

Check out new gift items for Christmas

Wood accent furniture marked at 10% off

Carpet Sale — Ends Jan. 1st, 2010



Schultz's Ltd
"The Furniture Store"

114 W. Washington • St. Francis
785-332-2833

Uptown Thanksgiving Specials

Norbest Turkeys	89¢/lb
Norbest Bone-In Turkey Breast	\$1.39/lb
Swift Butterball Turkeys	\$1.29/lb
Deli Fresh Cranberry Salad	\$3.49
Deli Fresh Pumpkin Spice Dessert	\$3.49/lb
Deli Fresh Cranberry Cheesecake	\$3.49/lb
Delallo Fresh Olive Medley	\$2.99
New French Bakery Take N-Bake Dinner Rolls	\$1.99

Hilltop Thanksgiving Specials

Dole Crisp Celery (per stalk)	88¢
Green Giant Baby Carrots (1 lb bag)	77¢
Zesty Red Radishes (1 lb bag)	99¢
Seedless Red Grapes (per bag)	\$2.99
Blue Bunny Whipping Cream or 1/2 & 1/2	99¢
Land-O-Lakes Sour Cream, 16 Oz.	\$1.49
Swanson Chicken or Beef Broth (per can)	89¢
Cool Whip (light or reg.)	2/\$3
Blue Bunny Ice Cream (1/2 gal.)	\$2.99
Libby's Canned Pumpkin	2/\$3
Carnation Evaporated Milk	\$1.19
Hudson Cream Flour, 5 lb bag	\$2.89

Hilltop Fresh Christmas Tree Lot opens Friday, Nov. 27



Hwy. 36 & Benton St. • 785-332-2277

Uptown Meat Market & Deli

413 E. Washington St. • 785-332-2774

Friday Lunch Special
Chili Plate \$6.75



Friday Night Special
Shrimp \$11 or Prime Rib \$12.95
Saturday Night Special
Ribeye Steak \$13 or Shrimp \$11

Sign-up for our giant stocking giveaway!

Gift Certificates

Discover how tasteful our gift certificates are! Gift certificates make the perfect stocking stuffer or last-minute gift idea. Pick one up for that hard-to-buy-for relative, friend or business associate.

CLOSED November 27

Park Hill RESTAURANT & LOUNGE

Hwy. 36 • St. Francis • 785-332-2255

Hot Tip From Santa!

Buy the gift for that hard to please person ..

It's the Gift that keeps on giving -- 52 times a year!



Get them a subscription to:

The Saint Francis Herald
Bird City Times

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Moments With Mila

By Mila Bandel



County Health Nurse

Pneumococcal (Pneumonia) Vaccines

During the 2009-2010 influenza season, pneumococcal vaccines can be useful in preventing second-hand pneumococcal infections and reducing illness and death among those infected with influenza viruses. Currently, a pneumococcal polysaccharide vaccine (PPSV) is available for prevention of pneumococcal disease among adults and children 2 through 64 years who are at increased risk for pneumococcal disease. All children less than 5 years of age should continue to receive pneumococcal conjugate vaccine (PCV7) according to existing recommendations.

Use of pneumococcal polysaccharide vaccine during the 2009 H1N1 influenza pandemic

The Center of Disease Control's Advisory Committee on Immunization Practices recommends a single

dose of pneumococcal polysaccharide vaccine for all people 65 years of age and older and for persons 2 through 64 years of age with certain high-risk conditions such as diabetes, chronic obstructive pulmonary disease, emphysema, congestive heart failure, cirrhosis, immunocompromised patients, nursing home residents and long-term care facilities

Most people in these groups are at increased risk of pneumococcal disease as well as serious complications from influenza virus infections. A single revaccination at least five years after initial vaccination is recommended for people 65 years and older who were first vaccinated before age 65 years. A single revaccination is also recommended as well as for people at highest risk of disease, such as those who have

functional and anatomical asplenia, and those who have HIV infection, AIDS or malignancy and have at least five years elapsed from receipt of first vaccination.

