Classifieds-

Classifieds

Deadline for advertising: Monday at 5 p.m. Call us at 785-332-3162 or 785-734-2324

Classified ads — Printed in *The* PLEASE RETURN the furniture St. Francis Herald & The Bird City

Cards of Thanks first ten words free, 20¢ for each additional word. **Poetry** is charged at the rate of \$1.30 per line.

\$3.00 service charge is billed monthly for open accounts.

Notices

WILL HAVE FRESH Colorado peaches here around Aug. 22. Call Chuck Petitjean 785-332-2484.

• NOTICE •

AD RAT€S

For Line Classified Ads are as follows:

1-Wk. 10 words - \$6.50 20¢ ea. additional word 2-Wks. 10 words - \$11.50 40¢ ea. additional word 3 to 4 Wks. 10 words - \$12.95

45¢ ea. additional word (10 word minimum. Line Classified must be in our office no later than 5 p.m. on Monday)

Country Advocate

\$6.00/per week - 10 words 25¢ ea. additional word Ads must be in the office by 12:00 noon on Friday.

<u> Display (box) Ads</u>

Display (box) Ads for St. Francis and Bird City deadline is 5 p.m. on Monday.

St. Francis Herald \$5.45 per column in Bird City Times \$4.65 per column in. Both Papers \$8.70 per column in. Classified Display \$8.95 per col. in.

The St. Francis Herald **Bird City Times**

785-332-3162 or 785-734-2324

dolly which I loaned you. Merle Hitchcock.

HEARTLAND Child Care, Bird City, still has spots avaiable for children for the coming school year. Call 785-734-2509 to reserve a place. 28c

LOCAL WEATHER forecast available by email at NO CHARGE! Sign www.decisionweather.com or call 785-626-8066. 26-29c

HELP FOR ABUSED women and children. Open 24 hours a day, seven days a week. Call Northwest Kansas Shelter, 800-794-4624.

SHARE YOUR NEWS of house guests or vacations with The St. Francis Herald and Bird City Times readers. Call 785-332-3162 or 785-734-2324 with news items.

Services

TRUCK LETTERING, Call 1-800-886-2423. pin stripping, signs of all kinds including magnetic, vinyl, over 25 years of experience. Hot Brush, 800-886-2423, fax 785-734-2459 204 W. 4th, Bird City, KS





Tire & Service

785-332-3366

MISTAKES • We Know We Make Mistakes Please remember that we attempt to include something

for everyone within the pages of our newspaoer. We realizethat some folks enjoy finding fault and for those readers we thoughtfully include a socially acceptable number of errors within our publication!

Wanted

CONTRACT BALING, small square, 9 miles north of St. Francis. Call Tom at 303-838-0575

BED & BREAKFASTS and guest houses in Bird City. For more information contact Kathy Domsch at the Bird City Century II Development Foundation office at 785-734-26,28,30c

To Give Away

DOUBLE WIDE garage door. Approximately 18 ft wide, has most hardware. Needs new springs. Call 785-332-3204.

Found

A PAIR OF CHILDREN'S glasses on the highway by the car wash. Claim at the Herald office.

Help Wanted

TWO CUSTODIANS during school days, One at St. Francis Elementary School and one at St. Francis High School. Responsibilities include cleaning of classrooms, restrooms and hallways as well as some light maintenance work. Positions can be either six hours per day (9 a.m. to 4 p.m.) or eight hours per day (8 a.m. to 5 p.m.) on each school day, depending on applicant's interest and application form available from Carl M. Werner, Superintendent, St. Francis USD 297, 100 College

will likely be filled quickly, so ap- 3510. ply immediately if interested.

28-29c

STAUFFER SEEDS (www.staufferseeds.com) is looking for a motivated dealer to sell hybrid corn seed and soybean seed in your area. **Excellent commissions! Contact** Steve Long 620-376-8407.

CREDIT BUREAU SERVICES Inc., is needing part-time help for researching information. Set your own hours between 8 a.m.-5 p.m. Call 1-800-832-4906 ext 247 28c

TRUCK DRIVER and/or spray operator. Krien Farm Supply 785-734-2315 28-29c

For Rent

ONE BEDROOM Apartment,

utilities and laundry facilities, no

pets, non-smoking. 785-332-2186.

For Sale

ONE ACRE lot east side of St.

