

Little girl turns one



Riley Jo Siegfried

On Sept. 15, Riley Jo Siegfried turned one! She celebrated this milestone with the family, cake and presents! Riley's big sister, Madison, was very helpful with making sure the presents were opened as fast as possible.

Brian and Kaycee Siegfried were so happy to be able to share the birthday of their daughter with so many family members! Riley's grandparents, Kelly and Jo Frewen and Dan and Janet Siegfried, were also delighted to share her special

day. And great-grandma Mary Lee Frewen arrived with gift in hand! Great-grandparents Ada Siegfried of Wray, Colo. and Ted and Cleone Hendricks of Arvada, Colo. were, unfortunately, not able to attend.

School Menu

Nov 4 - Nov 8

Junior-senior high menu

Monday

Breakfast: Sausage patty, buttered toast with jelly, whole grain cereal, fruit juice.

Lunch: Chicken tetrazzini, tossed salad with romaine, seasoned peas, breadstick, sliced peaches.

Tuesday

Breakfast: Biscuit and sausage gravy, whole grain cereal, fruit juice.

Lunch: Lasagna, green beans, french bread with garlic, tossed salad, mandarin oranges.

Wednesday

Breakfast: Scones, whole grain cereal, fruit juice.

Lunch: Pork rib sandwich, bun, corn, tri-tater, chocolate chip bar cookie.

Thursday

Breakfast: Chicken biscuit breakfast sandwich, whole grain cereal, fruit juice.

Lunch: Chicken club with bun, lettuce, tomato, cheese, vegetable blend, oven fries, pear and lime jello.

Friday

Breakfast: Pancake on a stick with syrup, whole grain cereal, fruit juice.

Lunch: Sloppy joes with

bun, sweet potato fries, baked beans, frozen fruit salad.

Grade school menu

Monday

Breakfast: Waffles with syrup, grapes, juice, milk.

Lunch: Chicken tetrazzini, steamed carrots, french bread, strawberries, milk.

Tuesday

Breakfast: Pancakes, sausage links, juice, milk.

Lunch: Pork rib sandwich, french fries, pears, milk.

Wednesday

Breakfast: Bagel with toppings, oranges, juice, milk.

Lunch: Italian dunkers with cheesy bread sticks salad and tomatoes, apple or orange, milk.

Thursday

Breakfast: Breakfast pita with salsa, apple, juice, milk.

Lunch: Chicken strips, savory rice, corn, applesauce, roll, milk.

Friday

Breakfast: Cinnamon roll, fruit cup, juice, milk.

Lunch: Sloppy joe on bun, french fries, baked beans, peaches, milk.

From the kitchen: Menus are subject to change.

Halloween Spook Parade

St. Francis grade school will be celebrating Halloween with a Spook Parade on Oct. 31. at 10:30 a.m., the students will gather in the gymnasium with their costumes ready, and will walk up and down main street starting at 10:40, weather permitting. Come enjoy the costumes, and pass out candy to the children!

Community chorus potluck

On Sunday, Nov. 10, 12 p.m., at the St. Francis Peace Lutheran Church, there will be a community chorus potluck, followed by distribution of music and preview at 12:50. All singers in the area are invited to join. Contact Neala at 785-332-8996 for more information.

Library display

During the month of November, the St. Francis public library will have a display of writings of lan-

guage arts, poetry, and essays from the seventh, eighth and ninth grade classes of Lisa Holzwarth.

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.

Hospital guild

Hospital guild will meet at 2 p.m. on Monday, Nov. 4, at the Senior Center in St. Francis. There will be an organ donor program presented by Candi Douthit.

Legion Auxiliary

The Bird City American Legion Auxiliary will meet at 2 p.m. on Friday, Nov. 1, at the Auxiliary office in Bird City.

Christmas calendar craft

Cheyenne County For Creativity (CC4C) will host "Christmas Calendar Craft" by Althea Lebow at Quincy Gallery. Participants will produce a unique, handmade calendar. Bring one photo for each month, as well as a list of special dates and events. Althea will sup-

Weather

Date	High	Low
Oct 22	67	35
Oct 23	69	30
Oct 24	53	30
Oct 25	67	30
Oct 26	63	35
Oct 27	79	36
Oct 28	42	34



LINDSBORG SWEDISH DANCERS performing traditional Swedish dance and music

Dancers to perform in Quinter

The Lindsborg Swedish Dancers, established in 1963, will perform traditional Swedish music and folk dance at 3 p.m. on Sunday, Nov. 3, at the Quinter High School auditorium. Through performances at local festivals and celebrations, and on tour throughout the United States and Scandinavia, they seek to pre-

serve their community's Swedish heritage and encourage the continued recognition and observation of Swedish customs and folklore.

This year marks the organization's 50th year as a one-of-a-kind cultural icon. One might wonder if those who began this tradition with a few dances at a 1963 Saint

Lucia celebration could have imagined it would persist so far into the future.

