Lucille Price

Cards for birthday

The family of Lucille Price would like to honor her with a card shower. She will celebrate her 90th birthday on Jan. 15 and would enjoy hearing from friends and family. People may send their good wishes to her at 210 Birch St., St. Francis, KS 67756.

New dietitian talks

The Cheyenne County Hospital in the basement of the clinic in St.

held at 1:30 p.m. on Wednesday, in dietetics from Kansas State

Jan. 18. This meeting will be University in May 2008. She

held at the Cheyenne County obtained her certified Diabetes

diabetic nutrition

has a new dietitian, Kirsten Angell, Francis.

from Ellis. She will be the guest

speaker at the upcoming Diabetes

Management Education meeting

Clinic conference room located

-Weather-

56

66

60

44

40

53

Date

Dec. 27

Dec. 28

Dec. 29

Dec. 30

Dec. 31

Jan. 1

Jan. 2

High Low

26

24

25

20

13

Trace

AZ 85251 Music club Music club will meet Monday,

took place and a memorial service

will be held at a later date. His

wife would appreciate cards sent

Founders' Day. **Equity annual meeting**

meeting will be held at 6 p.m. on Wednesday, Jan. 18, at the St. Francis high school cafeteria. Two board of directors will be

Foundation meeting

Francis Community Foundation and New Generation Fund annual meeting will be held at 4 p.m. on Thursday, Jan. 5, at the St. Francis City Council board room. Open to the Public.

Woodworking class

The St. Francis Rec Commission is offering an adult woodworking class starting Tuesday, Jan. 17, from 6:30 to 9 p.m. For more information, contact Penny Gienger, 332-3949.

Emergency number new

Ms. Angell comes from a varied

background of professions, but

she earned her most recent degree

Educator credential in May 2011

qualifying her to provide more

extensive diabetes education and

experience includes all areas of

clinical dietetics with a special

interest in diabetes. Ms. Angell's

other areas of interest and

experience includes individual

and group weight management,

sports nutrition and general health

Her goal is to help people understand that eating healthy

doesn't have to be difficult or

expensive and that healthy food

can taste good and be enjoyable.

She understands with today's busy

lifestyle, choosing to live a healthy lifestyle can be challenging.

Ms. Angell enjoys coaching,

counseling, and educating people to motivate and assist them in making healthy nutrition-related lifestyle choices to help make

living a healthy lifestyle a reality. The Diabetes Management

Education program is open to the public and free of charge. For

more information contact Mila Bandel, RN county health nurse at

Specials

Friday

Chicken Fried Steak

Sunday

Barbecue Ribs

Monday

Fried Chicken

Hunting

Supplies sold here

Majestic Service

& Truck Stop

510 West Highway 36

St. Francis, Ks.

785.332.2905

785-332-2381.

dietetics-related

training to clients.

past

and wellness nutrition.

phone Cheyenne County

Jack Reinhold, 88, died (Dispatch) for non-emergency Monday, Jan. 26, 2011. Cremation calls: 785-332-8822, Dial 9-1-1

Bulletin Board

for an emergency. **Commissioners to meet**

Cheyenne County Comto Berenice Reinhold, Apt. 217, missioners will meet at 8 a.m. on 7090 E. Mescal St., Scottsdale, Monday in the commissioners' room in the courthouse.

Veterans' Affairs

Jody Tubbs, of the Kansas Jan. 16 at 7 p.m. at Jean Ann commission on Veterans' Affairs, Confer's house to celebrate will be in St. Francis at 10:30 a.m. until 11:30 a.m. at the County Clerk's office to assist veterans The St. Francis Equity annual and their dependents with VA claims work on Thursday, Jan. 5. If you are unable to contact Ms. Tubbs in St. Francis, you may contact the office in Colby any Monday, Wednesday or Friday at (785) 462-3572.

Free popcorn

Cheyenne Theater Committee is asking, that the first weekend of the month, a-week service to victims of those attending the movie bring a canned food donation for the Food Pantry and they will receive are available for women and a free sack of popcorn.

Tag deadline

All residents with last names beginning with W, X, Y and Z should purchase their car, pickup, motorcycle and motorized bike tags and pay their vehicle personal property tax by the end of the month to avoid paying a

Driver's license needs to be presented or entered on form at time of renewal.