357-4369 or 303-412-6336. 2 SETS OF MEN'S golf clubs. 785-

Francis. Call or leave message 970-

332-2491 28-30* 87 Dodge Ram 50, long box with

topper, 75,500 actual miles, nice body and interior, needs valve job, \$600 firm. Call Ron 785-332-8900

Street, Box 1110, St. Francis, Ks. 1984 CUTLESS Sierra Olds, re- River Street in the Equity building

FOR SALE 17-foot Starcraft Tri YARD SALE (In House) 308 E. Hull, 115 Johnson, Trailer, Immaculate! Custom covers, always shedded \$995.00 or best offer. 785-734-2298 kribscw@kans.com

OLD UPRIGHT piano, \$200; washer/dryer, 5-years old, \$200; portable dishwasher, works well, \$50.785-456-1917

CANE, MILLET, Hybrid Forage Sorghum and Hybrid Sudan grass seed, prices ranging from \$8 to \$25 a 50 pound bag. Olson Livestock and Seed, Inc. 308-297-3283 or 308-297-3689.

Garage Sale

SATURDAY, July 16, 8 a.m.noon, 115 E. Spencer, in alley. Lots of craft supplies, desks and miscellaneous.

SATURDAY, July 16, 8 a.m.-12 noon, 523 E. Jackson, Tim and Robyn Raile. Treasures, clothes, furniture, chest of drawers, college supplies, kitchen gadgets, antique used for a headstone for Marsha. trunk, decorator items.

WHITE ELEPHANT YARD SALE. All proceeds will go to Jenice Hartman- Miss Junior Teen Kansas and Candice Wiese for National Pagent in Orlando, Florida. All donation items may be left at Burrus 411 E. Jackson Street in St. Francis. You may call Laura at 785-332-2930 or Deonn at 785-332-3928. Yard Sale will be held at 123 N.

67756. 785-332-8182. Positions built engine, \$500 cash. 785-332- Friday, July 15, 4-8 p.m., Saturday, 28c July 16, 9 a.m.-??.

1st, St. Francis, July 9-July 16, 8 a.m. - 4 p.m. Antiques and collectibles, clothes, dishes, kitchen appliances, glasses, bedding,

cookie jars, curtains, knick knacks.

Lots of miscellaneous.

Thank You

26-28*

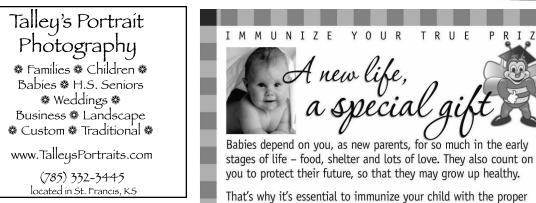
The class of 2006 would like to thank the community for all of their support for the fireworks stand. We would also like to thank Brent Rueb for allowing us to use his building.

Thank you to our relatives and friends for the cards and well wishes we received for our 50th anniversary. Bill and Lois Lippert

You may have came over, you may have sent a card, you may have given a memorial, you may have brought food, or you may have called. Whatever act of kindness you showed is so appreciated. For your love and kindness we're grateful. May Heavenly Father bless you abundantly. Memorials are being The family of Marsha Voeller

Thanks to all that sent cards, gifts, phone calls and visits on our 60th anniversary. Thanks to the Milnes for everything. Van and Nola





of many preventable diseases and illnesses. It's the best way to protect your future, and the future of the new life with which you've been given. Contact your provider today and find out if they participate in the

vaccinations by 24 months of age. You'll lower or eliminate the risk

"Immunize and Win a Prize" vaccination program. Keeping your child's immunizations up to date is a gift you'll both be grateful for.

This message brought to you by the Kansas Department of Health and



1000 SW Jackson Topeka, Kansas 66612 Phone: 785-296-3975 Fax: 785-296-6510 Email: Mparsons@kdhe.state.ks.us

BRANSON Hotel Deals from \$39°5* Visit our website for these incredible online savings. *Maximum 4 per room, applicable taxes are in addition. Shows, Shopping & Dining Within Walking Distance.

REAL ESTATE FOR SALE

www.leisurehotelsbranson.com/ks

Based upon availability. Some restrictions apply.

• 1600 acre ranch good water, good fences and enough irrigation to raise feed for all the cattle the grass will carry. Balanced unit w/dry cropland, CRP, grass and improvements.

