

Casey's Comments

By Casey McCormick

With the fresh slate of a new year in front of us, it seems like a good time to look where we stand as a nation.

Much of what is seen in the media today paints a bleak picture of the U.S. Although new leadership is taking the reigns we are still expecting a rough ride.

The economy is in shambles. Many folks are concerned about paying their bills, holding their jobs and staying in their homes. And that's just on the home front.

For me, at times like this, it's helpful to know a bit about American history. Our great nation has had "ups" and "downs" before. Whether the storm our ship of state is sailing through is caused by financial challenges, civil unrest or outside forces, we have made it to brighter days.

One of my favorite historical giants is Winston Churchill. It is said he is the only man to report, make and prophesies about history. Having a British father and American mother gave him a unique perspective of both nations.

In uncertain times it helps to remember his words that followed the Japanese bombing of 1941.

"Silly people might discount the force of the United States. Some said they were soft, others that they would never be united. They would fool around at a distance. They would never come to grips. . . But I had studied the American Civil War, fought out to the last desperate inch. American blood flowed in my veins. . . I went to bed, and slept the sleep of the saved and thankful."

That same spirit still exists in Americans. No doubt we will survive these troubled times as well.

Letters From Linda

By Linda Schneider

It's time again to make your New Year's Resolution, if you think it's necessary.

Maybe you are like me, tired of making the same resolutions over and over again. This year is going to be different for me. I am not going to exercise more! I am not going on a diet to lose more weight! Hallelujah! I have been set free!

I am now free to enjoy my daily life and family meals without guilt. It does not mean that I will indulge in gluttony or slothfulness, but I do plan on learning more about nutrition and take part in activities that are appropriate for my age. One thing I have recently learned is that if I am 20 percent over my ideal weight and have no health problems, I am fine. Yahoo!

I think sometimes we measure

ourselves up to a standard that is not realistic — I know I have. Maybe your weight is not a problem, maybe you want to make more money, change jobs, get a promotion, or any number of other things, and I am not saying those changes are wrong.

But, what if change does not happen or better yet, what if it does? Will you get the recognition you desire? Let me share an experience, I lost 30 pounds some time back and not many people even noticed — I mean that. In addition, I gained back 15 pounds of it, and no one noticed that either.

This year my resolution is going to be more of an inner change than an outer one. I want to learn more of who I am in Christ and His purpose for me. Spending more time with Jesus causes change that everyone notices and I mean that.

Bird City News

Maude Elliott accompanied Gwen Boswell to Loveland, Colo., where Gwen spent Christmas with her daughter and family. Bob and Becky Babcock picked Maude up

and took her to their home in Castle Pines, Colo. Later, Gwen came to Castle Pines and stayed several days before they returned to Bird City on Sunday.

The Bird City Times

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Bulletin Board

Grandparents night

All Cheylin grandparents will be recognized during the boys varsity basketball game on Jan. 9, against Dighton at McDonald during half-time. All grandparents will receive free popcorn compliments of the Cheylin Booster Club.

Open House planned

Neitzel Insurance will be holding an open house from 1 to 5 p.m. on Wednesday, Dec. 31.

Cheylin sports

Cheylin basketball teams will play

their first games of the year, with the high school team at 4 p.m. on Tuesday, at Sharon Springs and junior high team 4:30 p.m. on Thursday, Jan. 8, at Sharon Springs.

Financial aid

College financial aid information for Cheylin seniors and their parents is 7 p.m. on Wednesday, Jan. 7, in the school library.

Herald/Times

New Year's holiday: The Herald and Times offices will close at noon on Wednesday, Dec. 31, and all day

on Thursday, Jan. 1, and Friday, Jan. 2. Deadline for news, pictures and ads is the normal 5 p.m. on Monday, (Dec. 28). The papers will go to the post offices on the normal schedule of Wednesday afternoon.

Narcotics Anonymous

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

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

NW Kansas 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 in need of assistance, please call the toll-free number 1-800-794-4624.



Last week's Times had this little girl incorrectly identified. Her name is Marcy Moberly.

Correction

In the article, "Santa Claus comes to town" in the Dec. 25 issue of the Times, the writer was given incorrect information. Miah Hackney, not Miah Miller, won the girls' bike at Santa Day in Bird City.

School Menu

This week features the kindergarten student's favorite.

Monday, Jan. 5

Breakfast: biscuits, bacon
Lunch: chicken fajitas, rice

Tuesday, Jan. 6

Breakfast: waffles
Lunch: frito chili pie

Wednesday, Jan. 7

Breakfast: cherry wraps
Kindergarten lunch: hot dogs, macaroni and cheese, corn, strawberries with bananas and

fudge bars

Thursday, Jan. 8

Breakfast: oatmeal, fruit
Lunch: taco salad, vegetables, dessert

Friday, Jan. 9

Breakfast: scrambled eggs
Lunch: tomato soup, grilled cheese sandwich
Every breakfast is served with toast, cereal, juice and milk
Every lunch is served with salad bar, fruit and milk

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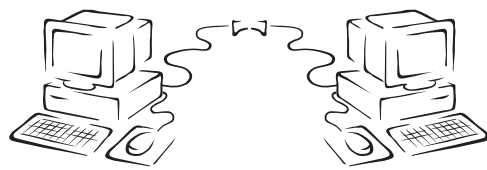
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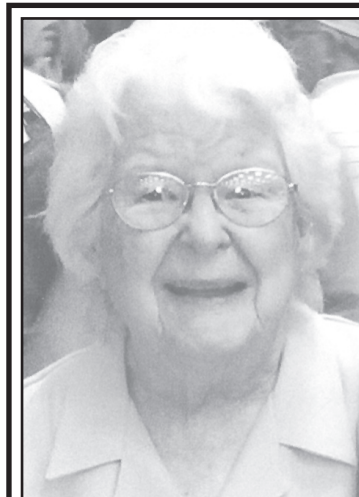
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