



QUILTING GUILD makes quilts for others. Bonnie McQuillen, St. Francis, travels to Goodland along with several other women to work on quilts. *Herald staff photo by Pat Schiefen*

Quilting guild keeps busy making quilts for others

By Pat Schiefen

While the sewing machine hum, there is the sound of laughter from women doing what they like and a good deed in the making. One Saturday a month members of the Prairie Piecemakers, a quilting guild, bring their sewing machines, get together and make quilts for a worthy cause. They give quilts for the first baby of the year in St. Francis and Goodland, quilts for each of the Kansas Highway Patrol Troopers to carry in their trunks for children involved in wrecks and quilts for sick children. Each person works on a quilt using leftovers from their stash of fabrics at home or from donated supplies. The sizes vary from crib to twin bed size. The quilts come in all styles from prequilted panels that need just binding to pieced and quilted by machine or hand. Members of the quilting guild include Cora House, Joan Reed,

Debbie Fixsen, Frieda House, Carol Tupper, Glenda Garrett, Joy Hayden, Dixie Chatfield and Betty Rutherman, from Goodland. Members from St. Francis are Bonnie McQuillen, Shirley Ochsner, Charlsie Roger, Nancy McCumber and Jean Loyd. Starting at 10 a.m. (Mountain Time) Saturday, Jan. 14, the guild met at the Rock House (5th and Caldwell). Quilters attending were Cora House, Joan Reed, Carol Tupper, Glenda Garrett, Debbie Fixsen and Bonnie McQuillen from St. Francis. The guild was organized three years ago, said member Cora House. We met informally for a year before at Wheatridge where people brought any type of needlework until we decided to focus on quilting. At the guild's regular meeting it's show and tell with people bringing their projects. They also have dem-

onstrations on different techniques. In January, Bonnie McQuillen gave a demonstration on appliqué. Everyone got to try and maybe add a new thing to their quilting. At 6 p.m. in their Feb. 9 meeting, Penny Helderman from Kanorado is giving a stack and wack demonstration. She will be teaching a class at the First Christian Church in Goodland on the technique. The guild has also had workshops. If the workshop costs there is a fee to cover it. They have had workshops given by Jeanne Poore, Kansas City; Audrey Evins, Oakley; and Paula Rumback, Oakley. The guild had the quilt show at the Flatlander Festival in 2004 and will have another in 2006, said Mrs. House. "We are such a small group, that doing a show every year was too much," she said.

Advice given to those on Medicare concerning preventive screenings

By Lynn Anderson

Q: I know that it's a good idea to avail myself of preventive services from doctors and other health care providers, but I worry that my Medicare plan won't pay for them. How can I know?
A: You're right: Preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases or illnesses. Preventive services include exams, lab tests, and screenings. They also include shots, monitoring, and information to help you take care of your own health.

The following preventive services are covered, no matter what kind of Medicare health plan you have. (However, the amount you pay varies, depending on your plan.)
Cardiovascular screening. This checks your cholesterol and other blood fat (lipid) levels. High levels of cholesterol can increase your risk for heart disease and stroke. These screenings will tell whether you have high cholesterol. You might be able to make lifestyle changes, such as changing your diet, to lower cholesterol.

Mammograms. Breast cancer is the most common non-skin cancer in women and the second leading cause of cancer death in women in the United States. Every woman is at risk and the risk increases with age. Breast cancer can usually be successfully treated when found early. Medicare covers screening mammograms to check for breast cancer.

Cervical and vaginal cancer screening. Medicare covers Pap tests and pelvic exams to check for cervical and vaginal cancers. You are at high risk for cervical cancer if you have ever had an abnormal Pap test, you have had cancer in the past, you have been infected with the human papillomavirus (HPV), you began having sex before age 16, you have had many sexual partners, or your mother took DES, a hormonal drug, when she was pregnant with you.

