

Casey's Comments

By Casey McCormick

mccormickcasey@rocketmail.com
Part of it is my Irish roots. Part is loving the game of college football. Wherever it comes from, I'm glad to see the University of Notre Dame playing for a national title. Notre Dame and Ohio State football were big in our home. The folks both grew up in the Canton/Akron area. Also, it was at Akron South High School that Dad and this brother attended with an Armenian kid named Ara Parseghian. I don't know if they ever played football together, but I remember the brothers talking about basketball games back in that day. They had another friend who ran a neighborhood restaurant in the

old place who scouted local talent for Coach Parseghian in the 1960s and 70s. But the allure of the Fighting Irish on the grid-iron goes back further to Knute Rockne, George Gipp and the Four Horsemen. I imagine about every good Catholic kid in America who played with a football knew what college he would want to play for. The last few decades have been humbling for Notre Dame football. Coaches and players have come and gone since the earlier glory days. So it is a good thing to see the luster return to the gold helmets in South Bend, Ind. May the luck of the Irish be with them.

School Menu

Dec. 10 - Dec. 13

Monday

Breakfast: Pumpkin chocolate chip square, yogurt, orange wedge, cereal and milk.
Lunch: Stromboli, California blend vegetables, strawberries and bananas, garden spinach salad, mandarin oranges, pears and milk.

Tuesday

Breakfast: Whole wheat waffle, sausage link, mandarin oranges, toast and milk.
Lunch: Barbecue beef on bun, sweet potato puffs, baked beans, brownie, romaine and tomato salad, fruit cocktail, peaches and milk.

Wednesday

Breakfast: Scrumptious coffee-cake, smoothie, fruit cocktail, cereal and milk.
Lunch: Chicken wrap, Spanish rice, steamed carrots, broccoli salad, garden spinach salad, applesauce, tropical fruit, and milk.

Thursday

Breakfast: Western omelet, quesadilla with tomato salsa, potato triangle, pears, toast and milk.
Lunch: Cowboy cavatini, green beans, whole wheat roll with jelly, romaine and tomato salad, peaches, red applesauce, and milk.

Special guest speaker at health program

Exercise Physiologist to Speak at County Health Program

Carmen Winter, exercise physiologist at Hays Medical Center, will be a guest speaker in Cheyenne County at 1:30 p.m. on Wednesday, Dec. 19, in the Cheyenne County Clinic conference room.

Carmen works in a variety of clinical settings, developing and overseeing exercise programming for cardiac, pulmonary, cancer, diabetes and bariatric surgery patients. She is a Cancer Exercise Specialist who developed and implemented the current cancer exercise program called "Healing In Motion."

With all the patients, she sees on an outpatient basis, her focus is to empower people to believe they can change their thinking and habits to lead a healthier lifestyle and she assists patients in reduc-

ing their risk factors that lead to disability and disease.

Carmen has a great deal of interest in the field of mind and body connection and is a certified health, fitness, and wellness coach completing her training through WellCoaches corporation. She is most recently involved in launching the "Exercise Is Medicine" initiative at Hays Medical Center.

In addition to working in the clinical exercise field, she also has certification in teaching Pilates and Zumba classes.

Carmen will be working with the Diabetes Education Management participants while in Cheyenne County on Dec. 19 at 1:30 p.m. This program is open to the public and free of charge.

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

Death notice

Former St. Francis resident, Douglas Stinehagen, 79, died Nov. 6, 2012, in Colorado Springs. Funeral services are pending.

Christmas in the Country

Salem Lutheran will host its eighth annual "Christmas in the Country" at 5 p.m. on Saturday, Dec. 15, with prelude beginning at 4:30. Come enjoy an evening of scripture and carols sung in German and English, many instruments, handbells, brass, several choirs and congregational singing. Finger food will be served following the program in the church basement. A free-will offering will go to local helping agencies.

