

At Home

Wedding ceremony held in Oberlin

Kristy M. Olson and Matthew R. Ostmeyer were married on Saturday, Aug. 17, at Sacred Heart Catholic Church in Oberlin. Father Basil Torez and Pastor Charlotte Streckler Baseler officiated at the ceremony.

Parents of the couple are Randy and Sharon Olson, and Randy and Judy Ostmeyer, all of Oberlin. Grandparents of the bride are Ruben and Darlene Feikert, St. Francis, and Eunice and Glenn Martin, Oberlin. The bridegroom's grandparents are Toby Ostmeyer, Oakley, and Dorven and Rosemary Beckman, Grinnell.

The bride was escorted by her father. Kerrie Olson, sister of the bride, was the honor attendant. Attendants were Bridgette Moore, sister of the bridegroom; Erin Doeden, Kaycee Siegfried, and Echo Yost. The bride's personal attendant was her aunt, Connie Robison.

Eric Moore, brother-in-law of the bridegroom, was best man. Groomsmen were Brent Olson, brother of the bride; Rodger Wolfram, Brad Frickey and Brian Frickey. Guests were seated by Gabe Stanley, Chris Claussen, and Eric Glenn.

Candlelighters were Ashley Feikert, cousin of the bride, and Jamie Easum,

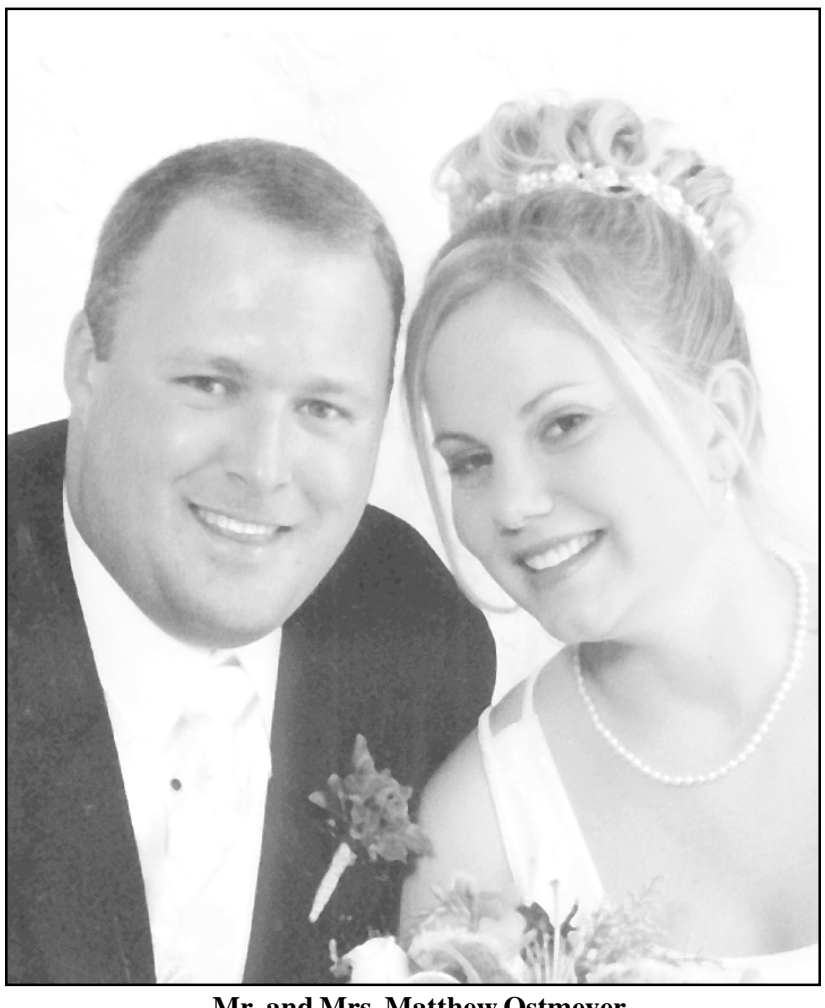
cousin of the bridegroom. The flower girls were Gabrielle Moore, niece of the bridegroom, and Caitlyn Claussen, cousin of the bride. Talon Claussen, cousin of the bride, was ringbearer.

