

Relay for Life set for Saturday

Beginning at 7, the St. Francis Area Chamber of Commerce will be cooking hamburgers and hot dogs and serving chips. The Shrine Candy Wagon will be available to sell bottled water, pop and popcorn. The Shriners plan to be open all night for the convenience of the walkers. The Lions Club will be serving breakfast at 6 a.m. Proceeds and donations of all organizations will be presented to the American Cancer Society.

There are many sponsors for this event. The generosity of these sponsors make funds available to the American Cancer Society for necessary research, education, advocacy and service.

"Take time to say 'thank you' to the sponsors listed on the back of T-shirts worn by committee members, survivors and team members," Mrs. Lindsten said.

Following the opening laps, there will be a program held in the band shell at the park. The public is welcome to come enjoy the local entertainment. A fun part of the evening is the campsites that are set up by the Relay teams.

"Have you seen any errant pink flamingos?" Mrs. Lindsten ask. "This is only one of the many fun money-making projects which teams have been working on this summer."

Walkers will be on the track from 7 p.m. to 7 a.m. as they walk toward the dawn of a new breakthrough in cancer research. Activities have been planned by the Relay teams to encourage participation throughout the evening. Party Time Mobile DJ of Benkelman will be providing music throughout the evening.

Schedule of events

Saturday

6 p.m. - Registration of survivors at the Shrine Pavilion in the city park.

6:45 p.m. - Dove release (weather permitting).

7 - 9 p.m. - Chamber of Commerce serves hamburgers and hot dogs.

7 p.m. - Opening ceremony and national anthem.

Survivor's Lap.

Caregiver/Family Lap.

Team Lap.

program in the band shell.

Shriners serving all evening.

9 p.m. - Luminaria Ceremony in the band shell.

Memorial Lap.

Locks of Love.

Sunday

6 a.m. - Lions Club will be serving breakfast.

6:30 a.m. - Closing ceremony.

Special recognitions.

The highlight of the evening will be the impressive luminaria ceremony which will start at 9 p.m. A list of honorees and memorials for each luminaria will be read by Gary Cooper. The luminarias will be lit along the sidewalks and around the band shell by lo-



RELAY COMMITTEE volunteered to wait tables and deliver pizza on Sunday evening. In turn, 20 percent of the proceeds went to the American Cancer Society. Those waiting tables also donated their tips. Deb Lindsen, Re-

lay chairman, gave her order to Barb Brown, manager of the Pizza Hut in St. Francis. Mrs. Brown figured the Pizza Hut would donate about \$180 to the Society.

Herald staff photo by Karen Krien

cal cancer survivors. Luminarias will remain burning throughout the remainder of the Relay in remembrance of those who have lost their battle to cancer and remind

everyone of hope, honoring survivor. New to this year's Relay will be a Memorial Lap. This lap will follow the luminaria ceremony. It will be a candle light lap and

all in attendance are encouraged to participate.

"It is a lap in remembrance of those loved

See RELAY on Page 8

School begins Wednesday

Swimming pool closes on Sunday

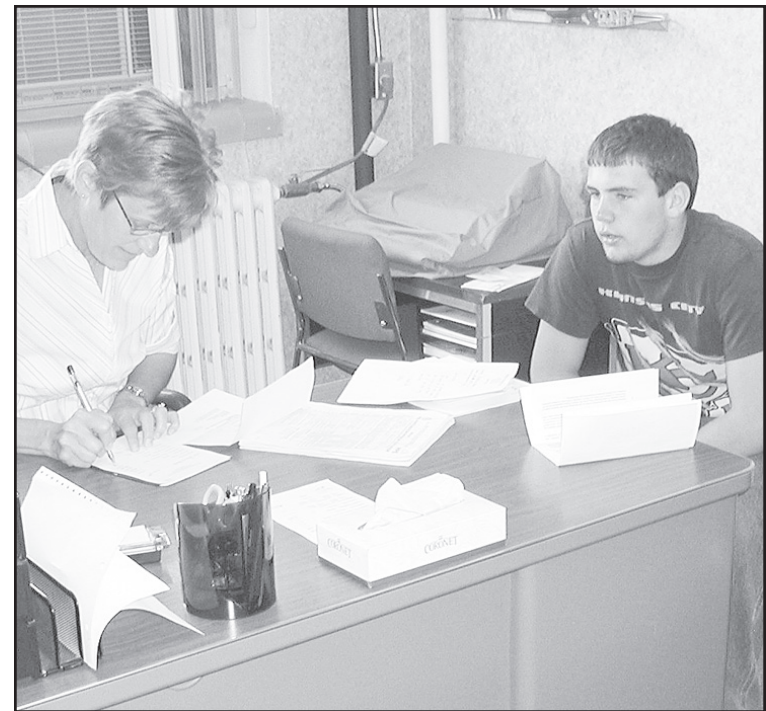
The swimming pool will close Sunday and school will begin on Wednesday (Aug. 24). Fall sports practice began on Monday.