Country Christmas

Country Christmas, sponsored by Center Church Association, will be held at 6 p.m. on Thursday, Dec. 6, at the Bird City Senior Center. Bring a can of soup for the hobo stew, a plate of Christmas goodies and a story, poem or reading to share. Billy Pope Duncan will deliver the Christmas devotional. Tableware and beverage will be provided.

Senior birthday dinner and potluck

Monday, Dec. 10, is the senior citizens' birthday dinner. Because the potluck falls on Christmas Eve it was decided to combine the potluck and the birthday dinner. Don't miss this special celebration at noon instead of the later time.

Veteran's Affairs

Jody Tubbs of the Kansas Com-

mission on Veteran's Affairs will be in St. Francis at 10:30 until 11:30 at the County clerk's office to assist veterans and their dependents with claims work on Thursday, Dec. 6. If you are unable to contact Ms. Tubbs in St. Francis, you may contact the office in Colby any Monday, Wednesday or Friday at 785-462-3572.

Salvation Army

The Salvation Army is looking for a representative for Cheyenne County. Those interested can call Dolores Jenik, 332-8810 or the area field consultant, Stephen Burpee, 800-336-4547, extension 389.

Open house

Designs By Dawn Salon and Day Spa, 120 W. 2nd, Bird City, will hold an open house noon to 7 p.m. on Monday, Dec. 10. See ad for more information.

Fair board

Cheyenne County Fair Board will meet at 7 p.m. on Thursday, Dec. 6, in the commissioners' room in the courthouse.

County commissioners

The Cheyenne County Commissioners will meet at 8 a.m. on Monday, Dec. 17.

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.

StoryTime Hour

Because of the holidays coming up, there will be no StoryTime Hour until after the first of the year. Keep an eye out, StoryTime Hour will be trying some new programs.

Bingo

The American Legion Auxiliary in Bird City will be conducting bingo games the first and third Saturdays of the month. Due to the extensive remodeling at the Legion hall, Bingo will be held at Bird City Senior Center until further notice.

Yearbook photos

The Yearbook staff at Cheylin welcomes the public to share any photos taken at school or community events that might be usable in the yearbook this school year... a limited staff will make covering all events difficult. Sports, clubs and organizations, assemblies, banquets, class activities including pre-kindergarten through 12th grade.

Wesleyan service

The Wesleyan Community Church of Bird City is having

Sunday evening services, starting at 6 p.m. There will be Contemporary Praise and Worship, followed by interactive preaching and Bible study.

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 a confidential support to all who have experienced the loss of a loved one in a safe place of mutual help and comfort.

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.

South of McDonald

By Sandy Binning

Tom and Kelly Dewey hosted a birthday party Saturday evening to help Tru Dewey celebrate his fifth birthday. Many friends and family members attended.

Linda Dewey was a weekend guest of her parents, Ote and Ellen Dewey. Ote, Ellen, and Linda Dewey attended the birthday party for Tru Dewey Saturday evening.

Wednesday through Saturday guests of Joe and Charlene Kramer were Leon and Roger Brunton,

and Chuck Clooney of Ozawkie.

Micheal Officer of Broken Arrow, Okla., arrived Thursday evening at his parents home. He came to deer hunt.

Rita Officer attended the Fall Banquet at the Heartland Christian School Monday evening in Colby.

Mark and Marilee Gundlach, Seth and Gracie were Friday and Saturday guests of Lynn and Rita Officer for deer hunting. Everyone left for home Sunday morning.

Moments with Mila

By Mila Bandel, County Health Nurse

With flu activity increasing and family and friends gathering for the holidays, the Kansas Department of Health and Environment urges all Kansans to receive an annual flu vaccination to protect themselves and their loved ones.

Dec. 2-8 is "National Influenza Vaccination Week." This observance serves as a reminder that all of us have a responsibility to prevent the spread of influenza. Influenza activity usually peaks in February in the United States and can last as late as May. Through our sentinel surveillance network, Kansas has identified two different types of influenza viruses currently circulating, and influenza activity is increasing within the state.

