Isernhagen

Woman honored

Alice Isernhagen will celebrate her 93rd birthday on Jan. 22. She would love to receive cards from friends and family at Good Samaritan Village, 820 S. Denison, St. Francis, KS 67756.

School Menu

Monday

Breakfast: Muffins, yogurt, whole grain cereal

Lunch : Hamburger on whole grain bun, romaine lettuce, tomato sweet potato fries, orange wedges, rice crispy treat

Tuesday

Breakfast: Pancake on a stick with syrup, tri-taters

Lunch: Chicken Nuggets mashed potatoes with gravy, vegetable blend, wheat roll and jelly, sherbet

Wednesday

Breakfast: Blueberry bubble bread

Lunch: Nacho's with chili and cheese, corn chips, carrots, cinnamon roll, mandarin oranges

Thursday

Breakfast: English Muffin breakfast sandwich

Lunch:

Baked Ham, two potato mash creamed peas, biscuits and jelly, peach halves, snicker doodles

Friday

Breakfast: Breakfast tacos with salsa

Lunch: Macaroni and cheese meatballs, fresh baby carrots, fresh broccoli, bread and jelly, applesauce

Grade School

Monday

Breakfast: Breakfast tornado, fruit cup

Lunch: Beef, bean and cheese roll up, salad mix, Mexican corn, apples

Tuesday

Breakfast: Pancakes, sausage links, juice

Lunch: Ham and cheese stromboli, salad, carrots, peaches

Wednesday

Breakfast: Bagel with fruit cup milk

Lunch: BBQ beef on a bun, potato, tater tots, baked beans, oranges

Thursday

Breakfast: Breakfast taco, applesauce, milk

Lunch: Turkey sandwich, cheesy potato soup, strawberries and banana's

Friday

Breakfast: Breakfast sundie, cookies and milk

Lunch: Hamburger, mashed potatoes and gravy, green beans pumpkin crunch

League tournament started on Monday

By Scott E. Knebel

Wichita County High School (Leoti) will be the site of the Northwest Kansas League Basketball Tournament. Girls and boys teams from the 10 league schools competing in the tournament beginning on Monday, Jan. 14. Participating schools include: St. Francis, Decatur Community (Oberlin), Dighton, Greeley County (Tribune), Hoxie, Oakley, Quinter, Rawlins County (Atwood), Wallace County (Sharon Springs), and Wichita County (Leoti).

Teams were seeded by record on Wednesday, Jan. 9. (Update- Jan. 9): Both St. Francis teams were involved in "play-in" games on Monday, Jan. 14. The St. Francis Indian boys team played Rawlins County, in St. Francis, on Monday. The Lady Indians traveled to Quinter on Monday. The winners of Monday evening's games will advance to bracket play on Tuesday in Leoti.

Bulletin Board

Death notice

Services will be held for Wilford Martin at10:30 a.m. on Thursday, Jan. 17, at Knodel Funeral Home in St. Francis. Memorials may be made to the McDonald Fire Department and American Legion Post 229.

Tornado siren test

The tornado sirens in both St. Francis and Bird City will be tested sometime on Thursday.

Cards requested

Carl Crable recently underwent serious back surgery and would appreciate cards sent to him at P.O. Box 701, St. Francis.

Spaghetti Benefit

The annual Spaghetti Luncheon Benefit for Cheyenne County Kansans for Life will be hosted by the Wesleyan Community Church in Bird City from 11:30 a.m. to 1:30 p.m. on Sunday, Jan. 20. A freewill offering will be received. Funds raised will be used for life causes in Cheyenne County and other parts of the nation. All are urged to come.

Bingo

Bingo, sponsored by the American Legion Auxiliary, will be held at 7 p.m. on Saturday, Jan. 19, at the Bird City Senior Center. Without a good turnout on Saturday night, Bingo will be discontinued until the fall.

Citizenship celebrated

Lounie Erskin will celebrate her United States citizenship at 2 p.m. on Sunday at Majestic Service.

McDonald Post Office meeting

A public meeting concerning the future of the McDonald Post Office will be held at 5:30 p.m. Tuesday, Feb. 12, at the McDonald Senior Citizens building. The number of people attending and the surveys returned will show how interested people are in keeping the post office.

Cheyenne County Historical Society meeting

The annual meeting of the Cheyenne County Historical Society will be held at 7 p.m. on Monday, Jan. 21, at the Senior Center in St. Francis. The business meeting will be followed by a presentation by Dan Busse, "What and Who Were Here When the Pioneers Arrived." Dan welcomes you to bring items of interest, artifacts and questions. Coffee, cookies and conversation will end the event.

People are urged to become a "Friend of the Museum" with a donation of $25 or more. The donation is vital to the maintenance and upkeep of the museum and is tax deductible.

Trap shoot

A five-stand trap shoot will be held from 3 to 5 p.m. on Saturday at the gun club south of St. Francis.

Wildlife banquet

The Cheyenne County Wildlife banquet will be held Saturday, April 6, at the Bird City Legion hall. Doors will open at 6 p.m. The price of the ticket includes membership dues. There will be no tickets sold at the door. Check with a Wildlife member for more information.

Junior hoops

Sign up for Cheylin Recreation Commission Junior Hoops 2013,. Dates are Saturday and Sunday, Jan. 19 and 20; Jan. 26 and 27 and Feb. 2 and 3. Ages include 5 through the fifth grade. Call Tina at 734-7141 and leave message.

125th celebration

A planning meeting for the St. Francis 125th anniversary celebration will be held at 7 p.m. on Monday, Jan. 28, at Majestic Service. All interested people are urged to attend.

No visitors at hospital

Due to high volumes of sickness, the hospital is not accepting any visitors in hopes this will help control the spread of the flu.

