

Introducing

Chase Duane Hawkins was born to JD and Jordan Hawkins at Evans Army Hospital, Fort Carson Colorado, on Aug. 30, 2013, weighing 6 pounds 11 ounces and was 20-inches long. Grandparents are Toni and Lex Landenberger, St. Francis, Joey and Scott Lamborn, Kersey, Colo., Bob Hawkins, St. Francis, and Todd Lester, Missouri.



Chase Hawkins

Great-grandparents are Elsie Cook, Betty Rinehart, Greeley, Colo., Shorty and Rita Hawkins, McDonald, Helene Landenberger, St. Francis, Shir-

ley Lamborn, Windsor, Colo., and Pat Tripplett, Marysville, Mo. Great-great-grandma is Jean Rinehart.

Owen Michael Jenkins was born Sept. 10, 2013, in Colorado Springs, Colo. The son of Gabe and Ashley Jenkins, Owen weighed 7 pounds and was 22-inches long. His sisters, Avery and Sophie, welcomed him home.



Owen Jenkins

Grandparents are Karen Shaw, Greeley, Colo., Ralph Shaw, Denver, and Steve and Connie Jenkins, St. Francis.

School Menu

Oct 14 - Oct 18

Junior-senior high menu

Monday
NO SCHOOL
Tuesday

Breakfast: Pancakes with syrup, sausage link, whole grain cereal, fruit juice.

Lunch: Chicken patty, mashed potatoes with gravy, green beans, wheat roll and jelly, apple wedges.

Wednesday

Breakfast: Whole grain bagel with toppings, whole grain cereal, fruit juice.

Lunch: Tacos with salsa, lettuce, tomato, cheese, refried beans, lime jello with pears, bean salsa and chips, M&M chip cookie.

Thursday

Breakfast: Breakfast pita with tomato salsa, whole grain cereal, fruit juice.

Lunch: Apricot glazed pork tenderloin, mashed potatoes and pork gravy, seasoned peas, crescent roll with butter, fruit salad.

Friday

Breakfast: Whole grain cinnamon roll, yogurt cup, whole grain cereal, fruit juice.

Lunch: Pizza choices, tossed salad, garlic bread with marinara sauce, corn, mandarin oranges.

Grade school menu

Monday
NO SCHOOL
Tuesday

Breakfast: Sausage and gravy breakfast pizza, orange, milk.

Lunch: Pizza, salad mix, banana, milk.

Wednesday

Breakfast: Cinnamon bubble bread, peaches, milk.

Lunch: Taco with shell, black bean corn salsa, pears, salad mix, cinnamon roll, milk.

Thursday

Breakfast: Breakfast biscuit sandwich, applesauce, milk.

Lunch: Italian pasta bake, corn, salad mix, applesauce, french bread, milk.

Friday

Breakfast: Breakfast taco, juice, milk.

Lunch: Meatloaf, mashed potatoes and gravy, green beans, roll, peaches, milk.

From the kitchen:

Menus are subject to change.

Bulletin Board

Death notice

Goodland resident, Shauna Armknecht, 56, died Oct. 4 in Goodland. Funeral services were held Tuesday in Goodland with burial in the St. Francis Cemetery.

Thanksgiving Dinner Benefit

On Sunday, Nov. 3 from 11:30 a.m. to 1:30 p.m., the St. Francis Catholic Church is sponsoring a Thanksgiving Dinner Benefit for the St. Francis Senior Center. The meal will be served at the St. Francis High School. The meal will consist of turkey and all the trimmings. Please come and help us support the St. Francis Senior Center.

Goodland Elks Lodge

If you have a son/daughter or grandson/granddaughter presently serving in the active duty military, The Elks Lodge would like to present them with a Blue Star Banner for their door or window. Contact Zona Price, Secretary, Goodland Elks Lodge #1528 at 785-890-6251.

Family Day at the Museum

Bring the whole family and enjoy the "Family Day" at the museum on Saturday, Oct. 12 from 1-4 p.m. There will be door prizes.

Painting with Peggy

Acrylic Techniques class will be Oct. 18. Canvas and Chianti class will be Oct. 25. Both classes are from 6:30-9:30 p.m. at the Quincy Gallery, 109 N. Quincy, St. Francis. Sign up for one or both in advance at Cuppa Joe Espresso.

Death notice

Robert Cranmer, 63, Riverside, Calif., died on Sept. 23, 2013 in Riverside. His wishes were to be cremated so no service will be held. He was the son of Bill and Violet Cranmer and the sister of Shirley Younts. Cards can reach Mrs. Younts at 4902 Farley St., Shawnee, KS 66203-4811.

School Board

There will be a School Board meeting on Thursday, Oct. 10 at 7 p.m.

Trail Ride

The 23rd annual Cheyenne County trail ride has been set for 2 p.m. on Sunday, Oct. 13. The ride will last about 2.5 hours, starting at the Knapp family

north pasture, 10.5 miles north of McDonald. Following the ride, the Cheyenne County 4-Hers will be hosting a barbecue.

Commissioners Meeting

Cheyenne County Commissioners will meet at the courthouse on Tuesday, Oct. 15 at 8 a.m.

City Council

City Council will be meeting on Monday, Oct 14 at 7:30 p.m. in the City Hall.

USDA Commodity Distribution

Cheyenne County commodity distribution of government surplus will be from 5 to 5:30 p.m., on Monday, Oct. 21, at the Church of Christ, 502 W. Spencer in St. Francis.