Colorectal cancer screening. Colorectal cancer is usually found in people age 50 or older, and the risk increases with age. Medicare covers colorectal screening tests to help find pre-cancerous polyps so they can be removed before they turn into cancer.

Screenings include the fecal occult blood test, flexible sigmoidoscopy, screening colonoscopy, and barium enema.

Prostate cancer screening. Prostate cancer can often be found early by testing the amount of PSA (prostate-specific antigen) in a man's blood or when his doctor performs a digital rectal exam. Medicare covers both.

Shots. Medicare covers flu, pneumococcal, and hepatitis B shots. Flu, pneumococcal infections, and hepatitis B can be life threatening to an older person. All adults 65 and older should get flu and pneumococcal shots routinely.

Bone mass measurements. Medicare covers bone mass measurements to determine whether you are at risk for a fracture (broken bone). People are at risk for fractures because of osteoporosis, a disease in which the bones become weak. In general, the lower your bone density, the higher your risk for a fracture. Bone mass measurement test results will help you and your doctor choose the best way to keep your bones strong.

Diabetes screening, supplies, and self-management training. Diabetes

is a medical condition in which your body doesn't make enough insulin or has a reduced response to insulin. Medicare covers diabetes screening through a fasting plasma glucose test; diabetes glucose monitors, test strips, and lancets and diabetes self-management training.

Glaucoma tests. Glaucoma is an eye disease caused by high pressure in the eye. It can cause you to lose sight gradually and without warning or, often, without symptoms. The best way for people at high risk for glaucoma to protect themselves is to have regular eye exams.

For a copy of "Guide to Medicare's Preventive Services," and for up-to-date information about screenings, visit www.medicare.gov or call (800) 633-4227 or TTY (877) 486-2048.

SALE

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water pens to accommodate the cattle that come in early and those staying after the sale.

In the future, the Wilsons would like to build the veterinarian a working chute. They would also like to build a drive-thru where trailers can be unloaded. This will eliminate the need to back up to the chutes. The Imperial sale barn has a drive-thru and those unloading like the convenience.

History

The Wilsons originally came from Colby and lived north of Le-vant for 10 years before moving to Imperial. Mr. Wilson said, during those years, he attended five livestock sales a week where he bought and sold cattle. He said Sandy stayed at home and did the work there.

They have three children, a daughter and family who lives in Omaha, Neb.; a son and family living in North Carolina; and daughter Julie and husband who lives in Imperial. They also have three grandchildren.

Part of each week is spent in St. Francis getting ready for the sale and the rest of their time is spent in Imperial.

The Wilsons encourage people to stop by on Wednesdays and watch the cattle sell.

FUNDS

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"Purchasing daffodils for friends, customers and employees can brighten their days, desks or dinner tables," Ms. Wieck said. "The proceeds help fund the Society's mission to eliminate cancer as a major health problem through research, education, advocacy and service programs."

Businesses, employers and individuals are encouraged to place advanced orders of daffodils for distribution to employees and customers; as gifts to hospitals, retirement communities or nursing homes. Many churches place bouquets of daffodils on their altars.

Proceeds from the sale of the daffodils will assist local American Cancer Society programs including youth tobacco, nutrition and skin education, breast cancer and prostate cancer awareness programs; patient services; and free materials to physicians and individuals.

UNDER \$10,000.00

- 1999 Olds Alero, Green, 85,774 miles, 4 Dr., PW, CC, Tilt, CD
- 2000 Pontiac Grand Prix GT, Black, 79,000 miles, 2 dr., V6, PW, PL, Tilt, Cruise
- 1999 Buick LeSabre, White, 70,485 miles, Limited, 4 Dr., 3.8, Tilt, CC, PW, PDL, Cass/CD, Leather
- 1999 GMC Suburban, White, 134,817 miles, SLE, New Engine, Tilt, CC, PW, PDL
- 1999 Chevy Tahoe, Pewter, 126,958 miles, 4 Dr., LS, 5.7 Tilt, CC, PW, PDL, Cass/CD
- 2000 Chevy Blazer, Red, 68,267 miles, 4 Dr., 4 WD, LS, V6, 4.3, Tilt, CC, PW, PDL, CD