Enrollment was held Aug. 11 and 12. Carl Werner, superintendent, said enrollment was slow this year and many of the families that are expected to enroll have not done so. The official enrollment date is Sept. 20.

The first day of school will be a short day with school beginning at 8:35 and ending at 11:35 a.m. Buses will run but there will be no lunch served. The first full day of school follows on Thursday with school beginning at 8:35 a.m. and ending at 3:40 p.m. Lunch will be served.

There will be a PTA/meet the teacher open house at 7 p.m. on Aug. 29 at the grade school. At this time parents will have the opportunity to meet the teachers.

The first high school volleyball games will be played at 4 p.m. on Tuesday, Aug. 30, at Hoxie. The



HIGH SCHOOL SECRETARY Marilyn Raile enrolls Trevor Hilt. Trevor will be a freshman. *Herald staff photo by Casey McCormick*

first high school varsity football game will be held at 7 p.m. on Sept. 2 with the Oberlin Red Devils meeting the Indians on Greene Field. This year, Sainty fans will be sitting on the west side of the field in the new bleachers.



TOP BUYER at the Premium Sale during the fair was Bankwest. To show their appreciation, 4-H'ers (l to r) Mikaela Grace, Kaycee Williams, Trevor Reed and Laura Brunk presented bank president Troy Hilt a plate of cookies. Bankwest spent \$3,700 for premiums.

Herald staff photo by Karen Krien

Volunteers take nutritious meals to around 40 shut-ins

By Karen Krien

Tuesdays, Thursdays and Fridays are busy at the St. Francis Senior Center located at 322 W. Washington Street.

The cooks, led by Janice Krien, arrive around 6:30 a.m., depending on what is on the menu for that day. They prepare anywhere from 80 to 100 meals. Of those meals, 35 to 40 meals are delivered or taken out.

About 11 a.m., those delivering the Meals on Wheels to people who are unable to get out, arrive. Often they help pack up the meals in insulated containers, putting the hot foods in one container and the milk and other items to keep cool in another.

They are then taken to the vehicles and the deliveries begin. St. Francis has six people delivering meals: Van and Nola Burrus, Ruben and Bernice Bandel, Bonnie McQuillen and Clarence Iliff. Some teams deliver every meal day while others trade off but the goal is always the same — getting warm, nutritious meals to those who might otherwise not eat very well.

Mrs. Burrus said she and her husband enjoy helping people out

and like to see the people.

"Delivering the meals only takes between 30 and 45 minutes, depending on how much we talk to the people," she said.

Mrs. Bandel said she and Ruben enjoy seeing the people and visiting with them.

"Sometimes we are the only people shut-ins see that day," Mrs. Bandel said.

She said they always worry when they deliver a meal and the door is locked. One time the door was locked, so they went back to the center and called one of the relatives. When the door was unlocked, the family found the person laying on the floor. She had a stroke and had laid on the floor since 4 a.m.

Delivering the meals is obviously enjoyed by those giving this service but those on the receiving end appear to appreciate it even more.

Gus and Martha Zwegardt have been receiving Meals of Wheels for several years and Mrs. Zwegardt said the meals are "wonderful!"

"We so appreciate the dear people who deliver them and the meals are very good," she said.

A diabetic, Mrs. Zwegardt said the cooks include food that she can eat and they are labeled.

"They are so thoughtful," she said.

Gene and Ada Siegfried have only been getting Meals on Wheels for a little over a month.

Mr. and Mrs. Bandel deliver their food and Mrs. Siegfried said they like seeing and visiting with them.

"We just wish they could stay longer," Mrs. Siegfried said.

After they leave, the Siegfrieds enjoy the food which they say is "delicious."

"We always have plenty and sometimes, there is enough left for another meal," she said.