Houses in St. Francis

• 402 Parkway. A ranch style 3 bedroom home w/2 full baths, central heat and air. A house with lots of character and charm. If you are looking for a home with no steps, larger doorways to accommodate a wheel chair, vaulted ceiling in a music room, large master bedroom with built in Jacuzzi and much more, this is it. Call us.

in St. Francis. 1 1/2 story 5 bedrooms, 2 baths and 2,671 sq. ft. of living area. Remodeled and updated it offers comfort and beauty. \$110,000. 409 Parkway. Well maintained 3 bedroom brick home with 1,288 sq. ft. of

• 110 E. Spencer - Once in a lifetime opportunity for one of the nicest homes

living area both up and in a full finished basement, 2 car garage and minimum lawn care. \$99,500. • 408 S. Benton. Comfortable 6 room house w/3 bedrooms, 1 bath. Remod-

eled in 1999, it has central heat, 1,255 sq. ft. living area and a 16'x24' storage shed on the alley. Price reduced to \$25,000. • 221 W. Webster. 6 room bungalow w/1 bedroom up and 2 in the basement. 2 baths, living and dining room combo plus kitchen and laundry room. Well maintained and ready to move into. Includes stack washer/dryer, refrigerator

and cook stove. One car detached garage. \$34,000 • COUNTRY HOME. Commodore double wide w/3 bedrooms and 2 baths located just east of St. Francis on the Wheeler road. Some new and some remodeling. Has its own well and septic systems and is located on 2.3 acres.

\$35,000. **Houses in Bird City, KS** • 104 W. 6th. 3 bedroom bungalow w/2 car garage on large corner lot. Handy man special \$22,000.

Visit our web site at: www.donloverealestateinc.com

For more listings see our web site at www.donloverealestateinc.com

Don Love, Broker 785-332-2921 Sondra Bracelin, Salesperson 785-332-3041 P.O. Box 723 • 116 E. Washington

St. Francis, KS



EQUIPMENT OPERATOR TRAINEE

AHI-4-KS 05

Small Business Owner,

Self-Employed or Retired?

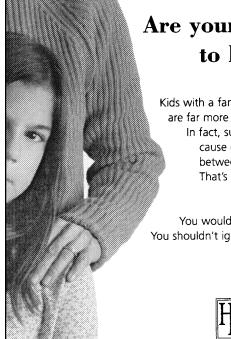
Affordable Health Insurance

www.HealthInsurance2005.com

(316) 687-3658

Underwritten by Reserve National Insurance Company

Starting pay is \$10.17 per hour. Are you looking for a rewarding career that offers full time, year round work? The Kansas Department of Transportation is now hiring an Equipment Operator Trainee in St. Francis, KS. Position involves bridge & road maintenance/asphalt production, equipment operation and maintenance, and snow removal. On-the-job training is provided to obtain a CDL within sixty days. Following completion of a minimum six month training period, you will be eligible for a ten percent salary increase. An annual \$250.00 Personal Protection Equipment allowance is available. Health insurance including dental and disability insurance is provided. Other benefits include snow plow and stand-by pay, vacation and sick leave. This position is subject to pre-employment drug testing and requires a valid unrestricted driver's license. Women and minorities are encouraged to apply. Please fill out and send KS Employment Summary (ES) by 07/19/05 to the Kansas Dept. of Transportation, P.O. Box 350, Norton, KS 67654. ERF and ES may be obtained from http:// da.state.ks.us/ps/aaa/recruitment/pilot.htm or any KDOT Office. Indicate Advertisement No. 148335 on the application form. If you have any questions call 785-626-3258. Paid for by the Kansas Dept. of Transportation.



Are your kids dying to be like you?

Kids with a family history of depression are far more likely to attempt suicide. In fact, suicide is the sixth leading cause of death among children between the ages of 5 and 14. That's why we offer counseling programs for all ages.

You wouldn't ignore a broken arm. You shouldn't ignore your feelings either. Please let us help.



