Rec 4 U

By Penny Gienger St. Francis Rec Director

Outdoor exercise class Looking for an outdoor exercise class to start your day?

Pastor Warren Cico has enthusiastically agreed to lead the Morning Fitness Club. Monday and Wednesday mornings will be for walking; Tuesday and Thursday will be jogging.

Warren will tweak the class according to those involved - distances, trails and starting times can be altered as needed.

For those interested, the fitness times start at 7 a.m. Monday, Sept. 5. Meet on the courthouse steps.

Youth programs

Youth programs: Flag football and girls gymnastics begin right away. Instructor, Conny Paulsen, has been busy organizing equipment for classes to start this week. Her program has been very successful and she has increased class times to accommodate all those interested.

Flag football forms were handed out during school enrollment and were due in the grade school office on Monday, Aug. 29. If you wish for your son or daughter to participate, please call immediately.

Organized games begin on Saturday morning, Sept. 10. This leaves about a week to place jersey orders. Coaches and score keepers are needed.

Ideas???

Do you have an idea for a class or wish to teach a class? I'm open for suggestions and would be glad to try new things when possible.

Possible classes coming in the future are cake decorating, sausage making, murder mystery party, children's cupcake decorating, ethnic food club....

Call Penny at 332-3040 to tell me about your interests Visit the web site at sfksrec.org.

Bird City center to hold annual elections

holding their annual election of officers at 2 p.m. on Monday, Sept. 12. Everyone over 50 years of age is eligible to vote, so please plan to at-

The following have volunteered to serve if elected, however, writeins will be accepted and counted: President - Doris Amsberry, Bonnie Burr; vice-president - Rodney Klepper; secretary - Esther Boone; treasurer - Dee Dorsch.

Bird City Senior Center will be serve: Lee Amsberry, Mary Dorsch, Wanda Dowdy, Beverly Higgins, Edna Roesener, Marlene Young and Treva Henry.

Guild is seeking new members.

our first fall meeting and hope-

fully join us, said Betty Louden,

Following the election the Cheyenne County health nurse has been asked to attend to check blood pressure, test blood and give a short talk about seniors and healthy life styles.

At 3 p.m. the monthly birthday celebration with cake and ice cream for all will begin, so plan to come For the three at-large board early and stay late. Good fellowship

The Cheyenne County Hospital president. We would like to urge any in- the purpose of helping the Chey-

EACH YEAR, the Hospital Guild members hold different money-making projects and the

money raised is given to help the hospital. Members and others in the community gather

receipts from Bella's Market. When they have \$100,000 in receipts, the store owner gives a

check for \$1,000. With the money from the receipts and \$700, they were able to help pay for a

glidescope for newborns. It could save a baby's life by opening the airway. Pictured are (I to

r) Lori Raile, RN, Betty Louden, president of the Guild, and Dolores Kincheloe, treasurer.

County hospital guild club

is seeking new members

terested ladies to come visit at enne County Hospital, both financially and any other way we can be of service to them.

The members meet October through May at 2 p.m. on the first Monday of the month at the senior center in St. Francis.

Programs each month are presented by the local health professionals to keep members informed of health services available in the area, and any new medical information updates from the doctors, nurses and staff.

Programs for the year include updates on the Good Samaritan Village, the hospital, therapy department, home health services, Alzheimers news, updates from the hospital administrator, and the story of a local lady's journey through a double-lung transplant. In December, music instructor, Louden at 785-332-2347. Debbie Fiala, and the high school

music department comes down The Guild is formed solely for and helps get members into the Christmas mood with delightful songs

Herald staff photo by Karen Krien

Funds donated to the hospital are raised by dues, a "bakeless bake sale," and by saving the grocery receipts from Bella's Market.

'We have earned several thousand dollars, which have been donated to the hospital. We ask the public to help us in that effort by saving and giving us the receipts also. These receipts can be left at the United Methodist Thrift Store or call Arlene Walz at 785-332-3168 and she will see that they are picked up.

"This is truly one of those organizations that benefit the members by education and the hospital by donations," said Anita Miller, vice president.

