



ST. FRANCIS GRADE SCHOOL music students spread some holiday cheer Christmas caroling at the Cheyenne County Courthouse. Jean Ann Confer, music teacher, directs.

Beecher Island News

By Bessie Dent

There were 42 at Sunday School and Dax Towns had the special number. Phil Mitchell will be the morning speaker Sunday with a potluck and the Christmas program at 1:30 p.m. A group went Christmas caroling Sunday evening.

Judy Shively was among the group that attended the Christmas brunch at Corner Store in Idalia.

Mr. and Mrs. Jennie Rose and Chynna were lunch guests of Mr. and Mrs. Dillon Rose Sunday.

Nola Ray Kolling had lunch Saturday with Gwen Shaver.

Violet Brown visited Mr. and Mrs. Bill Strangways Friday.

Mr. and Mrs. Bob Simmons were Friday overnight guests of Mr. and Mrs. Randy Perila. Joining them Saturday were Mr. and Mrs. Quentin Simmons and Taya.

All attended the Disney on Ice and celebrated Quentin's birthday. Bob's returned home Saturday and Quentin's spent the night with the Perilas.

Mr. and Mrs. Bob Kavli returned home Sunday from attending the National Finals Rodeo in Las Vegas.

Judy Shively visited Carol Whomble Friday.

Mr. and Mrs. Monte Mansfield and Mr. and Mrs. Gary Mansfield visited Mr. and Mrs. Bill Mansfield Friday.

Harry Ekberg visited Bessie Dent Saturday morning bringing some old pictures to look at.

Sharilyn Mansfield had dinner Sunday with Jean Brenner in Burlington.

Jacque Ekberg visited Nelson Ekberg Saturday in Holyoke.

Gail Mansfield visited Bessie Dent Friday

Idalia News

By Angela DeLeon
St. John's News

Men's Bible Study is weekly on Thursday mornings from 7-7:30 at St. John's church. All men invited.

There will be Christmas Eve services and program at Saint John's Church of Christ. For more information contact Chuck at 970-354-7522 on these dates and times or look for signs around town.

Idalia Family Community Education Club

The Idalia Bicentennial FCE club is sponsoring a blood drive Friday, Jan. 8 from 2-6 p.m. at the Idalia school library. Please contact Janice Souther or Laura Lengel to make an appointment. Walk-ins are welcome. This is a game night with Woodlin.

Ambulance meeting

The Idalia ambulance annual

meeting is Wednesday, Jan. 13, 2010 at 7 p.m. It will be held at the ambulance barn. Everyone is invited and encouraged to attend to support the ambulance.

Birthdays

Dec. 25, Christmas Day Patricia Holcomb, Marla Dominguez, Carl Hunt; Dec. 26, Jomy Rittenhouse, Cindy Soehner, Alma Mendoza; Dec. 27, Cecil E. Dull, Janea Moberly; Dec. 28, Jacquelyn Chartier, Samuel (Colton) Chartier, Lyda E. Oliver; Dec. 29, Laura Raymond; Dec. 30, Trevor Hurlburt; Dec. 31, New's Year Eve Janice Souther, Denise Marostica, Mike Waitman, Justin Allen

Anniversaries

Dec. 27, Ross and Jodi Morris, Raymond and Joyce Helling; Dec. 28, Jasper and Christina Shanks, John and MaryEllen Hardwick

Sweet potatoes need to be year-round food

This year's sweet potato harvest is showing up on market and store shelves. It's a timely arrival for a holiday meal staple.

"If medical and health experts had their way, however, the event would mark the start of our eating more sweet potatoes year-round," said Ted Carey, horticulturist with Kansas State University Research and Extension.

Part of the basis for the experts' recommendation is two separate studies by the Center for Science in the Public Interest. Both rated the sweet potato as by far the most nutritional U.S. vegetable—easily beating out both broccoli and spinach, he said.

