

Be ready to ride horses this Sunday

By Karen Krien

Riders are urged to have their horses saddled up and be ready to ride at 2 p.m. sharp on Sunday for the 16th Cheyenne County Trail Ride. The 2.5-hour ride will be held at the Albert Keller Farms (formerly Walter Gorthy Ranch) located northeast of St. Francis.

Those on the ride will also be able to donate to St. Jude Children's Research Hospital.

"Donations will be accepted for the kids who would like to saddle up but can't," said Sharon Olofson, coordinator.

The weather is supposed to be in the 70s and it should be pleasant way to spend an afternoon.

Each year, the ride is in a different area and, this year is the first time for this particular area. Mr. Cooper said it will be a nice ride along a spring creek.

"We are hoping for some autumn colors on the trees and there are some nice hills to make the ride more interesting," he said.

Directions

To reach the destination from St. Francis, turn north on Benton Street off U.S. 36 and gravel 3 miles, around the curve northeast, they north a little over 1 mile to Road S. Turn east and follow the winding road approximately 5 miles to Road W; turn east and go 3.75 miles to the dead end; turn left and follow trail

road to parking area.

From Wheeler, go 9 miles north to the dead end on Road 19; turn east on Road W and go 3.75 miles to the dead end; turn left and follow trail road to parking area.

From Benkelman, go south on K-161 to 2 mile south of the Nebraska/Kansas state line to Road DD; west 2 miles, then southwest approximately 6 miles on Road FAS 115 (River Road) just past the old schoolhouse; turn southeast on Road 22 and then around 4 miles south to Road W; turn east and go 3/4 miles to the dead end, turn left and follow trail road to parking area.

From Haigler, go 8 miles east on U.S. 34 to Road 15 (Mills Hereford Ranch sign), then south approximately 10 miles to Road W (Douthit Hereford sign); turn east and go 7.75 miles to the dead end, turn left and follow the trail road to the parking area.

Signs will be posted at various points.

Barbecue served afterwards

During the ride, the members of the Cheyenne County Historical Society will provide refreshments. Afterward, the 4-H Horse Club will be serving a barbecue with the meat being prepared by Doug Ross.

More information

For more information, contact Mr. Cooper, 785-332-2904; Mrs. Olofson, 785-332-2248 or Gail Yonkey, 785-332-2488.



RIGHT TO LIFE members march last Sunday began at the Peace Lutheran Church thru St. Francis. Those participating were from the left: Elmer Kellner, Lanny DeGood, Alice

Lampe, Barb Parker, Norman Morrow, Joan Gienger and Dorothy Kellner.

Herald staff photo by Casey McCormick

Health program starts next Tuesday

A program to improve the health and well-being of middle-aged and older people will be held from 5:10 to 5:50 p.m. starting Tuesday, Oct. 10 and running through Feb. 27 at the courthouse in St. Francis. People will be shown how to have a structured, safe and effective strength training program.

The program is presented by Melinda Daily, Sunflower Extension District agent.

The program's mission is to increase the number of participants in safe and effective strength training programs. One of the objectives is to improve the health and well-being of middle-aged and older people throughout by increasing access to structured, safe and effective strength training programs.

And why train? To preserve or gain back muscle; maintain or boost metabolic rate; preserve or gain back bone; improve strength and balance, which, in turn, helps reduce injuries; improve glucose control and lipid profile; re-

duce arthritis; improve mood, self-esteem and self confidence; decrease depression.

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.

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

Work progresses on future building

Work is progressing on the new fire and emergency building. The ground work has been done and the building is going up under the direction of Ron Krien and his crew. Firemen and other volunteers have also been working at the site.

The building site was regraded to a new elevation by the county crew and the Krien crew. The parameter footing was dug, rebar was placed and concrete was poured for the footing.

So far, the program has booked 207 hours from 26 volunteers for

the Sept. 25 through 29 period. The Core Committee clarified that costs on the project are material only.

The work schedule is as follows:

- Wednesday, Oct. 4, the plumbing, electrical and inside footing work will begin.
 - During the week of Oct. 16, Shane Holthaus, Kansas Rural Water Association, is scheduled to be on site and plans are to begin pouring concrete for the floors.
- The project completion date has been set for March 15, 2008.

Northwest Kansas library tour planned

By Karen Krien

All interested people are urged to join up to tour free the great libraries of northwest Kansas. The tour will start at 8 a.m. on Monday, Nov. 13, at Colby, which is also "Children's Book Week."

