

Local woman to celebrate birthday

The family of Louise Sawyer is honoring her with a card shower on her 90th birthday on Dec. 20. Best wishes will reach her at 310 Village Road, No. 19, St. Francis, KS 67756.



Louise Sawyer



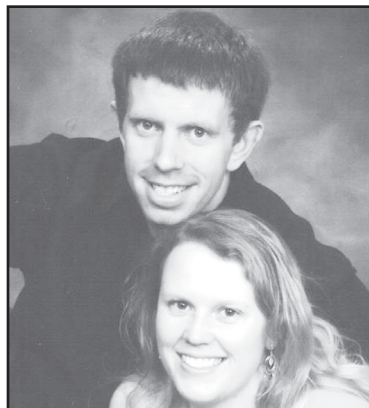
Couple plan wedding in Colorado mountains

Allisha Weeden and Corey Weitzel are planning a Jan. 16 wedding in Estes Park, Colo.

Parents of the couple are Mr. and Mrs. Dennis Weeden of St. Francis and Terry and Audrey Weitzel of Loveland, Colo.

Allisha is a graduate of Kansas State University and is currently employed as an assistant professor at Idaho State University.

Corey is a graduate of University of Northern Colorado and is employed as a chemist with Alion Science Technology.



Weeden and Weitzel



MAKING A BID Stacey Hazuka wrote down an offer for a Christmas tree at the First National Bank. Trees were being offered in a silent auction to raise proceeds for the Cheyenne County Big Brothers-Big Sisters organization.

Times staff photo by Linda Schneider

South of McDonald

By Sandy Binning

Debbie Banister returned home Friday for Christmas Break.

George, Kathy, and Debbie Banister attended the Sagebrush Shootout Tournament Thursday, Friday, and Saturday in Brewster.

Saturday afternoon guests of Kelly Dewey and children were Heather and Tucker Prideaux, and Jordan Fields.

Mark Montgomery, Jaydon, Lindi, and Jenna, and his friend Brad Benson, and Connor, all of

Denver, were weekend guests of Diane Montgomery.

Rita Officer, Margie Hubbard, Diane Montgomery, Donna Binning, and Sandy Binning all attended the Ladies of the Federated Church Christmas Supper and program Sunday evening in McDonald.

Dennis, Elda, and Katia Kramer arrived Sunday from Mexico. Ryan and Diane Shay and family were additional guests of Joe and Charlene Kramer Sunday evening.

McDonald News

Twenty ladies of the Federated Church enjoyed the Fellowship Supper and meeting on Sunday evening at the church.

Several people in the community attended the baby shower for Megan Anholz on Saturday.

Jerry and Betty Knapp attended the Christmas supper for the

Emergency Medical Technicians and the firemen on Dec. 7.

Phyllis and Kenny Wilkinson were Saturday visitors of Clarence and Martha Heble in Trenton. After Mass they attended a hog roast, put on by an oil drilling company.

Movie Review

Old Dogs

Two best friends -- one unlucky-in-love divorcee and the other a fun-loving bachelor -- have their lives turned upside down when they're unexpectedly charged with the care of 7-year-old twins while on the verge of the biggest business deal

of their lives. The not-so-kid-savvy bachelors stumble in their efforts to take care of the twins, leading to one debacle after another, and perhaps to a new-found understanding of what's really important in life.

Stress, Depression and the Holidays: Tips for Coping

The holiday season, which begins for most Americans with Thanksgiving and continues through News Year's Day, often brings unwelcome guests...stress and depression. And it's no wonder. In an effort to pull off a perfect holiday, you might find yourself facing a dizzying array of demands...parties, shopping, baking, cleaning and entertaining, to name a few. So much for peace and joy, right?

Actually, with some practical tips, you can minimize the stress and depression that often accompany the holidays. You may even end up enjoying the holiday more than you thought you would.

Learn to recognize common holiday triggers, so you can disarm them before they lead to a meltdown:

Relationships. Relationships can cause turmoil, conflict or stress at any time, but tensions are often heightened during the holidays. Family misunderstandings and conflicts can intensify...especially if you're thrust together for several days. On the other hand, facing the holidays without a loved one can be tough and leave you feeling lonely and sad.

Finances. With the added expenses of gifts, travel, food and entertainment, the holidays

can put a strain on your budget...and your peace of mind. Not to mention that overspending now can mean financial worries for months to come.

Physical demands. Even diehard holiday enthusiasts may find that the extra shopping and socializing can leave them wiped out. Being exhausted increases your stress, creating a vicious cycle. Exercise and sleep...good antidotes for stress and fatigue...may take a back seat to chores and errands. To top it off, burning the wick at both ends makes you more susceptible to colds and other unwelcome guests.

Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's okay to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold onto, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videotapes.

Stick to a budget. Before you go gift shopping, decide how

much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives. Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.

Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't

go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.

Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. With a little planning and some positive thinking, you may find that you enjoy the holidays this year more than you thought you could.

Bird City News

Recent visitors of the Keith Dorsches were Dennis and Carrie Lewis of Aurora, Colo., and August and Edna Homburg of Ellis.

Weekend visitors of Meta Dankenbring were Vic Dankenbring of St. Francis, Don Bruder of Bird City, Beth Golt

of McDonald, Gerald and Phyllis Wright of Bird City, Wil Orten of Bird City, and Cinda Dankenbring of St. Francis.

Gerald Wright invited Ivan Kemp and Joseph Augusta to a toy show in Atwood Sunday afternoon. They saw antique trains and cars.

The Saint Francis Herald and Bird City Times Will be CLOSED



Thursday, Dec. 24
Friday, Dec. 25
Thursday, Dec. 31
& Friday, Jan. 1

The staff at the St. Francis Herald and Bird City Times wishes everyone a very Merry Christmas and a Happy New Year!

McDonald Lions Pancake Dinner & Santa Day

Saturday, Dec. 19
Start serving from 11 a.m.

Lions great pancakes all you can eat.

Santa will arrive at 1 p.m. with treats for All!!!

MAD Bingo will follow Santa's visit Prizes, Prizes, Prizes.

McDonald Legion will sponsor Ham & Turkey shoot all day and Pitch games in the basement.

Come early!!! Stay late!!!

Enjoy Christmas in McDonald



Look for our Christmas Special Section in next week's Bird City Times

Open House for "Customer Appreciation" Monday, Dec. 21 9 a.m.-3 p.m.

Looking forward to serving you in 2010

Peoples State Bank



785-538-2224/866-538-2224 304 Rawlins - McDonald

Christmas in the Country "Stille Nacht, Heilige Nacht"

at Salem Lutheran Church (8 miles NW of St. Francis)

Saturday, Dec. 19, 5 p.m. CT

(music begins at 4:30 p.m.)

Carols in German and English

Refreshments following in church basement.

Free-Will Offering

Call 785-332-3002 or 785-332-3634.)

Business Directory

To list your business, call 785-332-3162.

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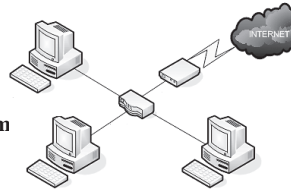
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