



Sharp and Verde

Couple plans private ceremony

Robert A. Sharp and Jeane-Marie R. Verde announce their upcoming wedding to be held at Living Water Fellowship Ministries, Bird City, in a private ceremony on Jan. 4. Robert is the son of Tom and

Lois Sharp from St. Francis. Jeane-Marie is the daughter of Arthur and Jeanann Verde from Las Vegas, Nev. The couple will live in Bird City.

School Menu

Junior-senior high school

Dec. 10-14

Monday

Breakfast: Muffin choice with whole grain cereal.

Lunch: Beef and bean burrito, corn, black bean and corn salsa with chips, apple wedges.

Tuesday

Breakfast: Pancake on a stick, tri-tater.

Lunch: Turkey and cheese sub sandwich, lettuce and tomato, oven fries, sliced peaches, graham snacks.

Wednesday

Breakfast: Blueberry bubble bread, yogurt cup.

Lunch: barbecue beef on bun, sweet potato puffs, baked beans, fresh orange, oatmeal cookie.

Thursday

Breakfast: English muffin breakfast sandwich.

Lunch: Stromboli, garden spinach salad, steamed carrots, strawberries and bananas.

Friday

Breakfast: Breakfast taco with salsa.

Lunch: Hot hamburger, mashed potatoes and gravy, Jello fruit salad.

Elementary school menu

Monday

Breakfast: Pancake and sausage bits.

Lunch: Chicken Tetrazzini, tossed salad, steamed carrots, bread stick, strawberries, milk.

Tuesday

Breakfast: Breakfast pita pockets.

Lunch: Barbecued rib sandwich, tri-tater, green beans, mandarin oranges, milk.

Wednesday

Breakfast: Coffee cake, fruit cup, yogurt.

Lunch: Lasagna bake, salad mix, French bread, apples, milk.

Thursday

Breakfast: Western scramble, tater rounds.

Lunch: Chicken chunks, rice, corn, roll, peaches, milk.

Friday

Breakfast: Blueberry scones.

Lunch: Sloppy joe on a bun, sweet potato puffs, baked beans, pineapple, milk.

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.



Blood drive

There will be a Red Cross Blood Drive from 8 a.m. to 2 p.m. on Thursday, Dec. 20, at Peace Lutheran Church, St. Francis. The goal is to collect 48 units of whole blood.

Christmas in the Country

Salem Lutheran will host its eighth annual "Christmas in the Country" at 5 p.m. on Saturday, Dec. 15, with prelude beginning at 4:30. Come enjoy an evening of scripture and carols sung in German and English, many instruments, handbells, brass, several choirs and congregational singing. Finger food will be served following the program in the church basement. A free-will offering will go to local helping agencies.

Country Christmas

Country Christmas, sponsored by Center Church Association, will be held at 6 p.m. on Thursday, Dec. 6, at the Bird City Senior Center. Bring a can of soup for the hobo stew, a plate of Christmas goodies and a story, poem or reading to share. Billy Pope Duncan will deliver the Christmas devotional. Tableware and beverage will be provided.

Veteran's Affairs

Jody Tubbs of the Kansas Commission on Veteran's Affairs will be in St. Francis at 10:30 until 11:30 at the County clerk's office to assist veterans and their dependents with claims work on Thursday, Dec. 6. 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.

Salvation Army

The Salvation Army is looking for a representative for Cheyenne County. Those interested can call Dolores Jenik, 332-8810 or the area field consultant, Stephen Burpee, 800-336-4547, extension 389.

Open house

Designs By Dawn Salon and Day Spa, 120 W. 2nd, Bird City, will hold an open house noon to 7 p.m. on Monday, Dec. 10. See ad for more information.

Fair board

The Cheyenne County Fair Board will meet on Thursday (tonight), at 7:30 p.m. in the commissioners' room in the courthouse.

County commissioners

The Cheyenne County Commissioners will meet on Monday, Dec. 17, in the commissioners' room in the courthouse. Randy Fitzgerald, operational manager for the Good Samaritan Society, is scheduled to be there at 10 a.m. to discuss the lease between the county and the Society.

Cookie exchange

An old fashioned Christmas cookie exchange will be held at

2 p.m. on Sunday, Dec. 16, in the St. Francis Community High School cafeteria. The cookie exchange is sponsored by the St. Francis Rec Commission. For more information, contact Penny Gienger, 332-3949.

St. Francis Public Library

The St. Francis public library will be closed on Saturday's in December.

Information needed

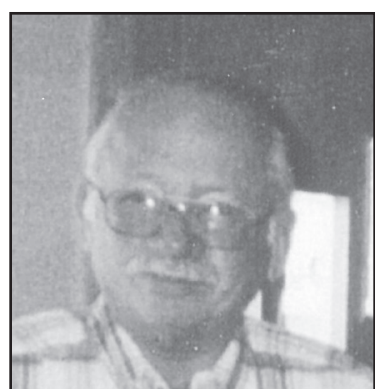
To better serve the cattlemen of Cheyenne County, the sheriff's office is requesting landowners and stockmen provide locations, brands, descriptions and a contact phone number pertaining to livestock in pastures, grazed stock residue and CRP within the county. The officers will compile the contact numbers and locations, giving a copy to the county communications dispatch office to be used when stray livestock are found on the roads. The contact numbers are for officers' use only and will not be provided to the general public. Call the sheriff's office at 785-332-8880.

