

McDonald News

By Sandy Binning

Saturday evening visitors of Gilbert and Janice Antholz were Mindy Antholz and her parents, Craig and Jeri Antholz. Lavina Waters traveled to Limon on Saturday to visit her sister, Louise Akers, for a few days.

Sami and Josh Johnson were Friday supper guests of his grandparents, Kenny and Phyllis Wilkinson.

Eleanor Swihart, Joan Tongish, and Betty Lewis journeyed to Colby Wednesday to celebrate Betty's birthday.

Club Clips

McDonald Senior Citizens

President Joan Tongish welcomed 25 guests to the February 4th meeting at the McDonald Senior Center. Phyllis Wingfield had decorated the tables with pretty Valentine napkins and candy hearts. Birthdays and anniversaries were acknowledged.

Emma Threlkel told a humorous story and then gave thanks for the day and the meal.

After the meal, Bingo was

played with Phyllis Wilkinson as the prize winner.

At the business meeting, Joan thanked everyone for their help. Reports were accepted as read.

March 4 committees: Poem and Prayer - Pastor Adams; Prizes - Lavina Waters; - Bingo - Tom Carrow; - Kitchen - Phyllis Wingfield, Phyllis Wilkinson and Joan Tongish.



Public Notices

Property to be offered at Sheriff sale Feb. 22

Published in The Saint Francis Herald, St. Francis, Kansas, Thursdays, January 31, February 7 and February 14, 2013 (05, 06, 07)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS

JPMorgan Chase Bank, National Association,)
)
 Plaintiff,) Case No. 12CV09
) Div. No.
) K.S.A. 60
) Mortgage Foreclosure
 Natasha Wilson aka Natasha M. Wilson)
 fka Natasha Culwell,)
 John Doe (real name unknown) unknown spouse)
 John Roe (real name unknown) tenant/occupant)
 Mary Roe (real name unknown) tenant/occupant)
 State of Kansas – Department of Revenue)
)
 Defendant(s).)

NOTICE OF SALE

Under and by virtue of an Order of Sale issued by the Clerk of the District Court of CHEYENNE County, Kansas, to me the undersigned Sheriff of CHEYENNE County, Kansas, I will offer for sale at public auction and sell to the highest bidder for cash in hand at the main lobby of the CHEYENNE County Courthouse at St. Francis, Kansas, at **10:00AM on February 22, 2013**, the following real estate:

THE NORTH FIFTY-TWO FEET (N 52') OF LOTS FIFTEEN (15), SIXTEEN (16), SEVENTEEN (17) AND EIGHTEEN (18) IN BLOCK FOURTEEN (14), IN THE ORIGINAL TOWN, NOW CITY OF SAINT FRANCIS, KANSAS, ACCORDING TO THE RECORDED PLAT THEREOF, CHEYENNE COUNTY, KANSAS.

more specifically described as 209 N. Scott, Saint Francis, KS 67756

to satisfy the judgment in the above-entitled case. The sale is to be made without appraisal and subject to the redemption period as provided by law, and further subject to the approval of the Court.

Sheriff of CHEYENNE County, Kansas

PREPARED AND SUBMITTED BY:
 SINGER TARPLEY & JONES, P.A.

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Order for closing of books published

Published in The Saint Francis Herald, St. Francis, Kansas, and Bird City Times, Bird City, Kansas, Thursday, February 14, 2013. (07)

ORDER FOR CLOSING BOOKS
 and
NOTICE OF PLACES AND DATES OF REGISTRATION BEFORE CITY/ SCHOOL ELECTION
April 2, 2013

Pursuant to K.S.A. 25-2311(c), notice is hereby given that on the 12th day of March, 2013, all registration books for the City/School Election will close at the end of regular business hours. Registration books will remain closed until the 3rd day of April, 2013.

In compliance with the provisions of K.S.A. 25-2310 notice is hereby given that the books for registration of voters will be open during regular business hours at the offices of the County Clerk in St. Francis and at the City Clerk in Bird City.

A citizen of the United States who is eighteen (18) years of age and upwards, or will have attained the age of eighteen (18) years at the next election may register to vote. When a voter has been registered according to law his or her registration shall continue to be valid until the voter changes their name by marriage, divorce or legal proceedings or changes their residence. Any person may apply in person or by mail to the Election Officer to be registered. Application forms shall be provided by the County Election Officer upon request in person or in writing by an individual applicant. Such applications shall be signed by the applicant under penalty of perjury.

WITNESS MY HAND and seal of my office this 8th day of February, A.D., 2013.

