

State approves bid for bridge

The Kansas Department of Transportation announced that a Cheyenne County bridge is among other state highway and construction maintenance projects in the state where the bid of work has been approved. The bid letting was held on Dec. 17 in Topeka.

Located in District Three, Cheyenne County will have a bridge and some grading done

7 miles west of St. Francis on K-36, and 1 mile north. Submitting the bid of \$99,881 was LMK Concrete Construction, Lindsborg. At a recent county commissioners' meeting, Dave Flemming, county road and bridge supervisor, remarked that he was happy with the bid as he had thought it would be over \$100,000.

Group to sponsor a baby shower

The Cheyenne County Knights of Columbus is sponsoring a pro-life baby shower during the month of January.

"During the month we will be collecting items in both Bird City and St. Francis," said Mike Antholz, Grand Knight of Council 6665. "Then the first week of February we will collect all the items that are donated and deliver them to the Mary Elizabeth Home for Unwed Mothers in Hays."

Any item or items people wish to donate may be left at the Catholic Church in either Bird City or St. Francis. They may also be given to Dennis Wright or Dennis Hengen in Bird City or Mike Antholz in St. Francis.

"We ask that you be as generous as possible," Mr. Antholz said.

If a new item is donated, people are asked to leave the price tag on since it is necessary to be able to figure the approximate value of

every thing that is donated.

A short list of some of the items that may be donated include:

- Infant car seats (new or less than 2 years old).
- Cribs (new or less than 3 years old).
- Sleepers, onesies, or outfits (0 to 6 months).
- Diapers, newborn to size two.
- Baby wipes.
- Baby blankets.
- Enfamil with Lipil (powder)
- Wash cloths.
- 4 oz. bottles with slow nipples.
- Stationery and address books.
- Bottle brushes.
- Diaper bags.
- Baby books/photo albums.
- Baby clothes (new or used)

Or any other items needed for a newborn baby
Cash donations can also be given to any member of the Knights of Columbus.

School Menu

Monday

Breakfast: pancake and sausage on a stick, syrup, juice, cereal assortment, milk.

Lunch: chili and cheese nachos, bread sticks, corn, tropical fruit, milk.

Tuesday

Breakfast: frosted twists, juice, cereal assortment, milk.

Lunch: barbecued rib sandwich, smiley fries, broccoli, apple crisp with whipped topping, milk.

Wednesday

Breakfast: breakfast pizza, juice, cereal assortment, milk.

Lunch: chicken tetrazzini, peas, hot rolls, lime Jello with pears, milk.

Thursday

Breakfast: muffins, yogurt, juice, cereal assortment, milk.

Lunch: lasagna, tossed salad, green beans, French bread, strawberries and bananas, milk.

Friday

Breakfast: biscuits with sausage gravy, juice, cereal assortment, milk.

Lunch: chicken club sandwich, bacon, lettuce, tomato, French fries, sherbet, brownie, milk.

• Salad bar is offered at noon daily in the junior/senior high school.

Fun Facts

• The only two days of the year in which there are no professional sports games (MLB, NBA, NHL, or NFL), are the day before and the day after the Major League All-Star Game.

• Snails can sleep for 3 years without eating.

• Actor Tommy Lee Jones and vice-president Al Gore were freshman roommates at Harvard.

Graveside service

A graveside service is being held for Bertha Rogers at 1:30 p.m. on Friday at the St. Francis Cemetery. Bertha was born April 20, 1926, and died on Dec. 24, 2008.

Memorials may be made to the Emergency Building Fund made to the City of St. Francis.

Cheyenne County Commissioners

The January meeting of the Cheyenne County Commissioner will be on the second Monday, Jan. 12, at 8 a.m. At that time, the newly elected officials will be sworn in.

Alzheimer's/Dementia support group

The Alzheimer's/Dementia support group will meet at 7:30 p.m. on Monday at the St. Francis Public Library.

Bird City Community Club

The Bird City Community Club will have their meeting on Jan. 12, at 7 p.m. at the Senior Center. They ask that you bring a finger food.

Diabetes Support Group

The Diabetes Support Group meeting will be held at 1:30 p.m. on Wednesday, Jan. 21, at the Cheyenne County Clinic basement. The physical therapy staff will be the presenters on exercise and the cold weather.

Soup dinner

The St. Francis Kids Wrestling club is holding a fundraising soup dinner at the grade school cafeteria on Sunday from 11:30 to 1 p.m. There will be two kinds of soup. Check ad in this issue for complete menu.

Cancer benefit auction/donation soup supper

A cancer benefit auction/donation soup supper is being held at 4 p.m. mountain time, 5 p.m. central time on Saturday, Jan. 17, at the Haigler Legion Hall for Bob Fiedler. Additional information in ad and story in this issue.

Mothers' Group

Mothers' Group will be held at 9 a.m. on Tuesday, Jan. 13, at TNT Daycare. Everyone is welcome.

Library Art Gallery

Dan Keller, son of Elton and Ella Mae Keller, was a resident of Japan at one time. The St. Francis Library Art Gallery is showing a collection of items that his par-

ents and his sister, Penny Gienger, have from his time there.

Junior high boys basketball camp

A junior high boys basketball camp is scheduled for 6:15 p.m. Monday at the high school.

Sports schedule

The high school varsity wrestling squad will entertain Hoxie on Friday night, travel to Oakley on Friday, Jan. 16 and attended the Sterling tournament on Saturday, Jan. 17.

The high school varsity basketball team will play Hoxie on Friday; Idalia in St. Francis on Tuesday and Oakley at home on Friday, Jan. 16.

