

Bulletin Board

Hospital Guild meets

The Cheyenne County Hospital Guild meeting will be held at 2 p.m. on Monday, Feb. 6, at the St. Francis Senior Center. Cheryl Lee, R.N., will speak about home health services. Hostesses are Lucille Price and Wilma Lampe.

Music club

Music Club will meet at 7 p.m. on Monday, Feb. 6 at Beth Maifeld's home. Look for a presentation of the Denver Brass.

Residents write book

"Memories and musing," a book written by Good Samaritan Village residents, will be available at the open house on Sunday, Feb. 12. More information to follow.

Commodities distribution

Cheyenne County commodity distribution of government surplus will be from 5 to 5:30 p.m., on Thursday at the Church of Christ, 502 W. Spencer in St. Francis.

The types of food vary and include vegetables, fruits, juices, meat, cereals, peanut butter, nonfat dried milk and pastas.

The food is shipped to the Church of Christ. It is supplied four or more times per year.

To be eligible for commodities, the household's total monthly income must be below:

\$1,180—household of one; \$1,594—household of two; \$2,008—household of three; \$2,422 - household of four. For each additional family member, add \$414.

Fair board

The Cheyenne County Fair Board will meet at 7 p.m. in the commissioners' room in the courthouse.

Birthday celebrated

Loma McAtee will celebrate her 85th birthday on Feb. 7. Cards can be sent to her at Box 828, Swingbed Hospital, Lyons, KS 67554.

Birthday celebrated

Veda Orth will celebrate her 75th birthday on Feb. 5. Cards can be sent to her at 1915 Rd. 8, St. Francis, KS 67756.

St. Francis Board of Education

The St. Francis Board of Education will meet at 7 p.m. on Thursday, Feb. 9, in the board room in the high school.

Western swing dance class

Matt and Mila Bandel will be teaching a western swing dance class for five Sundays starting Feb. 12. Class will be held from 5 to 6 p.m. at the St. Francis grade school gym. The St. Francis Rec Commission is sponsoring the class and there is no charge.

Zumba exercise class

Zumba exercise class, taught

by Connie Jenkins, will begin on Tuesday, Jan. 31, in the St. Francis high school wrestling room. Classes will be held from 6 to 6:50 a.m. on Tuesday, Thursdays and Fridays. There will be two introductory classes: Thursday, Jan. 26, and Friday, Jan. 27, call Mrs. Jenkins at 772-7059.

Cards and calls welcomed

Bruce Roelfs has been moved to a long-term acute-care hospital located in the Porter Hospital site, Denver. The hospital deals with acute rehab for individuals that need extra time to recover and rehab with complex medical condition.

Bruce would appreciate cards and letters to help his spirits up. His new address is: Select Specialty Hospital - Denver South, 2525 South Downing, 3 South, Denver, CO 80210, Room number 3312. People can also call him at 303-715-7362 (let it ring several times).

Veterans' Affairs

Jody Tubbs of the Kansas Commission on Veterans' Affairs will be in St. Francis at 10:30 a.m. until 11:30 a.m. at the county clerk's office to assist veterans and their dependents with VA claims work on Thursday,. Those unable to come can contact Ms. Tubbs in St. Francis, or the office in Colby any Monday, Wednesday or Friday at (785) 462-3572.

Presidential caucus

The Cheyenne County Republican Party will have a presidential preference caucus at 10 a.m. on March 10 at the high school. Contact Steve or Connie Jenkins for more information.

Emergency number

The new phone number for Cheyenne County Communications Center (Dispatch) for non-emergency calls: 785-332-8822, Dial 9-1-1 for an emergency.

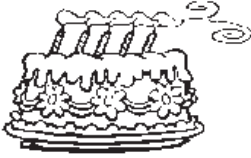
Free popcorn

The Cheyenne Theater Committee is asking, that the first weekend of the month, those attending the movie bring a canned food donation for the Food Pantry and they will receive a free sack of popcorn.