785.628.2871 • toll free 800.432.0333 • highplainsmentalhealth.com

REAL ESTATE AUCTION Fri., July 29, 2005 • 10:30 a.m. CT Auction Site: At the Property — 418 E. Webster, St. Francis, KS

Enjoy the open space of this Old Style Ranch! This home offers great potential with 2 bedrooms and full bath on the main level with a spacious living area with fireplace, dining area, and roomy kitchen. The basement offers an additional bedroom, large rec area with fireplace, half bath, kitchenette and storage! This home is located near the school and business districts and allows for plenty of space in the large backyard. Amenities include: hot water heat, single car garage, sprinklers, and newer roof. Take advantage of this opportunity to purchase your new home at auction!

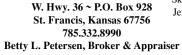
MANNER OF SALE: Real Estate will be auctioned in one tract with the

highest acceptable bid representing the sales price. TERMS OF AUCTION: 20% down day of sale with the balance due at clos ing, on or before August 26, 2005. Personal or corporate checks are acceptable for the down payment with the final payment to be in

Auction & Real Estate, ac

certified funds. Bidding is not contingent upon survey, inspection, appraisal, or financing. Financing, if necessary needs to be arranged and approved prior to the auction. Announcements made day of sale shall take precedence over printed material. AGENCY: Western Auction & Real Estate, LLC and its agents are Exclusive Agents of the Sellers and will not be agents for the Buyer(s). The information contained here-in, while not guaranteed, is from sources believed reliable. Buyer(s) shall satisfy themselves with information they deem important.

For Additional Terms, Property Details, and Photos - Contact Real Estate Firm or visit us on the web @ www.westernauctionandrealestate.com United Methodist Church of St. Francis, Kansas, Seller



Skip Petersen, Sales Agent & Auctioneer ~ 785.332.2368 Jeff Raile, Personal Property Auctioneer ~ 785.332.8951 Robin A. Witzel, Assoc. Broker, Appraiser & Auctioneer ~ 785.332.3765 Brett Petersen, Sales Agent & Auctioneer

NEW SERVICE: Ask for full color

see the you'll get!

The Saint Francis Herald

Collicott

Petition filed in court for the Mary Rogers estate settlement

Saint Francis, Kansas, Thursdays, June 30, July 7, and July 14, 2005. IN THE DISTRICT COURT OF

CHEYENNE COUNTY, KANSAS

Published in the St. Francis Herald,

In the Matter of the Estate Case No. 05-P-03 Mary J. Rogers, Deceased

PURSUANT TO K.S.A. CHAPTER 59 **NOTICE OF HEARING** THE STATE OF KANSAS TO ALL

PERSONS CONCERNED: You are hereby notified that a Petition has been filed in this Court by Harland P. Rogers, duly appointed, gualified and acting Executor of the Estate of Mary J. Rogers, deceased, praying Petitioner's acts be approved: account be settled and allowed; the heirs be deter-

mined; the Will be construed and

the Estate be assigned to the per-

sons entitled thereto: the costs be

determined and ordered paid; the

administration of the Estate be closed; upon the filing of receipts the Petitioner be finally discharged as the Executor of the Estate of Mary J. Rogers, deceased, and the Petitioner be released from further liabil-

You are required to file your written defenses thereto on or before the 21st day of July, 2005, at 9:00 A.M. in the District Court, St. Francis, Cheyenne County, Kansas, at which time and place the cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon the pe-

Harland P. Rogers, Executor JAMES M. MILLIKEN, CHAR-TERED James M. Milliken # 07001

101 W. Washington Street, P.O. Box 627 St. Francis, Kansas 67756

(785) 332-2101 Attorney for Executor

Sealed bids being accpeted for repairs on Cheylin gym

Published in The Bird City Times, Bird City, Kansas, Thursday, July 14 and July 21, 2005. (28-29)

00020 - NOTICE TO BIDDERS Sealed proposals for the furnishing of all labor, material and equipment for McDonald Gym, ADA Project at the Cheylin Gymnasium in McDonald, Kansas as per the plans prepared by the Engineer (W Design Associates, P.O. Box 99, McCook, NE 69001) will be received by the Owner at the Cheylin High School Gymnasium, 504 Ottawa, McDonald, Kansas, until 2:00 P.M. (local time) August 4, 2005. Bids will be publicly opened and read aloud.

BONDS AND CONTRACT DOCUMENTS

The successful bidder to whom a contract is to be awarded shall furnish and pay for a Performance and Labor and Material Payment Bond, a double form of bond issued as "A.I.A., Form A311", a standard form of the American Institute of Architects. Bond shall be in the amount of 100 percent of the con-

The Owner shall have the right to reject any or all Bids and to reject a Bid not accompanied by any required bid security or by other data required by the Bidding Documents,

or to reject a Bid which is in any way incomplete or irregular and to waive any formalities in any proposal.