Most of those getting Meals on Wheels and those eating at the center will agree that there is nothing like fried chicken, potatoes and gravy. They also especially like roast beef. However, those who are unable to go to the center know that having a warm meal, no matter what it might be, is appreciated as well as seeing the friendly face delivering it.

"I'm delighted I don't have to cook it," Mrs. Zwegardt said. See MEALS on Page 8



CHECKING IT OUT! Gus Zwegardt checks out the meal which volunteers Ruben and Bernice Bandel had brought from the center. *Herald staff photos by Karen Krien*

Dove season starts Sept. 1



VOLUNTEERS Van and Nola Burrus delivered a meal from the Senior Center to Lester Confer. *Herald staff photo by Karen Krien*

MEALS

Continued from Page 1

Cost of a meal
Cost of meals at Senior Center are \$2.25 per meal for those 60 years and older. It is \$4.50 for those under 60.
Those knowing of someone who is having difficulty getting their meals or need a hot, nourishing meal should call the Senior Center and ask Erva Gene DeAragon, coordinator for the

center, for more information. **Village Meals on Wheels** The Good Samaritan Village delivers Meals on Wheels seven days a week. Many of those getting meals from the Senior Center also get meals from the Village. Look for more information on the Village's meal delivery in upcoming issues of *The Herald*. **First Meals on Wheels** First Meals on Wheels were de-

livered in Philadelphia in 1954. That program was modeled on one that originated in England. In 1973, Congress passed the Older Americans Act and that legislation created a national network of senior citizen congregate meal sites. Today, nearly 20,000 federally funded and privately sponsored programs are in operation nationwide. The St. Francis Senior Center has been operating since 1977.

RELAY

Continued from Page 1

ones who have lost their battle to cancer," Mrs. Lindsten said. "Complete silence is respectfully requested during this lap."
As the Relay participants continue to walk the track, the Locks of Love will be accepting hair donations back in the band shell. Denise Andrist, owner of Girlfriends and Guys, Too, will be cutting the hair. For more information about making a hair donation, please contact Ericka Wieck at 785-332-3553.
The start-finish line is located

between the city park and Sawhill Park on Denison Street. This year's festivities will be graced by a balloon arch at the start-finish line. Teams and participants needing information should go to the Shrine Pavilion in the city park. Kathy Weber, Survivor Chair person, reminds all survivors that it is not too late to get a survivor shirt and walk in the Survivor Lap. Call her at 785-332-3201 for more information.
For more information about donating to the American Cancer Society through a luminaria in honor

of a survivor or as a memorial for a loved one, please contact Sherry Schultz, 785-332-2860. For more information about the Relay for Life, call Mrs. Lindsten, 785-332-2022 or 785-332-8800.
"There are new and fun activities planned for the Relay on Saturday. We will be remembering those who have lost their battle to cancer and celebrating the lives of those who survive and give us hope. It promises to be a wonderful community evening — hope to see you there," Mrs. Lindsten concluded.

The mourning dove is the most popular, abundant and widespread game bird in North America. Its adaptability and high reproductive rate have allowed its population to flourish in both agricultural and urban areas, making it one of the most common birds in Kansas, especially in summer and early fall.
The Kansas dove season opens Sept. 1 and will run through Oct. 14. It will open again from Nov. 1 to 16. The daily bag limit is 15 and the possession limit is 30.
The dove's fast, erratic flight make it one of the most challenging game birds to hunt. The most successful dove hunters begin their season by scouting possible hunting areas in late August. Hot spots include shelterbelts near sunflower or wheat stubble, and water holes, particularly in shortgrass pastures.
Once a hunting area is located, hunters should set up along a fence row or other cover. Small blinds may be used to hunt the middle of a field. Camouflage clothing, while not necessary, may give the hunter an extra edge.
Hunting in groups can also increase success. Individuals distributed around the edge of a field keep the birds moving, providing constant action. Groups of hunters, however, should always be aware of where their partners are hunting and never shoot in that direction.
A minimal amount of equipment is needed for dove hunting. Warm-weather clothing, a shotgun, a couple of boxes of number 8 shot shells, a 5-gallon bucket, and plenty of water are all that's needed. (The bucket serves the two-fold purpose of equipment container and seat.) If you have a dog, be sure to bring extra water because the weather will likely be warm. If possible, hunt near water, so the dog can cool off with a swim.
Twelve- or 20-gauge shotguns with improved cylinder or modified chokes are the most popular combinations. Smaller shotguns such as .410 and 28-gauge are suitable for the expert shot, but beginning dove hunters may find these smaller gauges discouraging because their smaller shot charges reduce the chances for bringing down game.
Hunters should always pattern their guns before the season begins and limit their shots to 30 yards or less. More distant shots increase the chances of missing or wounding a bird. Remember that doves fly faster than most other game birds, and even the most seasoned hunters may need to practice on clay targets

