

Casey's Comments

By Casey McCormick
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Boy, I would sure hate to be an adolescent growing up in Colorado these days. My recollections of my childhood through teen years were generally positive, however they were also confusing times of trying to make sense out of the world around me. Imagine how much more confusing that experience will be with the legalization of pot? Before it was very cut and dry. Marijuana was lumped together with cocaine, heroine, methamphetamine and whatever other drugs available that were illegal and bad for you to take.

The D.A.R.E. (Drug Abuse Resistance Education) program is a big part of bringing this awareness to kids in many states, and I'm sure it

still is. Students come away knowing that drugs are something they are better off without.

I wonder how this message will have to change. Something like, "Alright guys, all drugs are bad for you, except marijuana, which should only be used recreationally when you're old enough..."

To make matters worse, now we have the president saying that pot is no more dangerous than alcohol. Only heaven knows how many lives and families have been destroyed by that stuff. Is this attitude somehow supposed to make us feel better about what's happening?

Anyway, I feel for the parents and children of our sister state to the west. These can not be easy times.

Legislative News

With Ward Cassidy
120th State Representative

The third week of the session began Jan. 27. There have been sixty-three bills filed so far. My personal belief would be that we should now find that many bills to repeal. It is hard to believe that year after year there are so many new laws we have to consider. Last year, we voted over three hundred times on proposed new legislation.

I was home last weekend and was visiting with a good friend, Steve Jenkins, a social studies instructor from St. Francis. He told me of a quote he once heard: "People that like sausage and politics should never watch either being made." I did not get his quote exactly, but you get the point.

My appropriations committee is now working on the governor's budget adjustments for this year. His proposal is a \$30.7 million increase for 2014 and \$429.8 million for next year.

There was about \$31 million in under-spending that was captured from last year, but that will be balanced with \$17.8 million for school finance consensus (there are more pupils enrolled in Kansas than were budgeted for last year), \$11.7 million for social welfare program caseloads, \$9.3 million

for technical education students, and \$5.2 million to restore the college salary caps that were made last year.

The key to this year's budget adjustments will be the Corrections Budget. The request is for \$362.9 million for 2015. I strongly believe public safety should be a top priority and will support the governor's request.

Other additional governor requests, which I support, are improving our veteran's home in Kansas, Moderate Income Housing in Western Kansas, and technical education incentives.

I have been working with the governor and the Department of Wildlife and Tourism for increasing tourism in Northwest Kansas. There is a survey online www.rd-gusa.crp.kansasbyways.org and there is a website to learn more ksbyways.org. If you are interested in this, please look at the site and take the survey.

We are a diverse state, and I thank God every day that I live in Northwest Kansas. Today in education, we learned that there are 2,200 homeless children in Wichita.

We have our share of problems but not that one.

Club Clip

Red Hat Mommas

St. Francis was the destination of the Red Hat Mommas from McDonald and Bird City for their meeting on Tuesday, January 21.

We went to the "Cuppa Jo's Expresso" to have our lunch. Since Carol Mears birthday is in January, she furnished table decorations. Kary and Kim Zwegardt and their helpers did a fantastic job of preparing and serving lunch to us.

Margaret Voorhies, Queen, conducted the business meeting. Bonnie Burr read some jokes.

After this, we went to investigate the "Quincy Street Art Gallery." Mike Boyson has a display of his art sculptures made out of old ma-

chinery parts. He has welded them together into replicas of many of the antique engines from the Bird City Antique Engine Show. On the walls, other artists have paintings and their work is on display. It was a very interesting day.

Then the group went shopping at the Methodist Thrift Store. Many treasures were found there.

The ladies that enjoyed the day were: Betty Lewis, Joan Tongish, Carol Mears, Margaret Voorhies, Rita Officer, Lois Morelock, Connie Rooney, Vernetta Haack, Bonnie Burr, Bethel Goltl, Edna Roeseener, and Florence Antholz.

Death notice

Glenn Glasco, 89, died Saturday evening at the Good Samaritan Village, St. Francis. Memorial services will be held at the Immanuel Methodist Church, Bird City. Date and time are pending.

Sod house stories

Do you or a member of your family have memories of growing up in a sod house? The Herald is looking for stories from Cheyenne County residents that grew up during the early 20th century in a sod house. Please send your story to PO Box 1050, St. Francis, KS 67756. Or if you wish, you can call and tell Amanda Miller your story so she can write an article telling about your experience. Please call 785-332-3162 to tell us your story. Everyone that shares their story will be featured in the paper!

