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THE ANNUAL WHEELER SUPPER was held Friday night with the dining room full and some people were waiting for a place to set. The supper is held on the Friday before Thanksgiving every year and people just mark it on their calendar.
Herald staff photo by Karen Krien

Moments With Mila

By Mila Bandel
County Health Nurse



Understanding food labels

The holidays are soon approaching and those making meals need to try making food choices by understanding and comparing nutrition. Do you know how to read a food label? What does all that information mean?

Total Carbohydrate...carbohydrate is a nutrient considered to be the body's main source of energy (calories). "Total Carbohydrate" on a food label includes fiber and sugars (both naturally occurring and added).

Dietary Fiber...a non-digestible carbohydrate found in foods such as whole grains, fruits, vegetables, and legumes. It is a dietary component that most Americans need more of...along with vitamins A and C, calcium and iron.

Percent Daily Value (%DV)...percentage of which a specific nutrient in a serving of a particular food contributes to the daily value...or need (100 percent) for that nutrient. The Daily Values (DVs) are reference points for intakes determined by public health experts and are considered general guidelines based on a 2,000 calorie daily intake.

If your calorie needs are higher, then the percent listed on the label would be lower, and conversely, if your calorie needs are lower, then the percent listed will actually be higher. The percent Daily Value can tell you whether a food product is a low, good, or excellent source of that particular nutrient. Low Source...5 percent or less of nutrient; Good Source...10 to 19 percent of nutrient;

Excellent Source 20 percent or greater of nutrient.

The percent Daily Value is a good guide to use when comparing food choices based on the content of certain nutrients.

Protein...another energy-providing nutrient for the body with many important functions, one of which being cell/body tissue growth and repair.

Serving Size...a set amount recognized by the U.S. Food and Drug Administration (FDA) as one that is commonly consumed by most people for that product. This amount is presented in common household measure as well as metric weight. Nutritional information on labels is given on a per serving basis...not per container. This is very different from a portion, which is the amount that people actually end up eating in one sitting. Knowing how much you are actually eating relative to the serving size listed, will help you determine how many calories and how much of the listed nutrients you are getting.

Servings Per Container...The number of single servings in an entire package of food. Information reflected in the Nutrition Facts Panel is for a single serving. If you eat more than one serving or prepare the whole package, multiply the Nutrition Facts Panel figures by the number of servings you consume. Referring to the Nutrition Facts Panel example, the serving size listed is 1 cup, which provides 25 calories. If you were to actually eat 2 cups, then you would get 50 calories.

Sodium...This nutrient should be limited according to the Dietary Guidelines for Americans.

Other words for "salt" on an ingredient statement are: sodium chloride, sodium caseinate, monosodium glutamate, trisodium phosphate, sodium ascorbate, sodium bicarbonate and sodium stearoyl lactylate.

Sodium free...product must contain less than 5 milligrams of sodium per serving.

Very low sodium...product must contain 35 milligrams or less of sodium per serving.

Sugar...Sugar is a type of carbohydrate. Some sugars are naturally occurring, while others are added. Be aware of other words for "sugar" that are often listed on an ingredient statement: sucrose, dextrose, corn syrup, high fructose corn syrup, cane juice, fructose, glucose, honey and maltodextrin. These words indicate sugar has been added to the food product. Choose and prepare foods and beverages with little added sugars.

Total fat, saturated fat, trans fat and cholesterol...These nutrients should be limited, according to the Dietary Guidelines for Americans, the science-based dietary health report that provides information and advice for choosing a nutritious diet. It is published by the U. S. Department of Agriculture and Health and Human Services.

Saturated Fat...fat negatively associated with heart health, coming mainly from animal foods and certain oils; typically solid at room temperature.

Trans Fat...fat negatively associated with heart health, formed during the hydrogenation process (when a softer or unsaturated fat is processed to become more firm or solid), but can be found naturally in some foods. Most trans fat in the diet comes from hydrogenated fats.

Cholesterol...waxy, fat-like substance negatively associated with heart health; produced naturally in the body and found in all foods of animal origin.