Community Chorus

Community Chorus singers who plan to sing at Salem Lutheran Church Christmas program on Dec. 15 can pick up music now at Neala Carmichael's at 403 E. Webster, across the street from the grade school. Mrs. Carmichael will be directing rehearsals on Wednesdays, Dec. 5 and 12, starting at 8:30 p.m. sharp, at Peace Lutheran Church, St. Francis.

Show time

Movies at the Cheyenne Theater

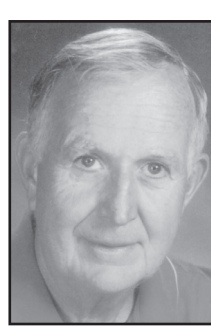


Doggett

Resident celebrates birthday

The family of Leslie Doggett is requesting a card show in honor of his 70th birthday. His family includes his wife, Bonnie, daughter, Patricia (David) Ferguson and grandsons, Dylon and Luke.

Cards may reach him at 113 West North St., St. Francis, KS 67756.



Merry Christmas!

Thank you for the votes and encouragement.

Ward Cassidy

120th State Representative

Ad paid for by Cassidy for Representative, Mike Day Treasurer

Salem Lutheran Church, rural St. Francis will host its 8th annual

Christmas in the Country

Saturday, Dec. 15, 5 p.m. CT

(music begins at 4:30 p.m.)

An evening of scripture and carols sung in German and English

Food & Fellowship following in church basement.

Free-Will Offering

Call 785-332-3002 or 785-332-3634

American Profile

Celebrating Hometown Life

See American Profile magazine in this week's issue of

The Saint Francis Herald

(available in local area only)

Brought to you by
The Herald

"Your sponsorship could be right here."

For more information contact: **Tim Burr** at 785-332-3162

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.

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, please call the toll-free number 1-800-794-4624.

Moments With Mila

With flu activity increasing and family and friends gathering for the holidays, the Kansas Department of health and Environment urges all Kansans to receive an annual flu vaccination to protect themselves and their loved ones.

Dec. 2-8 is "National Influenza Vaccination Week." This observance serves as a reminder that all of us have a responsibility to prevent the spread of influenza. Influenza activity usually peaks in February in the United States and can last as late as May. Through our sentinel surveillance network, Kansas has identified two different types of influenza viruses currently circulating, and influenza activity is increasing within the state.

On average, five to 20 percent of the U.S. population contracts the flu yearly, and more than 200,000 people are hospitalized with flu complications. During the 2011-2012 influenza season, influenza and pneumonia, a common complication of influenza, contributed to or directly caused more than 1,300 deaths among Kansas residents, and was the eighth leading underlying cause of death in 2011.

"Flu season is here and before it becomes widespread, take the opportunity to get your vaccine now," said Robert Moser, MD, Kansas Department of Health and Environment secretary and state health officer. "Getting a flu vaccination is also a great way to protect those who are at high risk."

In addition to getting vaccinated, avoid spreading the flu virus by covering coughs and sneezes, washing your hands and staying home when you are sick.

Symptoms of the flu include: fever, headache, extreme tiredness, dry cough and muscle aches. Complications can include pneumonia, ear and sinus infections and dehydration; the flu might also worsen other chronic conditions.

Nearly all people six months and older are recommended to receive



By Mila Bandel

County Health Nurse

a flu vaccine. Anyone caring for, or in regular contact with, an infant less than six months of age, should also be immunized. Babies this age are too young to be vaccinated and are more vulnerable to the complications from influenza disease, as are pregnant women, people with asthma, heart disease, and diabetes along with adults over the age of 65.

For information on receiving the flu vaccine, contact your health care provider or the local health department.

Tourney scheduled

By Scott E. Knebel

sknebel@nwkansas.com

The St. Francis High School boys and girls basketball teams competed in the Brewster Sagebrush Shootout on Dec. 4, against Healy.

The tournament continues on Dec. 7 and 8. The Lady Indians will play at 3:00 in the south gym at the Brewster High School. The Indians will play at 4:30, also in the south gym. In second round action on Friday, Dec. 7, the teams will play either Heartland Christian or Stockton, depending on the outcome of the games on Dec. 4.

Teams competing in the tournament include: Healy, Heartland Christian, Logan, Triplains/Brewster, Stockton, Stratton, Colo., Weskan, and St. Francis.

SHOWTIME: 7:30 p.m.

1 hr. 56 min.

Breaking Dawn Part 2

Dec. 7, 8 & 9

Romance/Drama/Adaptation/

Robert Pattinson, Kristen Stewart,

Sequel/Thriller

Taylor Lautner

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

Diabetes Education Management Meeting

Wednesday, Dec. 19

1:30 p.m.

Cheyenne County Clinic Basement

Topic: Diabetes & Exercise Physiology – Carmen Winter from Hays Medical Center

For more information contact **Mila Bandel, RN – County Health Nurse** 785-332-2381

