



TAMMY GRICE, coalition member, presenting a goodie bag containing a pedometer and other information to to Ally Schlepp, a junior at St. Francis Community High School.

Disease coalition promotes school-age kids to be active

Cheyenne County students from St. Francis and Bird City schools recently received goody bags which contained pedometers as well as nutrition and physical activity information.

The Cheyenne County Chronic Disease Risk Reduction Coalition, conducted through the Cheyenne

County Health Department is focusing on school age nutrition and physical activity for the 2012-2013 school year. The coalition members furnished the bags with the walking pedometers and information to students in both school districts. The information provides everything they need to

know to start a successful walking program, gives motivating reasons to be active, exercise tips, and tips for healthful nutrition.

School-age kids need 60 minutes of physical activity each day. But as kids get older, increasing demands on their time can make getting exercise a challenge. Some kids get caught up in sedentary pursuits like watching television, video games, surfing the internet, face booking and other social media interests.

Being active is a key component of good health for all school-age kids. It will strengthen their muscles and bones and ensure that their bodies are capable of doing normal kid stuff, like lifting a backpack, climbing on the jungle gym, running a race, or participating on a sports team. It also will help control their weight and decrease their risk of chronic illnesses, such as high blood pressure and type 2 diabetes.

Kids can be fit even if they're not the sports star of the team, said Mila Bandel, county health nurse. The key is finding activities they enjoy.

The options are many, such as walking, biking, dancing, swimming, just to name some. Finding an activity the entire family likes to do together is even better.

No matter what their fitness personalities, kids look to parents and guardians for guidance, support and encouragement. It is important to set a good example.

Set a goal as a family to make it a priority and look for chances to be physically active as a family. For more information about the Chronic Disease Risk Reduction coalition and/or nutrition and health call the Cheyenne County Health Department at 785-332-2381.

Cemetery District Two meeting

Cemetery District Two will meet on Monday, Oct. 15, at 7:30 p.m. in the county commissioners' room.

Cards needed

After taking several tumbles, Lee Busby is recovering at Life Care Center of Greeley, 4800 25th St. Greeley, CO 80034, Rm 218. She would appreciate cards and letters sent to this address.

Blood drive

The American Red Cross Blood Drive will be held from 9:30 a.m. to 4:45 p.m. on Thursday, Oct. 25, at the Immanuel United Methodist Church, 116 Bressler, Bird City. Call 1-800-RED-CROSS to schedule your appointment. This drive is by appointment only.

Cheyenne County Wildlife

Cheyenne County Wildlife is on Face book! See CCWI St. Francis.

School board

The St. Francis Board of Education will meet at 8 p.m. (not 7 p.m. which is on the school calendar) on Thursday (tonight) in the board room at the high school.

Blue star banners

The Goodland Elks Lodge 1528 is presenting "Blue Star Banners" to those who have children or grandchildren in the active duty military service. Call the Elks at 785-890-6251 for more information.

Shakespeare, Socrates, Mark comes to St. Francis

On the weekend of Friday, Saturday and Sunday, Nov. 9 through 11, Patrick McWilliams, former teacher of literature and drama at The Phillips Exeter Academy, will visit St. Francis. He will offer a series of workshops and performances, sponsored by the Cheyenne Center for Creativity. A schedule and more information will be published soon.

Christmas Community Chorus

The Christmas Community Chorus will not present its annual Christmas Benefit Concert this year. as Neala Carmichael, director, has been ill. However, the chorus has been asked to sing two songs from last year's concert at Salem Lutheran's "Christmas in the Country" service on Dec. 15.

Open house

An open house for The Flower Shop is planned for Wednesday, Oct. 17. Andi Culwell, owner, is hoping lots of people stop by for refreshments and to see what the shop has to offer.

Weather

Date	High	Low	Prec.
Oct. 2	84	37	
Oct. 3	91	36	
Oct. 4	56	37	
Oct. 5	37	33	.12
Oct. 6	37	31	.19
Oct. 7	54	29	
Oct. 8	74	31	

Museum website

The Cheyenne County Historical Society wishes to announce a website for the Museum and Old Country Church is now available at: mcheyenne.wix.com/cheyennemuseum.