All people who have existing indications for pneumococcal polysaccharide vaccine should continue to be vaccinated according to current ACIP recommendations during the 2009 H1N1 influenza pandemic. Special emphasis should be placed on vaccinating people 2 through 64 years who have established high-risk conditions for pneumococcal disease, pneumococcal polysaccharide vaccine coverage among this group is low and this group may be more likely to develop secondary bacterial pneumonia after an influenza infection.

Use of pneumococcal polysaccharide vaccine among people

without current indications for vaccination is not recommended at this time.

Simultaneous administration of pneumococcal polysaccharide vaccine and influenza vaccines

Pneumococcal vaccine can be given at any time during the year and may be given at the same time as influenza vaccine. Visits for seasonal and 2009 H1N1 influenza vaccination provide a convenient time to evaluate patients for the need for Pneumococcal vaccination. Persons who cannot remember if they've ever had pneumococcal vaccine should still be vaccinated.

For more information, contact the county health department at 332-2381 regarding the pneumonia vaccine.

Holiday mailing facts told

With the holidays just around the corner, the United States postal service has published mailing tips to avoid those glitches that could slow down packages and letters from reaching their destinations on time.

Getting the packages and letters on time is important and dates to remember are: Dec. 4 is the deadline for military mail destined for Iran or Afghanistan. Parcel post should be out by Dec. 16. First-class mail by Dec. 21. Priority mail, the best shipping bargain, by Dec. 21, and express mail by Dec. 23. Express mail delivery occurs on Christmas Day in many metropolitan areas.

Print addresses clearly, include all address elements like apartment and suite numbers. Include "to" and "from" information on packages and only on one side. Mark fragile packages "Fragile" in large print on the outside of the box.

Never guess a zip code. No zip code is better than a wrong zip code. Select a box that is strong enough to protect the contents. ReadyPost boxes are available for convenience, and express mail and priority mail boxes, envelopes and tubes are free at local post offices.

Cushion contents with shredded

or rolled newspaper, bubble wrap or styrofoam peanuts. Plain air-popped popcorn is also good for cushioning, inexpensive and environmentally friendly. Pack tightly to avoid shifting.

Always use tape that is designed for shipping, such as pressure-sensitive tape, nylon reinforced craft paper tape. Do not use wrapping paper, string, masking tape or cellophane tape.

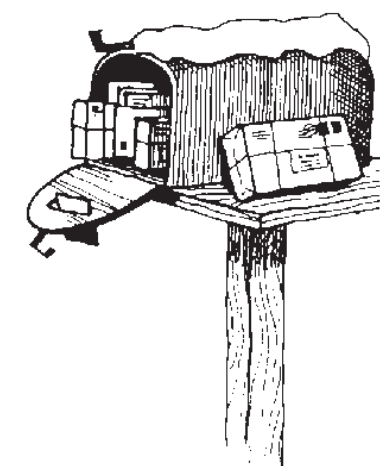
Place an extra label or notice with the delivery and return addresses inside the package, this ensures the

safe return of an item that could not be delivered should the outside label become damaged or fall off.

Remove batteries from toys. Wrap and place them next to the toys in the mailing box. It is recommended to include the new batteries in the manufacturer's packaging.

Stuff glass and fragile hollow items, like vases, with newspaper or packing material to avoid damage. When mailing framed photographs, take the glass out of the frame and wrap separately.

Customers preparing international



packages can complete custom forms, pay postage, print a shipping label and receive a discount online at www.usps.com/clickship.

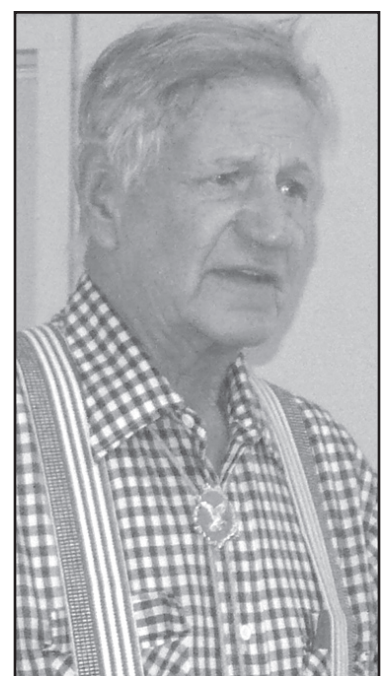
Historical association holds annual meeting in Oakley

The Hi-Plains Historical Association annual meeting was held Nov. 1 at the Colonial Steakhouse in Oakley. Reports were given by representatives from Logan/Thomas, Rawlins, Gove and Cheyenne counties.