Organist Mary Jo Lohofener provided music. Soloists were Erin Doeden and Mary Dawn Asher. Jamie Conrad and Aaron Eaton attended the guest book and gift table. Tiffanie Farr and Krysten Watkins handed out programs. Devin and Amanda Claussen, cousins of the bride, handed out wheat bags.

The reception and dance were held at the Gateway Civic Center. Cake attendants were Sharon Feikert and Kathy Feikert, aunts of the bride, and Amber Feikert, cousin of the bride. Reception hosts were Ken and Candy Rauhut, uncle and aunt of the bride, and Willard and Jackie Frickey, friends of the couple.

The bridegroom's uncle and aunt, Ralph and Kay Ostmeyer, led the wedding march. The bride graduated from Decatur Community High School and Fort Hays State University with a degree in Business Communications. She is employed by Wheelchairs of Kansas of Ellis.

The bridegroom graduated from



Mr. and Mrs. Matthew Ostmeyer

Decatur Community High School and the University of Kansas with a bachelor's degree in sports medicine. He is employed by Sizewise Rentals of Ellis.

Following a wedding trip to Cancun, the newlyweds are at home in Ellis.

Introducing

Weston Patrick Hoskins

Dr. and Mrs. Tim Hoskins of Wichita proudly announce the birth of their son, Weston Patrick Hoskins. Weston, who was born Nov. 1, 2002, at Wesley Birthcare Center in Wichita, weighed in at 7 pounds, 13 ounces and measured 18 3/4 inches long.

Grandparents are Ron and Marsha Zimbelman of St. Francis; Connie Hoskins of Surprise, Ariz.; and Dan



Hoskins

Hoskins of Denver, Colo. Great-grandparents are Robert and Edna Zimbelman of St. Francis; Willard and Becky Moore of Arvada, Colo.; Vic and Carol Murry of Surprise; and Norris Hoskins of Denver. Weston also has a great-great-grandmother, Edith Moore in Avon Park, Fla.

Julius Camron Serrato

Abel and Christina Serrato, Jr., of St. Francis are the proud parents of Julius Camron Serrato, who was born at 8:27 p.m. Nov. 3, 2002, weighing 7 pounds, 10 ounces and measuring 19 3/4 inches long.

Grandparents are Don and Eleanor Drummond of Grand Rapids, Mich., and Abel and Herlinda Serrato, Sr., of Pharr, Texas.

Student News

Kansas Wesleyan University

Jennifer Henderson, a student at Kansas Wesleyan University, has been selected as KAHPERD Student Major of the Year for Kansas



Henderson

Wesleyan University. Henderson was nominated by Professor Joyce Ellis of Kansas Wesleyan.

The award was presented to her at a Friday luncheon at the Rhatigan Student Center on the campus of Wichita State University on Friday, Nov. 1 at the KAHPERD state convention held at the university. Henderson received the award in a presentation by Professor Ellis.

Open Season

By Cynthia Haynes



I'm fine, thank you. Yes, a little stiff perhaps, but that could just be the damp weather.

Or, it could be that I'm 54 years old and just got tackled by a bunch of football players.

I didn't mean to become part of the game last Friday. My job is to stand on the sidelines and take pictures, and that is what I was trying to do.

The evening didn't start out well. I was tired by 6 p.m. and not very ready to go to the game.

But, the kids work hard and I really do enjoy watching them play. Besides I hadn't checked with my backup, Brad Larson, to see if he could cover the game.

I arrived a little early to get a hot dog and someone had forgotten to turn the cooker up to sizzle. The dogs were cold and it took a while to get them edible. I waited through the National Anthem as the snack shack crew tried to make things go faster by sheer will power.

Finally, dog in hand, I headed for the field.

It was Senior Night.

