

McDonald News By Vera Kacirek

"A Tribute to Carol Sramek"
 For everyone in our community who knows the Mike Sramek family this has been the saddest thing that has ever happened.
 The life of Carol Sramek exemplifies all the beautiful traits of a Christian farm-wife. The young woman who came from the city and adjusted so quickly to life on a Kansas farm. She was always beside her husband helping with the farming and the livestock. She instilled in her four children the necessity of a good education, and all four will soon be college graduates.
 She was a loving grandmother, always ready to tell you about her grandchildren. She has a long list of young people who will remember her as their CCD teacher at Church, a substitute teacher at school, or a 4-H leader.
 Our community has lost one of its finest leaders, and our sympathy goes out to Mike, their four children, and their grandchildren.

Citizens Potluck dinner and meeting.
 Tuesday, Feb. 6- Birthday party for Irene Kehlbeck
 Wednesday, Feb. 7- McDonald Area Development Meeting at Noon.
 Wednesday, Feb. 14- McDonald Garden Club Valentine Luncheon at Helen Frisbie's home in Bird City.
 Wednesday, Feb. 14- Drawing for the winners of the McDonald Area Development Valentine Drawing
 Wednesday, Feb. 21- Ash Wednesday, Beginning of Lent
 George Vandegriffe of Atwood was a Tuesday afternoon visitor of Ray and Marlene Johnson.
 Eleanor Swihart accompanied Shirley Swihart of St. Francis to McCook where they attended the Women's Retreat on Friday evening and Saturday.

R.J. and Susie Sabatka were Sunday afternoon visitors of Laddie and Vera Kacirek.
 Shalyn Harris returned to her home in McCook on Wednesday after spending a week with grandparents, Greg and Cheryl Wilkinson.
 Amanda Banister was a Sunday visitor of Amelia Banister and Karlyne Atchison.
 Cristi Antholz came home from Manhattan to attend the funeral of her friend, Megan Sramek's mother.
 Valentine Drawing:
 McDonald Area Development is placing canisters at each place of business in McDonald. With each purchase you can get a chance to win the Valentine drawing. There are two prizes, each a meal for two either at the Frosty Mug or Two Lees.

South of McDonald

Bethel Goltl attended church at St. John Lutheran Church Sunday morning and the pot luck dinner and annual meeting afterwards.
 Ryan and Diane Shay and children were Friday afternoon and evening guests of Joe and Charlene Kramer.
 Dan and Pam Thomas attended

the Mid Continent League Wrestling Tournament Saturday at Hill City where Alex, wrestling for the Norton Bluejays, pinned his way to the championship at heavyweight. Norton was the 1st place team with 5 individual championships and 203 team points. Second place was Smith Center with 149 team points.

Food in America is very affordable

The Cheyenne County Farm Bureau reports that, according to statistics, in just five weeks, the average American will have earned enough disposable income to pay for his or her food supply for the entire year.
 As a result, the Cheyenne County Farm Bureau is celebrating Jan. 29 through Feb. 4 as Food Check-Out Week. The latest statistics compiled by the Agriculture Department's Economic Research Service indicate American families and individuals currently spend, on average, just 9.5 percent of their personal income for food.
 "Not only is American's food supply the world's safest, but it's also the most affordable," said Jeanne Dunn, board member. "our nation's increasing standard of living would certainly be reduced without the safe, abundant and affordable domestic food supply produced by America's farmers and ranchers."
 Food Check-Out Week tracks the amount of income needed by

Americans to purchase food on an annual basis, Mrs. Dunn said.
 The Cheyenne County Farm Bureau is donating \$50 to the Food Pantry to mark the occasion. Members will also put out information in restaurants and give bookmarks to students.
 In comparison to Food Check-Out Week, most Americans work until mid-April to pay their taxes in 2005, according to the Tax Foundation.
 Mrs. Dunn said the high-quality, affordable food we enjoy is a product of our successful food production and distribution system, as well as America's farmers retaining access to effective and affordable crop protection tools.
 This week should hold meaning for most Americans, Mrs. Dunn said. "As food producers, we are concerned that some Americans cannot afford to buy the food they need, but we are proud of the role Kansas farmers play in making our food supply more affordable for all.
 The percent of disposable personal income spent for food has de-

clined over the last 34 years. The United States Department of Agriculture figures show food is more affordable today due to a widening gap between growth in per-capita incomes and the amount of money spent for food.

Bird City News

Bill Zerfas, son of Dave and Connie (Rambat) Zerfas, was in an unfortunate accident in that he fell some distance off a balcony in Cancun, Mexico, while on a business trip and broke 10 ribs and severed his spine and is currently paralyzed from the waist down. He is in therapy in Baltimore, Md where he lives and his parents along with his fiancé Rene are nearby supporting him in this lifetime change. He is doing quite well considering everything and cards of encouragement would be appreciated. His address is: Bill Zerfas, Kernan Rehabilitation Hospital, 2200 Kernan Drive, Baltimore, MD 21207.

First Baby Contest

We're celebrating the first special delivery of the Year 2007! The winning baby and parents will receive these bundles of gifts, courtesy of these businesses.



Parents Rules:
 1. The parents must have lived in Cheyenne County for at least one month.
 2. The Saint Francis Herald office must be notified as quickly as possible after the birth. The Herald's number is 785-332-3162.
 3. A 60-day limit following the baby's birth is required for taking advantage of these outstanding gifts & services.

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Taste of Home Cooking School
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February 20, 2007
6:30 p.m. Mountain Time
 Doors open at 5 p.m.
\$8 per person
Max Jones Fieldhouse
 13th & Arcade, Goodland, Kan.
 Sponsored by
The Goodland Star-News

For tickets, please send a self addressed stamp envelope to Goodland Star-News at 1205 Main, Goodland, Kans, 67735.

Number of Tickets x \$8=

Tickets also available at *The Saint Francis Herald, Colby Free Press, The Norton Telegram, The Oberlin Herald and Western Times.*