

Mini camp planned

The St. Francis high school pom pon and cheerleaders will hold a mini clinic from 5 to 7 p.m. on Aug. 5 through Aug. 9 at Sawhill Park in St. Francis.

The ages for participants is pre-school through junior high. They will be learning cheers and chants and pom pon routines during the five evenings.

For more information, check out the ad in this week's newspaper or call Teresa Porter, 785-332-2100.



GETTING READY FOR CAMP — Pom Pon and cheerleaders Jenna Confer, Kylie Sherlock and Mariah Beikman go over routines for the mini camp they will be holding.

Writers to read about main street

The public is invited to readings of some manuscripts written about the old Main Street of St. Francis. The event will be from 2 to 3 p.m. at the Old Country Church in St. Francis on Sunday, Aug. 4.

Marie Holzwarth and Bonnie Cram, members of the Rough Writers, a local group of writers, will read their memoirs on some of the happenings and businesses that used to occupy the old Main Street. In addition, Janet Carman and Lucille Rossbach, also Rough Writers members, will read some writings on the same topic by residents of the Good Samaritan Village. Time for questions will follow the readings.

The Rough Writers have been gathering monthly during the school year since September 2007. Their primary purpose is

to encourage each other "to write and to keep on writing." Some also assist with monthly writing workshops at the Good Samaritan Village. The book "Memories & Musings," a collection of the residents' writings, is available through the Cheyenne County Historical Society.

These quarterly readings at the old church, located near the Cheyenne County Museum on U.S. 36, are sponsored by the Historic Society. Free-will donations help cover the expenses of using the air-conditioned church.

The Rough Writers plan to host more such readings, on a quarterly basis. Please call Lucille Rossbach (332-8903) if you are interested in doing a reading or joining the Rough Writers.

Moments With Mila

Keeping your Child at a Healthy Weight

Help your child — and your whole family — eat healthy and stay physically active. The healthy habits your child learns now can last a lifetime.

Help your child stay at a healthy weight by balancing what your child eats with physical activity. Two of the best ways to prevent overweight and obesity in your child are to eat healthier foods and to get more active as a family.

Parents are often the most important role models for children. When you eat right and are physically active, your child will be more likely to make these choices, too. Plus, getting active and eating healthy as a family

will help you spend more quality time together.

Americans are getting heavier. Today, most adults are overweight or obese. Children are becoming heavier, too. Overweight and obesity in children can lead to serious problems, like: Heart disease, Type 2 diabetes, Asthma, sleep problems, low self-esteem, getting bullied. Being overweight as a child increases the risk of being overweight or obese as an adolescent and young adult. In other words, many kids don't "grow out of" being overweight.

Children need 60 minutes of physical activity every day. It

doesn't have to be 60 minutes all at once — it can be shorter activities that add up to 1 hour a day. The best forms of physical activity are the fun activities that children do on their own such as playing tag, swimming, walking the dog, etc. Be sure your child is doing different types of activity, including: Aerobic activities, like running, skipping, or dancing; Musclet-strengthening activities, like climbing playground equipment or trees; Bone-strengthening activities, like jumping rope or playing basketball.

Keep inactive (sitting down) screen time to two hours or less a day for kids age 2 and older.



By Mila Bandel
County Health Nurse

Exercise television shows or video games where your child moves around are a better choice than inactive screen time, but most of them do not count as physical activity time.

Serve more vegetables, fruits, and whole grain foods. Here are some tips and ideas: Make a shopping list with healthy foods. Read the nutrition label on packages to help you make healthy choices. Let your child pick out healthy foods to try. Give children age 2 and older water or fat-free or low-fat milk instead of soda or juice. Children under age 2 can drink whole milk. Help children know when they've had enough. Give your kids a chance to stop eating when they feel full. You can be a role model for your child by making smart food choices. Plus, a healthy diet can help protect you from heart disease, some types of cancer, and type 2 diabetes.

For more information on healthy weight and nutrition for your family contact the Cheyenne County Health Department at 785-332-2381.

School board reviews budget at meeting

A special meeting of the St. Francis Board of Education was held Monday morning where they reviewed the 2014 budget.

The budget is printed in The Saint Francis Herald this week. A budget hearing will be held at the Aug. 8 regular board meeting.