Bidding Documents may be obtained at the Office of the Engineer (W Design Associates, P.O. Box 99, McCook, NE 69001) upon payment of Fifteen Dollars (\$15.00) per set.

All bids shall be made on the printed Proposal Forms attached to and made a part of the proposed contract documents. Include proposal on all alternates as listed on the Proposal Form. All bids shall remain in effect for a period of thirty (30) days after the scheduled closing time for the receipt of bids. Each bid shall be accompanied

by a Bid Bond (A.I.A. Documents A310), or Bid Security of a certified or cashier's check, payable to USD 103 Cheylin Schools, in the amount of five percent (5%) of the total bid submitted as a guarantee that, if awarded the project, the bidder will promptly enter into a contract and execute such bonds as may be required. If Bid Bond or Bid Security is not received with the proposal, the oid will not be considered.

USD 103 Cheylin Schools, Bird Citv. Kansas

Dave Zumbahlen, Superinten-

Petition filed in court for real estate to go to rightful heirs

Published in the Saint Francis Herald, St. Francis, Kansas, Thursdays, July 14, July 21, July 28, 2005.

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS No.05-PR-13

ELSIE R. HILT-GRAHAM, De-PURSUANT TO K.S.A.

CHAPTER 59 NOTICE OF HEARING THE STATE OF KANSAS TO

ALL PERSONS CONCERNED: You are hereby notified that a Petition has been filed in this Court by Frank T. Graham, spouse and one of the heirs of Elsie R. Hilt-Graham a/k/a Elsie Hilt-Graham a/k/a

Elsie Ruth Hilt, deceased, praying: Decent be determined of the following described real estate situated in Cheyenne County, Kansas:

The East Half of the Northwest Quarter (E1/2NW1/4) of Section Fifteen (15),

Range Forty-two (42) West of the 6th P.M.;

and all personal property and other Kansas real estate, real and personal, or interests therein, owned by the decedent at the time of death and that such property be assigned pursuant to the laws of intestate succession; and you are hereby required to file your written defenses thereto on or before August 5, 2005 at 10:00 A.M. of said day, in said court, in the City of Saint Francis, in Cheyenne County, Kansas, at which time and place said cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon said petition.

Frank T. Graham, Petitioner JAMES M. MILLIKEN, CHAR-**TERED**

Kevin N. Berens, #19304 101 W. Washington Street, P.O. Box 627

Haigler **United Methodist Women**

The Haigler United Methodist Women met on Friday, July 1, in the church at 2 p.m. President Sally Leinen called the meeting to order with all repeating the Purpose.

Larua Pearl Wall gave devotions. Karen Harford received a corsage for missions. Roll call, "Share a fact on Cuba" was answered by nine members and one guest. Secretary and treasurer reports and the mission report by Marilyn Bannister about India and Africa was very interesting. Myrna will give the report in August. A thank you was read from Pas-

tor Inez Foster. President Leinen read a letter from the Nebraska Conference and she also thanked the ladies for helping with the worship service on Sunday. Phyllis Clark reported the group has been asked to help furnish desserts for the Haigler Bluegrass Festival. There were 27 calls made in May.

Virginia Harford was program leader, with help from her daughter, Karen Harford. Marilyn Bannister served as hostess during the social

Faylor family news

Friday, July 1, Daneen Hilger of Lecompton arrived at the Faylor Ranch to spend a few days with her parents, Dale and Dode Faylor. Daneen's husband, Phil, is on a mis-

On Saturday, the Faylors' daughter, Yvonne Clemans and husband, Royce, arrived at the Faylor Ranch. On Sunday after church, Dode

and her daughters picked up Dode's mother, Dorothy Rathbun, at the Hillcrest Care Center in Wray, Colo., and took her to the Faylor home for dinner and to spend several hours with family. On Sunday afternoon, the Faylors' granddaughter, Mindee Reynolds, husband, Justin and son, Layton from Abilene arrived at the Faylor Ranch. The Clemans' returned to their home in Burlington, Colo., and Dorothy was returned to the Hillcrest Care Center in Wray on Sunday Monday morning, the Reynolds

family continued on their vacation trip and Daneen returned to her home.