Cheyenne County ambassadors

If you are proud of your community and your county and want to tell folks about it, stop by the Cheyenne County Development office at 107 W. Washington in St. Francis and pick up an "Ambassadors" package. Take one along on a trip or to an event. Let everyone know what a great place we live in!

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 daydomestic violence and sexual assault. Weekly support groups children within the northwest Kansas area. For information or in need of assistance, please call the toll-free number 1-800-794-



Members voted in

Dennis Mote, Cheyenne as other important federal farm County Farm Service Agency program issues. executive director, first alternate.

Elected county committee members serve a three-year term and are responsible for making decisions on Farm Service Agency disaster, conservation, commodity and price support programs, as well

"County committee members announced that Stella Draper are a valuable asset because of St. Francis was elected to they are local producers who represent Local Administrative participate in Farm Service Area 3 and Rikki Rueb, also Agency programs themselves of St. Francis, will serve as the and have a direct connection to farmers and ranchers in the community," Mr. Mote said.

"All recently elected county committee members alternates will take office on January 1, 2012, and join the existing committee.'



530 E.Business US Hwy. 36 St. Francis, KS 67756 800-524-9678 785-332-2188 yostford.com

1999 Ford F-250 Reg. cab, Flatbed, 7.3 diesel	\$6,700
2003 F-150 XLT, Cloth, #T7873B, 103K,	\$13,500
2004 Ford F250, S/C, 141K, #T2049B	\$12,500
2004 Chevy Tahoe, Leather, 4WD loaded, T8520A	\$11,850
2005 Ford F-250 Lariat, L. Box, 133,000 miles, #T9945A	\$17,500
2005 Ford Lariat Super Cab, 4x4, Flatbed, \$T9464A	\$16,900
2005 Ford F-150 Lariat, S/C, 4x4, 84K, #T7973C	\$16,500
2006 Ford F-250, S/C, Low Miles, 63,500K, #T9464A	\$20,800
2006 Ford 250, R/C, L. box, Local Trade, 100K, #T4374A	\$19,000
2006 Ford F-250, Supercab, 87K,	\$19,100
2007 Ford Focus, Happy Yellow, #54444A, Ask for Scott	\$9,000
2007 Ford Edge SEL, AWD, Leather, #T2644A	\$18,100
2007 Ford F-150 King Ranch, Crew Cab, 69K, #T6497A	\$27,400
2008 Toyota Tundra, 2 WD, SRS, #T1028C	\$26,000
2008 Mercury Mariner Premier AWD, V-6, 98K, #27020A	\$16,495
2008 GMC Acadia, SLT pkg., Loaded, Dual DVD,#T0869B	\$20,400
2008 F350, S/C, XL, 4x4, AT, 6.4L, Flatbed, 80K, #T7537A	\$18,000
2008 Ford F-250 Supercab, V-10, 73K, Gas, #T5152A	\$21,500
2008 Mercedes C300 Sport, 56K, loaded, #4538VA	\$28,995
2008 Ford Focus Sync pkg., 46,800 miles, #43765A	\$10,995
2008 Ford Fusion 3.0 V-6, 102K SEL pkg., #T8153A	\$12,500
2008 Ford F-150 Lariat, Crew Cab, 59K, #T7342A	\$28,000
2009 Lincoln MKZ, Super low miles, 16K, #85233A	\$28,495
2009 Ford Expedition, Eddie Bauer, DVD, 59K, #T0510A	\$29,900
2009 Cadillac STS, fully loaded, 44K,	\$32,400
2010 Ford F-150 4x4, Blue, Crew Cab, 34K, #T1028A	\$33,500
2010 Ford F-150 XLT, Crew Cab, Blue/silver, 5K, #T0244A	\$32,900
2010 Ford F-150 XLT, 11,500 miles, #T4951A	\$31,950
2011 Ford Taurus SEL, #06614A Was \$33,000 Now	\$29,300
2011 Ford Edge Limited, #T8768A Was \$35,700 Now	\$31,300

View all of our inventory at

www.yostford.com

Reconstructive Surgery Foot & Ankle Injuries For appointments call: **Rawlins County Health Center** 785-626-3211 Wed., Feb. 1 **Cheyenne County** Hospital - P.M. 210 W. 1st • 785-332-2104

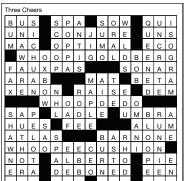
James E. Reeves, DPM

Podiatrist/Foot Specialist

Thurs., Feb. 2 Atwood (a.m.) · 626-3211 Colby (p.m.) CSMC, 175 S. Range 785-462-3332 CMC, 100 E. College Dr.