"In part, though, it's because natural components in sweet potatoes help the body resist some of our most common deadly diseases. So, overall, the sweet potato is close to being a superfood," said Mr. Carey.

Fresh sweet potatoes are the best buys, he said, because they come with their skin. The skin has nutrients of its own. Plus, it helps make a sweet potato's fiber content the equal of a bowl of oatmeal's.

Led by the orange-fleshed varieties, sweet potatoes also are a great source of the antioxidants vitamin E and beta-carotene (vitamin A). Antioxidants bolster the human immune system. They provide protection against cancer, heart disease and stroke. Some evidence suggests they even help delay the progres-

sion of Alzheimer's.

Sweet potatoes also are basically fat- and cholesterol-free, Mr. Carey said, setting them apart from such vitamin E sources as nuts, avocados and vegetable oils. In addition, they have a low glycemic index, which is important to both diabetics and carbohydrate counters for maintaining steady blood-glucose levels.

"Basically, their having a low G.I. number means you digest them slowly. Another benefit of that, of course, is they make you feel full longer," he said.

Sweet potatoes provide from one-third to one-half of the recommended daily allowance of vitamin C, another immune system booster. Studies indicate vitamin C helps prevent heart disease by reducing the blood's "bad" cholesterol levels and boosting its "good" cholesterol levels.

Sweet potatoes are also an important source of vitamin B6 and iron. They contain folate, a B vitamin that's essential for cell growth and reproduction. They're among the top three food sources of potassium, which helps maintain normal blood pressure and the body's heart and nerve functions.

"It doesn't hurt, of course, that the sweet potato is fairly low-calorie, too. And, it's virtually sodium-free," Mr. Carey said. "I'd say these vegetables are well worth growing yourself, as well as eating year-round."

Public Notice

Notice of Sheriff sale to be held on Jan. 8

Published in The Saint Francis Herald, St. Francis, Kansas, Thursdays, December 17, December 24 and December 31, 2009. (51-53)
IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS
CIVIL DEPARTMENT

Bank of America, National Association as successor by merger to LaSalle Bank National Association, as Trustee for Merrill Lynch First Franklin Mortgage Loan Trust, Mortgage Loan Asset-Backed Certificates, Series 2007-4

Plaintiff,

vs.

Jesse P. Jones, et al.

Defendants.

Case No. 09CV13
Court No.

Title to Real Estate Involved

Pursuant to K.S.A. §60

NOTICE OF SALE

NOTICE IS HEREBY GIVEN, that under and by virtue of an Order of Sale issued to me by the Clerk of the District Court of Cheyenne County, Kansas, the undersigned Sheriff of Cheyenne County, Kansas, will offer for sale at public auction and sell to the highest bidder for cash in hand in the lobby of the Cheyenne County, Courthouse, Kansas, on January 8, 2010 at the time of 10:00 AM, the following real estate:

UNPLATTED LOT TWELVE (12), IN BLOCK FORTY-ONE (41), DESCRIBED AS FOLLOWS; ALL THAT PART OF THE SOUTHWEST QUARTER (SW1/4) OF SECTION TWENTY-TWO (22), IN TOWNSHIP THREE (3) SOUTH, RANGE FORTY (40) WEST OF THE 6TH P.M. LYING WITHIN THE CORPORATE LIMITS OF THE CITY OF ST. FRANCIS, KANSAS, BUT NOT PLATTED, WHICH LIES IMMEDIATELY SOUTH AND ADJOINING LOT ONE (1), IN BLOCK FORTY-ONE (41), OF SAID CITY, ACCORDING TO THE RECORDED PLAT THEREOF, MORE SPECIFICALLY DESCRIBED: BEGINNING AT THE SOUTHEAST CORNER OF LOT 1, BLOCK 41, CITY OF ST. FRANCIS, ACCORDING TO THE RECORDED PLAT THEREOF, THENCE RUNNING SOUTH IN CONTINUATION OF THE EAST LINE OF SAID LOT 1, TO THE SECTION LINE ALONG THE SOUTH SIDE OF SAID SECTION 22, THENCE RUNNING WEST A DISTANCE OF 50 FEET ALONG SAID SECTION LINE, THENCE RUNNING NORTH TO THE SOUTHWEST CORNER OF SAID LOT 1, THENCE RUNNING EAST TO THE POINT OF BEGINNING, EXCLUSIVE OF STREETS, HIGHWAYS AND ALLEY, ALSO KNOWN AS 220 EAST FIRST STREET CHEYENNE COUNTY, KANSAS. Tax ID No. 165220304301000000, Commonly known as 220 E. 1st St., Saint Francis, KS 67756 ("the Property") MS#95064