to prepare for the hunt.
Once a dove is shot, the hunter should mark and quickly recover the bird. The use of a retrieving dog is recommended, but hunters without dogs can effectively retrieve birds in open areas, limiting shots to one bird, and carefully watching where the bird falls after the shot.
Kansas residents 16 or older and younger than 65 must have a valid Kansas hunting license, which costs \$20.15. All nonresidents must have a Kansas nonresident hunting license, but nonresident hunters younger than 16 may purchase a junior nonresident license for \$37.15. Anyone required to have a hunting license must also purchase a Kansas Harvest Information (HIP) Stamp, which costs \$2.15. Shotguns must be plugged to hold no more than two shells in the magazine.
Baiting of doves or any other migratory bird, is against federal law. Baiting is defined as "the placing, exposing, depositing, distributing, or scattering of shelled, shucked, or unshucked corn, wheat, or other grain, salt, or other feed so as to con-

stitute for such birds a lure, attraction, or enticement to, on, or over any areas where hunters are attempting to take them." Areas where these activities have occurred are considered baited and remain so for 10 days following the complete removal of the bait.
Doves may be hunted over areas where grain is scattered solely as the result of normal agriculture planting and harvesting. They also may be hunted on or over lands where a crop was grown and manipulated for wildlife management purposes. Many wildlife areas in Kansas have sunflower fields that are managed for dove hunting.
Doves are excellent table fare. Wrapped in bacon and grilled, they are sure to satisfy the most sensitive palate. They also make an excellent meat pie. Plan for about 10 birds per pie.
The opening of dove season is just around the corner. For avid Kansas hunters, this means it's time to sharpen skills on clay targets and stock up on shells. And be sure to clean the grill.

Plain Sense

Hoarding behavior in the elderly

Dear Plain Sense: My elderly aunt has been in a long-term-care center for a couple years. She is always taking items from the cafeteria and stashing them in her room. She sometimes even gets things out of the trash cans. She doesn't need any of these items, so why is she doing this?
Hoarding is defined as the excessive collection and retention of things, a behavior that can seriously interfere with the health and safety of those involved, and is of growing concern throughout the United States as the elderly population increases. While your elderly aunt is now in a more structured supervised living situation, the thoughts and behaviors that go along with hoarding are still present. In older adults, memory impairment (dementia) and diseases such as Alzheimer's can be a factor in this kind of behavior, resulting in an inability for them to recognize the resulting problems, and also making it hard for their caregivers.
Residents of long-term-care centers tend to collect or hoard magazines, newspapers, plastic bags, and toilet paper, most of which are readily available. Some bring food

back to their room, thinking that it is still edible and they might be hungry later. Often then it is put away in a drawer or storage area and forgotten about, resulting in spoiled food and a potential health issue. Persons suffering from cognitive impairment such as dementia or Alzheimer's may be unable to determine the relative importance of articles, so they tend to collect and save everything. Their reasons for doing so include "I might need it someday," "It's too good to throw away," and "It might get stolen if it's left there."
Because the hoarder is oblivious to the problem, intervention on the part of caregivers is difficult. They need to be sensitive to the feelings of the elderly person, yet also be firm in regards to health and well-being. At some point it becomes necessary to step in, throw out and clean up, in spite of the protests. And to realize that this type of behavior will most likely continue and need to be monitored.
Plain Sense from High Plains Mental Health Center
Contributed by Karen Beery, LCPC, Manager, Consultation and Education Department

Watch for the After-Fair Special Section in next week's Saint Francis Herald and Bird City Times

3,758 +/- acres Cheyenne & Sherman Co., Ks Cropland Multi-Parcel LAND LEASE AUCTION
Thursday, September 1, 2005 @ 9:00 am CT
Auction Location: Western Auction & Real Estate Auction Pavilion, West Highway 36, St. Francis, KS
Rick & Linda Rogers, Sellers

LEGAL DESCRIPTIONS:

