



Supercommittee fails to reach an agreement

So the so-called "Supercommittee" lets us down, failing to reach an agreement on how to chop the federal budget.

It joins the presidential commission and Congress as a whole in disappointing us. Both parties are playing politics, coming up to next fall's elections. Some say it's not likely there'll be any compromise before then. It's a dangerous game for incumbents, however.

People want the country to move toward a solution to the debt crisis. They want progress, they want compromise, they want answers. And politics as usual won't provide them.

Voters are likely to go into the elections in a surly mood. The nation's wars will be over, but the fiscal fight not yet really begun. And that will make it yet another season for challengers.

The "tea party" Republicans elected last year will cry "We told you so," but even they may be vulnerable. Democrats and Republicans who've done nothing will be in real danger; neither party stands to gain as much as it might lose.

The stakes, in short, are high, and the country is not likely to get what people want before the election, and after the election, there could be a whole lot more new faces.

Why the deadlock?

Campaign rhetoric, mostly. Republicans cry for cuts to "entitlements," mostly welfare, Social Security, Medicare and Medicaid. Democrats reject that and demand tax increases on "the wealthy."

Both parties put up a smoke screen that they are fighting for us, but in truth, they are fighting to hold onto - or increase - their power. To a point, there is nothing wrong with that. Voters may feel both passed that point years ago, however.

A government that works demands compromise, the ability to work together, a concern for the good of the nation. Those things are rare in politics, rarer still in our history. But this is one of those times that demand we pull together, not just pull for votes.

Democrats have to admit that automatic increases to "entitlements" must be curbed. Republicans are going to have to give more than \$3 billion in new revenue. Some other rifts need to be patched over.

The congressman or senator who ignores those truths risks the wrath of voters who are simply tired of games and tired of waiting.

Ladies and gentlemen, the time is now, not two years from now, to start solving this problem, curb spending and balance the budget. Let's get with it. *- Steve Haynes*

Moments With Mila

Holidays and Building a Healthy Plate

By Mila Bandel



County Health Nurse

The holiday season is upon us and food is everywhere, making it tough to stick to your healthful eating and exercise habits. Here are some healthful tips to help you make it through the holiday season and into a new year of healthy lifestyles.

The new Dietary Guidelines for Americans is to build a plate of healthy foods through the "Choose-MyPlate" instead of the Food Guide Pyramid. How can you build a healthy plate? Before you eat, think about what goes on your plate or in your cup or bowl. Food like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories. Try some of these options:

Make half your plate fruits and vegetables.

Eat red, orange and dark green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.

Eat fruit, vegetables, or unsalted nuts as snacks - they are nature's original fast foods!

Switch to skim or 1% milk: They have the same amount of

calcium and other essential nutrients as whole milk, but less fat and calories.

Make at least half your grains whole:

Choose 100% whole grain cereals, breads, crackers, rice and pasta

Check the ingredients list on food packages to find whole-grain foods

Vary your protein food choices: Keep meat and poultry portions small and lean.

Try seafood the protein on your plate at least once-twice a week.

Eat beans, which are a natural source of fiber and protein.

Cut back on foods high in solid fats, added sugars, and salt. Too much sodium may increase your blood pressure.

Choose foods and drinks with little or no added sugars:

Drink water instead of sugary drinks. There are about 10 packets of sugar in a 12 ounce can of pop. Select fruit for dessert. Eat sugary desserts less often.

Choose 100% fruit juice instead of fruit-flavored drinks.

Look out for salt (sodium) in foods you buy - it all adds up.

Compare sodium in foods like soup, bread, and frozen meals - and choose the foods with lower numbers.

Add spices or herbs to season food without adding salt.

Eat fewer foods that are high in solid fats.

Make major sources of saturated fats - such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs - occasional choices - not everyday foods.

Select lean cuts of meats or poultry and fat-free or low-fat milk, yogurt and cheese.

Switch from solid fats to oils when preparing food.

Enjoy your food but eat less: Think before you eat...is it worth the calories?