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.

Cheyenne County Sheriff

MILLSAP & SINGER, LLC

By:
Matthew S. Layfield, #22449
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ATTORNEYS FOR PLAINTIFF

MILLSAP & SINGER, LLC AS ATTORNEYS FOR BANK OF AMERICA, NATIONAL ASSOCIATION AS SUCCESSOR BY MERGER TO LASALLE BANK NATIONAL ASSOCIATION, AS TRUSTEE FOR MERRILL LYNCH FIRST FRANKLIN MORTGAGE LOAN TRUST, MORTGAGE LOAN ASSET-BACKED CERTIFICATES, SERIES 2007-4 IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

Petition filed in court for Magnani estate

Published in The Saint Francis Herald, St. Francis, Kansas, Thursdays, December 24, December 31, 2009 and January 7, 2010. (52-01)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS

In the Matter of the Estate

SHERIDAN RAY MAGNANI, Deceased

Case No. 2009-PR-31

NOTICE TO CREDITORS

STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that on December 15, 2009, a Petition for Issuance of Letters of Administration was filed in this Court by Schelly Ann Magnani, an heir, devisee and legatee of Sheridan Ray Magnani, deceased.

All creditors of the decedent are notified to exhibit their demands against the Estate within the latter of four months from the date of first publication of notice under K.S.A. 59-2236 and amendments thereto, or if the identity of the creditor is known or reasonably ascertainable, 30 days after actual notice was given as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

SHELLY ANN MAGNANI, Petitioner

KITE & DAY
112 W. Washington, P.O. Box 575
St. Francis, KS 67756
785-332-3323
Attorney for Petitioner

Notice of vehicle sale published by sheriff

Published in The Saint Francis Herald, St. Francis, Kansas, Thursdays, December 24, and December 31, 2009 (52-53)

Pursuant to K.S.A. 8-1102

NOTICE OF SALE

NOTICE IS HEREBY GIVEN, the undersigned Sheriff of Cheyenne County, Kansas, will offer for sale at public auction and sell to the highest bidder for cash in hand at the lobby of the Cheyenne County Courthouse, Kansas, on January 15, 2009 at the time of 10:00 AM, the following vehicle:

A 1984 Nissan Mirage camper utility vehicle, VIN 1N6NDO5H3EC332364, titled to Art Warsell, P.O. Box 515, Bird City, Kansas 67731.

The Vehicle has been impounded by the Cheyenne County Sheriff's Office. The titled owner has ten days from the last date of publication to claim, pay the removal and storage charges and publication fees incurred by the Cheyenne County Sheriff's Office.

The sale is to be made without appraisal and no warranties or guarantees will apply.