In fact, with nearly 40 dancers and fiddlers and an engaged, dedicated group of parents, the organization is as strong and vibrant as it's ever been. Admission is with Western Plains Arts Association season ticket or at the door.

mation, 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.

Bowling News

Wednesday nights mens 10/23

Team standing: Lampe Motor Sports, Wright & Wrong, The Drunks, Cheyenne Bowl, Gillywood, Haigler 1.

High game (scratch): Wright & Wrong 693, Haigler 1 613, Cheyenne Bowl 585; (handicap): Wright & Wrong 885, The Drunks 847, Lampe Motor Sports 846.

High series (scratch): Wright & Wrong 1836, Cheyenne Bowl 1685, Haigler 1 1683; (handicap): Wright & Wrong 2484, The Drunks 2437, Cheyenne Bowl 2329.

High game men (scratch): Mike Blecha 200, Greg Walz 194, Bill Ehrman 191; (handicap): Tanner Gilliland 261, John Brunswig 249, David Morris 245.

High series men (scratch): Alan Rose 532, Greg Walz 528, Danny Penton 496; (handicap): Danny Penton 685, Bill Ehrman 674, Alan Rose 673.

Ladies night out 10/24

Team standing: Wray Meat, Dundy Ag, The Lodge, Strikers, Bier, Kathy's Krafts.

High game (scratch): Dundy Ag 617, Strikers 585, Wray Meat 562; (handicap): Kathy's Krafts 852, Dundy Ag 840, Wray Meat 817.

High series (scratch): Dundy Ag 1685, Strikers 1658, Wray Meat 1598; (handicap): Wray Meat 2363, Dundy Ag 2354, Bier 2271.

High game women (scratch): Terry Yost 196, Laura Robbins 195, Vicky Harford 192; (handicap): Carol Peterson 244, Ilene O'Leary 242, Laura Robbins 241.

High series women (scratch): Laura Robbins 503, Terry Yost 502, Vicky Harford 473; (handicap): Mary Bier 655, Deb George 645, Laura Robbins 638.



School Essay

Life

Taylor
Athletic, friendly, daring
It is 23
It is like a campfire, sitting at the lake
It is going to Hawaii, swimming in the ocean
It is the memory of Grandma Rogers

Who taught me to care and to help others

When she worked on the farm
My name is Taylor

It means to never give up, to encourage others, and do my best.

Taylor Rogers
St. Francis freshman

Thanksgiving Dinner Benefit

for the St. Francis Senior Center
Sunday, Nov. 3 • 11:30 a.m. - 1:30 p.m.

St. Francis High School

Adults \$8 • Children (under 12) \$5 • Under 5 free

Please help raise funds for the Senior Center.

Call 785-332-3454 for home delivery.

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SHOWTIME: 7:30 p.m.

1 hr. 30 min.

Free Birds - 3D

Nov. 1-3 & 8-10

Starring: Woody Harelson, Owen Wilson and Dan Fogler

3D showing Friday and Saturday evenings.

Shown in 2D only on Sunday, 2 & 7:30 p.m.

CHEYENNE THEATER

St. Francis, KS
785-332-2747

Children 12 & Under: \$4

3D Movies: Children 12 & Under \$6

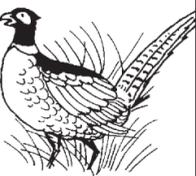
All Others: \$6

All Others: \$8

St. Francis Masonic Lodge Pheasant Hunters' Breakfast

Saturday and Sunday, Nov. 9 & 10
6 - 9 a.m.

St. Francis Senior Center
Biscuits & Gravy • Scrambled Eggs



CHEYENNE COUNTY HOSPITAL

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

Health Fair 2013

Join us for the Cheyenne County Health Fair

Blood Lab Draws

Nov. 11, 12 & 13 in St. Francis (only) from 6:30 to 10 a.m. each day in St. Francis at the Cheyenne County Health Department (no appointment needed for lab draws)

Nov. 14 & 15 in Bird City (only) 6:30 to 10 a.m. each day in Bird City at the clinic (no appointment needed for lab draws)

Lab Fee: \$45.00 due at time of service!
Please take your prescription medication and drink plenty of water prior to the lab draw! - No other foods or drinks after midnight the night before lab draws.

Men & Women Clinical Exams

MEN'S AND WOMEN'S EXAMS: Monday, Nov. 18 thru Friday, Nov. 22 - All Day; All day in St. Francis
Call clinic for appointment 785-332-2682
MEN'S AND WOMEN'S EXAMS: Monday, Nov. 18, thru Friday, Nov. 22, in Bird City, 9 a.m. - noon.
Bird City - Call clinic for appointment 785-734-2200

Exam Fee: \$25 due at time of service!

For more information contact: Mila Bandel, RN County Health Nurse 785-332-2381. Sponsored by Cheyenne County Hospital, Clinic & Health Department

American Profile

Celebrating Hometown Life

See American Profile magazine in this week's issue of

The Saint Francis Herald

(available in local area only)

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

