



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

Times staff photo by Peggy Horinek

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 remodeled with all new equipment and

the rest rooms have also been redone. The restaurant will be handicap accessible as they have also put in new cement sidewalks on the outside. The building will maintain its original look and the interior will have an antique look and will include old pictures of McDonald as it once was. There will be a game area with a dart board and pool table. The upstairs has been totally gutted and plans for

the future include more seating space and banquet area.

Their menu will include a daily special, smoked foods and a steak menu. They will serve beer and wine coolers. The hours the Frosty Mug will be open are: Monday, Wednesday and Thursday, 10:30 a.m. to 8:30 p.m., Friday and Saturday 10:30 a.m. to midnight and Sunday, 10:30 a.m. to 3 p.m. They will be closed on Tuesdays.

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 St. Francis.

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

home of Dolores Jenik at 420 E. Washington in St. Francis as a contact or a 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 Vernon live in Virginia Beach with 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 University and now lives in Lees Summit, Mo. Their daughter, 19, will be a

sophomore at Fort Hays State University.

Della is in Norfolk, Va. Her daughter, 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 sophomore at Fort Hays State University, Jacob is 12 and Katie 4.

Burton is married to Roberta Riedel and lives in Goodland. Their daughter, Kamilla, 18, just graduated from Goodland High School and is planning on attending Cloud County Community College at Concordia. Their sons include Mark, 17 and Mathew, 15.

Hormone replacement therapy: the newest evidence

By Nadja Vavryk 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 progesterin) 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/progesterin 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:

- Eat a balanced diet rich in calcium

Summary

Summary of hormone replacement therapy (HRT):

- Can be used to control menopausal symptoms.
- Can be used to prevent osteoporosis.
- There are non-hormone replacement therapy treatments to prevent osteoporosis.
- Hormone replacement therapy should not be used to prevent heart disease.
- There is a pattern suggesting a higher risk of coronary events in hormone replacement therapy users.
- 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 alcohol.

Those having any further questions can contact the Cheyenne County Clinic at 785-332-2104.

McDonald News By Vera Kacirek

On Sunday, Owen Wingfield went to 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 Kacirek.

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.

Kent and Joan Banister, Amelia

Banister and George and Kathy Banister 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 Saturday 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 morning breakfast guests.

Ryan Wilkinson left on Monday to enplane back to his job in the U.S.

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 Saturday visitors of Lenora Spicka.

Eunice Officer, Ratha Lea Loker, and Laddie and Vera Kacirek were Monday morning callers of Lynn and Rita Officer.



To the Bird City 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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