On Thursday evening, July 7, Kelley and Bradley Faylor, along with Brad's children, Chase, Kinsley and Maddison, visited with their grandparents. Dale and Dode Faylor. Kelley and Bradley had come to help their dad, Dwight, with the cattle.

Dale and Dode Faylor received great-grandchild had arrived with Lakewood, Colo. On Friday aftera new addition at the Korbelik noon, Richard and Laverne and

Haigler News household in Burlington. He has been named Bohden Benedict. Bohden has a sister, Serenna and a brother, Colbrin, to welcome him home.

> Stanley and LaNeta Carlock returned home on Wednesday evening, July 6. They had spent the last week in Estes Park, Colo., and the Rocky Mountain National Park.

> Myrna and Charlie Mulligan, accompanied by Charlie's sister, Pat Petersen, drove to Denver on Tuesday, July 5. Pat had spent a week in Haigler visiting and returned by plane from Denver International Airport to her home in Anaheim, Calif., late Tuesday.

ing Kelsey Young and Zane Walker at the New Life Christian Center in Eckley, Colo., took place on Saturday, July 9 at 4 p.m. Charlie and Nyrna Mulligan were among the guests attending the event. A reception was held at the Colonial Walker Innin Yuma, Colo., following the ceremony.

Dinner guests on Wednesday evening, July 6, in the home of Richard and Laverne Legge were their daughter and husband, Karen and Michael Hewitt, and children, Jay and Cheyenne of word last week that their 14th Bird City, and Nancy Gibson of

their friend, Nancy Givson, visisted in the home of LaVoine and Opal Collicott. This was Nancy's first visit to Nebraska, so the Collicotts were pleased to make her acquaintance at their home. On Friday evening, July 8, Richard and Laverne took Nancy to Bird City for a dinner at Big Ed's Steak House. They later visited in the home of their daughter and family, Karen and Michael Hewitt, Jay and Cheyenne. Nancy left Sunday, July 10, for her home in Lakewood, Colo.

Mr. and Mrs. Randy Perila and The wedding celebration join-children, Laura, Madison and onemonth-old Spencer Jerome, were weekend guests in the Robert and MerryLu Simmons home. This was Spencer's first visit to his grandparents' farm. His great-grandparents, Richard and Laura Pearl Wall, were Saturday dinner guests in the Simmons' home to get acquainted with Spencer. Quentin Simmons was also a guest.

Grace Adams was a Sunday dinner guest in the home of Gerald and Betty Myer on July 10.

Laura Pearl Wall visited Wendy and Blaine Lee and Heather and Logan Klein on Thursday. They all ate supper at Woody's Drive-In in

Nancy

Universal Studios and the beach.

through June 29 in Washington,

D.C. attending a Congressional

Student Leadership Conference.

While there he toured the

Smithsonian and many buildings

and memorials on capitol hill. He

enjoyed listening to several

Fourth of July Celebration

The skies cleared just in time

for a large crowd to enjoy a com-

munity barbeque and firework

speakers about leadership.

Leadership Conference

Blake Cure spent June 24

Idalia News

Farewell

Over 20 guests enjoyed refreshments at a farewell reception for Leona Helling hosted by Roberta Moellenberg at her home Thursday afternoon. Leona is moving to Denver next week. Her new address is 5500 E. Peak view Ave. #1116 Centennial, CO **Volleyball Tournament**

There will be an adult co-ed 4

on 4 grass volleyball tournament at the Idalia football field on July

"Sleep Problems in the Elderly"

old mother takes an hour nap every

day, yet complains of being tired

and sleepy all day long. She goes to

bed at 10 p.m. every evening, but

has difficulty falling asleep, and

wakes up frequently during the

night. Is this just part of getting

No matter what age, people vary

in the amount of sleep needed for

disturbance, or waking early and

not being able to get back to sleep

can result in difficulties throughout

the day, including excessive tired-

ness, difficulty concentrating and

For some people as they age, less

FREEDOM

irritability.

