

Youth attend show

Dallas Reed, Trevor Reed, Chelsey Weeden and Valerie Wurm, all of St. Francis, attended the 74th Kansas Junior Livestock Show on Sept. 22 and 25 in Wichita. Competition was intense as youth contended for auction premiums and scholarships during the show. The statewide event featured 673 4-H and FFA members from 86 counties exhibiting 1,256 head of livestock. Major sponsors were the Kansas Livestock Association, Kansas State University and the

Wichita Area Chamber of Commerce. Weeden placed second in class 20, Crossbred Market Barrow. Wurm placed first in class 21, Crossbred Market Barrow and 16th in class 2, Crossbred Market Barrow. T. Reed placed 12th in class 18, Crossbred Market Barrow and 16th in class 1 Crossbred Market Barrow. D. Reed placed 16th in both class 1, Duroc Market Barrow and class 1, Hampshire Market Barrow.



MUSIC CLUB members enjoys homemade goodies during the District meeting held at the Library. Bonnie Cram and Janet Carman greeted those that went through the line. *Photo courtesy of Glenn Isernhagen*

Music club hosts District meeting

The St. Francis Music Club hosted the Northwest Kansas District of the Federated Music Clubs on Saturday, Oct. 7, at the St. Francis Public Library meeting room. Homemade "goodies", coffee, juice and tea, and music provided by Louanne Isernhagen on the violin accompanied by Jean Ann Confer, greeted the guests as they arrived.

Members from Atwood, Goodland and St. Francis were present. The meeting was conducted by Birkley Barnes, District President, of Goodland. Following the singing of the music club theme song and opening prayer, St. Francis Club President, Raedell Winston welcomed all members and officers. The Response was given by Gay Dill, State President, of Atwood.

Ms. Winston, Anne Schalker of Atwood, and Sharon Palmquist, secretary from Goodland, gave the report for Linda Lucas, who was not able to attend.

Each president was asked to introduce their members and to share with the group their scheduled activities for the upcoming year. Ms. Dill gave reports from the State and National Conventions and handed out awards to the various clubs for their participation during the 2005-2006 year.

State Chairman of International Music Relations, Ms. Schalker, shared ideas on how local music clubs could reach out internationally as well as how music clubs can help to put music back in local schools. She reported one club had raised money to provide instruments in some other country.



THE ADVANCED music students were part of the entertainment during the meeting.

Entertainment was provided by Helene Landenberger, the Wild Rose Poet, who gave several recitations and entertained the group with songs and yodeling and a group of the St. Francis High School advanced music students, under the direction of Debbie Fiala, who shared several of their musical numbers.

Following adjournment of the business meeting, the group met for lunch at the Main Street Coffee.

Next year's district meeting will be hosted by the Atwood Music Club.



Dean and Erna Blume

Couple celebrate 60th

Dean and Erna Blume will be celebrating their 60th wedding anniversary on Oct. 20. Helping them celebrate will be their children; Linda Marshall and husband, Wayne of Hays, and Roger Blume and wife, Melinda of Goodland, and grandchildren, Richard Marshall of McCook, Jeff Marshall and wife,

Tara of Topeka and great-grandchildren, Spencer and Ethan Marshall of Topeka. Dean and Erna were the second couple to be married at Trinity Lutheran Church in St. Francis. Cards may be sent to the couple at P.O. Box 473, Goodland, KS 67735.

It's 3 a.m. and there's a freight train running through your bedroom.

Apprentice program available in county

The Natural Resources Conservation Service (NRCS) in Kansas has a program that offers a unique chance for high school and college students to experience what it's like to work in natural resources conservation. Through the Kansas Apprentice Program (KAP) students can work as an apprentice in their local Natural Resources Conservation Service field office, area office or state office.

The apprentice program is a way for students to learn firsthand what employees of the service do for agriculture and the environment. All students will be considered for the Kansas Apprentice Program whether they have an urban or agriculture background.

The Kansas Apprentice Program will also offer students an opportunity on starting a career in working with natural resources. An apprentice position allows a student to participate in a variety of hands-on learning experiences, including engineering surveying, staking conservation practices like terraces and ponds, water quality activities, environmental education, and natural resources camps.

Apprentices will gain experience and knowledge that will help them make career choices. Whether or not they go to a college or technical school, their work experience will be good for job applications or resumes. Also, many scholastic scholarships require applicants to have completed some form of community service, and apprenticeship could fulfill those requirements. Applicants must be at least 14 years of age. Hours are flexible to fit the student's schedule.

Prospective apprentices are invited to stop by their local Natural



Ford

Resources Conservation Service office located in the US Department of Agriculture Service Center building on West Highway 36 in St. Francis and talk to the staff about the program. Additional information about the Kansas Apprentice Program and other natural resources activities can be found on the Natural Resources Conservation Services website at www.ks.nrcs.usda.gov. Or contact the KAP State Coordinator, Lonnie Miller, by calling 913-764-1931.



The Sleep Center
At HaysMedicalCenter

Loud snoring – yours or someone else's – can be a sign that something is seriously wrong with breathing during sleep. Snoring and other sleep-related disorders such as sleep apnea, narcolepsy or restless leg syndrome, affect nearly one out of three Americans, making their sleeping or waking hours miserable. Sleep disorders may lead to other major medical problems including high blood pressure and cardiac difficulties.

How's Your Sleep?

- Excessive daytime sleepiness
- Loud snoring
- Breathing cessation or gasps for breath at night
- Uncontrollable attacks of sleepiness
- Trouble at work or school because of sleepiness
- Muscle tension, aching, crawling sensations in legs when trying to sleep
- Leg twitching or kicking at night
- Inability to fall asleep or stay asleep at night
- Depression or fear of falling asleep
- Interruptions to your sleep

Many people suffer needlessly simply because they are unaware that a problem exists. Once detected, most sleep disorders can be corrected. If you answered "yes" to any of these conditions, the Sleep Center at Hays Medical Center can help determine if you have a sleep disorder. Discuss your sleep problems with your primary care physician, or call the Sleep Center at Hays Medical Center today for more information about sleep disorders or scheduling a sleep evaluation.

- Dr. Hrushikesh Vaidya, Pulmonologist**
- Dr. Adeel Pervez, Pulmonologist**
- Dr. Ted Daughety, Certified Sleep Specialist**

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