



EATING THEIR snacks before going outside to play were Kendy Gonzales, Gabrielle Pochop, Fernando Caro and Kinley Havel.

Times staff photo by Norma Martinez.



Kids back to school

The school is back in the swing playing catch-up in the classes from the Christmas break. The kids in Bridget Pochop's Pre-K class were eating their snacks and swinging on the playground when interviewed on what they did during their Christmas break.

Lucey Brummet opened presents and played with her Flicka horse which was also her favorite gift. Kendy Gonzales had fun playing with her new play house.

Gabrielle Pochop had a fun Christmas, opened presents and read her horse Snow Flake. Fernando Caro had fun playing in the snow and Kinley Havel spent time playing on her computer.

LUCEY BRUMMET takes a big bite.

Dietitian speaks at diabetes meeting

The Cheyenne County Hospital has a new dietitian, Kirsten Angell, from Ellis. She will be the guest speaker at the upcoming Diabetes Management Education meeting held at 1:30 p.m. on Wednesday, Jan. 18. This meeting will be held at the Cheyenne County Clinic conference room located in the basement of the clinic in St. Francis.

Ms. Angell comes from a varied background of professions, but she earned her most recent degree in dietetics from Kansas State University in May 2008. She obtained her certified Diabetes Educator credential in May 2011 qualifying her to provide more extensive diabetes education and training to clients.

Her past dietetics-related experience includes all areas of clinical dietetics with a special interest in diabetes. Ms. Angell's

other areas of interest and experience includes individual and group weight management, sports nutrition and general health and wellness nutrition.

Her goal is to help people understand that eating healthy doesn't have to be difficult or expensive and that healthy food can taste good and be enjoyable. She understands with today's busy lifestyle, choosing to live a healthy lifestyle can be challenging.

Ms. Angell enjoys coaching, counseling, and educating people to motivate and assist them in making healthy nutrition-related lifestyle choices to help make living a healthy lifestyle a reality.

The Diabetes Management Education program is open to the public and free of charge. For more information contact Mila Bandel, RN county health nurse at 785-332-2381.

Organization sponsors Pro-life baby shower

The Cheyenne County Knights of Columbus is sponsoring their annual Pro-Life baby shower during the month of January. All during the month they will be collecting items that are needed to raise an infant.

All the items that they collect will be donated to the Mary Elizabeth Home for Unwed Mothers in Hays. They do an excellent job in helping unwed mothers, said Mike Antholz, Knights coordinator, by teaching them how to take care of an infant from before birth through 1-2 years of age.

Most of these mothers are young teenage mothers that have nowhere else to go and everything they do is done through donations.

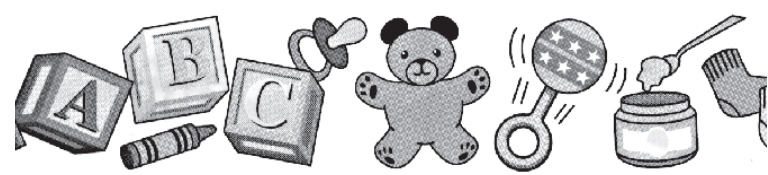
Some of the items which are

needed are diapers, bottles, clothing for infants, infant bathing supplies, blankets and any other items needed to raise an infant.

They can also use office supplies.

If you have any items that you would like to donate they may be left at the Catholic Church in Bird City or St. Francis or contact either Dennis Wright (785) 734-7044 in Bird City or Mike Antholz (785) 332-3482 in St. Francis.

Those who don't have any items to donate may also make a cash donation if they wish. If an item is purchased to donate, please leave the price tag on the item for the report that is needed to send to the state at the end of the month.



Across the County By Marty Fear, County Extension Agent

Snow affects winter grazing

Snow has covered a lot of winter pasture acres for quite a few days already this winter. The snow cover can affect the ability of your cattle to get the nutrition they need from grazing corn stalks or winter pasture.

When cattle graze, they often select plant parts like corn husks and grain or grass leaves that contain higher amounts of protein or energy than do the coarser stalks and stems. With all the snow cover, it can become difficult or impossible for them to make

these selections. So your cattle eat what they can get too easily. The end result may be a diet that is less nutritious than usual. If this goes on for very long your cattle might lose weight and go out of condition.