Dear Plain Sense: My 75-year-

Mental Health Center

23 from 6 p.m. to midnight. Reg- He is involved with the fire istration begins at 5 p.m. Prizes will be awarded to the first place team! You must be 18 or older to participate. To register a team, contact Kylie Burr at 970-354-7855 or Crystal Richards at 970-

Hale barbecue

partment, in conjunction with the Evan Schiel and Krista Soehner Idalia Ambulance Service, is attended the conference. While hosting an event to help with there, they were able to spend nedical expenses of Kent Minor. some free time at Disney World,

deprtment and Kristy is an emergency medical technician with the Cindy Soehner filled in for

Terry Brenner and accompanied three Idalia members to the National Future Business Leaders of America Conference in Orlando. The Hale Fire and Rescue De- Fla. Members Kaitlin Soehner,

Plain Sense

Plain Sense from High Plains can interfere with a good night's sleep including health problems and the stress related to life experiences, loss and change. Because there may be more than one reason for sleep difficulties, it is important to contact a physician or health care provider for an accurate diagnosis. In the elderly, factors that can con- *Pfannenstiel RN*, BSN, Consultatribute to difficulty sleeping at night

- Drinking beverages containing caffeine late in the evening.
- Pain associated with medical them to function adequately during illnesses such as arthritis, heart disthe day. Frequent awakening, sleep ease and intestinal disorders can interrupt sleep.
 - Medications that have stimulating effects can cause sleep disturbance. For example, taking a diuretic can result in frequent wakening to use the bathroom.
- Confusion and wandering besleep is required; others may need havior associated with dementia or more. In the elderly, several factors Alzheimer's.

Idalia Ambulance Service.

• Sleep Apnea disorder, which can cause repeated episodes of brief arousal during the night, of which the person is often not aware. Such frequent sleep disruptions can result in excessive daytime sleepi-

Contributed by Cora Lee tion and Education Department

-Famous Ouotes -

- The whole secret of the study of nature hes in learning now to use one's eyes. - George Sand
- The ornament of a house is the friends who frequent it. - Ralph Waldo Emerson • A man's opinions are generally
- of much more value than his arguments. - Oliver Wendell Homes • All lay load on the willing horse.
- English Proverb
- Character is much easier kept that recovered. - Thomas Paine

display sponsored by the Idalia Fire Department last Sunday evening. Contributions are still welcomed by the Idalia Fire Department.

St. John UCC News

Please come pick up any dish that might be yours. Quite a few dishes were left at the church after various church events.

the weekend in Cozad, NE as houseguests of Patricia Lengel. While there Robbie worked on her 4-H projects, they enjoyed the fireworks and toured the I-80 arch at Kearney.

Robbie and Sally Parker spent

Susan, Steve and Angela Knodel, Angelaís friend Troy, and Brett and Sally Parker all enjoyed supper and fireworks on the the Fourth of July in Burlington at the home of Ward and Vaudie

St. Francis, Kansas 67756-0627 Company-paid CDL training for qualified candidates (785) 332-2101 Township Two (2) South, **\$35,500-\$43,500** 1st year (inexperienced) \$49,500-\$58,500/year in 4 years APPLY ONLINE @ schneiderjobs.com 1-800-44-PRIDE • (1-800-447-7433) Mon-Fri: 7am-9pm, Sat & Sun: 9am-6pm (Central Time)



Kansas Classified Ad Network

of the Open Road

Adoption

ADOPTION: Stay-at-home mom, fun dad and a life filled with hugs, love and laughter will surround your baby in our home. Expenses paid. Call Laura and Ken - 1-888-676-1121.

Big sister in training! 3 yr. old daughter, nurturing kindergarten teacher mom, Dad looking to complete family. Offering lifetime of cuddles, laughter. Legal/confidential. 1-866-582-5003

Business Opportunity

ALL CASH CANDY ROUTE. Do you earn \$800 in a day? Your own local candy route. Includes 30 Machines and Candy All for \$9,995. 1-800-814-6077.

Educational

Construction Careers of America: 18 days program! Accredited/Certified NCCER Heavy Equipment Operator Training. Bulldozer, Backhoes, Trackhoes. Job Placement Asst! \$0 down/financing. 1-800-958-2353 ext.A-49.

TUTE, INC. Nevada, Missouri. required. E-mail for info: Become a Certified Pipe and Structural Welder. Earn top pay in 18 weeks. Many companies seek our graduates. 1-800-667-5885.

Help Wanted

\$1,380 WEEKLY! STUFFING ENVELOPES AT HOME FT/PT. \$50 CA\$H HIRING BONUS. Guaranteed in writing. 1-800-469-

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