On average, five to 20 percent of the U.S. population contracts the flu yearly, and more than 200,000 people are hospitalized with flu complications. During the 2011-2012 influenza season, influenza and pneumonia, a common complication of influenza, contributed to or directly caused more than 1,300 deaths among Kansas residents, and was the eighth leading underlying cause of death in 2011.

"Flu season is here and before

it becomes widespread, take the opportunity to get your vaccine now," said Robert Moser, MD, Kansas Department of Health and Environment secretary and state health officer. "Getting a flu vaccination is also a great way to protect those who are at high risk."

In addition to getting vaccinated, avoid spreading the flu virus by covering coughs and sneezes, washing your hands and staying home when you are sick.

Symptoms of the flu include: fever, headache, extreme tiredness, dry cough and muscle aches. Complications can include pneumonia, ear and sinus infections and dehydration; the flu might also worsen other chronic conditions.

Nearly all people six months and older are recommended to receive a flu vaccine. Anyone caring for, or in regular contact with, an infant less than six months of age, should also be immunized. Babies this age are too young to be vaccinated and are more vulnerable to the complications from influenza disease, as are pregnant women, people with asthma, heart disease, and diabetes along with adults over the age of 65.

For information on receiving the flu vaccine, contact your health care provider or the local health department.

Famous Quotes

• The after-effect of an insight depends on temperament. - Friedrich Nietzsche
• He who is known as an early riser can stay in bed till noon. - Yiddish Proverb

• Worth makes the man, and want of it the fellow. - Alexander Pope
• The only way to have a friend is to be one. - Ralph Waldo Emerson

Designs By Dawn Salon & Day Spa

Now open in our new location:
120 W. 2nd Street, Bird City
(Directly across from our former location)

Come Join Dawn & Montana
on Monday, Dec. 10 for our

Open House • Noon - 7 p.m.

Great time to get those special Christmas Gifts
Open House Specials - Refreshments
Christmas Gift Packages - Gift Certificates

Hours: Tue., Wed., Thurs. 10 a.m. - 7 p.m.
Fri. 10 a.m. - 5 p.m.
785-734-2222

Along with our hair services, manicures & nails,
our new services include customized facials
and upgraded pedicures.

SHOWTIME: 7:30 p.m.

1 hr. 56 min.

Breaking Dawn Part 2

Dec. 7, 8 & 9

Romance/Drama/Adaptation/

Robert Pattinson, Kristen Stewart,
Taylor Lautner

Sequel/Thriller

PG-13

CHEYENNE THEATER

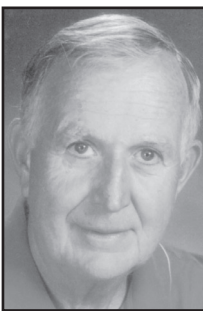
St. Francis, KS
785-332-2747

Children 12 & Under: \$4

All Others: \$6

3D Movies: Children 12 & Under \$5

All Others: \$7



Merry Christmas!

Thank you for the votes
and encouragement.

Ward Cassidy

120th State Representative

Ad paid for by Cassidy for Representative, Mike Day Treasurer

American Profile

Celebrating Hometown Life

See American Profile magazine in this week's issue of

Brought to you by
The Times

"Your sponsorship
could be right here."

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

The Bird City Times

(USPS 056-720)

Serving the communities of Bird City and McDonald

Karen Krien, Editor
Norma Martinez, Co-Editor
Karen Krien - Publisher
Tim Burr - Advertising Manager
Periodicals postage paid
at Bird City, Kansas 67731-0220
Phone (785) 734-7031
Fax (785) 332-3001
Or Phone (785) 332-3162
E-Mail bc.times@nwks.com
Published every Thursday
\$33 per year in Cheyenne
and surrounding counties; other
in-state \$36 and all out-of-state
subscriptions, \$40
(strictly in advance).

Postmaster: Send address
correction to P.O. Box 220
Bird City, Kansas 67731-0220

Official City Newspaper
Published Weekly By
Nor'West Newspapers,
Incorporated
Bird City, KS 67731