UNDER \$15,000.00

- 2005 Dodge Neon, Silver, 4,100 miles, 4-door, SXT, Tilt, Cruise, PW, PL, CD, Rear Spoiler, 4-Cyl.
- 1998 Chevy Tahoe, Black, 122,271 miles, LT, 5.7 V8, Tilt, CC, PW, PDL, Cass, Leather
- 1998 Chevy Tahoe, Maroon, 122,935 miles, LT, Tilt, CC, PW, PDL, CD/Cass, Leather, 4 WD
- 1999 Jeep Grand Cherokee, Green, 111,726 miles, 4 Dr., V8.2, Tilt, CC, PW, PDL, 6 CD, Leather, Sun Roof
- 1997 Ford F250, Silver/White, 174,037 miles, Diesel, Manual, Tilt, CC, PW, PDL, CD, 5th Wheel
- 2005 Chevy Aveo, White, 13,592 miles, LS, 4 Dr., MP3, PW
- 2002 Chevy Impala, Brown, 90,718 miles, LS, 3800, Tilt, CC, PW, PDL, CD, PS
- 1998 GMC K1500, Red/Tan, 103,152 miles, Ext. Cab, 3rd Dr., SLT, 5.7, Tilt, CC, PW, PDL, Cass, Leather
- 1999 Chevy CC15753, White, 77,191 miles, LS, 5.3, Tilt, CC, PW, PDL
- 1999 GMC TK15753, Pewter, 135,609 miles, Ext. Cab, 3rd Dr.
- 2003 Ford Windstar, Blue, 58,919 miles, SE, Bkt, Bkt Bench, PW, PDL, CD/Cass., V6
- 2001 Chevy K-1500, Pewter, 101,845 miles, Ext. Cab, LS, 4 WD, 5.3, Tilt, CC, PW

UNDER \$20,000.00

- 2001 Chevy K1500, Pewter, 61,150 miles, Ext. Cab, LS, 5.3, Tilt, CC, PW, PDL, CD
- 2000 Ford Expedition, Maroon, 76,013 miles, XLT, V8, CC, Cass/6 CD, Bucket Hitch, 3rd Seat
- 2003 Dodge Ram Quad, White, 100,844 miles, SLT, 4 WD, Grill Guard, Rails, Bed Mat, Hitch
- 1999 Chevy K-1500, Red/Silver, 71,743 miles, Ext. Cab, 4 WD, LS, Tilt, CC, PW, PDL, CD, Z71, 5th Wheel
- 2001 Chevy Tahoe, White, 124,847 miles, 4WD, 4 Dr., Lthr/Heat, V8, Tilt, CC, PW, PDL, CD/Cass
- 2002 Chevy C-2500, White, 108,289 miles, 2WD, Ext. Cab, LS, 6.0, Tilt, CC, PW, PDL, CD, Tow Pkg
- 2003 Chevy K-1500, Blue/Gray, 81,457 miles, 4 Dr., Ext. Cab, 4 WD, LS, 5.3, Tilt, CC, PW, PDL, CD/Cass
- 2004 Chevy Silverado, Silver, 33,965 miles, Reg. Cab, LS, 5.3, Tilt, CC, PW, PDL, CD
- 2005 Chevy Cobalt, Beige, 11,059 miles, LT, 4 Dr.
- 2004 Chevy CK15753, Silver, 92,245 miles, Ext. Cab, 4 WD, LS, Z71
- 2002 GMC K-1500, White, 86,695 miles, Ext. Cab, Short Box, SLE, 5.3, Tilt, CC, PW, PDL, CD
- 2002 Ford Explorer, Black, 67,999 miles, 4.0, CC, PW, PDL, CD, Lthr/Heat
- 2002 Chevy K-1500, White/Pewter, 88,864 miles, Ext. Cab, Short Box, Z71, LS, Tilt, CC, PW, PDL, CD/Cass
- 2005 Chevy Impala, Gold, 21,092 miles, V6, 4 Dr., Lthr, PW, PS, CC, Tilt

