



Casey's Comments

**By Casey McCormick**  
*scmccormick@nwkansas.com*

Super Bowl 42 sure was one for the record books. The New England Patriots were riding an 18 game winning streak. It seemed more like a formality to play the game, everyone knew the Patriots would win.

But then the upstart New York Giants showed up and spoiled what should have been a cake walk. Did the odds makers and football analysts forget to tell the Giants that they were supposed to lay down?

It was refreshing to see the unimaginable happen. In so many ways life seems so predictable. We get up. We get the kids up. We get ready for work. The kids get ready for school. We go to work. They go to school,....

In a way, predictability is good in that it provides a safety net and feeling of normalcy. But in sports, predictability can lead to the kind of excitement that Super Bowl 42 offered.

About the only group of people who thought that the Giants had a chance was the Giants. Their defense muscled Tom Brady and his

offensive line all day. Brady was sacked five times in the game, versus 21 sacks total in the previous 18 games.

Eli Manning, the quarterback with a pedigree but not the record to back it up, led his team to the improbable victory.

The younger Manning joined his older sibling, Payton, as the only brothers to have won back-to-back Super Bowls and game Most Valuable Player awards.

What's the lesson from all of this? It is that, that is why the game is played.

If the winner were chosen ahead of time than certainly, the Patriots would have won another championship. But that's not how it works.

The Giants win reminded me another New York team who beat the odds. In 1969 the New York Jets were heavy under-dogs to the Baltimore Colts. A rebellious quarterback, named Joe Namath, predicted that his team would beat the odds, which they did.

Congratulations to Eli Manning and the New York Giants for defying the numbers and playing the game.

Letters From Linda

**By Linda Schneider**  
*dublins@hotmail.com*

I just have to ask, "How are those New Year's Resolutions going?"

It is the first week of February and, by now, statistics show that not many have made it this far with their resolutions.

I would venture to say that more than half have already quit, and it is not from lack of desire either. There are many great reasons to have a resolution and in January, I mentioned what I thought about the subject.

Resolutions are typically made to solve a problem and must be met with *fortitude* to stand up to the challenges that come with the changes a resolution makes. Finally, so that nothing stands in your way to make those resolutions succeed, there needs to be *intent*.

I want to be your cheering section for a moment. While most

do not succeed in fulfilling their desire to see a resolution through, think of how many do not even think they *need* a resolution. However, this in not about them, this is about you and me.

When change is desired, it is *usually* for the best. The best for yourself and for everyone close to you. Whether you have fallen off the wagon or fallen off the treadmill, get back on track by recommitting to your resolution and you will succeed. I know that success is risky business to some, because there is also the risk of failing.

One of the world's greatest inventors, Thomas Edison, had many failures before he invented the light bulb. One of my favorite quotes by Mr. Edison is, "Many of life's failures are experienced by people who did not realize how close they were to success when they gave up."

Now go and experience some success, you deserve it.

Contest encourages safety mindedness

The Farm Bureau Safety Poster contest is winding down with all posters due at the Farm Bureau office by Wednesday, Feb. 13. Poster paper can be picked up at the Farm Bureau office.

In an effort to reduce accidents by developing "safety-minded" youth, Kansas Farm Bureau has sponsored the Safety Poster Program for over 40 years.

"An effective safety poster displays one main idea," said Alisa Rath, county Farm Bureau coordinator. "It's always interesting to see what safety topics the kids choose."

The three divisions are: Grades first and second; grades three and

four; and grades five and six. Posters submitted for competition at the state level must have a legible name and address to be judged.

Poster board can be picked up at the Farm Bureau office at 102 E. Washington, St. Francis. Each child entering the contest will be given a pencil pack. The three winners from each division in Cheyenne County will receive a Kansas Farm Bureau backpack, certificate of achievement and recognition at the annual county meeting in August.

For additional information, contact the Cheyenne County Farm Bureau at 785-332-3312.

**The Bird City Times**  
 (USPS 056-720)

*Serving the communities of Bird City and McDonald*

Casey McCormick, Editor  
 Melinda Basnett, Associate Editor  
 Karen Krien - Publisher  
 Shawn C. McCormick - Adv. Mgr.  
 Periodicals postage paid at Bird City, Kansas 67731-0220  
 Phone (785) 538-2289  
 Fax (785) 332-3001  
 Or Phone (785) 332-3162  
 E-Mail [bcitimes@nwkansas.com](mailto:bcitimes@nwkansas.com)  
 Published every Thursday  
 \$30 per year in Cheyenne and surrounding counties; other in-state and all out-of-state subscriptions, \$34 (strictly in advance).

Postmaster: Send address correction to P.O. Box 220 Bird City, Kansas 67731-0220

Official City Newspaper  
 Published Weekly By  
 Nor'West Newspapers, Incorporated  
 Bird City, KS 67731

**Bird City Times**

Renew your *Times* subscription or subscribe today!