> Fri., Feb. 3 CSMC at 9 a.m.

785-462-7511





(available in local area only)

Brought to you by The Herald

could be right here." For more information contact: Tim Burr at 785-332-3162

Northwest Tech searches for dancers

collegiate dance team for the addition of the men's and women's Maverick basketball teams at Northwest Tech beginning next fall, there is a fresh opportunity for a dance team. Members of the Maverick Dancers should have experience in a variety of dance styles, including pom, jazz, novelty and hip-hop.

Participation as a member of the Maverick Dancers will allow students to take their performance skills to a whole new level self-confidence, discipline and about Northwest Tech athletics. mentoring. This competitive dance

Northwest Tech is now recruiting team will perform at home athletic for the Maverick Dancers, a new events, community performances, and charity events. Maverick 2012-2013 school year. With the Dancers will be challenged to grow physically and intellectually as they develop the skills they need for success both on the stage and throughout life.

If you are interested in becoming a Maverick Dancer, go to the dancer questionnaire link on the college website at www.nwktc.edu, or contact the Maverick Dancers' team Coach Tiffini Unger at 890-1517 or tiffini.unger@nwktc.edu. There will be dance try-outs prior to the fall, so stay tuned for more through teamwork, leadership, exciting announcements and news

-School Menu

Monday

Breakfast: French toast sticks, juice, cereal assortment and milk. Lunch: Chicken fajitas,

seasoned rice, pineapple slices, fortune cookie.

Tuesday

Breakfast: Breakfast casserole, toast, juice, cereal assortment and

Lunch: Beef stroganoff, buttered noodles, broccoli, hot rolls, mandarin orange jello.

Wednesday

Breakfast: Waffles with strawberries and whipped topping, juice, cereal assortment, milk.

Lunch: Macaroni and cheese or

ravioli with meat sauce, vegetable blend, garlic toast, peaches.

Thursday

Breakfast: Breakfast taco, juice, cereal assortment, milk.

Lunch: Cheeseburger, spicy fries, corn, tropical fruit.

Friday

Breakfast: Coffee cake, juice, cereal assortment, milk.

Lunch: Philly beef sandwich, green peppers and onions, potato wedges, sliced pears, chocolate

• Salad bar is offered at noon daily in the junior/senior high school.

Cookie Recipe

Tempting Toffee Crisps Glori Milne

Twelve 5 by 2 1/2-inch graham crackers

3/4 c. butter (not oleo) 1 c. semi-sweet chocolate

morsels 3/4 c. brown sugar

1 t. vanilla

1/2 c. almonds, chopped Arrange graham crackers side by side in a single layer in a bar pan. In a 2-quart saucepan, combine brown sugar, butter and vanilla.

to a full boil across the surface. Continue boiling 4 minutes, stirring constantly. Remove from heat and immediately pour mixture evenly over crackers.

Bake at 350 degrees for 10 to 12 minutes or until bubbly and lightly browned.

Remove pan from oven and sprinkle with chocolate morsels; allow to soften then spread evenly over crackers. Sprinkle with chopped almonds. Cool completely. Refrigerate until Cook over medium heat, stirring chocolate is firm. Break into occasionally, until mixture comes pieces. Makes 2 dozen.

SHOWTIME: 7:30 p.m. Sunday Matinee 2 p.m.

1 hr. 23 min.

Chipmunks: Chipwrecked

Jan. 6, 7 & 8

David Cross, Jenny Slate, Matthew Gray

Animation, Adaptation, Kids/ Family, Comedy and Sequel

Gubler, Anna Faris, Christina Applegate

GERAEMUE MAIS WASS

3D Movies: Children 12 & Under \$5

All Others: \$7

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(785)772-1906 www.frontier-med.com

CHEYENNE COUNTY

Diabetes Support Group

785-332-2104

Wednesday, Jan. 18 1:30 p.m. in the Clinic Basement **Conference Room.**

Kirsten Angell the new Dietician for CCH will be the guest speaker

For more information, please contact the County Health at 785-332-2381

Celebrating Hometown Life

See American Profile magazine in this week's issue of The Saint Francis Herald

"Your sponsorship