Treasurer's office

Due to illness, the county treasurer's office will only have one clerk in the office from Thursday, Feb. 2, through Tuesday, Feb. 7. The office will also be closed from noon to 1 p.m. each of those days. Note that the deadline for heavy trucks and trailers is Feb. 29.

Woman celebrates 80th birthday



Betty Sherlock, long time resident of St. Francis, will be celebrating her 80th birthday this weekend with her family in Plainville. She is the mother of nine, grandmother of 20 and great-grandmother of 11.

Betty will be turning 80 on Feb. 4th. If you would like to send a birthday greeting, please send it to Betty Sherlock, 401 E. North St., St Francis, KS 67756.



Sherlock

School Menu

Monday

Breakfast: Muffins, yogurt, juice, cereal assortment and milk.

Lunch: Chicken and cheese quesadilla, tossed salad, vegetable blend, sliced pears.

Tuesday

Breakfast: Peanut butter and jelly uncrustables, toast, juice, cereal assortment and milk.

Lunch: Ham and cheese stromboli, green beans, peaches.

Wednesday

Breakfast: Ham, egg and cheese mcmuffin, toast, juice, cereal assortment, milk.

Lunch: Steak fingers, mashed po-

tatoes, country gravy, rolls, tropical fruit.

Thursday

Breakfast: Mini strawberry splash pancakes, juice, cereal assortment, milk.

Lunch: Chicken alfredo, broccoli, bread sticks, applesauce.

Friday

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

Lunch: BBQ pork sandwich, french fries, peas, cherry cheese-cake

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

Senior Center Menu

Thursday, Feb. 2

Pigs in a blanket, grits casserole, coleslaw with carrots, half banana.

Friday, Feb. 3

Meat loaf, scalloped potatoes, peas, roll, peaches.

Tuesday, Feb. 7

Scrambled eggs, hash browns, sweet bread, orange juice.

Thursday, Feb. 9

Sloppy Joes, mixed vegetables, macaroni salad, bun, pears.

Friday, Feb. 10

Pork steak, mashed potatoes, green beans, roll, apricot.

Tuesday, Feb. 14

Goulash, California blend veggies, half banana, roll, crisp rice bar.

Thursday, Feb. 16

Vegetable beef soup, tropical fruit, crackers, bar cookie.

Friday, Feb. 17

Fried chicken, mashed potatoes, corn, roll, peaches.

Tuesday, Feb. 21

Hamburger, baked beans, potato salad, bun, mixed fruit.

Thursday, Feb. 23

Chili or potato soup, orange pineapple salad, crackers, cinnamon roll.

Friday, Feb. 25

Ham loaf, sweet potatoes, applesauce, roll, cake.

Tuesday, Feb. 28

Salisbury steak, mashed potatoes, winter mix veggies, roll, apricot.



JACK ABENDSCHAN gets out for a walk and takes advantage of the nice weather.

Herald photo by Karen Krien

Mild temperatures reported for January

The weather has been unseasonable warm for January. Kathy Woodcox, weather observer for St. Francis, reported a high of 69 degrees on Monday and 61 degrees on Sunday. Temperatures dropped below freezing each night and there has been no moisture recorded for the week. However, the National Weather Service, on

Tuesday, was forecasting 70-percent snow Thursday night.

Date	High	Low	Prec.
Jan. 24	44	13	
Jan. 25	57	16	
Jan. 26	55	23	
Jan. 27	42	11	
Jan. 28	45	12	
Jan. 29	61	19	
Jan. 30	69	28	

SHOWTIME: 7:30 p.m. Sunday Matinee 2 p.m. 2 hr. 26 min.