RATES  
 Kansas - \$30  
 Out-of-State - \$34  
 College:  
 Kansas - \$27  
 Out-of-State - \$30

Just cut out this coupon and mail it to:  
**The Bird City Times**  
 Rich Ave.-Apt. 10  
 Bird City, Kansas 67731

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 State \_\_\_\_\_  
 Zip \_\_\_\_\_

**American Profile**  
 Celebrating Hometown Life  
 See American Profile magazine in this week's issue of

**The Bird City Times**  
 (available in local area only)

Brought to you by  
 The Times

**"Your sponsorship could be right here.**  
**For more information contact: Casey at 785-332-3162**

Bulletin Board

**Bird City Community Club**  
 The Bird City Community Club will meet at 6:30 p.m. on Monday, Feb. 11, at the Heritage Corner Cafe.

**Senior Center birthday**  
 The Bird City Senior Center monthly birthday party will be held at 3 p.m. on Monday, Feb. 11.

**Labels for Education**  
 Cheylin School will be collecting Campbell's Labels for Education. If someone in the community wants to donate either Box Tops for Education or Campbell's Labels for Education, there is a Campbell's soup can in the school cafeteria to place your donation. If you would like to credit a certain student, place the labels in an envelope and put the student's name on it.

**Ice cream party**  
 Cheylin School held a contest to see who would collect the most Box Tops for Education. The fifth graders collected the most, and will be treated to a Sunday party.

**Murder Can Be Habit-Forming**  
*Murder Can Be Habit-Forming*, directed by Neala Carmichael and Colleen Gardner and produced by On Stage Inc., is set for March 15 at 4 p.m. and 7 p.m. at the St. Francis high school auditorium. See related ad.

**Alzheimer's/Dementia Support**  
 There will be an Alzheimer's/Dementia Support Group meeting at 7:30 p.m. on Monday at the St. Francis Public Library.

**Wildlife banquet**  
 The Cheyenne County Wildlife annual banquet will be held on March 14. More information will be available in the weeks to come.

**County Commissioners**  
 The Cheyenne County Commissioners will meet at 8 a.m. Friday, Feb. 15, in the commissioner's room at the courthouse.

**Fair Board**  
 The Cheyenne County Fair Board will meet tonight (Thursday).

**Veterans Affairs**  
 Jody Tubbs, of the Kansas Commission on Veterans' Affairs, will be in St. Francis at 9:30 a.m. today (Thursday) at the county clerk's office.

**Recovery Today/Narcotics Anonymous**  
 Recovery Today group of Nar-

cotics Anonymous meets at 8 p.m. on Sunday nights at the United Methodist Educational Building. Call (785) 332-6542 or 8607 for more information.

**Sainty Serenity Seekers/Alcoholics Anonymous**  
 Sainty Serenity Seekers open meeting of Alcoholics Anonymous is held at 7:30 p.m. each Thursday evening at the United Methodist Education Building at 104 W. Webster, St. Francis. Call (785) 332-6542 for more information

**Family Shelter**  
 Northwest Kansas Family Shelter provides 24-hour-7 day-a-week

services to victims of domestic violence and sexual assault. Weekly support groups are available for women and children within the northwest Kansas area. For information or if you are in need of assistance, please call the toll-free number 1-800-794-4624.

Low-cost extension program offers people health benefits

The Cheyenne County Extension office will once again be offering Walk Kansas, a health and fitness program.

The opportunity encourages teams of six to compile miles equal to the distance - 423 miles - across the state, said Sharolyn Jackson, Walk Kansas state coordinator, who is based on the K-State campus in Manhattan.

Although introduced six years ago to encourage walking, Walk Kansas has expanded to also count 15-minutes of moderate physical activity such as hiking, biking, swimming, water aerobics or other individual and team sports as one mile toward a Walk Kansas' team goal, said Ms. Jackson, who also is K-State Research and Extension's northeast area family and consumer sciences specialist.

"Activities can vary, yet the team approach helps make this fitness program one that works," Jackson said. "A little friendly pressure from friends, family, co-workers or others may be all that it takes to encourage teammates who may be having an off day to get moving."

Being able to exercise near your home or workplace also is a plus, she said.

**Starts March 9**  
 With Walk Kansas 2008, scheduled March 9-May 3, Ms. Jackson is encouraging:

- Most of those who enroll meet their goal. And, people who have participated in the program in recent years often will say they look better, feel better, have more energy, improved sleep habits, lower blood pressure, lose weight and notice a difference in how their clothes feel.
- Regular moderate physical activity also is known to reduce the risks of heart disease, diabetes and some cancers, including colorectal and breast cancer.

The cost to participate is affordable, she said. A \$5 registration fee covers program materials and weekly newsletters with food, nutrition and health tips and recipes. An optional T-shirt - this year's color choices include lavender and grey - also can be purchased.

In 2008, the "Healthy Eating for Life" series of cooking videos is being expanded to include instructions for roasting summer vegetables, making crispy, whole grain waffles and a roast turkey panini sandwich.