Fat free...To make this claim, a product must contain less than 0.5 grams of fat per serving.

Low fat...This type of product must contain 3 grams or less of fat per serving.

Ingredients shown on a product label are listed in order of predominance by weight. The ingredient that weighs the most is listed first, and the ingredient that weighs the least is listed last. If sugar is listed first, for example, that means that there is more sugar in the product than other ingredients.

Good and Excellent...These words on product packaging carry specific, legal meaning as defined by the U.S. Food and Drug Administration.

Good Source...10-19 percent of nutrient.

Excellent Source...20 percent or greater of nutrient.

For more information on reading a food label, contact the County Health Department at 332-2381.

Heritage Quest

By Dorothy L. Mast

These articles are written to bring an awareness of how important the heritage of the past is to all of us. The dictionary explains it as "handed down from the past," but in reality it is how we relate to the past that is important.

In the life style of today we fail to place much importance upon the past. We often place it in the "ho hum" category.

This must bring great sadness to the grandparents and great-grand-

parents when their life stories seem to have very little value.

Among the early settlers of the Bird City area, there were unsavory characters that came to exploit the land and the people.

Others came seeking religious freedom and some came to escape landlord tyrants, religious persecution or military conscription; however, when the chaff is separated from the wheat, we find those sincere, hard working men and women dedicated to the task

of cultivation the land, building homes, churches, schools and businesses to create a viable community.

The hardships and trials they endured to accomplish this should be honored as a great part of the history of Bird City. We are continuing to search for the living descendants of these homesteaders and early town residents.

Bird City township 3Rg 38 homestead patents in sections: Bowans, Lincoln-9; Bowans,

Henery-11; Boyer, William-4; Bratton, Richard-7; Brock, George-19; Brock, Levi-19; Butler, James-19; Carr, Clara-6; Cary, Francis-3; Cave, D.W.-36. Source: Cheyenne County Courthouse records-patent books.

Bird City (town) residents-1895; Bacon, H.W., Bacon, O.J., Barnhart, Homer, Beaverstock, F.D., Berry, Olin, Bittner, William, Colt, A.R., Comer, F.B., Dobbs, R.D., Elliott, Fredrick. Source: Cheyenne Court-

house census records.

Is the season for fraudulent requests

While it is the season to be jolly, it is also the season for fraud to run rampant.

In the past, telephone and post-mail solicitations have been the main road on which fraud has traveled; however, with computer technology and the world-wide web, internet has become fraud's highway to the world.

A recent email that is making its rounds again is the request for Christmas cards to be sent to "A Recovering American Soldier" or "Any Wounded Soldier" at the Walter Reed Army Medical Center in Washington D.C.

While it has the appearance of a compassionate gesture, it is a fraudulent request. Walter Reed Army Medical Center will not accept any correspondence addressed to the above mentioned, in fact, if delivered it will be tossed into a box forgotten. In addition, the U.S.

Postal Service is no longer accepting the same and will be tossed undelivered when received.

The good news is the American Red Cross does provide a program called, "Holiday Mail for Heroes." And will deliver Christmas cards if the following guidelines are met; all cards must be postmarked no later than Monday, Dec. 7. Cards postmarked later will be returned to sender, this is to give workers time to screen each card for hazardous materials.

Everyone is encouraged to sign the card and have the opening salutation say, "Dear Service Member, Family or Veteran." Limit the number of cards to 15 from any one person or 50 from any one school class, business or group. Bundle groups of cards in single, large envelopes. And remember the postmarked deadline, Dec. 7, is important. Address is given at the end of article.

The American Red Cross also has a list of what not to send; do not send letters or personal information such as home or email addresses. Do not send glitter-excessive amounts can aggravate health issues of wounded recipients. And do not include inserts of any kinds that must be removed in the screening process.

The American Red Cross has been offering this program, "Holi-

day Mail for Heroes," for 3 years. In addition, it is not just for America's wounded, the cards go throughout the world to other military personnel serving the United States.

The address to send the cards is-Holiday Mail for Heroes, PO Box 5456, Capitol Heights, MD 20791-5456. Remember the post-marked deadline, Dec. 7.