Craft fair

It's that time of the year, to get your crafts ready for the Holiday Craft Fair in Bird City on Oct. 27. Tables are filled but call Barb Gerdes 734-2421 for cancellations.

Show time

Movies at the Cheyenne Theater start at 7:30 p.m. and this time will continue throughout the winter.

St. Francis website

Check out the updated St. Francis website at www.stfranciskansas.com.

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. Show time is 8 p.m.

Grief Support Group

The Grief Support Group will meet every second and fourth

Mondays at 2 p.m. Meeting place is the Immanuel United Methodist Church, 116 E. Fourth, Bird City. For more information, call 785-734-2739.

The group is a confidential support to all who have experienced the loss of a loved one in a safe place of mutual help and comfort.

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.

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 day-a-week service to victims of domestic violence and sexual assault. Weekly support groups are available for women and children within the northwest Kansas area. For information or in need of assistance, call 1-800-794-4624.

Workshop set for Dec. 11 in Wray

By Julie Elliott
Rangeland Management Specialist
Natural Resources Conservation Service

Ranchers: What would you give to know 30, 40 or 60 days ahead of time that your livestock herd was going to run out of grass? Would you give one and a half days of your time?

If so, mark Tuesday and Wednesday, Dec. 11 and 12, for a unique and comprehensive Managing Drought Workshop series in Wray.

Whether you own rangeland and cattle, or you are a landlord who leases your range, or you are the one with the cows leasing the range, this workshop is for you. Come learn a totally unique approach to drought management that has never been available before.

This workshop series will begin on Tuesday afternoon, Dec. 11. There will be a separate session Tuesday evening and one on Wednesday, Dec. 12.

Tuesday afternoon will focus on the thought processes of drought and the Calf_Cost_Cow-Q-lator spreadsheet. This spreadsheet which predicts profit (or loss) given certain conditions such as hay prices, amount of hay fed, calf weaning size, calf prices, and many more variable that only

a computer can crunch. Attendees will go through the worksheet and fill in the best and worst case prices and conditions and learn the profit estimate using those parameters. This spreadsheet is free and available on the web.

After a provided dinner, the workshop series will continue with an introduction to various web resources. Pat Reece will introduce all of these resources and explain why ranchers should know how to use these websites to gain valuable information vital to making informed drought plan decisions.

On Wednesday, attendees will learn about drought indicators, plant drought response, and drought planning. Attendees will learn what they need to know to answer these critical questions: How much moisture do we need? How do I decide how many animals I can run this summer? When can I decide? We will start the workshop at 9 a.m. and close by 3:30 p.m.

Ranchers may attend any part or all of the workshop sections. There will not be a registration fee, although registration will be necessary. Watch for more detailed information in November. The workshop is being sponsored by the Yuma County Conservation District and the Natural Resources Conservation Service.

School Menu

Junior-senior high school

Oct. 15-19

Monday

Breakfast: Cereal bar, string cheese, citrus fruit cup.

Lunch: Taco burger with bun, Romaine and tomato, refried beans, sliced pears.

Tuesday

Breakfast: French toast strips with syrup, strawberries and bananas.

Lunch: Sausage pizza, tossed salad with Romaine, garlic bread stick with marinara sauce, fresh banana.

Wednesday

Breakfast: Western omelet, quesadilla and salsa, potato triangles, fresh pear.

Lunch: Ham and cheese with hoagie bun, potato wedges, fresh broccoli, green grapes, granola and raisins.

Thursday

Breakfast: Coffeecake, sunrise smoothie, graham crackers.

Lunch: Italian pasta bake, green peppers and fresh carrots, bread and jelly, applesauce, royal brownie.

Friday

Breakfast: Biscuits and gravy, apricots, fruit juice.

Lunch: Chicken patty, mashed potatoes and gravy, roll and jelly, orange wedges.

Elementary school menu

Monday

Breakfast: Pancake and sausage on a stick, fruit.

Lunch: Chicken casserole, peas and carrots, biscuits, peaches and pears.

Tuesday

Breakfast: Scrambled eggs, toast.