Sponsored by the Northwest Kansas Library System, people will be visiting a few of the libraries in the area. It will give people the opportunity to see how the rural communities in Kansas support the educational and recreational needs of area residents.

The tour also offers the opportunity for sharing ideas to open untapped resources.

People wanting to go will need to register for the trip before Oct. 27 to be assured of a seat on the van. Call 1-800-432-2858 or e-mail mwks@ruraltel.net.

brary. The tour is to end up back in Colby at 5:30 p.m.

The eastern side of the District will be held in 2007s.

**HE WAS JUST
A BABY ...
Now HE'S 80 ...**

**Happy Birthday
Dean Blume!**

~From your family

Club Clip

St. Francis Lions Club

The regular meeting of the St. Francis Lions Club was called to order at the Windmill Restaurant on Sept. 11 by President Clarence Iliff. There were 13 members and four guests, Debbie Grizzell, Kate Jenkins, Susan Roelfs and Dick Rohweder, present.

The meeting opened with the Pledge of Allegiance and Marvin Zimbelman gave the invocation. Kate Jenkins won the attendance drawing.

Following dinner, Betty Lampe gave a secretary's report and also the treasurer's report in the absence of Dorothy Kellner. The club paid \$150 to the American Cancer Society.

Mr. Iliff and Elmer Kellner will be attending the Zone 1 and Zone 2 meeting on Sept. 25 in Colby.

Neal McCumber and Rueben Schultz will again be in charge of the Lions Pancake Day in December.

Norman Morrow introduced his guest, Susan Roelfs, the Cheyenne County Health Officer. She gave a very interesting and educational talk on the Kansas Bio-terrorism Preparedness Program, and how residents can

be prepared for any kind of disaster or emergency, such as the bird flu that could cause the influenza pandemic. On the average they occur about three times every century. During the past 120 year, influenza pandemics occurred five time, in 1889, 1900, 1918, 1957 and 1968.

The bird flu currently circulating in Southeast Asia has infected hundreds of millions of birds, and is now showing up in Greece and Turkey. Also the virus has spread to pigs, tigers and cats, and now people. At least 200 people have been infected since 1997. Some reports have claimed that as many as 50 to 100 million people might die.

Mrs. Roelfs also stressed what you can do to make your family more prepared for any kind of disaster, including a terrorist attack. You should make a kit that contains at least three days worth of emergency supplies for all family members, make a plan, and stay informed.

President Iliff announced the next meeting will be held Oct. 9, and the meeting was adjourned.



Medical technicians needed in county

Janelle Bowers, emergency medical service director, reports there will be a training class for emergency medical technicians starting Oct. 9 at the Goodland Regional Medical Center. She told the county commissioners at the Sept. 29 meeting there are two people interested in taking the class.

Emergency medical technicians are needed in the county. Anyone wanting to take the class should

contact Mrs. Bowers at 785-332-8888 or Bruce Gleason, EMS director, 785-890-3625.

The Cheyenne County Commissioners said they will pay for anyone from the county wanting to take the class. The class fee is \$750 but does not include college hours. Those wanting to take the class and also have the college hours will need to pay an additional \$250.

Man's 80th birthday celebrated Sunday

A potluck was held at Salem Lutheran Church on Sunday, Oct. 1, to honor Victor Zwegardt's 80th birthday. The celebration was hosted by his wife, Darlene and his children, Susan Pierce, El Cajon, Calif., Don Zwegardt, Sioux Falls, S.D., and Cathy Gleason, Anchorage, Alaska.

Ice cream and cake were served following a short program by the children and two of Victor's grandchildren, Dylan and Chandler Zwegardt. Everyone enjoyed mu-

sical entertainment provided by Robert and Gertie Zwegardt, Gordon and Betty Orth, Darrel and Jacque Zwegardt, Louanne Isernhagen and Harvey Zwegardt.

Out-of-town guests included Dorothy Malone, Palisade, Neb.; Walter Hofman, Victor Hofman and Stanley Hofman, all from Imperial, Neb., and Bill and Charlotte Zwegardt of Sterling, Colo.

Many members of the Salem congregation and local family and friends also attended the celebration.

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Thanks to all the kids and adults that volunteered at the Roadside Park.

Super's proudly raised \$250 for the Kansas Ambassadors Fair Music For Kid's for their Europe Fund!

St. Francis
120 E. Washington
785-332-2064

Rib Eye Steak Dinner

**Rib Eye Steak Sandwich, \$3.00
Baked Beans & Drink \$3.00**

Sat., Oct. 7 ~ 11 a.m.-2 p.m.

Proceeds to go to the SFCHS Drama Club!