332-2104.

## McDonald News By Vera Kacirek

On Sunday, Owen Wingfield went Banister and George and Kathy Banto the senior center to check the air conditioner. When he unlocked the door he was greeted by a group of friends singing "Happy Birthday." His wife, Phyllis, had successfully carried out a surprise birthday dinner. Friends enjoyed the dinner and an afternoon of dominoes and supper.

Barney Kacirek returned to Denver on Sunday morning. This past week he and his daughter, Tessa Davis, had been in Arkansas visiting his other daughter, Kit, and her family.

Wednesday evening supper guests of Amelia Banister were Eunice Officer, Joan Tongish, Vivian Curry, Bud and Helen Frisbie and Laddie and Vera

Mr. and Mrs. Tim Holzwarth and daughter, Julie, and Nyla Chneyne all of Wessington Springs, S.D., were Friday afternoon visitors of Amelia Banister. They had come to attend the wedding of Kasey Frewen and Brian Siegfried in St. Francis on Saturday.

ister attended the Frewen - Siegfried wedding on Saturday also. On Sunday Kent Banister took

Amelia Banister and Irene Kehlbeck out for dinner. They also attended a picnic in the St. Francis park and visited with Nyla Chneyne. Ray and Marlene Johnson were Sat-

urday visitors of Mr. and Mrs. Lewis Moreland in Goodland. Gilbert and Janice Antholz, Kenneth

and Phyllis Wilkinson, Laddie and Vera Kacirek were among the guests of the Beardsley Beavers 4-H Club on their annual tour on Sunday afternoon. John and Claudia Powell and Laddie

and Vera Kacirek were Sunday evening supper guests of Albert and Agnes Reeh. Lowell and Doris Martin of

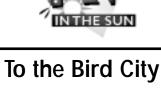
Strasburg, Colo., were Sunday overnight guests of Zelda Knapp. Jerry and Betty Knapp were also Monday morn-

Navy in Bremerton, Wash., after spending two weeks with his parents. Greg and Cheryl Wilkinson. Pam and Alex Thomas were Sunday

lunch guests of Claribel Bell. Vance and Betty Lewis were Satur-

day visitors of Lenora Spicka. Eunice Officer, Ratha Lea Loker, and Laddie and Vera Kacirek were Monday morning callers of Lynn and

Rita Officer.



### **Fire Department** Responders.

Many Thanks for putting out our pickup/grass/wheat fire. We were so happy to see you arrive. Thanks for being there and for all you do for our community.

Steve & Jan Busse



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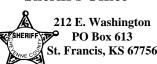
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