Terry Miller
 County Election Officer

Public Notices

Housing authority develops agency plan

Published in The Saint Francis Herald, St. Francis, Kansas, Thursday, February 14, 2013. (7)

PUBLIC NOTICE

The St. Francis Housing Authority has developed its Agency Plan in compliance with the Quality Housing and Work Responsibility Act of 1998. It is available for review at the Authority's Office located at 200 North Ash Street - Office, St. Francis, Kansas 67756-9145, USA. The Authority's hours of operation are 8:30 AM to 11:30 AM. In addition, a public hearing will be held on April 10, 2013 at the Authority's Office at 7:00 PM to 7:30 PM. The public is invited.

Order of sale issued by the district court

Published in The Saint Francis Herald, St. Francis, Kansas, Thursdays, February 7, February 14, February 21, 2013. (06,07,08)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS
 FILED PURSUANT TO CHAPTER 60 OF THE
 KANSAS STATUTES ANNOTATED

MAVERICK STIMULATION COMPANY, LLC)
)
 vs) Case No. 09 CV 20
)
 FAIRFIELD ENERGY, et al)

ONE SOURCE INVESTMENT PARTNERS, LLP)
 d/b/a ONE SOURCE FINANCIAL)
 SERVICES, INC.,)
 Plaintiff,)
 v.) CASE NO. 09 CV 26
)
 FAIRFIELD ENERGY, INC., et al)
 Defendant.)

ALLIED CEMENTING COMPANY, LLC)
)
 vs.) Case No. 10 CV 03
)
 FAIRFIELD ENERGY, et al)
)

NOTICE OF SHERIFF'S SALE
 (Pursuant to K.S.A. Chapter 60)

NOTICE IS HEREBY GIVEN that under and by virtue of an Order of Sale issued by the District Court of Cheyenne County, Kansas, on the 6th day of August, 2012, in the case above numbered, I will offer for sale at public auction and sell to the highest bidder for cash in hand at the steps of the Cheyenne County Courthouse in the City of St. Francis in said County and State on the 6th day of March 2013, at 10:00 a.m., on said day, the following described interests in real estate situated in Cheyenne County, Kansas, to-wit:

Fairfield Energy Inc., Wells
 SULLIVAN/SHERIFF 22-1 T4S R39W. Sec. 28, NE SW 1980' North, 1980' East, from SW corner
 SULLIVAN/SHERIFF, CARTER 22-2 T4S R30W. Sec 28 NW SE 1980 North, 1980 West, from SE corner
 SULLIVAN-SHERIFF, AARON 22-3A T4S R39W, Sec 28 SW NE 1980 South, 1970 West, from NE corner
 SULLIVAN/SHERIFF 22-4 T R39W Sec. 28 SE NW 1980 South, 1980 East, from NW corner
 SULLIVAN/SHERIFF, ALEX 22-5 T4S R39W, Sec 28 NE NW 660 South, 1980 East, from NW corner
 SULLIVAN/SHERIFF, BRIE 22-6 T4S R39W. Sec. 28 NW NW 660 South, 660 East, from NW corner
 SULLIVAN/SHERIFF, IAN 22-7 T4S R39W. Sec. 28 NW SW 1980 North, 660 East, from SW corner
 SULLIVAN/SHERIFF, DALTON 22-8 T4S R39W. Sec. 28 SW SW 660 North, 660 East, from SW corner
 SULLIVAN/SHERIFF, MISS JENNY 22-9 T4S R39W. Sec. 28 SE NE 1980 South, 660 West, from NE corner
 And Leasehold interests of Fairfield Energy, Inc., in and to the following described real property in Cheyenne County, Kansas:

T4S, R40W:
 Section 27: NW/4NE/4, SW/4NE/4
 Section 25: NW/4NE/4, SW/4NE/4
 Section 35: NW/4NE/4, SW/4NE/4

T5S, R40W:
 Section 2: NW/4NE/4, SW/4NE/4, SE/4NW/4, NE/4NW/4

T4S, R39W:
 Section 26: NE/4SW/4, SE/4SW/4
 Section 27: NE/4NE/4, SE/4NE/4, NW/4SW/4, SW/4SW/4, NE/4SW/4
 Section 28: NW/4NW/4, NE/4NW/4, SE/4NW/4, SW/4NE/4, SE/4NE/4, SW/4SW/4, NE/4SW/4, NW/4SW/4, NW/4SE/4
 Section 29: NW/4SE/4, SE/4SE/4
 Section 31: NE/4NE/4, SE/4NE/4, SE/4SE/4
 Section 32: NE/4NE/4, SE/4NE, NE/4SE/4, SE/4SE/4
 Section 33: NE/4NW/4, SE/4NW/4, NE/4SW/4, SE/4SW/4
 Section 34: NE/4SE/4, SE/4NE/4

T5S, R39W:
 Section 6: NE/4NE/4, SE/4NE/4
 together with all fixtures, appurtenances, etc., thereunto pertaining; said interest in real property is levied upon as the property of separate defendants, Fairfield Energy, Inc., and all other alleged owners and will be sold without appraisal to satisfy said Order of Sale.