War Horse

Feb. 3, 4 & 5

Action/Adventure, Adaptation, Drama

Peter Mullan, Emily Watson, Niels Arestrup, David Thewlis, Tom Hiddleston PG-13 (for intense sequences of war violence)

CHEYENNE THEATER

St. Francis, KS 785-332-2747

Children 12 & Under: \$4 All Others: \$6

3D Movies: Children 12 & Under \$5 All Others: \$7

Frontier Medical Rejuvenation

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Dr. Rebecca Allard

607 South Benton St. (785) 772-1906

St. Francis, Kansas 67756 www.frontier-med.com

CHEYENNE COUNTY HOSPITAL

210 W. 1st • St. Francis, KS 785-332-2104

Diabetes Support Group

Wednesday, Feb. 15

1:30 p.m.

in the Clinic Basement Conference Room.

Dr. Mary Beth Miller will be the guest speaker – topic Blood Draw Lab Values – What do they mean?

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

SINGING Valentine Telegram

SFCHS Vocal, Band & Advanced Music Classes will be delivering Singing Valentine Telegrams in St. Francis

Cost - \$5.00

Includes Song, Balloon & Candy

Forms for Singing Valentine Telegrams will be available from any band, vocal or advanced music student, at the high school office or area businesses.

James E. Reeves, DPM Podiatrist/Foot Specialist

Reconstructive Surgery

Foot & Ankle Injuries

For appointments call:

Rawlins County Health Center

785-626-3211

Wed., Feb. 29

Cheyenne County Hospital - P.M.

210 W. 1st • 785-332-2104

Thurs., Mar. 1

Atwood (a.m.) • 626-3211

Colby (p.m.)

CSMC, 175 S. Range

785-462-3332

CMC, 100 E. College Dr.

785-462-7511

Fri., Mar. 2

CSMC at 9 a.m.

Specials

Sunday

Smothered Steak

Tuesday Special

upgrade any regular sandwich to a deluxe at no extra charge.

Big Game Sunday

Feb. 5. Fried Chicken and Hot Wings.

Dine in or take out.

Pre-orders appreciated.

Specials are good until game time.

Majestic Service & Truck Stop

510 West Highway 36

St. Francis, Ks.

785.332.2905

YOST Ford

Scott Knebel Brent Rueb

530 E.Business US Hwy. 36 St. Francis, KS 67756

800-524-9678 785-332-2188 yostford.com

1997 Ford Explorer Eddie Bauer Loaded, #43765B \$3,850

1990 Chevy S-10, 2 WD, 4 cyl., auto, 70K, #T6529B \$1,995

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, 133K miles, #T9945A \$17,500

2006 Ford 250, R/C, L. box, Local Trade, 100K, #T4374A \$19,000

2006 Toyota Camry, 103K, T4408B \$8,900

2007 Ford F150 Lariat Crew Cab, Leather, 91K, #T0005A \$25,500

2007 Ford F-150 King Ranch, Crew Cab, 69K, #T6497B \$27,400

2007 Ford Edge, 70K, #T6601A \$17,900

2008 Mercedes C300 Sport, 56K, loaded, #4538VA \$28,995

2008 Ford Fusion 3.0 V-6, 102K SEL pkg., #T8153A \$12,500

2008 Ford F-150 Lariat, Crew Cab, 59K, #T7342A \$28,000

2008 Toyota Tundra, 2 WD, SR5, #T1028C \$26,000

2008 Mercury Mariner Premier AWD, V-6, 98K, #27020A \$16,495

2008 GMC Acadia, SLT pkg., Loaded, Dual DVD,#T0869B \$18,000

2009 Lincoln MKZ, Super low miles, 16K, #85233A \$27,900

2009 Cadillac STS, loaded, #T2882A \$29,000

2010 Ford F250 XLT, Crew Cab, 6.8L gas, 45K, #7973A \$34,000

2010 Ford F-150 XLT, 11,500 miles, #T4951A \$31,950

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 Explorer Eddie Bauer, #T3404A \$29,000

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

Wrinkle Removers

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For more information contact: Tim Burr

at 785-332-3162