

Physiologist to speak at program

Carmen Winter, exercise physiologist at Hays Medical Center, will be a guest speaker in Cheyenne County at 1:30 p.m. on Wednesday, Jan. 16, in the Cheyenne County Clinic conference room. This program was rescheduled from December due to the weather.

Carmen works in a variety of clinical settings, developing and overseeing exercise programming for cardiac, pulmonary, cancer, diabetes and bariatric surgery patients. She is a cancer exercise specialist who developed and implemented the current cancer exercise program called "Healing In Motion." With all the patients Carmen sees on an outpatient basis, her focus is to empower people to believe they can change their thinking and habits to lead a healthier lifestyle and she assists patients in reducing their

risk factors that lead to disability and disease.

Ms. Winter has a great deal of interest in the field of mind/body connection and is a certified health, fitness, and wellness coach completing her training through WellCoaches corporation. She is most recently involved in launching the "Exercise Is Medicine" initiative at Hays Medical Center. In addition to working in the clinical exercise field, Ms. Winter also has certification in teaching Pilates and Zumba classes.

Ms. Winter will be working with the Diabetes Education Management participants while in Cheyenne County. This program is open to the public and free of charge.

For more information, please contact Mila Bandel, RN, county health nurse at 785-332-2381.

Death notice

John Oshant, Tuson, Ariz., died Dec. 25 at the Catalina Foothills Adult Care Home. John visited many times in St. Francis and rarely missed the St. Francis Fly-In and other festivities. Lt. Col. Oshant was a brother of Rachel Huffman, St. Francis, and a retired Air Force jet pilot.

Memorial

There will be a memorial to celebrate Brad Branson's life at 2 p.m. on Sunday, Jan. 6, at 109 N. Quincy, St. Francis. There will be refreshments, videos of his work and an opportunity for anyone to speak that would like. He made many friends in St. Francis in a short period of time and he will be missed.

Birthday celebration

Annette Erskin is celebrating her 80th birthday on Sunday, Jan. 6, at 3:30 p.m. at Majestic Service. Everyone is welcome to help her have a happy birthday by enjoying cake with her.

Music needed

Director, Neala Carmichael, is asking that Community Chorus Singers who have not returned their music, to do so right away.

School board

The St. Francis Board of Education will meet at 7 p.m. on Thursday, Jan. 10, in the board room at the high school.

Commissioners

The Cheyenne County Commissioners will meet at 8 a.m. on Tuesday, Jan. 15, in the commissioners' room in the courthouse.

City council

The St. Francis City Council will meet at 7:30 p.m. on Monday, Jan. 14, in city hall on Main Street.

Friend of the museum

Become a "Friend of the Museum of Cheyenne County" with a donation of \$25 or more. These funds will be used to maintain the Museum of Cheyenne County and the old country church. All donations, memorials, and monetary gifts are vital for the prosperity of your museum and are tax deductible. "Friend of the Museum" gifts may be given in honor of another person. All museum "Friends" will be recognized. Donations can be made to

the museum, Box 611, St. Francis, KS 67756.

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.

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.stfrankscankansas.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

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

Wages for temporary help discussed at meeting

The Cheyenne County Commissioners met for the last meeting of the year on Monday, Jan. 31, with little business on the agenda.

Wage agreements for Doyle Easter, temporary help for the register of deeds, Tony Rodriguez, sheriff's deputy, Dawn Zimbal, Annie Dulany and Kattie Jenik, employees/help in the treasurer's office, were reviewed. Before the agreements were signed for Dulany, Zimbal and Jenik, the commissioners present, Dale Patton and Andy Beikman, questioned their hirings as they had not been notified before they were hired. After discussion, they agreed to sign the agreements for the five employees.

Recycling
Roger Jensen, Northwest Regional Recycling Organization, talked about regional recycling. He said the regional center was in need of a new truck and had decided to charge member coun-

ties \$3 per capita versus the usual \$2 per capita. This would cost the county around \$8,000. The commissioners agreement with this idea.

Mr. Jensen thanked the commissioners for their leadership when it came to recycling and that Cheyenne County was ahead of most counties in the region when it came to recycling.

Mr. Jensen, who is also a member of the city council, invited the commissioners to come to Saint Francis City Council meetings. They agreed to attend the Monday, Jan. 28, meeting.

Public works report
Dave Flemming, county's public works director, discussed his work schedule and monthly budget. Dave talked about a highway crossing permit.

IdeaTek System Incorporated, he said, wants to lay fiber optic cable from Rawlins County to the cable tower near the landfill. After discussion, the commissioners

decided to wait until Dave could gather more information before making a decision.

In other business
In other business:
• Ambulance insurance write offs in the amount of \$6,146 were reviewed and signed.
• Cody Beeson, newly elected sheriff, was appointed assistant emergency management director.

Next meeting
The next meeting of the commissioners will start at 8 a.m. on Tuesday, Jan. 15, in the commissioners' room in the courthouse.