So - what can you do about it? Estimate how much different your animals' diets are from normal and provide supplements to replace those nutrients that are unavailable because of the snow. This isn't difficult.

Normally you probably

supplement your cattle after they have grazed the best plant parts. All the snow does is force you to begin a little sooner or increase the amount they receive by a small amount.

If your cows usually are a bit fat following winter, maybe they don't need the extra supplement. But if you usually end up with

cows with just enough weight to be healthy, some extra might be needed this year. That little extra might make all the difference this snowy winter.

Contact the Cheyenne County Extension office at 332-3171 or cfear@ksu.edu with questions or comments.

Until next week - Marty

McDonald News

Fred and Lavina Waters attended the 89th birthday party of Fred's sister, Janetta Evans, Saturday at the Village in St. Francis.

Karlyne Atchison called on her Aunt Marie Holzwarth in St. Francis Thursday.

Thursday callers on Frieda Black were Don and Roberta Antholz of Lincoln, Neb., and Darwin and Beverly Higgins.

Don and Florence Antholz and CW and Sandy Antholz called on Frieda Black Friday.

Sunday guests of Hal and Becky Antholz for Hallee Antholz's second birthday celebration were Cort and Meg Antholz, Don and

Patty Tueck, Gilbert and Janice Antholz, Craig and Jerri Antholz, Mindy and Heath, Dick and Dee Bursch, Ken Beougher, Carol Mears, Hulda Dorsch, and Jerry and Betty Knapp.

Connie Sabatka, and Marlene Johnson spent Saturday with Ted and Dixie Bethell and family of McCook.

Help Wanted

St. Francis Equity has an immediate opening at the St. Francis location for office assistant. Competitive Wage. Benefits. Part or Full-time. Willing to train. Motivated, self starter with friendly personality a must. Applications available at the office, 123 N. River St., St. Francis or call Sharon/Karol at 785-332-2113

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2004 Ford F250, S/C, 141K, #T2049B	\$12,500
2004 Chevy Tahoe, Leather, 4WD loaded, T8520A	\$11,850
2005 Ford F-250 Lariat, L. Box, 133,000 miles, #T9945A	\$17,500
2005 Ford Lariat Super Cab, 4x4, Flatbed, \$T9464A	\$16,900
2005 Ford F-150 Lariat, S/C, 4x4, 84K, #T7973C	\$16,500
2006 Ford F-250, S/C, Low Miles, 63,500K, #T9464A	\$20,800
2006 Ford 250, R/C, L. box, Local Trade, 100K, #T4374A	\$19,000
2006 Ford F-250, Supercab, 87K,	\$19,100
2007 Ford Focus, Happy Yellow, #54444A, Ask for Scott	\$9,000
2007 Ford Edge SEL, AWD, Leather, #T2644A	\$18,100
2007 Ford F-150 King Ranch, Crew Cab, 69K, #T6497A	\$27,400
2008 Toyota Tundra, 2 WD, SRS, #T1028C	\$26,000
2008 Mercury Mariner Premier AWD, V-6, 98K, #27020A	\$16,495
2008 GMC Acadia, SLT pkg., Loaded, Dual DVD, #T0869B	\$20,400
2008 F350, S/C, XL, 4x4, AT, 6.4L, Flatbed, 80K, #T7537A	\$18,000
2008 Ford F-250 Supercab, V-10, 73K, Gas, #T5152A	\$21,500
2008 Mercedes C300 Sport, 56K, loaded, #4538VA	\$28,995
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2008 Ford F-150 Lariat, Crew Cab, 59K, #T7342A	\$28,000
2009 Lincoln MKZ, Super low miles, 16K, #85233A	\$28,495
2009 Ford Expedition, Eddie Bauer, DVD, 59K, #T0510A	\$29,900
2009 Cadillac STS, fully loaded, 44K,	\$32,400
2010 Ford F-150 4x4, Blue, Crew Cab, 34K, #T1028A	\$33,500
2010 Ford F-150 XLT, Crew Cab, Blue/silver, 5K, #T0244A	\$32,900
2010 Ford F-150 XLT, 11,500 miles, #T4951A	\$31,950
2011 Ford Taurus SEL, #06614A Was \$33,000 Now \$29,300	
2011 Ford Edge Limited, #T8768A Was \$35,700 Now \$31,300	

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