

At Home

-St. Francis News-

Mr. and Mrs. Coy DeGood returned recently from a trip to visit her daughter in Moses Lake, Wash. Her daughter teaches at Big Bend Community College and her husband is a dean there.

The DeGood's flew from Denver to Spokane where Mr. and Mrs. Dick Larson met them.

They returned home on Oct. 26 after a nice visit and some sight-seeing.

Elaine and Jim Wiseman of Fremont, Neb., were Saturday, Oct. 25 to Tuesday, Oct. 28 guests of La Vera Beringer.

Larry Brenda Beringer of Sharon Springs were Saturday afternoon and supper guests of La Vera and her house guests.

Sylvia Queen visited La Vera on Sunday, Nov. 2.



FLU SEASON has just begun and ErvaGene DeAragon, center, takes advantage of the vaccine available to those wanting the protection. Also picture is health nurse Susan Roelfs, right, with assistant Karla Zwegardt.

Herald staff photo by Karen Krien

Vaccine available at health office

The flu season is just beginning and many people have received their flu shots including senior citizens, school children, residents at the Good Samaritan Village and others who have been in contact with Susan Roelfs, the county health nurse, and her assistant, Karla Zwegardt.

Nurse Roelfs reports that more flu vaccine is available. She urges those wishing have a flu vaccine to stop by the county health office on U.S. 36 during office hours or call and make an appointment at 785-332-2381.

Nurse Roelfs said there are a number of myths and facts about the flu vaccine and she named several:

- "People can die from the flu." True.
- Influenza (flu) is a highly infectious disease of the lungs, and it can lead to pneumonia. Each year about 114,000 people in the U.S. are hospitalized and about 36,000 people die because of the flu. Most who die are 65 years and older. But small children less than 2-years-old are as likely as those over 65 to have to go to the hospital because of the flu.

- "Even if I get flu vaccine, I can still get a mild case of the flu." True.

The vaccine usually protects most people from the flu. Sometimes a person who receives flu vaccine can get the flu but will be far less sick than without the vaccine. Flu vaccine will not protect you from other viruses that sometimes feel like the flu.

- "The side effects are worse than the flu." False.

The worst side effect you are likely to get with injectable vaccine is a sore arm. The nasal mist flu vaccine might cause nasal congestion, runny nose, sore throat and cough. The risk of a rare allergic reaction is far less than the risk of severe complications from influenza.

- "Not everyone can take flu vaccine." True.

You might not be able to get this protection if you are allergic to eggs (used in making the vaccine), are very ill with a high fever, or have had a severe reaction to the flu vaccine in the past.

- "Only older people need flu vaccine." False.

Adults and children with conditions like asthma, diabetes, heart disease and kidney disease need to get flu vaccine. People who are active and healthy can benefit from the protection the flu vaccine offers.

- "You must get a flu vaccine before December." False.

Flu vaccine can be given before or during the flu season. While the best time to get flu vaccine is October or November, getting immunized in December or later can still protect again the flu.

Introducing

Izic Le Sisson

Grant and Jennifer Sisson of Stratton, Colo., wish to announce the birth of Izic Le Sisson on Oct. 18, 2003. Izic weighed 7 pounds, 12 ounces and was 21 1/4 inches.

Grandparents are Gary and Cindy Sisson of Stratton and Terry and Diana Weinstein of Bird City. Great-grandparents are Jack and Nancy Weinstein of St. Francis and Shryll and Harold Behn of Evergreen, Colo. Great-great-grandparent is Hope Bressler of St. Francis.



Sisson



Petitjean

Birthday celebration

Ruth Petitjean will celebrated her 97th birthday on Thursday, Nov. 6. Cards of greeting will reach her at Good Samaritan Assisted Suites, P.O. Box 448, apt. 116. Arapahoe, NE 68922.

Quotes

"Nothing you do for children is ever wasted. They seem not to notice us, hovering, averting our eyes, and they seldom offer thanks, but what we do for them is never wasted."

— Garrison Keillor

"You can make more friends in two months by becoming more interested in other people than you can in two years by trying to get people interested in you."