Veterans' Affairs

Jody Tubbs of the Kansas Commission on Veterans' Affairs will be in St. Francis from 10:30 to 11:30 a.m. at the county clerk's office to assist veterans and their dependents with Veteran Administration claims work on Thursday, Feb. 6. If you are unable to contact Ms. Tubbs in St. Francis, you may contact the office in Colby any Monday, Wednesday or Friday. That phone number is 785-462-3572. 05.

Bingo

Bingo at the Bird City American Legion Hall, Saturday, Feb. 1, at 7 p.m.

Kansas Day Celebration

The 85th annual Kansas Day Celebration will be held Wednesday, January 29, at the Bird City American Legion hall. The theme of this years celebration is "Homestead Heritage". A pot luck lunch will begin at noon, with the program to follow at 1:00 p.m. 04

South of McDonald

By Sandy Binning

Lynn and Rita Officer, and Craig and Diane Cox attended the Rawlins County Historical Supper and meeting Saturday evening in Atwood.

On Monday, Brewster hosted a Junior High and High School Scholars Bowl Meet. Kathy Banister's High School Varsity team took third place.

Kathy Banister took her High School Scholars Bowl team

Wednesday to Western Plains in Ransom for the WKLL.

Debbie Banister was a Thursday through Saturday guest of her parents, George and Kathy Banister. David Banister and Boomer were additional Friday evening and supper guests.

Tom and Dee Carrow were weekend guests of their friends, Dan and Carol Ludwig in Pueblo, Colo.

Woman celebrates 90th birthday

Judi and Gwen Miller would like to invite you to participate in a card shower for Betty Miller's 90th birthday on Feb. 3. Cards can be sent to 304 N. 15th, Fredonia, KS 66736. 04

Hospital Guild

The Cheyenne County Hospital Guild will be meeting Monday, Feb. 3 at 2 p.m. at the Senior Citizen's Center in St. Francis. This month's program will be given by Lois Morelock on Alzheimer's caregiving. Hostesses will be Bonnie Jones and Kathy Weber. 04

Financial aid

There will be a financial aid meeting on Wednesday, Jan 29 at 7 p.m. at the Cheylin High School library. All parents and students are welcome. 04

Cheylin school security

All visitors must enter the west entrances for the elementary and high school buildings after 8:30 a.m. All other doors are locked for security purposes. Please report to the office upon entering building. There is visitor parking available in front of the high school west entrance and on the north side of the elementary building. Thanks for your cooperation.

Junior Hoops

Cheylin Recreation Commission 2014 Junior Hoops Basketball clinics and league play start Saturday and Sunday, Jan. 18 and 19, Jan. 25 and 26 & Feb. 1 and 2. Call Tina Sager @ 785-734-7141 for more information and/or to sign-up.

Subway Grand Opening

Saturday, February 1, Subway at Majestic will be holding a grand opening. Look for information about specials in the ad elsewhere in this paper. 05

Honor Roll

New and renewed Times subscriptions: Terry Burr, Wichita; Ted Burr, Bird City; Bonnie Burr, Bird City; Velma Kruse, Bird City; Shelley Heavilin, Blue Springs, Mo.; Paul Roesener, Bird City; Don Antholz, Atwood; Robin and Kerl Carter, Bird City; Lori Rietcheck, Goodland; Detta Mae Sullivan, Chandler, Ariz.; Steve Busse, Bird City; Donna Vanderput, Bird City.

McDonald News

By Sandy Binning

Dana Howard, Mitchell and Kyla were Friday afternoon guests of Marlene Johnson.

Eleanor Swihart and Gilbert and Janice Antholz, attended the Right To Life Luncheon at the St. Francis Church of Christ Sunday.

Eleanor Swihart and Shirley Swihart attended the Women's Retreat in McCook Saturday at the Evangelical Free Church.

Riverside Grill Grand Opening

Riverside Grill, at Riverside Recreation, will hold a grand opening on Saturday evening, February 1. Check out the ad elsewhere in this paper for more information. 05

Grief Support Group

The Grief Support Group will continue to meet every second and fourth Mondays at 2 p.m. Meeting place is the Immanuel United Methodist Church, 116 E. Fourth, Bird City. For more information, call 785-734-2739.

The group gives confidential support in a safe place of mutual help and comfort to all who have experienced the loss of a loved one.

Emergency number

The phone number for Chey-

enne County Communications Center (Dispatch) for non-emergency calls: 785-332-8822, Dial 9-1-1 for an emergency.

Narcotics Anonymous

Narcotics Anonymous meetings are held at 104 W Webster/Methodist Education Building on Thursday nights at 7:30 p.m. Contact 785-342-0028.