Avoid oversized portions.

Use a smaller plate, bowl or glass

Stop eating when you are satisfied, not full

Be physically active your way: Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active...

Remember you are your children's most important role model.

Louise Spratford, St. Francis; Fleda Raile, St. Francis; Penny Raile, Los Angeles, Calif.; Janis Elfers, Goodland; Barbara Sellers, Cibola, Texas.

GOD SAYS

Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all mallice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Ephesians 4:31, 32

The Saint Francis Herald
(USPS 475-960)
A Century of Service to Cheyenne County

P.O. Box 1050, St. Francis, Kan. 67756-1050

Published each Thursday by Haynes Publishing Co., 310 W. Washington, St. Francis, Kan. 67756-1050. Entered as periodicals matter at the post office at St. Francis, Kan. 67756-1050, and at additional offices.

Official newspaper of Cheyenne County. Member of the Kansas Press Association, National Newspaper Association, Colorado Press Association and Inland Press Association.

Subscriptions: One year \$38 (tax included) in Cheyenne and adjacent counties; \$42 (tax included) elsewhere in Kansas; \$48 elsewhere in the U.S. Foreign subscriptions, \$28 extra per year (except APO/FPO). POSTMASTER: Send change of address to Box 1050, St. Francis, Kan. 67756-1050

Nor'West Newspapers

8:30 a.m. - noon - 1:00-5:00 p.m.
Monday - Friday
(785) 332-3162 Fax - (785) 332-3001
E-mail - sf.herald@nwkansas.com

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HOW'S THE ECONOMY AFFECTING YOUR CHRISTMAS GIFTGIVING?

Barry @11



SHORTY SHRIFT
"I'm shoppin' locally for gifts. I can't afford th' gas to go to Big City stores!"



MARY DUZLOTZ
"I'm buying all my stuff in our town to help out the bizness folks around here!"



IMA DOUGHNER
"I'm picking up local homemade items to support our town's arts and crafts!"



SANTA CLAUS
"I'm lettin' my elves & reindeer go - an' sendin' gift certificates by email!"

Casey's Comments

By Casey McCormick



mccormickcasey@rocketmail.com

Last Friday we took our high school senior to look at a college.

Lexi wants to major in Psychology and is considering Washburn University in Topeka.

Walking to campus with our daughter took me back to a similar experience in my own life. Years ago, I planned to leave Denver and attend a school in either Oklahoma or Arizona. My mother

was the one who took the trip with me.

One similarity then as now is how each university did their best to sell themselves. They all had beautiful buildings and plenty of attractions for a young person to explore. But we had to see each to figure out which would be the best fit for me. It is exciting to see Lexi prepar-

ing for the next big stage of her life. Reflecting on my life, she's in for some challenges. But she'll have a great time finding herself.

Now we just have to find the college that suits her.

News From the Past

1931

The "Electric Theater" was "the coolest place in town," said The Saint Francis Herald in June, 1931. A new fan was installed at the back of the building with a chute for carrying the air into the building through an opening just below the stage door. With the fan, it was possible to change the air in the theater in just a few minutes, keeping the air pure and the temperature down.

The Electric showed movies every night. Some of the movies were "Men Call It Love," "The Spy," "The Flood," "The Connecticut Yankee" starring Will Rogers, and "It's A Wise Child."

Felzien Welding and Machine Works advertised Oliver Combines which "keep running, keep threshing, keep saving."

The ad said the Oliver Nichols and Shepard Model A and B combines have cuts of 10 and 12 feet and have the latest improvements. They are built around the famous big cylinder and the man behind the gun - the greatest threshing combination ever devised.

Hancock Motor Company

was selling New Goodrich Super Cavalier tires. A 4-ply 4.40-21 was selling for \$5.25 and a 6-ply Super Cavalier, 4.50-20 sold for \$8.55.

The St. Francis baseball team won over the Bird City team, 9 to 5. McCoy (no first names are printed) was the "newly acquired" pitcher who kept the Bird City batters down to seven hits. He also contributed two hits, one was a long-three base hit. Dunn got two more hits.