Representing Cheyenne County were Fred Magley and Helene Landenberger who reported on the progress of marking historical sites, creeks and trails. An auction was held at the Bird City American Legion hall on Saturday. This is the first project in preparing for the city's 125th year celebration which will be held on June 12. The Kansas Day celebration, to be held on Jan. 29, will mark the official opening of the sesquicentennial year.

Jeff Reinert, who organized the 150th year observance of the Leavenworth and Pike's Peak Stage Line and Express, was asked to report on the festivities of that event which was held at Ludell (Station 17) on May 9.

Among the election results, Ms. Landenberger was elected to fill the remaining two years of Eileen Rhea's third term. Others now serving but not up for election include: Marshall Rhea, chair-



Fred Magley speaks

man; Marsha Magley, secretary/treasurer; Fred Magley, Billie

Flora, Helene Landenberger, Delbert Powell, Ruth Kelley Hayden Rosemary Powell and Cathy Leighton, all directors; and Jade Kruse public relations.

The program, "The Texas/Great Western/National Cattle Trail," was presented by Ms. Landenberger and Mr. Magley. They concentrated on the history of the south-north trail as it worked its way westward from Abilene to the Kansas-Colorado state line (1866-1886). Mr. Reiner had nine Texas trail markers set in Jewell County. Mr. Magley has four markers set in Rawlins County and eight western trail markers set in Cheyenne County.

To close their part of the program, members and guests joined in singing "Head 'Em Up and Move 'Em Out," an original composition by Ms. Landenberger.

In closing, Mrs. Magley led in the reading of "Ride The Trail of Life," written by Charles Heste of Benkelman.

Counties qualify for disaster aid

The U.S. Department of Agriculture has designated Cheyenne, Rice and Sherman counties in Kansas as primary natural disaster areas because of losses caused by high winds and hail that occurred from July 17, through Sept. 3.

"President Obama and I understand these conditions caused severe damage to the area and serious harm to farms in Kansas and we want to help," said Agriculture Secretary Tom Vilsack. "This action will provide help to hundreds of farmers who suffered significant production losses to corn, dry beans, sorghum, soybeans, sunflowers and wheat, as well as grasses and forage."

Farm operators in the counties listed below in Kansas also qualify for natural disaster assistance because their counties are contiguous. Those counties are: Barton, McPherson, Stafford, Ellsworth, Rawlins, Thomas, Logan, Reno and Wallace.

Farm operators in the counties listed below in the adjacent states of Colorado and Nebraska also qualify for natural disaster assistance because their counties are contiguous. Colorado: Kit Carson and Yuma; Nebraska: Dundy.

All counties listed above were designated natural disaster areas Nov. 6, making all qualified farm operators in the designated areas eligible for low interest emergency (EM) loans from U.S. Department of Agriculture's Farm Service Agency (FSA), provided eligibility requirements are met. Farmers in eligible counties have eight months from the date of the declaration to

apply for loans to help cover part of their actual losses. The Farm Service Agency will consider each loan application on its own merits, taking into account the extent of losses, security available and repayment ability. The Farm Service Agency has variety of programs, in addition to the low interest emergency loan program, to help eligible farmers recover from adversity.

The agricultural department has also made other programs available to assist farmers and ranchers, including the Supplemental Revenue Assistance Program (SURE), which was approved as part of the Food, Conservation, and Energy Act of 2008; the Emergency Conservation Program; Federal Crop Insurance; and the Noninsured Crop Disaster Assistance Program. Interested farmers may contact their local Service Centers for further information on eligibility requirements and application procedures for these and other programs. Additional information is also available online at: <http://disaster.fsa.usda.gov>.

Farm Service Agency news releases are available on their Web site at: <http://www.fsa.usda.gov> via the "News and Events" link.



Christmas ON US

Barbara and Mike Grover

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