

Extension to host a program on how to improve health

A program to improve the health and well-being of middle-aged and older people will be held at 5:30 p.m. on Tuesday, Sept. 5, at the courthouse in St. Francis. People will be shown how to have a structured, safe and effective strength training program.

The program, sponsored by the Sunflower Extension District, will show the importance of preserving and gaining back muscle, maintaining or boosting metabolic rate; preserving or gaining back bone; improving strength and balance which will help reduce injuries; and reducing arthritis symptoms, while improving mood, self-esteem and self-confidence. The program also shows people how to decrease depression and improve sleep.

Staying physically active and being properly nourished is one of the most important things people can do to stay healthy for life. For the past 20

years, at Tufts University and other scientists around the world, have gained knowledge about the aging process and how people can maintain strength, dignity, and independence as they approach and enjoy the later years of life.

Essential to staying strong and vital during older adulthood is participation in regular strengthening exercises, which help to prevent osteoporosis and frailty by stimulating the growth of muscle and bone.

Feeling physically strong also promotes mental and emotional health. Strength training exercises are easy to learn and they have been proven safe and effective.

The program on Tuesday will help implement safe and effective strength training programs so women and men of all ages can become stronger, feel better and maintain their independence throughout life.

For more information, contact the extension office at 785-332-3171.

Back-To-School bash set for Sept. 9

By Karen Krien

Kids, grade school through junior high, will have an opportunity to not only be entertained by comic/mime Tommy Toombs but will also be able to win door prizes on Saturday, Sept. 9. The Back-to-School Bash will be held from 11 a.m. to 2 p.m. at the St. Francis Community High School. Lunch will be provided.

Some of the prizes which will be drawn for include a Play Station 2, portable CD player, i-Pod, movie rentals, movie passes, sporting equipment and many more items.

Pastor David Butler, St. Francis Community Church, said that Mr. Toombs has ministered for Josh McDowell, Billy Graham, T.D. Jakes and recently has been on tour with Rebecca St. James.

"He is excited about the opportunity to come here to Saintry to minister to kids of all ages during our Back To School Bash," Pastor Butler said.

Mr. Toombs juggled his way into the hearts of audiences beginning in 1976 with his comedy/drama/illusionist ministry. It was clear that the only limits of his efforts to communicate the gospel were the bounds of his own imagination. He reaches audiences from preschoolers to senior adults.

However, he is not just another funny face. He is an inventive communicator. Preaching, drama, mime, juggling, balloon parables, illusion, comedy and his energetic characters

portray the gospel truth.

In the last year Mr. Toombs has performed and spoken in front of several different denominations and for different ages and races of people. Ultimately though, his goals for the future are simple, "I plan to do the same exact things I'm doing now—to just follow what God wants me to do day by day."

A simple and child-like faith, a little juggling, perhaps a parable illustrated with balloons, drama, illusions and mime make up the unique ministry of love, laughter and lessons from the heart of Tom Toombs.

— Book Review —

The Secret Admirer

By Annette Mahon

Emma Lindsey thinks her life is dull, dull, dull. Then on Valentine's Day a dozen yellow roses are delivered to her at work from a secret admirer. Suddenly, the days are as exciting as those of a heroine in a romance novel. But why doesn't her secret admirer call and identify himself?

Matt Correas is Emma's confidante, neighbor, and best friend. She relies on him for advice in all areas of her life. She already ruled him out because he just isn't romantic and there is no "spark" between them. Not Matt, who she's known forever. So why do so many people in their small town believe otherwise?



ON SEPT. 2, 1945, THE JAPANESE military surrendered in Tokyo Bay. Saturday marks the 61st anniversary of the end of WWII. Photo courtesy of Glenn Glasco

Veteran remembers the end of war

By Casey McCormick

Saturday, Sept. 2, will mark the 61st anniversary of the Japanese surrender that brought a close to World War II. Many Americans might not remember the significance of the date, but for Bird City resident Glenn Glasco each year takes him back to the historic moment.

The place was Tokyo Bay and the Japanese contingent met General Douglas MacArthur on the deck of the Battleship Missouri. Thousands of American sailors and soldiers clamored aboard ships to see the event. Mr. Glasco was one of them.

"We were on a Liberty Ship," said Mr. Glasco. "We had these big, Navy binoculars that the guys were wrestling to get." One thing that stuck with him was that the Japanese officers, in full military attire, wore spurs on the Missouri.

During his time in the Pacific Theater, Mr. Glasco served in Company K-187 of the 163 Regimental Combat Team of

the 41st Infantry Division. With the end of fighting, his division was deactivated.

"I was assigned to the 5th Air Force," said Mr. Glasco. "I drove the high brass all over the island in a jeep."

"I had a lot of fun and I saw a lot of Japan that summer."

Mr. Glasco has been awarded several commendations, including the Purple Heart. He recently received another honor: The Non Commissioned Officers Association Medallion.

The medallion is presented to veterans of what has become known as "The Greatest Generation." Mr. Glasco's medal was sent to his daughter, Connie Huxman of Moundridge, at the direction of Dick Schneider, head of the World War II Honors Program.

"Connie saved it to give me for a birthday present," said Mr. Glasco. "Boy, was I surprised."