On this 4th day of February, 2013.

CODY BEESON
 SHERIFF OF CHEYENNE COUNTY, KANSAS

VIGNERY & MASON L.L.C.
 214 E. 10th, P.O. Box 767
 Goodland KS 67735
 (785) 890-6588
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Moments With Mila

Heart health— Shake the salt habit

By Mila Bandel,
 County Health Nurse

Take a moment to think about your dining habits. Do you salt your food? How often do you eat out? Are meals at home out of a can or box? If you answered yes to two of these three questions, chances are you're getting too much salt.

You're not alone. Most Americans eat too much salt — close to twice as much as they need, in fact.

You watch your calorie and fat intake to control your weight and improve your health. Why ignore salt? Lowering your salt intake can help lower your blood pressure and your risk of cardiovascular disease. For some individuals — those over age 40 and those of African-American heritage — a low-sodium diet may be especially important. February is national Heart Healthy Month. This is a good time to start monitoring your salt intake.

A report from the "Medicine Journal" found that if Americans

cut their salt intake by 3 grams a day, new cases of heart disease, stroke and heart attack would significantly drop — as would the number of deaths.

Here are some tips for reducing sodium in your diet:

- Buy fresh, plain frozen, or canned "with no salt added" vegetables.
- Use fresh poultry, fish, and lean meat, rather than canned or processed types.
- Use herbs, spices and salt-free seasoning blends in cooking and at the table.
- Choose "convenience" foods that are lower in sodium. Cut back on frozen dinners, packaged mixes, canned soups or broths, and salad dressings — these often have a lot of sodium.
- Buy low- or reduced-sodium, or no-salt-added versions of foods.

For more information on heart healthy ideas, contact the Cheyenne County Health Department at 785-332-2381.

Book Review

Cinnamon Roll Murder

By Joanne Fluke

April is a busy time for Hannah Swensen and her bakery; there's just something about the warm weather that makes folks in Lake Eden crave something sweet. When Hannah hears that the Cinnamon Roll Six jazz band will be playing at the town's Weekend Jazz Festival, she's more than happy to bake up a generous supply of their name-sake confections to welcome the band to town.

Before the festival even begins, tragedy strikes when the Cinnamon Roll Six's tour bus overturns on its way into town. Among those injured is Buddy Neiman, the band's beloved keyboard player.

At first, Buddy's injuries appear minor, until his condition suddenly takes a turn for the worse — as in dead. Hannah's no doctor, but she suspects that

the surgical scissors someone plunged into Buddy's check may have something to do with it.

Once the investigation into Buddy's death begins, a slew of suspicious facts come to light. It turns out that Buddy Neiman isn't the victim's real name. In fact, no one is really sure who he is, or what secrets may be lurking in his past.

Hannah also has her eye on a few local suspects. There's Doctor Bev, who seems to know more about the victim than she's willing to admit. And Devon Murphy, the aspiring young keyboard player who wanted a spot in the band so much, he just might have killed for it.

Truth be told, Hannah isn't sure just how she'll unravel the mystery but one thing's for sure, there's nothing sweeter than bring a killer to justice.

<p>THE RIGHTEOUS BROTHERS' BILL MEDLEY Sun., Feb. 17, 7:30pm</p> <p>MAVIS STAPLES Sat., Feb. 23, 8pm</p> <p>CHRIS YOUNG Thur., Mar. 7, 8pm</p>	<p>THE CELTIC TENORS Thur., Mar. 14, 7:30pm</p> <p>THE DOOBIE BROTHERS Tues., Apr. 9, 8pm</p> <p>JUDY COLLINS Thur., Apr. 11, 8pm</p> <p>LEWIS BLACK Fri., Apr. 12, 8pm</p> <p>DAVID SEDARIS Fri., Apr. 19, 8pm</p> <p>CHICAGO Mon., Apr. 22, 8pm</p> <p>EASTON CORBIN Fri., May 10, 8pm</p>
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stiefeltheatre.org ticketmaster facebook Stiefel Theatre for the Performing Arts
 151 S. Santa Fe, Salina 785-827-1998 Buy direct or online.

VOTE YES

to Self-Regulation for Midwest Energy Members.

Self-Regulation

- Enables Local Control
- Improves Efficiency
- Increases Transparency
- Lowers Costs

Watch your mail for ballot in April and be sure to vote.
 For more information go to www.mwenergy.com

Midwest Energy, Inc.
 1330 Canterbury
 Hays, KS 67601