— Dale Carnegie

"The only kind of courage that matters is the kind that gets you from one moment to the next."

— Mignon McLaughlin

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38 enjoy autumn Karavan trip

Thirty-eight hearty souls plus the bus driver left Wichita on Wednesday morning, Oct. 15 on a Keenage Karavan trip sponsored by the Kansas West Conference of the United Methodist Church.

Those going from this area were Wilma Lampe and Charlsie Rogers, St. Francis, Betty Hill, Goodland and Berna and Virgil Scott of Wallace. The purpose of the trip was to visit places where the church is in mission along with sight-seeing, fun and fellowship.

The first place visited was the Odgen Friendship House, Odgen, operated by the church. In the afternoon, the Della C. Lamb Neighborhood House was visited in Kansas City, Mo. Overnight was in Cameron, Mo.

On the 16th the group traveled on to Hannibal, Mo., home of Mark Twain, where they rode the Twainland express to view the city and river area. That evening they all boarded the Mark Twain Riverboat for a dinner and entertainment cruise on the Mississippi River.

Friday, Oct. 17, a stop was made at the United Methodist Children's Home in Mount Vernon, Ill., where students gave them a tour of the campus. Overnight was in Louisville, Ky.

The next morning a city tour of Louisville was enjoyed with a stop at the Louisville Slugger Factory where all major league bats are made. A tour of My Old Kentucky Home State Park and the Stephen Foster home was enjoyed next with overnight again in Louisville.

Sunday morning the group went on to Frankfort, Ky., the state capitol, where tour members attended the First United Methodist Church services before traveling onto Lexington to visit the Kentucky Horse Park. In the afternoon they visited the Shaker Village in Harrodsburg with overnight in Berea, Ky.

Monday morning a step-on guide gave them an interesting tour of Berea at the beautiful Boone Tavern Hotel followed by a walking tour of old town. A fun time was enjoyed that afternoon with a live country music show in Renfro Valley, Kentucky's country music capitol. Overnight was in London, Ky., where they all visited the Bennett Center, a former Methodist school and now a community center.

Tuesday, the 21st, the bus reached the Red Bird Missionary Conference

where they visited the Queensdale Campus for an informative tour and lunch. This was the mission chosen to contribute to, by the group and a sizable donation was presented to the administration. The Red Bird Mission has many branches and serves the people of the Appalachia region, where it is greatly needed. Later in the day they drove on to the Henderson Settlement, a mission in the far southeastern hills of Kentucky, called the White Oak City, with an extension now opened 17 mile across the border in Tennessee. These areas were quite remote but beautiful hill country.

On Wednesday, the group enjoyed a scenic drive to Nashville, Tenn., where they stayed two nights at a downtown Music Row motel. Most enjoyed the sights of the Opryland Resort in the evening, the largest hotel by room count in the country. A boat ride on a river inside the hotel was fascinating for many.

The next day a city tour of Nashville, a tour of famous Studio B and the Country Music Hall of Fame were taken in. In the afternoon Cokesburg book Store, the Upper Room Chapel and the Scarritt-Bennett Center (United Methodist Church) were visited. In the evening three Marchel sisters from Dodge City, now living in Nashville, came to the hotel and gave a singing program for the Methodist Group, that was very much enjoyed.

Leaving Nashville on Friday, the group went on to Paducah, Ky., where they visited the Museum of the American Quilters Society. There are 150 beautiful quilts on display at all times of every detail and kind. A lunch stop was made next at Lambert's Cafe in Sikeston, Mo., home of the "Thrown Roll." A religious play was attended that evening at the Stained Glass Theatre, in Ozark, Mo., with overnight being in Ozark.

Enroute home on Saturday, the last day, a morning stop was made at Precious Moments in Carthage, Mo. An afternoon stop was made at Henry's Candy Factory in Dexter, where the O'Henry candy bar originated. All arrived back in Wichita that evening at the Kecki United Methodist Church, where they had left from.

Wilma and Charlsie spent the night in Wichita and enroute home on Sunday after a very learning and enjoyable experience.

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