CHEYENNE COUNTY:		SHERMAN COUNTY:
TRACT 1: NE 1/4 of 31-5-41	TRACT 6: S 1/2 of 27-5-41	TRACT 11: SE 1/4 of 32-8-42
TRACT 2: SE 1/4 of 31-5-41	TRACT 7: SE 1/4 of 14-5-40	TRACT 12: W 1/2 of 9-8-42
TRACT 3: S 1/2 of 32-5-41	TRACT 8: NE 1/4 of 23-5-40	TRACT 13: NW 1/4 of 35-6
TRACT 4: NW 1/4 of 33-5-41	TRACT 9: NW 1/4 of 5-3-37	TRACT 14: All of 26-6-42
TRACT 5: W 1/2 of 28-5-41	TRACT 10: SE 1/4 of 5-3-37	TRACT 15: SW 1/4 of 23-6-42
		TRACT 16: S 1/2 of 18-6-41

Land Lease Auction Terms:
MANNER OF SALE: The Right to Lease the tracts in Cheyenne and Sherman County, Kansas will be offered for sale at public auction, by Western Auction & Real Estate, LLC. The Annual Cash Leases will be offered as a multi-parcel auction in 16 individual tracts and combination of tracts. It will be sold in the manner that provides the highest aggregate bid. There will be open bidding on all tracts and combinations of tracts during the auction as determined by the Auctioneer. Bids on tracts, tract combinations, and the total property may compete. Auction procedure and increments of bidding are at the discretion of the Auctioneer. Owner/Seller shall have the right to accept or reject any or all bids and all bidders are subject to approval of Owner/Seller. No real estate is offered for sale. **ANNOUNCEMENTS MADE DAY OF SALE SHALL TAKE PRECEDENCE OVER PRINTED MATERIAL AND PREVIOUSLY MADE ORAL STATEMENTS.**
TERMS: 20% down day of sale with 30% of lease purchase price to be due on or before March 1, 2006, and the remaining 50% of the lease purchase price to be due on or before November 1, 2006. The remaining payments for the full term of the Annual Cash Lease will be due as follows: 50% of auction lease purchase price due on or before March 1, 2007, and March 1, 2008, and the remaining 50% of the auction lease purchase price due on or before November 1, 2007 and November 1, 2008.
ACCEPTANCE OF BIDS: The successful bidder will be required to enter into a Land Lease Contract immediately following the auction. Copies of the contracts will be available from the Auctioneer prior to the sale.
POSSESSION: Possession of acres currently in wheat stubble shall transfer to the approved bidder upon signing of contract by both parties. Possession of the acres currently planted to sunflowers and corn shall transfer to the approved bidder immediately following the 2005 harvest.
ACREAGES: Acreage figures are considered to be approximate and are from reliable sources based on FSA figures. All FSA information is subject to change. FSA acres will be used day of sale for purchase acres.
FSA PAYMENTS: The Owner/Seller shall receive all of the 2005 FSA payments. The FSA payments for the years 2006, 2007, and 2008 shall go to the Tenant/Buyer. It is the Tenant/Buyer's responsibility to comply with requirements of FSA regarding program eligibility.
CROPS: The 2005 Corn and/or Sunflower crop shall go to the Owner/Seller. All crops for 2006, 2007 and 2008 shall go to the Tenant/Buyer for the years under the lease agreement, while in effect.
RENEWAL OR RELEASE OF LEASE: The Tenant/Buyer will be purchasing the Annual Cash Lease and right to lease acres for a three year term for the 2006, 2007, and 2008 crop years. A renewal option shall be negotiated and be agreed upon by both parties by March 1, 2009. At the end of the three year term, should either party choose to end the lease, they shall notify the Owner/Seller or Tenant/Buyer by certified mail 30 days prior to March 1, 2009, of their intent.
EQUIPMENT: The Tenant/Buyer shall be required to maintain the sprinkler system. The engines and gear heads located on the irrigated circles shall be purchased by the Tenant/Buyer from the Owner/Seller at the time of contract signing, if Tenant/Buyer desires. The prices of engines and gear heads will be announced day of sale. At the termination of each lease the Owner/Seller and Tenant/Buyer shall negotiate the sale/purchase of engines and gear heads, if necessary.
AGENCY: Western Auction & Real Estate, LLC are Exclusive Agents of the Owner/Seller and will not be agents for the Tenant/Buyer. **Call auction firm for a flyer or visit our website for maps, auction details, and crop information.**