The types of food vary and include vegetables, fruits, juices, meat, cereals, peanut butter, non-fat dried milk and pastas. The food is shipped to the Church of Christ and it is supplied four or more times per year.

To be eligible for commodities, the household's total monthly income must be below:

\$1,245 - household of one;
\$1,681 - household of two;
\$2,116 - household of three;
\$2,552 - household of four. For each additional family member, add \$436.

Those ordering must pick up their order in person or send a signed official proxy form with another individual. Proxy forms are available at the senior center in St. Francis. An accurate and complete Cheyenne County address is required.

Writing workshop

A memoirs writing and publishing workshop will be held from 1 to 4 p.m. on Saturday, Oct. 12, at the Atwood City Library, 102 South 6th Street. Lucille Rossbach, college English teacher, writer, and editor from St. Francis, will lead the workshop.

Hunter education course

A hunter education internet course is available at www.kd-wpt.state.ks.us.

Search: hunter internet. An assisted course will be held from 9 a.m. to 4 p.m. on Saturday, Oct. 26, at the Cheyenne County Wildlife Inc. clubhouse. Lunch

will be served. For more information, call 772-7382 or 332-2776.

Sunday matinees

The Cheyenne Theater is showing Sunday Matinees again. If it is a 3D movie, Sunday movie times will be shown in 2D.

Youth football

The season started Sept. 7 and runs through Oct. 12. It gives kids, fourth through sixth grade, the opportunity to learn and play the game dressed in pads and uniforms. They will be competing with teams in other towns.

For more information or to sign up, contact Ryan Culwell, 785-332-0150 or Deb Hilt, 785-332-0876.

Food Pantry

If your family is struggling to make ends meet, and you are a resident of Cheyenne County you are eligible to pick up a box of food from the food pantry once per month. Distributions are made on the third Saturday of each month from 9 - 11 am at the west entrance of the county courthouse in St. Francis. The food pantry relies 100 percent on donations to provide this service. Cash donations to provide assistance can be made by contacting Candi Douthit at 785-332-0068. In-kind donations of non-expired, nonperishable food items can be made through many of the local churches in the county or by contacting Carol Sloper at 785-829-3679.

Farmers Market

The Farmers Market will have vegetables, herbs, grains, flour, natural cosmetics and soaps at the old Goodell Greenhouse on North Street. They will be open Saturday, Tuesday, Wednesday and Thursday. In the near future, they plan to have tomatoes, cucumbers and other garden vegetables. More farmers, artisans, and crafters are needed to supply the market area with goods to sell.

Digital sign

Anyone interested in putting a message on the the digital sign can send an email to sfledsign1@gmail.com for consideration. Only community and civic events will be displayed. No commercial, political or religious advertising will be allowed.

Volunteers needed

The St. Francis Community

Garden and Farmer's Market of ficially purchased the former Goodell Greenhouse and is looking for volunteers to help during business hours. Please contact Kale Dankenbring at 785-772-1202 to sign up. For more information go to www.stfranciscommunitygarden.org.

Shooting range rules

The members of the Cheyenne County Wildlife have set some new rules for the shooting range at the Gun Club. Regulations include: 1) no use of tracer rounds; 2) no exploding targets; 3) no 50 BMG; 4) no glass targets.

Grief Support Group

The Grief Support Group will continue to 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 confidential support in a safe place of mutual help and comfort to all who have experienced the loss of a loved one.

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.

Correction

In the Fall Sports issue which was inserted in last week's Herald and Times, it listed Matt White as a St. Francis high school junior, when, in fact, he is a senior.

Weather

Date	H	L	Prec.
Oct 1	78	48	
Oct 2	84	48	
Oct 3	58	52	.05
Oct 4	53	35	
Oct 5	55	38	
Oct 6	69	36	
Oct 7	82	36	

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SHOWTIME: 7:30 p.m. **1 hr. 35 min.**

Cloudy With A Chance of Meatballs 2 PG
Oct. 11, 12 & 13 Flint Lockwood now works at The Live Corp Company for his idol Chester V. But he's forced to leave his post when he learns that his most infamous machine is still operational and is churning out menacing food-animal hybrids.

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

Children 12 & Under: \$4
3D Movies: Children 12 & Under \$6
All Others: \$6
All Others: \$8

Class of 2018
Soup Supper
Friday, Oct. 11 • 5 to 7 p.m.
St. Francis High School Cafeteria
Chili & Cheesy Potato Soup **\$5**
Homemade Cinnamon Rolls

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

Diabetes Education Management Meeting
Wednesday, October 16, 2013
1:30 p.m.
Cheyenne County Clinic Basement

Presenter - Kirsten Angell, Dietician & Diabetes Educator - "A New Treatment Approach to Diabetes"

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

Specials
Sunday
Chicken-Fried Steak
Dinner
Lunch every day except Saturdays

Verizon Dealer
Phones & Service
Stop by and see what we have to offer

New Releases Available at Majestic Video
Majestic Service & Truck Stop
510 West Highway 36
St. Francis, Ks.
785.332.2905

James E. Reeves, DPM
Podiatrist/Foot Specialist
Reconstructive Surgery
Foot & Ankle Injuries

For appointments call:
Rawlins County Health Center
785-626-3211

Wed., Oct. 23
Cheyenne County Hospital - P.M.
210 W. 1st • 785-332-2104

Thurs., Oct. 24
Atwood (a.m.) • 626-3211
Colby (p.m.)
CSMC, 175 S. Range
785-462-3332
CMC, 100 E. College Dr.
785-462-7511

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