Editor's note: The above article was taken from the unapproved Jan. 31 commissioners' minutes

School Menu

Senior-Junior high menu

Jan. 7-11

Monday

Breakfast: Scrambled eggs, whole wheat toast, cereal

Lunch: Chicken Tetrazzini, tossed salad, steamed carrots, roll, grapes

Tuesday

Breakfast: French toast strips with syrup, fruit, juice

Lunch: Pork rib on bun, french fries, green beans, cherry crisp with ice cream

Wednesday

Breakfast: Western omelet quesadilla with salsa

Lunch: Lasagne, garden spinach salad, garlic bread, apple wedges

Thursday

Breakfast: Coffeecake, orange julius

Lunch: Chicken club salad with bun, baked beans, broccoli and cauliflower

Friday

Breakfast: Sausage gravy with biscuits, fruit juice, potato rounds

Lunch: Sloppy joes, sweet potato puffs, corn, orange jello, peaches

Elementary school menu

Monday

Breakfast: Breakfast pizza, fruit milk

Lunch: Hamburger, lettuce tomato, french fries, fruit milk

Tuesday

Breakfast: Ham and cheese croissant, fruit, milk

Lunch: Chicken nuggets, mashed potatoes, broccoli, fruit milk

Wednesday

Breakfast: Waffles with strawberries and whipped cream, milk

Lunch: Chili and cheese nachos, breadsticks, corn. Applesauce, milk

Thursday

Breakfast: Breakfast casserole, toast juice and milk

Lunch: Steak fingers, mashed potatoes, green beans, mandarin oranges, milk

Friday

Breakfast: Muffins, hot cereal, fruit, milk

Lunch: BBQ meatballs, seasoned rice, peas, peaches, roll, milk

-St. Francis News-

Jake and Elaine Trembly of Cozad, Neb., and Debra Harper were Friday afternoon visitors of Donna and Norvin Northrup.

Troy Dankenbring of Aurora, Colo., was a Friday overnight and Saturday visitor of his grandparents, Donna and Norvin Northrup.

Beecher Island News

By Bessie Dent



There were 60 at Sunday School. The Christmas program was during class time. Sunday will be communion. Mr. and Mrs. Danny Brown and Devin visited Violet Brown last Monday.

Grandsons, Noah, Jake and Owen spent Saturday with Mr. and Mrs. Pete Osmus.

Mr. and Mrs. Rowe Shively spent last Monday to Thursday with Mr. and Mrs. Mark Bowman in Tusla,

Okla. Walt and Janet Smith had dinner with Deb and Dave Smith in Burlington on Sunday

Unice Weed visited Bessie Dent on Saturday. Travis Allen family came in on Friday to spend the week with the Harvey Allen families.

CHEYENNE COUNTY HOSPITAL

Diabetes Education Management Meeting

Wednesday, Jan. 16
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

SHOWTIME: 7:30 p.m. 1 hr. 54 min.

The Hobbit 3-D
Jan. 4, 5 & 6
Action/Adventure/Sci-Fi/Fantasy/Adaptation
Martin Freeman, Ian McKellen, Andy Serkis
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

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

Specials
Sunday 1/6
Roast Beef
Monday 1/7
Fried Chicken
Annette's 80th Birthday Bash
Sunday, Jan. 6th
3:30 p.m.
Come join us and have some Cake
Breakfast everyday till 11 a.m.
Don't forget the discount for cash fuel
Majestic Service & Truck Stop
510 West Highway 36
St. Francis, Ks.
785.332.2905

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

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530 E. Business US Hwy. 36 St. Francis, KS 67756
800-524-9678 785-332-2188 yostford.com
Sales Manager — Brent Rueb Like us on Facebook
Salesman — Jason Knox Yost Ford

2013 Specials on pre-owned units!

1987 Dodge W-150 R/C, 4x4	\$2,000
1998 Chevy Tahoe, 4 WD	\$4,900
1999 Ford F-150 Lariat Super Cab	\$6,250
2000 Ford F-250 SDXL, R/C	\$12,500
2001 Dodge Neon FWD, Cloth, Auto	\$2,500
2004 Ford F-150 XLT, 5.4L, 4x4, Cloth	\$8,700
2004 VW Touareg, Low Miles	\$16,825
2005 Toyota 4Runner, 2WD, Super Clean	\$12,400
2005 Chevy Silverado, K2500HD	\$13,900
2005 Ford F-250 XLT, Supercab	\$16,500
2006 Ford Crown Vic, Interceptor Pkg	\$5,900
2006 Ford F-150, 4x4 pkg.	\$15,900
2006 Ford, S/C, 4x4, long box, Beige Cloth	\$14,500
2007 Ford King Ranch F-150 Crew, 59,452	\$27,500
2007 Honda Pilot, Fully Loaded	\$20,250
2007 Chevy K-2500 HD, Gas, Crew, Longbox	\$24,995
2008 Ford Explorer XLT, Leather, Clean,	\$20,200
2008 Chevy Equinox LTZ, AWD, Loaded	\$19,800
2008 Dodge 2500 Diesel, great shape	\$31,995
2009 Ford F-150 King Ranch Crew	\$31,000
2009 Nissan Altima, loaded	\$16,800
2009 Cadillac STS, loaded	\$28,250
2010 Ford F-150 Crew Lariat, 60,700	Priced to sell
2010 Buick LaCrosse	\$24,495
2010 Ford Explorer Eddie Bauer	\$23,000
2010 Ford Explorer Eddie Bauer	\$26,000
2011 Chevy Impala LT, 34K	\$21,000
2012 Ford Fusion SEL, FWD, Great Mileage	\$17,500
2012 Ford Edge Limited AWD, Leather	\$30,660
2012 Ford F-150 Crew XLT	\$36,500

View all of our inventory at www.yostford.com

Geez!

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