Cheyenne County Sheriff

Published in The Saint Francis Herald, St. Francis, Kansas and the Bird City Times, Bird City, Kansas, Thursdays, December 17, 24 and 31, 2009 (51-53)

| CORRECTED 2009 TAX LEVIES FOR CHEYENNE COUNTY, KS USED TO FUND THE 2010 BUDGETS | | | | 2009 TAX LEVIES FOR CHEYENNE COUNTY, KANSAS USED TO FUND THE 2010 BUDGET | | | |
|---|--------------|--------|--------------|--|--------------|------------|------------|
| Prepared by Cheyenne County Clerk | | | | Prepared by Cheyenne County Clerk | | | |
| Taxable Valuation of Cheyenne County is \$44,824,318 | | | | Taxable Valuation of Cheyenne County is \$44,824,318 | | | |
| (Levies shown are taxes per \$1,000.00 valuation) | | | | (Levies shown are taxes per \$1,000.00 valuation) | | | |
| Comparison of 2008 and 2009 levies and valuations: | | | | | | | |
| | 2008 | 2009 | Difference | | 2009 | 2009 | Difference |
| State | \$40,954,887 | 1,900 | \$44,824,318 | 1,900 | \$44,824,318 | 1,900 | |
| County | 27,162 | 26,783 | -379 | USD 103 | 42,333 | 35,639,406 | -6,700 |
| General | 20,146 | 19,568 | -578 | Recreation 103 | 1,000 | 1,000 | 0 |
| Road & Bridge | 1,009 | 1,055 | 46 | Cemetery 1 | 1,024 | 1,024 | 0 |
| Bridge Building | 0,784 | 0,248 | -536 | Cemetery 2 | 0,879 | 0,879 | 0 |
| Noxious Weed | 0,657 | 5,203 | 4,546 | NWKS Library | 1,148 | 1,148 | 0 |
| Hospital | 49,768 | 60,857 | 11,089 | SFD #6 | 2,141 | 2,141 | 0 |
| | | | | Total | 152,310 | 132,928 | 19,382 |
| | | | | | | | |
| | 2008 | 2009 | Difference | | 2009 | 2009 | Difference |
| Bird City | 2,361,830 | 46,814 | 2,289,985 | 62,955 | 6,141 | 6,141 | 0 |
| St. Francis | 6,547,031 | 38,517 | 6,532,217 | 41,751 | 3,234 | 3,234 | 0 |
| USD 103 | 9,902,782 | 40,466 | 9,184,912 | 42,333 | 1,867 | 1,867 | 0 |
| USD 103 Rec | 9,902,782 | 1,500 | 9,184,912 | 1,500 | 0,000 | 0,000 | 0 |
| USD 297 | 31,052,135 | 35,405 | 35,639,406 | 35,026 | -379 | -379 | 0 |
| USD 297 Rec | 31,052,135 | 1,000 | 35,639,406 | 1,000 | 0,000 | 0,000 | 0 |
| Cemetery Dist 1 | 10,382,649 | 0,951 | 9,642,782 | 1,024 | 0,073 | 0,073 | 0 |
| Cemetery Dist 2 | 30,582,238 | 0,747 | 35,181,566 | 0,853 | -0,994 | -0,994 | 0 |
| Rural Fire 1 | 31,340,069 | 1,165 | 35,384,679 | 0,879 | -0,289 | -0,289 | 0 |
| Rural Fire 3 | 705,957 | 1,542 | 617,437 | 0,836 | -0,906 | -0,906 | 0 |
| NWKS Library | 32,046,026 | 0,975 | 36,002,116 | 1,148 | 0,173 | 0,173 | 0 |
| Sunflower Ext. Dist. 6 | 40,954,887 | 2,077 | 44,824,318 | 2,141 | 0,664 | 0,664 | 0 |
| | | | | | | | |
| | 2008 | 2009 | Difference | | 2009 | 2009 | Difference |
| State | 19,332 | 19,332 | 0 | 72-6435 | 11,874 | 11,874 | 0 |
| KS Ed. Bldg. | 76-601 | 1,000 | 79-1953 | 49,242 | 2,713 | 2,713 | 0 |