For more information, call Mrs.

meeting planned An organizational meeting con- ald communities. cerning the proposed combined Cheylin Schools and Commu- cussed and hopefully a combi-

Wellness center

nity Wellness Center will be held nation of public funds, local orin the Cheylin School cafeteria Wednesday, Sept. 7, at 7:30 p.m. As envisioned the building will

be multi-purpose, providing fitness equipment in a user friendly environment for everyones present and future exercise and physical therapy needs.

 \bigcirc

it will provide easy access to all will provide excellent hands-on students and athletes and still be training for the students while available for use by citizens of all allowing them to do community ages in the Bird City and McDon-service.

Possible funding will be disganization support, government grants and private donations can become available.

As planned, Cheylin students enrolled in the building and carpentry classes along with community volunteers under the supervision of Mr. Hengen will Located on school property, do the actual construction. This

Commission's fall activities. Why not step out and join us? We need supplies. your involvement to make the class-

es possible. Once again, we are offering a beginning course as well as an inwoodworking and blacksmith classes. Both are to start soon.

Dennis Friedrichs will be teaching woodworking with classes to serve your spot for one or both start Tuesday evening, Sept. 20, classes.

The start of school marks the from 7 to 9 p.m. You can build the kick-off for the St. Francis Rec project of your choice. There is an instruction fee as well as the cost of

The instructor for the blacksmith class is Tony Howard. He will teach termediate course for those wishing to continue from last winter.

Call Penny at 332-3949 to re-

There was musical entertainment

for one hour each evening before

grams. One popular musical enter-

tainer was an Elvis Presley imper-

sonator with his eight-piece band,

On Friday the participants were

treated to a field trip to Estes Park

Park with a picnic lunch in the

mountains and a stop at the park

headquarters and at the famous

visiting with several of the Chau-

tauqua presenters was held to end

the week. Then all departed for

A Sunday morning brunch and

Stanley Hotel in Estes Park.

as well as other various bands and

vocalists.

Scholar program held in Colorado

An interesting and educational Walt Whitman and others. The Road Scholar (formerly Elderhos- portrayers were from various states tel) program was held Aug. 2 to 7, and locations also. led by the University of Northern Colorado, in Greeley. There were 24 participants attending from nine the presenters began their prostates including two scholarship recipients from Kansas, Wilma Lampe and ErvaGene DeAragon.

Other states represented were Arizona, California, Colorado, Missouri, Nebraska, Nevada, North Carolina and Texas.

The week's programs were and the Rocky Mountain National held in conjunction with the annual Chautauqua which is held in Greeley each day and evening the first week of August in the big tent on the Aims college campus. The Chautauqua is open to the public and there were around 600 attending each evening.

Some of the historical people their various home states after a portrayed were Abraham Lincoln, very enjoyable and educational Marie Curie, Emily Dickinson week.









receive scholarships

Two area students

mantha Robertson have received Academic scholarship. scholarships from the Barton County Community College for ents scholarships each year from the 2011-12 academic year. Whit- money received through its fundney has received the Eustace raising events, endowments and Marmie Honorarium scholarship, annual scholarship gifts.

Whitney Churchwell and Sa- and Samantha, the Melvin O. Nuss

Barton college foundation pres-

Join Us for **Morning Fitness with SFRC**

Walking — Monday & Wednesday at 7 a.m. Jogging — Tuesday & Thursday at 7 a.m.

Meet at the Courthouse, starting Monday, Sept. 5 Led by Pastor Warren Cico No fee.



Also available: woodworking & Blacksmith Contact Penny Gienger at 785-332-3949

HUNTING - DRYLAND - CRP - PASTURE

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members, the following offered to with cards and games will follow.

Jason's Computer Services 113 W. Washington St.

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Office supplies Virus removal Website design & hosting

> visit Padgett-online.com/jcs or call 785-332-3900

Thank You

I would like to thank the following for purchasing the premium on my Reserve Champion Breeding Heifer: Short and Son Inc., Joan Banister Insurance Agency, Superior Livestock, Brunk's Machine and Service, and Matt and Mila Bandel. I appreciate your support. Matt Raile

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Upcoming Auction

Lynn O'Leary & the late Barbara Household & Miscellaneous Saturday, Sept. 10

11 a.m.

402 E. 1st Street, St. Francis, Ks.

Conducted by Ewing Auction Call 785-332-3535 for more information

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