The cooking videos are practical, said Jackson, who offered the example of the tips for using leftover roasted vegetables to create a dinner salad, oven casserole or homemade pizza.

The videos will be added to the Web site ([www.walkkansas.org](http://www.walkkansas.org))

during the 2008 program, Ms. Jackson said.

The fitness program has typically proved popular with families, friends, neighbors and co-workers.

Don't know others who are interested? Call the local extension office and ask to be paired with others looking for a team.

"It's a great way to meet new people," said Ms. Jackson, who noted that during the six-year history of the program as many as 60 percent of the participants in Walk Kansas have had no prior experience with Extension programs.

More information about registration for Walk Kansas 2008 is available at county and district K-State Research and Extension offices and on the Walk Kansas Web site: [www.walkkansas.org](http://www.walkkansas.org).

Club Clip

**American Legion Auxiliary**  
 The American Legion Auxiliary met on Feb. 1, with 15 members present. This was a special luncheon put on by Hulda Dorsch to take the place of the Christmas lunch that was cancelled due to the snow. Members all had a great time of fellowship as they enjoyed the delicious meal with the neat decorations made special by Carol Marsh. The dessert was provided by Doris Amsberry and Meta Dankenbring.

After the meeting, those attending played games where they passed presents while music was playing and then started unwrapping presents when the music stopped. As the music started again, they passed the presents again until the music stopped. Each received a nice little gift. Then members played a game of

how much they knew about the presidents. Even though it was multiple choice, this was really tough on some of them, as there were some questions that they really didn't know. These questions were based on little known facts about past presidents.

Cards were passed around for Mary Shahan, Arlene Bruder and Marj Hickert, who are members but are in nursing homes and not able to be here.

Valentines were collected and small gifts were given to Mary Shahan this month and will remember Arlene Bruder and Marj Hickert in the next couple of months.

All eligible ladies are encouraged to come join the work to support the troops and the veterans who are serving and have served to keep the freedoms that people have in this country.

School Menu

*Editor's Note: Around this time of year, Cheylin lets each class choose their favorite school lunch menu, then features one class menu a week.*

*This week it is the eighth grade. Parents, join your kids for lunch this week!*

**Monday, 2/11**  
 Breakfast: pizza, juice, toast, assorted cereal and milk  
 Lunch: hamburger gravy, mashed potatoes, bread, salad bar, fruit and milk

**Tuesday, 2/12**  
 Breakfast: sausage biscuit, juice,

toast, assorted cereal and milk  
 Lunch: corn dogs, nachos, cheese sauce, salad bar, fruit and milk

**Wednesday, 2/13**  
 Breakfast: English muffin, hard boiled egg, juice, toast, assorted cereal and milk  
 Lunch: chicken fried steak, mashed potatoes with gravy, breadsticks, ice cream, salad bar, fruit and milk

**Thursday, 2/14**  
 Breakfast: ham casserole, juice, toast, assorted cereal and milk  
 Lunch: sloppy joes, dessert, salad bar, fruit and milk

**COMING SOON**  
 to [www.birdcity.com](http://www.birdcity.com)

Featured Business of the Month & Bird City Alumni & Cheylin Alumni address update form

**BIRD CITY CENTURY II**  
 Development Foundation  
 785-734-2556  
 WWW.BIRDCITY.COM  
 "FOR GOOD. FOR EVER."

SHOWTIME: 7:30 p.m. 1 hr. 40 min.

**I Am Legend**  
 Feb. 8, 9 & 10  
 Action/Adventure, Science Fiction/  
 Fantasy, Thriller, Adaptation and  
 Remake  
 Will Smith, Alice Braga, Dash Mihok, Salli Richardson-Whitfield, Charlie Tahan  
 Rating: PG-13 for intense sequences of sci-fi action and violence

**CHEYENNE THEATER** St. Francis, KS  
 785-332-2747  
 Children 12 & Under: \$3 All Others: \$5

**Ron Paul: A Friend of Life**

"I support Ron Paul for President... He has never wavered on the issue of being pro-life and has a voting record to prove it. He understands the importance of civil liberties for all, including the unborn."

-Pro-life activist Norma McCorvey "Jane Roe" of Roe v Wade

Dr. Ron Paul is a licensed OB/GYN who has personally delivered over 40,000 babies

- Support Ron Paul in your local Republican Caucus Saturday, February 9 - Find out how at [www.RonPaul2008.com](http://www.RonPaul2008.com) or call 913-963-6858  
 Paid for by Stephen Stute, Kansas Coordinator, Ron Paul Presidential Campaign Committee [www.RonPaul2008.com](http://www.RonPaul2008.com)

**CHEYENNE COUNTY HOSPITAL** 210 W. 1st • St. Francis, KS  
 785-332-2104

Please remember to visit the Cheyenne County Hospital website at [www.cheyennecountyhospital.com](http://www.cheyennecountyhospital.com).

We have added two new sections to the website which include newborn arrival pictures and the option to pay your bill online. Please check these out on the website.