I was still trying to finish the wiener and it was time to take pictures. I stuffed half a hot dog in my mouth and started shooting the football boys hugging their mothers and shaking hands with their fathers.

It had been raining or snowing for a couple of days, and the grass was soaked. Soon my shoes were soaked as I walked up and down the sidelines trying to get pictures of the plays.

I took a quick peek at the top of the camera to see how many shots I had left before I had to change film. Instead of a number between one and 20, the little box said E. E as in error. E as in there's no film in this camera. E as in I'm

gonna' have words with staff on Monday morning.

The first law of cameras at the newspaper is you never leave them empty. Heads wouldn't exactly roll on Monday morning, but several people would be getting the wrong side of my temper.

However, I had a spare roll in my pocket. As I changed film, the play moved right by me. Another great shot missed because someone didn't take an extra minute and refill the camera. Dang!

Then Brad appeared. He had stopped to change into his team colors. He'd be happy to shoot the second half so I could go home and fix supper for my husband and put on dry shoes.

We chatted and watched the game from the sidelines as I tried to get a few more shots.

Then I saw a runner. It was going to be a pass. I just knew it. I had my camera on him as he ran to the left of me down the field.

Then some instinct made me turn my back to the field and start stepping sideways. Just at that instant I was hit along with the real ball carrier.

I went down. He went down. Five or six defenders and tacklers went down.

There were guys in black to the left of me, guys in red to the right of me, green grass under my nose and Brad's feet in front of me. But, I had kept the camera from falling to the ground.

Brad grinned as he gave me a hand up.

"Did you get the picture?" I asked.

"No, but we made the first down," he said.

The American Flag - 'Just a piece of cloth'



That is all it is — just a piece of cloth. But when a little breeze comes along, it stirs and comes to life, and flutters

and snaps in the wind, all red and white and blue! And then you realize that no other piece of cloth could be like it!

It has your whole life wrapped up in it — the meals you eat; the time you spend with your family; the kinds of things your boy and girl learn at school; the strange and wonderful thoughts

you get in church on Sunday. Those stars in it — they made you feel just as free as the stars in the wide, deep night. And those stripes — they are the bars of blood to any dictator who would try to change this way of life.

Just a piece of cloth, that is all —

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Important things to know about diabetes

November is American Diabetes Month. 17 million Americans have diabetes, and an estimated 5.9 million of them do not know it. The long term effects of diabetes can include damage to the eyes, nerves, kidneys and cardiovascular system. Approximately 90 percent of people living with diabetes have Type 2 diabetes, a devastating disease with potentially life-threatening complications.

Fouad R. Kandeel, M.D., Ph.D., director of the City of Hope Gonda Diabetes Center in Los Angeles, stresses the importance of preventing Type 2 diabetes by controlling weight, eating a low fat diet that is high in fruits, vegetables and whole grains, and exercising regularly.

People with a family history of diabetes have a greater chance of developing the disease. Others at risk include people who are over age 45, are overweight, do not exercise regularly, or have high blood pressure. Women who developed diabetes during pregnancy or have had babies weighing 9 pounds or more at birth are also at greater risk. African Americans, Latinos and Native Americans are almost twice as likely to develop diabetes than the rest of the population.

"Knowing your risks and detecting Type 2 diabetes early will increase

your chances of successfully preventing or managing the disease," says Dr. Kandeel.

Common signs of diabetes include frequent urination and infections, unusual thirst or weight loss, extreme hunger or fatigue, blurred vision, slow-healing cuts and bruises, and tingling or numbness in the hands or feet.

"Properly managing diabetes is essential to preventing further complications such as heart disease, kidney disease, strokes, blindness, nerve damage, skin disorders and foot problems," says Dr. Kandeel.

Type 2 diabetes can be managed with healthy meal planning, weight loss, exercise and medical treatment. Ask your doctor if you think you could be at risk of developing the disease.

For more information about diabetes research and treatment at the City of Hope Gonda Diabetes Center in Los Angeles, call 1-800-826-HOPE or visit www.cityofhope.org/diabetes.