Lunch: Hot dogs on buns, seasoned potato wedges, veggies with dip, yogurt fruit cups, grapes.

Wednesday

Breakfast: French toast.

Lunch: Taco soup, whole wheat corn chips, fresh broccoli and cauliflower, apples and bananas.

Thursday

Breakfast: Breakfast sundae, cookie.

Lunch: Turkey on a spinach wrap, cottage cheese, relishes, oven fries, strawberry jello.

Friday

Breakfast: Biscuits and gravy.

Lunch: Cheeseburgers on buns, veggies with dip, baked beans, apples, oranges.

Note: Salad bar is offered daily at the junior-senior high school.

Juice, cereal and milk are served every morning. Fruit and milk are served every lunch.

Menu is subject to change.

James E. Reeves, DPM
Podiatrist/Foot Specialist
Reconstructive Surgery
Foot & Ankle Injuries
For appointments call:
Rawlins County Health Center
785-626-3211
Wed., Oct. 10
Cheyenne County Hospital - P.M.
210 W. 1st • 785-332-2104
Thurs., Oct. 11
Atwood (a.m.) • 626-3211
Colby (p.m.)
CSMC, 175 S. Range
785-462-3332
CMC, 100 E. College Dr.
785-462-7511
Fri., Oct. 12
CSMC at 9 a.m.

Specials
Sunday
Chicken & Noodles
Monday
French Dip
Tuesday
Chicken Fried Steak Sandwich
Available Here
1/2 gal milk, Bread,
Drinks, Snacks
Deer Tags, Hunting Licenses
Hunting Supplies
10¢ gal. cash discount
on all fuels
Majestic Service & Truck Stop
510 West Highway 36
St. Francis, Ks.
785.332.2905

Thank you
The family of Jeanette Bracelin would like to say thank you to the wonderful people of our community for your loving thoughts and prayers at the time of our loved ones passing. Whether you sent a card, provided food, had time for a kind word, sent a memorial, or sent flowers, your expression of sympathy is humbly appreciated. Thank you to the ladies of the church for the wonderful meal. We are so blessed to live in a loving and caring community. May God bless each of you. Keith, Beverly & family, Deb & family

*** Thank you * Thank you ***
The PTA board would like to thank everyone who made the fall festival such a success!!!! Sophomore class for the wonderful meal, St. Francis firemen for the famous fireman ride, Mary Beikman's art students, junior high and high school volunteers, teacher volunteers, Marlin and Carl, Mr. Swihart and Mr. Brown for being such good sports, the Priest family, the Dinkel family, the Fitzgibbons family and the fair board for the games, PTA members for the great baked goods for the cake walk. We couldn't have done it without you all, THANKS!!!!

SHOWTIME: 7:30 p.m. 1 hr. 41 min.
House at the End of the Street
Oct. 12, 13 & 14 Horror/Thriller
Jennifer Lawrence, Max Thieriot, Elisabeth Shue
PG-13
CHEYENNE THEATER St. Francis, KS 785-332-2747
Children 12 & Under: \$4 All Others: \$6
3D Movies: Children 12 & Under \$5 All Others: \$7

CHEYENNE COUNTY HOSPITAL 210 W. 1st • St. Francis, KS 785-332-2104
Influenza "Flu" Clinic
Friday, Oct. 19th
7 a.m. - 4 p.m.
No appointment needed
Cheyenne County Health Dept. located in the basement of the Cheyenne County Clinic
For more information contact:
Mila Bandel, RN
County Health Nurse
785-332-2381

All-Day Event
SAPS FLAW LIVED
PLOT LANE EMILE
ATTA ENDS GOREN
MORNINGSTAR ANI
ODDS BEDLAM
ASA LEB SEER
BASTE OFIT AWLS
AFTERNOONSOCIAL
BEST EZRA ROLLO
RANGE TRADAB
MANAGE ORNEG
OLE EVENINGGOWN
ALLEN RIND GORE
TOLET ONCE ESAU
STYES SEAL DEPT

American Profile
Celebrating Hometown Life
See American Profile magazine in this week's issue of
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For more information contact: **Tim Burr**
at 785-332-3162