UNDER \$26,000.00

- 2001 Chevy K-2500, Dk. Blue, 101,130 miles, Crew Cab, HD, LS, 8.1, Tilt, CC, PW, PDL, CD
- 2001 Ford F250, Green, 103,793 miles, Ext. Cab, Short, Diesel, Manual, Tilt, CC, PW, PDL
- 2003 GMC K-1500, Gray, 32,063 miles, Ext. Cab, SLE, PW, PDL, CD, XM
- 2001 Chevy K-2500, White, 43,703 miles, V8, PS, AC, PW, PL
- 2002 GMC TK25753, Pewter, 77,968 miles, Ext. Cab, SLE, 6.0, CC, PW, PDL, CD
- 2005 Chevy Uplander, White, 16,718 miles, Ext., LS, 2 WD, TV-DVD, FWD
- 2004 Cadillac Escalade, Blue, 22,179 miles, Lthr, Sun Roof, Navigation System
- 2005 Cadillac DeVille, Gray, 19,200 miles, CD, 4 Dr., Lthr, PW, PDL
- 2004 Chevy K-1500, Maroon, 19,081 miles, 4 WD, Crew Cab, Lthr, DVD, OnStar
- 2005 Chevy Suburban, Blue, 17,619 miles, 4 WD, 1500
- 2004 Chevy Avalanche, Pewter, 14,923 miles, PW, PDL, CD, 2500
- 2004 GMC K2500, Red, 51,500 miles, Crew Cab, LT, 4 WD, CC, Tilt, PW, PDL, CD/XM, OnStar
- 2004 GMC Yukon, Pewter, 37,763 miles, 3rd Row, 4 WD, Bkt/Bench, CD



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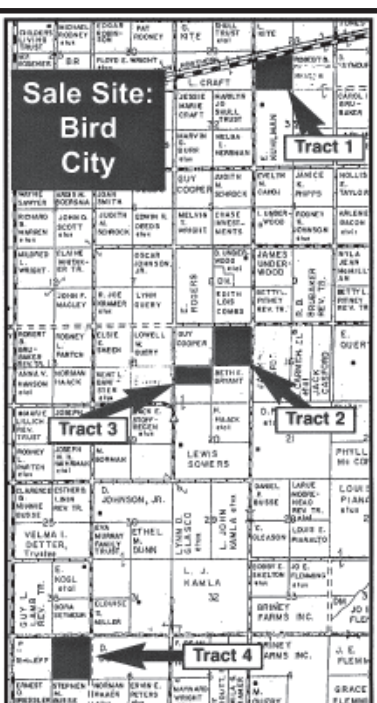
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REAL ESTATE AUCTION

560 Ac. Cheyenne Co., KS Land

Wed., Jan. 25 - 2 p.m. CT

SALE SITE: Bird City Legion Hall, Bird City, KS



The Following Applies to All 4 Tracts:

Terms: 10% down, balance upon approval of title.
Evidence of Title: Seller will provide title insurance in the amount of the purchase price.
Acres: Acreage figures are approximate and are from (USDA) FSA figures. All FSA information is subject to change. FSA acres may not be the same as deed acres.
Easements: The sale is subject to all rights-of-way and easements, whether recorded or not, and to any oil and gas leases of record.
Escrow: KITE & DAY, L.L.P., Attorneys at Law, will serve as escrow and closing agent for these transactions.
TRACT 1: Legal Description: SW/4 18-3-37 and part of NW/4 28-3-37 South of Highway, Cheyenne Co., KS.
Mineral Rights: All of the Seller's interest shall go to the Buyer(s).
Crops: All in stubble.
Possession: Possession on date of closing.
Real Estate Taxes: Seller will pay all 2005 and prior year's taxes. 2006 taxes will be paid by Buyer(s).
2005 Real Estate Taxes: \$989.84.
FSA Information: 43.8 A. Dry Cropland
100.0 A. Irrigated - Water Right #18,643 (315 Acre Feet @ 725 gpm) - 454 engine
FSA Payments: Seller and Tenant shall retain all payments associated with year 2005 and Buyer(s) shall receive all 2006 payment.