Others listed on the St. Francis team were Busby, C. Neiland, Klindlesparker, J. Neiland, Scoby, Tapp and Miller.

Those playing on the Bird City team were Elliott, Cherry, Byers, Thedford, McTaggart, Spickerman, Wilkerson, Patter-son, Leathers and Boatsman.

D.H. Postlethwaite, J.L. Finley and Roy T. Johnson attended the meeting of the Southwest Nebraska Bar Association. The meeting was held at Pierce Lake North of Benkelman.

An inch of rain fell in 20 minutes on June 12. The water, the Herald reported, just literally fell out of the clouds with drops so

plentiful that they ran into each other on the way down. It taxes the drainage capacity of most of the ditches in town to carry it away. Out north of town, the rainfall was a great deal heavier and lasted almost an hour. Residents reported that about 3 inches fell in about an hour.

In the Hackberry area, at the F.E. O'Leary farm, the hail was so heavy that a 1/2-bushel basket sitting in the yard was filled and overflowing in a few minutes. Mr. O'Leary and his sons were replanting corn washed out from a previous rain when the storm hit. They found shelter under an old wagon and some quilts.

Cris Ferguson has found a cheap method of preserving succulent cattle feed on his farm. In less than a week, two men with four mules and a Fresno dug a trench silo 9-feet deep, 12-foot wide and 40-feet long. The silo was constructed so a wagon could be backed into it for loading. A span of mules is used to help pack the silage. The trench was rounded up and silage covered with wet straw to seal and prevent spoilage. Dry straw was piled on top of the wet.

Church of Christ
332-2380, Pars. 332-3424
502 W. Spencer
Norman Morrow - Minister
Bible Class 11 a.m.
Morning Worship 10 a.m.
Wed. Bible Study 7 p.m.

St. Francis of Assisi Catholic Church
625 S. River • 332-2680
Fr. Roger Meitl
Sunday Mass 10:30 a.m.
Weekday Mass 8:00 a.m.
Confessions Sat. 4-4:30

First Baptist Church
2nd & Scott • 332-3921
J.W. Glidewell, Pastor
Sunday School 9:30 a.m.
Worship 10:30 a.m.
Sunday Evening Service 6:30 p.m.,
Wed. AWANA Club, 6:30 - 8:00 p.m.

United Methodist Church Office 332-2292,
Church 332-2254,
512 S. Scott
Pastor Warren Cico
Early Bird Service 8:30 a.m.
Sunday School 9:30 a.m.
Worship 10:30 a.m.

Salem Lutheran Church
332-3002
Pastor Chris Farmer
Sunday School 10 a.m.
Morning Worship 11 a.m.
Communion 3rd Sunday

St. Francis Community Church
332-3150
204 N. Quincy Street
www.sfccfamily.com
Pastor: David Butler
Sunday School 9:15 a.m.
Worship Service 10:30 a.m.
Potluck & Communion -
Every 2nd Sunday
Wednesday Bible Study 7 p.m.

Seventh-Day Adventist Church
785-890-5718 • 3rd & Adams
Pastor Jerry Nowack
Sabbath School 9:30
Morning Worship 10:45

Solid Rock Baptist Church
412 S. Denison
Welcomes You!
Pastor Allen Coon
Sunday School 9:30 a.m.
Worship 10:30
Prayer Meeting, Wed 7:30 p.m.

Peace Lutheran Church, AFLC
202 N. College
Pastor Randy Nelson
Church 332-2928
Parsonage 332-2312
Sunday School 9:30 a.m.
Worship 10:30 a.m.
Communion 1st Sunday

First Christian Church
Pastor Jeff Landers
332-2956 • 118 E. Webster
Bible Fellowship 9:15 a.m.
Church Service 10:15 a.m.

St. Francis Equity

Saint Francis Herald

Knodel Funeral Home
202 S. Benton • St. Francis
785-332-3131