| State Institutions | 76-604 | 1,500 | 79-5032 | 52,955 | 52,955 | 52,955 | 0 |
| | | | | | | | |
| | 2008 | 2009 | Difference | | 2009 | 2009 | Difference |
| County | 79-1946 | 26,783 | 79-5032 | 37,758 | 37,758 | 37,758 | 0 |
| Road & Bridge | 68-5,101 | 17,568 | 79-5032 | 3,993 | 41,751 | 41,751 | 0 |
| Bridge Building | 68-1135 | 1,055 | | | | | |
| Noxious Weed | 2-1318 | 0,248 | | | | | |
| Hospital | 12-183 | 5,203 | | | | | |
| | | | | | | | |
| | 2008 | 2009 | Difference | | 2009 | 2009 | Difference |
| Supp. General | 72-6435 | 19,332 | 72-6435 | 11,874 | 11,874 | 11,874 | 0 |
| General | 72-6431 | 20,000 | 72-6431 | 20,000 | 20,000 | 20,000 | 0 |
| Capital Outlay | 72-8801 | 3,001 | 72-8801 | 3,952 | 3,952 | 3,952 | 0 |
| | | | | | | | |
| | 2008 | 2009 | Difference | | 2009 | 2009 | Difference |
| General | 79-1946 | 26,783 | 79-5032 | 37,758 | 37,758 | 37,758 | 0 |
| Road & Bridge | 68-5,101 | 17,568 | 79-5032 | 3,993 | 41,751 | 41,751 | 0 |
| Bridge Building | 68-1135 | 1,055 | | | | | |
| Noxious Weed | 2-1318 | 0,248 | | | | | |
| Hospital | 12-183 | 5,203 | | | | | |
| | | | | | | | |
| | 2008 | 2009 | Difference | | 2009 | 2009 | Difference |
| Supp. General | 72-6435 | 19,332 | 72-6435 | 11,874 | 11,874 | 11,874 | 0 |
| General | 72-6431 | 20,000 | 72-6431 | 20,000 | 20,000 | 20,000 | 0 |
| Capital Outlay | 72-8801 | 3,001 | 72-8801 | 3,952 | 3,952 | 3,952 | 0 |
| | | | | | | | |
| | 2008 | 2009 | Difference | | 2009 | 2009 | Difference |
| General | 79-1946 | 26,783 | 79-5032 | 37,758 | 37,758 | 37,758 | 0 |
| Road & Bridge | 68-5,101 | 17,568 | 79-5032 | 3,993 | 41,751 | 41,751 | 0 |
| Bridge Building | 68-1135 | 1,055 | | | | | |
| Noxious Weed | 2-1318 | 0,248 | | | | | |
| Hospital | 12-183 | 5,203 | | | | | |
| | | | | | | | |
| | 2008 | 2009 | Difference | | 2009 | 2009 | Difference |
| Supp. General | 72-6435 | 19,332 | 72-6435 | 11,874 | 11,874 | 11,874 | 0 |
| General | 72-6431 | 20,000 | 72-6431 | 20,000 | 20,000 | 20,000 | 0 |
| Capital Outlay | 72-8801 | 3,001 | 72-8801 | 3,952 | 3,952 | 3,952 | 0 |
| | | | | | | | |
| | 2008 | 2009 | Difference | | 2009 | 2009 | Difference |
| General | 79-1946 | 26,783 | 79-5032 | 37,758 | 37,758 | 37,758 | 0 |
| Road & Bridge | 68-5,101 | 17,568 | 79-5032 | 3,993 | 41,751 | 41,751 | 0 |
| Bridge Building | 68-1135 | 1,055 | | | | | |
| Noxious Weed | 2-1318 | 0,248 | | | | | |
| Hospital | 12-183 | 5,203 | | | | | |
| | | | | | | | |
| | 2008 | 2009 | Difference | | 2009 | 2009 | Difference |
| Supp. General | 72-6435 | 19,332 | 72-6435 | 11,874 | 11,874 | 11,874 | 0 |
| General | 72-6431 | 20,000 | 72-6431 | 20,000 | | | |