Music needed

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

Commissioners

The Cheyenne County Commissioners will meet at 8 a.m. on Thursday, Jan. 31, in the commissioners' room in the courthouse.

City council

The St. Francis City Council will meet at 7:30 p.m. on Monday, Jan. 28, 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.

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.stfranciskansas.com.

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

Life line screening coming to Bird City

Residents living in and around the Bird City community can be screened to reduce their risk of having a stroke or bone fracture.

American Legion will host Life Line Screening on Jan. 30. The site is located at 305 Cave Avenue in Bird City.

Four key points every person needs to know:

• Stroke is the third leading cause of death and a leading cause of permanent disability.

• Eighty percent of stroke victims had no apparent warning signs prior to their stroke.

• Preventive ultrasound screenings can help avoid a stroke.

• Screenings are fast, noninvasive, painless, affordable and convenient.

Screenings identify potential cardiovascular conditions such as blocked arteries and irregular heart rhythm, abdominal aortic aneurysms, and hardening of the arteries in the legs, which is a strong predictor of heart disease. A bone density screening to assess osteoporosis risk is also offered and is appropriate for both men and women.

There is a cost involved – fliers were inserted in The Herald and Times on Jan. 3 and Jan. 17. All five screenings take 60-90 minutes to complete.

For more information regarding the screenings or to schedule an appointment, call 1-877-237-1287 or visit our website at www.lifelinescreening.com. Pre-registration is required.

Headquarters needed for mental disorder

By Keary Carman

Post-traumatic stress disorder or, as many refer to it as PTSD, is the only mental disorder with a known cause. Nobody really knows what causes depression, anxiety, and schizophrenia, but we do know what creates post-traumatic stress disorder and that is trauma. I think that says quite a bit about mental suffering and indicates the importance of addressing trauma as humanity moves forward.

In near future, I would like to see a headquarters for the 555 Collective, a headquarters that would function as a place where veterans of combat could stay for extended periods of time in the old Assembly of God church building. They could immerse themselves in art and community, as well as engage in projects that aid other survivors of trauma.

St. Francis could lead the way, and I truly believe that. All my psychological training and experience has taught me one main truth – that you don't need psychological training to ease another person's pain. All you need is empathy, and to learn to be quiet while another person speaks.

Empathy, compassion and understanding are what we would offer the combat veterans who stay with us. They would offer it to each other as well. Within this environment, vets would have the space and support they need to transition to civilian life, and they'd be able to retain a certain self-respect throughout the process.

Watch for more information in weeks to come.

SHOWTIME: 7:30 p.m. 2 hr. 30 min.

Lincoln

Jan. 18, 19 & 20 *Adaptation, Drama, Biopic*

Daniel Day-Lewis, Sally Field, Tommy Lee Jones

PG-13 (for an intense scene of war violence, images of carnage)

CHEYENNE THEATER St. Francis, KS 785-332-2747

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

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

HOUSE OF HEALTH

MARK J. WARTA, DCFASA

Functional Medicine * Chiropractic * Acupuncture

Preventive Family Health Care

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Chiropractic Care benefits every function of the body!

Start 2013 off right. Schedule your appointment today!

Bring this ad and RECEIVE 50%OFF through Jan. 31!

James E. Reeves, DPM

Podiatrist/Foot Specialist

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For appointments call:

Rawlins County Health Center

785-626-3211

Wed., Feb. 13

Cheyenne County Hospital - P.M.

210 W. 1st • 785-332-2104

Thurs., Feb. 14

Atwood (a.m.) • 626-3211

Colby (p.m.)

CSMC, 175 S. Range

785-462-3332

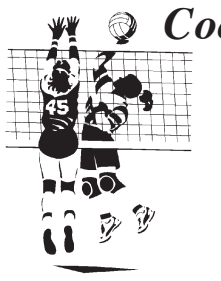
CMC, 100 E. College Dr.

785-462-7511

Fri., Feb. 15

CSMC at 9 a.m.

St. Francis Rec Commission



Coed Volleyball is starting!

Sunday, Jan. 20

5 p.m.

High School gym

Come join the fun.

PARTS COUNTER SALES REPRESENTATIVE

Responsibilities are to perform a variety of customer service duties related to the sale, delivery and inventory of agricultural equipment and irrigation parts and accessories. Qualified candidates must have excellent customer service skills and good communication and problem-solving skills. Computer knowledge and good interpersonal skills are important. Interested individuals may send a cover letter and resume to the Location Manager,

American Implement, Inc.,

685 Kansas Avenue, Wheeler, KS, 67756

or call (785) 332-2124 or (800) 832-2124.

AMERICAN IMPLEMENT

Help Wanted

District Executive needed to give leadership to the development and maintenance of quality Scouting programs throughout six counties in north central Kansas. This position supports the mission and vision of the Boy Scouts of America by managing, planning and leading the District covering Decatur, Graham, Jewell, Norton, Phillips, Sheridan, and Smith Counties, to achieve financial objectives, membership growth and retention and superb programs. The Boy Scouts of America is an equal opportunity employer. In addition to offering a competitive salary, the Boy Scouts of America will be offering benefits to include medical, dental, vision, and retirement. Applicants must have a four year college degree and must live in or relocate to the service area. Send resumes with cover letter to: Coronado Area Council, Attn: Ross Munt, PO Box 912, Salina, KS 67402 or email to ross.munt@scouting.org.

CHEYENNE COUNTY HOSPITAL 210 W. 1st • St. Francis, KS **785-332-2104**

Cheyenne County Hospital, Clinic & Health Department would like to remind you that Flu Shots are still available.

785-332-2381 – County Health

785-332-2682 – Clinic

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. The best way to prevent the flu is by getting vaccinated each year.

Good health habits include: covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

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**

I'm Tired!

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1/13/2013