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UNDER \$5,000

- '76 Ford LTD, tan, CD player
- '96 Buick Regal, white, 96,791, 3100 V6, tilt, CC, PW, PDL, cass
- '94 Cadillac DeVille, blue, 146,266 miles, 4 dr., 4.9, tilt, CC, PW, PDL, cass., leather
- '88 Chevy C1500, gold/black, 127,547 miles, Silverado, tilt, CC, PW, PDL

UNDER \$10,000

- '95 GMC Sierra, blue, 150,822 miles, ext. cab, 4 WD, 5.7, V8, CC, PW, PDL, cass.
- '99 Chevy K-2500, blue, 145,243 miles, 3 dr., ext. cab, long LS, 6.0, tilt, CC, PW, PDL, CD/cass
- '99 Buick LeSabre, white, 70,485 miles, Limited, 4 dr., 3.8, tilt, CC, PW, PDL, cass/CD, leather
- '00 Buick LeSabre, green, 85,622 miles, Custom 3800, tilt, CC, PW, PDL, CD/cass.
- '97 Cadillac DeVille, white, 87,753 miles, 4 dr., cass., Northstar

UNDER \$15,000

- '99 Cadillac DeVille, cashmere, 80,201 miles, cass, leather/heat, PDL, PW, CC, tilt
- '98 GMC K1500, red, 101,709 miles, reg cab, short, SLE, 350, tilt, CC, PW, PDL, CD/cass
- '03 Chevy Cavalier, blue, 23,310 miles, 2 dr., 4 G, CC
- '98 Chevy Tahoe, black, 122,261 miles, LT, 5.7, V8, tilt, CC, PW, PDL, cass., leather
- '04 Chevy Aveo, silver, 22,045 miles, 4 dr., MP3 Player, auto
- '04 Chevy Cavalier, white, 30,852 miles, LS, 4 dr., 4G, PW, CC, CD, remote
- '01 Buick Park Ave., bronzemist, 83,464 miles, 4 dr, 3.8, tilt, CC, PW, PDL, CD/cass, leather/heat/mem.
- '02 Chevy Impala, brown, 88,418 miles, LS 3800, tilt, CC, PW, PDL, CD, PS
- '98 GMC K1500, red/tan, 103,152 miles, ext. cab, 3rd dr., SLT, 5.7, tilt, CC, PW, PDL, cass., leather
- '99 Chevy CC15753, white, 76,891 miles, LS, 5.3, tilt, CC, PW, PDL
- '99 GMC TK15753, pewter, 98,560 miles, ext. cab, 3rd dr.

GENTLY SLIGHTLY USED • UNDER \$20,000

- '00 Ford Expedition, maroon, 76,013 miles, XLT, V8, CC, cass/6 CD, bucket hitch, 3rd seat
- '02 Pontiac Grand Prix, blue, 37,423 miles, 4 dr., GTP, Super-Chg., CD, lthr/heat, sun roof, spoiler
- '00 Chevy K-1500, black, 81,338 miles, ext. cab, short, 5.3, tilt, CC, PW, PDL
- '99 Chevy K-1500, red/silver, 70,628 miles, ext. cab, 4 WD, LS, tilt, CC, PW, PDL, CD, Z71 5th wheel
- '05 Chevy Cobalt, silver, 8,923 miles, LS, XM
- '03 Ford Trailblazer, white, 37,348 miles, 4WD, LS I6, 4.2, tilt, CC, PW, PDL, CD/cass, hitch
- '02 Chevy Escape, blue, 44,454 miles, 4 dr., XLT, V6, 3.0, tilt, CC, PW, PDL, 6 Disc CD
- '02 Ford Explorer, black, 67,999 miles, 4.0, CC, PW, PDL, CD, leather/heat

BARELY RARELY DRIVEN • UNDER \$25,000

- '01 Ford F250, green, 103,793 miles, ext cab, short, diesel, manual, tilt, CC, PW, PDL
- '04 Buick LeSabre, maroon, 25,379 miles, Limited, 4 dr.
- '00 Ford F250, blue/green, 90,770 miles, ext. cab, short, Lariat, 4 WD, Power Stroke, CD/cass, lthr.
- '01 Chevy K-2500, white, 43,703 miles, V8, PS, AC, PW, PL
- '02 GMC TK25753, pewter, 77,968 miles, ext. cab, SLE, 6.0, CC, PW, PDL, CD
- '02 GMC K-2500, white, 59,581 miles, ext. cab, long box, SLE, 6.0, CC, PW, PDL, CD

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