Also at the Aug. 8 meeting, the board will be discussing changing the high school football from 11-

man to 8-man teams. The board will need to notify the Kansas State High School Activities Association of their intent by Sept. 3.

Editor's note: The above article was taken from the unapproved minutes of the July 22 special St. Francis Board of Education meeting.

St. Francis residents compete in tourney

Arnold, Neb., was the site for the second Devil's Den Bike Show and Rally held on July 12-14. The event was packed full of activities including an arm wrestling tournament.

Despite extreme heat, with temperatures reaching upwards of

107 degrees, and stiff competition, two St. Francis residents were victors, ultimately wrestling each other for the championship. Dustin Hays finished as champion and Andy Waite took second.

Both men are truck drivers with Yost Farm Supply.



Opportunity program expands

Cheyenne County is among 73 counties participating in the Rural Opportunity Zones program. The county was approved in 2012.

The Kansas Department of Commerce reported the program will include 23 additional counties which were approved to participate by the Kansas Legislature.

"By bringing the Rural Opportunity Zones program to these additional counties, Kansas will be able to expand its efforts to ensure that we have a steady population and strong workforce in rural counties," said Kansas Commerce Secretary Pat George. "I look forward to working with the newly designated Rural Opportunity Zone counties to help them attract the businesses and workers who will drive our state's economy forward."

In 2011, Gov. Sam Brownback and the Legislature established the program in 50 counties as a means of countering the rural flight that has caused many Kansas counties to lose population over the past several decades. The program allows qualifying individuals who move to a participating county to have their state income taxes waived for up to five years. In addition, counties that opt to partner with the state may offer student loan repayments of up to \$15,000.

Grant and Gray counties, two

of the newly designated program counties, have already voted to partner with the state in the student loan repayment program.

"We are excited to be included in the recent expansion of the Rural Opportunity Zones program," said Bob Dale, Grant County Economic Development director. "Grant County commissioners enthusiastically passed the resolution to participate in the student loan repayment option at their first opportunity, and here at Economic Development we already have an inquiry that looks promising to bring us a new restaurant. It is a great

program for rural Kansas."

Since July 2011, the department has received 864 applications for participation in the student loan repayment program from residents of 39 states. Applicants represent a wide variety of industries, with education and healthcare as the two largest professions.

For more information about the Rural Opportunity Zones program, check KansasCommerce.com/RuralOpportunityZones or stop by the Cheyenne County Development Corporation office and talk to Helen Dobbs, director.

Come enjoy the concerts!

Kit Carson County Fairgrounds, Burlington, CO

Friday, July 26, 6 p.m.:
Kahuna Beach Party

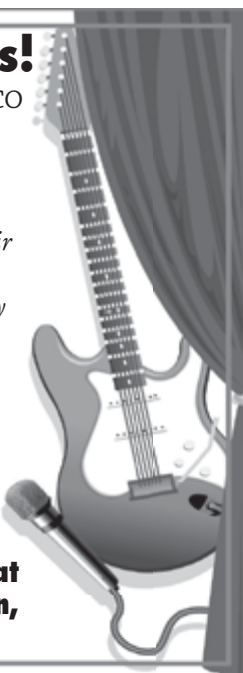
This wildly popular group will bring back the sounds of the Beach Boys. Check out their website at:

www.reverbnation.com/kahunabeachparty
PRCA Rodeo to follow this concert!

Sunday, July 28, 7 p.m.:
HOTEL CALIFORNIA
"A Salute to the Eagles"

The band will perform an evening of Eagles music. Enjoy their sound at: www.hotelcal.com

Tickets are \$13 presale available at Zimbelman's Jewelry in Burlington, or \$15 day of the show.



WANTED Full-Time Help

Applicant must be able to write stories, cover events and meetings. Will need computer and office skills, answer phones, type, take photos & put together pages.



The Saint Francis Herald

To apply or for more information, contact Karen Krien at the Saint Francis Herald, 785-332-3162 or stop by the office at 310 W. Washington, St. Francis.

It's Almost That Time Again —

Booster Sponsors

Your name or business will be acknowledged every time we run a Booster Ad, and by being a Booster Sponsor you will be helping to promote school activities & feature team photos throughout the school year!

Kids —

You take care of the grades — and we'll take care of the memories!



For more details, contact Tim Burr at 785-332-3162

The Saint Francis Herald
Bird City Times