TRACT 2: Legal Description: NE/4 17-4-37, Cheyenne Co., KS.
Mineral Rights: All of the Seller's interest shall go to the Buyer(s).
Crops: All in summer fallow. One-third (1/3) wheat crop to be harvested in 2006 to Buyer and two-thirds (2/3) of 2006 wheat crop retained by Tenant.
Possession: Possession after 2006 wheat harvest.
Real Estate Taxes: Seller will pay all 2005 and prior year's taxes. 2006 taxes will be paid by Buyer(s).
2005 Real Estate Taxes: \$935.94.
FSA Information: 38.0 A. Dry Cropland
120.0 A. Irrigated - Water Right #11,201 (250 Acre Feet @ 870 gmp) - 454 engine
2.0 A. Roads & waste
FSA Payments: Seller and Tenant shall retain all payments associated with year 2005 and Buyer(s) shall receive one-third (1/3) and Tenant shall receive two-thirds (2/3) of payments associated with the 2006 crop year.

TRACT 3: Legal Description: N/2 SW/4 17-4-37, Cheyenne Co., KS.
Mineral Rights: All of the Seller's interest shall go to the Buyer(s).
Crops: All in summer fallow. One-third (1/3) wheat crop to be harvested in 2006 to Buyer and two-thirds (2/3) of 2006 wheat crop retained by Tenant.
Possession: Possession of crop ground after 2006 wheat harvest. Possession of pasture ground on date of closing.
Real Estate Taxes: Seller will pay all 2005 and prior year's taxes. 2006 taxes will be paid by Buyer(s).
2005 Real Estate Taxes: \$199.19.
FSA Information: 36.1 A. Dry Cropland 43.9 A. Pasture
FSA Payments: Seller and Tenant shall retain all payments associated with year 2005 and Buyer(s) shall receive one-third (1/3) and Tenant shall receive two-thirds (2/3) of payments associated with the 2006 crop year.

TRACT 4: Legal Description: NE/4 1-5-38, Cheyenne Co., KS.
Mineral Rights: All of the Seller's interest shall go to the Buyer(s). Outstanding oil and gas lease dated June 30, 2003 for five (5) years in favor of J. Fred Hambricht, Inc.
Crops: One-third (1/3) sunflower crop to be harvested in 2005 retained by Seller and two-thirds (2/3) of 2005 Sunflower crop retained by Tenant.
Possession: Possession to CRP ground on date of closing; after 2005 sunflower harvest on ground now in sunflowers.
Real Estate Taxes: Seller will pay all 2005 and prior year's taxes. 2006 taxes will be paid by Buyer(s).
2005 Real Estate Taxes: \$397.77.
FSA Information: 83.5 A. Dry Cropland 75.2 A. CRP 1.3 A. Waste
CRP payment \$2,106.00 or \$28.00 per acre. Payments made in October. CRP expires 9/30/2007. Seller retains 2005 CRP payment
FSA Payments: Seller and Tenant shall retain all payments associated with year 2005.

Seller: Margie Underwood Estate <http://midwestauction.com>

Contact: John G. Kite Co-Executor; 112 W. Washington; St. Francis, KS 67756; 785-332-3323
OR Vickie Thomas, Co-Executor; 5332 Hacker Circle; Cheyenne, WY 82009; 307-635-3056