With the medallion came the message "They must never be forgotten."

"I just think we need to remind people of WWII," said Mr. Glasco.



GLENN GLASCO shares his W.W.II Veteran Medallion from the Non Commissioned Officers Association with editor Casey McCormick. Times staff photo by Sandy Barnhart

Kansas dove season opens on Sept. 1

Kansas hunters are preparing for the traditional opening of hunting season when dove season opens Sept. 1—a split season running Sept. 1-Oct. 14 and Nov. 1-16.

Seasoned hunters are checking out waterholes, feeding spots, and roosting areas for the best places to hunt.

Because they are migratory game birds, doves are federally regulated. Federal rules require that shotguns be plugged to hold no more than three shells and limit the daily bag to 15, with a possession limit of 30. Limits are for any of the single species listed above or in combination.

A valid Kansas hunting license and Harvest Information Stamp (HIP) are required to hunt doves, unless exempt by law. Those exempt include hunters younger than 16 or 65 or older.

An additional treat for hunters, and a help to biologists, is the dove band. Kansas Department of Wildlife and Parks is asking dove hunters to look for leg bands on the mourning doves they shoot. The purpose of this banding project is to estimate annual survival rates, harvest rates, and distribution of the harvest, as well as to refine techniques for a future dove-banding

program. This data is necessary for understanding population trends and responsibly managing dove harvests.

The hunter is a critical link in this mourning dove banding study. By checking all harvested doves for bands, and reporting banded doves, hunters help biologists manage this important migratory game bird. Because dove bands are small, hunters can easily overlook the bands. Kan-

sas Department of Wildlife and Parks officials ask dove hunters to carefully check all doves bagged for the presence of a leg band.

Report banded mourning doves by phoning 1-800-327-BAND!! (2263). Banded birds may also be reported on the internet at www.pwrc.usgs.gov/bbl/. Hunters can keep the bands and will be provided a certificate identifying the age, sex, date and location the bird was banded.

MYCOGEN FIELD CORN PLOT
Wed., Sept. 6 • 6:30 p.m. CT
Melvin Schlepp Farm
From St. Francis: Go 11 miles west on Hwy. 36 to Rd. 3, south 10 miles.
From Kanorado: Go 17 miles north on the Kanorado road, then 1 1/2 east, then 3 north, then 1/2 east

The time is here to view all the new and exciting varieties along with your old favorites of the Mycogen family in a side by side test plot. Showing will be the new **RR corns**, the new **Herculex BT corn hybrids**, and the new **Corn Root Worm hybrids**. Join us for a steak sandwich and all the trimmings after the plot tour. This is a drip tape irrigated plot showing all of the varieties listed above.

The St. Francis New Generation Fund
Is grateful for the \$2,200 donation from the Walter Stephenson and Lucille Carmen Stephenson estate. The proceeds will be used for the betterment of St. Francis. Thank You!

Heritage Corner Cafe
785-734-2275 ~ 104 W. Bressler ~ Bird City
Will be CLOSED Sat., Sun. & Mon. Sept. 2, 3 & 4

THANK YOU!
We couldn't have done it without you!
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Katelyn Jones
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Wal Mart

Thank you for your support of the American Cancer Society and The 2006 Relay for Life Committee
— Deb Lindsten, Chairman

Smart Start Well On Our Way
PSA INFORMATION
Smart Start Northwest Kansas and Colby Community College Resource & Referral are sponsoring a training for anyone who is interested in becoming a LICENSED CHILDCARE PROVIDER. There is no fee for the training.
Thursday, Sept. 7 • 6:30 - 9:30 p.m. MT
Sherman Co. Health Department
Call 1-888-634-9350 ext. 250 for information or to register.

St. Francis USD 297 SCHOOL NOTICES

Schools Must Provide Special Education For Exceptional Notice of Right To Privacy And Notice of Release Of Directory Information

State and federal court decisions and legislation have specified that the maintenance and release of student records. By that law, parents of students (or students if they are at least 18) have the right to inspect the records maintained by the school district about that student and to correct inaccuracies in the records. Access to those records by any other person (except school officials) is prohibited without prior consent by the parent (or the student if at least 18). The Board of Education has adopted a written policy concerning the maintenance of and access to student records, and a part of that policy permits the release of directory information (defined below) as permitted by the Family Educational Rights and Privacy Act.

St. Francis U.S.D. 297 has designated the following as directory information:

- The student's name, address, telephone listing, and date and place of birth.
- The student's major field of study.
- The student's participation in officially recognized activities and sports.
- The student's height and weight if a member of an athletic team.
- The student's dates of attendance.
- The student's current grade of class designation (K-12).
- The degrees and awards received by a student.
- The most recent previous educational agency or institution attended by the student.
- Photographs and/or video tapes of the student's participation in instructional and/or school-related activities.

School officials will release this directory information without the consent of the parents or the student unless objection is made to the release of any or all of this information. The objection must be in writing to the Superintendent of Schools; the objection must state what information the parent or student does not want to be classified as directory information and released. If no objection is received by the Superintendent of Schools, the above information will be classified as directory information and will be released in accordance with the school's normal procedures.