Northwest Kansas Family Shelter

Northwest Kansas Family Shelter provides 24-hour-7 day-a-week service 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.

Moments with Mila

With Mila Bandel
Public Health Nurse

Building strong bones is very important for healthy living. Vitamin D is also essential for strong bones. Your body needs it for optimum bone strength and to help absorb calcium. However, most people are not getting enough of either of these nutrients. Bones don't come with a lifetime guarantee. They need continuing maintenance or they can weaken and break. If your diet is low in calcium, your body will take calcium from your bones to keep blood calcium at normal levels. or a lifetime of healthy bones:

- Consume at least three servings of low-fat or fat-free milk or other dairy products every day.
- Supplement your diet with calcium from calcium-fortified foods and beverages, if you don't or can't consume milk.
- Follow an overall healthy eating plan using the "MyPlate" food guidance system.
- Be physically active with weight-bearing exercise like walking, running, playing sports, dancing, weight training, etc.

vitamins, minerals and other nutrients, such as calcium and vitamin D. Dairy products, fortified cereals and calcium-fortified orange juice are good sources of calcium and vitamin D.

Calcium is absorbed best if your intake of calcium-rich foods is spread out during the day. For all sources of calcium, adequate vitamin D from food or sunlight is necessary to help the absorption. The calcium in milk products is very well absorbed as is the calcium in fruit juice fortified with calcium citrate malate.

Here are some more tips for bone health:

- Avoid smoking and excessive alcohol intake.
- Ask your medical provider if you need a bone density test based on your risk factors for osteoporosis or if you are a woman over age 50.
- Read food labels and look for foods and beverages that provide calcium and vitamin D.
- Choose a calcium supplement – if you need it – that contains vitamin D.

Food is the primary source of

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Mary and Norm Dorsch with their 2014 Ford Fusion

Norm & Mary Dorsch recently purchased a new 2014 Ford Fusion from Yost Ford.

"I test drove a new Fusion at the 'Drive 4UR School' event held at Cheylin last fall. That's when I really became interested in this new car," Norm said. Yost Ford's 2013 "Drive 4UR School" event was a big success! Preparations are underway for Yost's 2014 "Drive 4UR School" Event. Watch for upcoming information!

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The Bird City Times

(USPS 056-720)

Serving the communities of Bird City and McDonald

Karen Krien, Editor
Norma Martinez, Co-Editor
Karen Krien - Publisher
Tim Burr - Advertising Manager
Periodicals postage paid at Bird City, Kansas 67731-0220
Phone (785) 734-7031
Fax (785) 332-3001
Or Phone (785) 332-3162
E-Mail bc.times@nwkans.com
Published every Thursday \$33 per year in Cheyenne and surrounding counties; other in-state \$36 and all out-of-state subscriptions, \$40 (strictly in advance).

Postmaster: Send address correction to P.O. Box 220 Bird City, Kansas 67731-0220
Official City Newspaper
Published Weekly By
Nor'West Newspapers, Incorporated
Bird City, KS 67731



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February 10-15, 2014



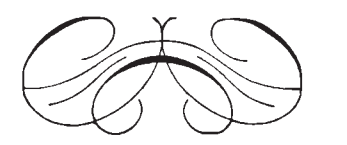
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For more information contact: **Tim Burr**
at 785-332-3162

Published in the Bird City Times, Bird City, Kansas, Thursday, January 30, 2014.

PUBLIC NOTICE

The Bird City Housing Authority has developed its PHA Plan for Fiscal Year 2014 in compliance with the Quality Housing and Work Responsibility Act of 1998. It is available for review at the Authority's Office located at LeBow Manor, 209 N. Rich Ave., Bird City, KS 67731. The Authority's hours of operation are Monday through Thursday between 8:00 A.M. and 1:00 P.M. In addition a public hearing will be held on March 19, 2014 at the Authority's Community Room at 9:00 A.M. The public is invited.

SHOWTIME: 7:30 p.m.

2 hrs. 1 min.

Lone Survivor

Jan. 24-26

Starring: Walter Wahlberg,
Taylor Kitsch and Emile Hirsch

Marcus Luttrell and his team set out on a mission to capture or kill notorious al Qaeda leader Ahmad Shahd, in late June 2005. Marcus and his team are left to fight for their lives in one of the most valiant efforts of modern warfare.

CHEYENNE THEATER

St. Francis, KS
785-332-2747

Children 12 & Under: \$4
3D Movies: Children 12 & Under \$6

All Others: \$6
All Others: \$8