Free-throw competition

The local Knight of Columbus free-throw competition will be held beginning at 2 p.m. on Sunday, Jan. 11, at the St. Francis Community High School gym. See ad/story elsewhere in this issue for additional details.

Kids wrestling practice

Moments With Mila

Folic Acid Awareness

The week of Jan. 5 is Folic Acid Awareness week. The Center for Disease Control urges every woman who could become pregnant to get 400 micrograms of folic acid every day. Folic acid is a B vitamin that helps prevent birth defects. If a woman has enough folic acid in her body before and while she is pregnant, her baby is less likely to have a major birth defect of the brain or spine. These birth defects are neural tube defects (NTDs). Women need to take folic acid every day, starting before they are pregnant to help prevent these defects.

One easy way a woman can be sure she is getting enough folic acid is to take a vitamin that has folic acid in it every day. Folic acid pills and most multivitamins sold in the United States have 100 percent of the daily value of folic acid; check the label to be sure.

These days, multivitamins with folic acid come in chewable chocolate or fruit flavors, liquids and large oval or smaller round pills. Many stores offer a single folic acid supplement for just pennies a day.

Another way to get enough is

The St. Francis kids wrestling club practices on Monday nights in the high school wrestling room. The kindergarten through third grade practice from 6:30 to 7:15 and the older kids practice 7:15 to 8:15 p.m.

Veterans Affairs

Jody Tubbs, of the Kansas Commission on Veterans' Affairs, will be in St. Francis at 9:30 a.m. today (Thursday) at the county clerk's office. People may also contact the Veteran's Affairs office in Colby any Monday, Wednesday, or Friday at 785-462-3572.

Recovery Today/ Narcotics Anonymous

Recovery Today group of Narcotics Anonymous meets at 8 p.m. on Sunday nights at the United Methodist Educational Building. Call (785) 332-6542 or 8607 for more information.

Sainty Serenity Seekers/ Alcoholics Anonymous

Sainty Serenity Seekers open meeting of Alcoholics Anony-

mous is held at 7:30 p.m. each Thursday evening at the United Methodist Education Building at 104 W. Webster, St. Francis. Call (785) 332-6542 for more information

Northwest Kansas Family Shelter

Northwest Kansas Family Shelter provides 24-hour-7 day-a-week services 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.

Addition/Correction

The late Howard and Grace Faulkender were grandparents of both Leigh Ann Faulkender Bandel and Lori Beth Faulkender Rieger and should be added to the wedding write ups of the Faulkender/Bandel wedding and the Faulkender Rieger wedding in the Jan. 1 issue of *The Herald*.



By Mila Bandel
County Health Nurse

habit of taking folic acid daily even when they are not planning to get pregnant. For folic acid to help, a woman needs to take it every day, starting before she becomes pregnant.

For more information contact the Cheyenne County Health Department at 332-2381.

Workshop planned for troubled sleepers

Having trouble sleeping? You know you need sleep but don't know how to get it?

People with these troubles should plan to attend the "Knowledge for Life" workshop from noon to 1 p.m. on Tuesday, Jan. 13, in the Cheyenne County Extension office.

Diann Gerstner, Thomas Coun-

ty Family and Community Service agent, will present ideas on getting the sleep needed for good health.

Those attending are urged to bring their lunch and eat while Ms. Gerstner talks.

To make sure there is enough materials on hand, people are asked to call the Extension office at 332-3171 by Friday, Jan. 9.

SHOWTIME: 7:30 p.m. 2 hr. 35 min.

Australia
Romance and War

Jan. 9, 10 & 11

Nicole Kidman, Hugh Jackman, David Wenham, Bryan Brown, Jack Thompson

PG-13 for some violence, a scene of sensuality, and brief strong language.

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

Children 12 & Under: \$3 All Others: \$5



Just In! 2006 F350 Crew, AT, Longbed #T6207A.....Call for Price!

2003 F250 R/C, XLT, 4x4, #T6430A	\$14,000
2008 Fusion SE, 2.3L, AT, 13K, #23423	\$17,900
2007 Expedition EL XLT, 4x4, 5.4L, AT, 8K, #T2855	\$31,000
2001 Windstar SEL, Fully Loaded, #T3785A	\$4,500
2005 Expedition Limited 4x4, AT, 54K, #T3802A	\$19,500
2002 Explorer XLT 4x4, AT, 87K, #T6560A	\$10,250
2006 F250 S/C XLT 4x4, AT, 43K, #T2149A	\$25,000
2003 Expedition E. Bauer 4x4, AT, DVD, #T8215	\$12,000
2004 F250 R/C XLT 4x4, 6.0L, AT, 106K, #T1756A	\$20,500
2006 F250 R/C XL 4x4, 6.0L, 6M, 43K, #T9088A	\$20,500
2006 F250 S/C, Lariat, 4x4, AT, 78K, #T1564B	\$24,500
2000 F250 S/C XLT, 4x4, 7.3L, #T3568A	\$13,500
2006 Escape XLT, 4x4, AT, Only 26K, #T8772A	\$15,000
2007 Explorer Sport Trac, V8, 4x4, AT, 29K, #T2069A	\$19,500
2006 Chevrolet 1500 S/C, 4x4, AT, #T7050A	\$16,000
2002 Buick Rendezvous CX, AWD, V6, #T9036B	\$7,000
2006 Pontiac Torrent, V6, FWD, #T7985C	\$13,500
2007 Focus SE, 4 cyl., FWD, #01355	\$11,000
2008 Chevy Impala LS, 6 cyl., FWD, #16970	\$14,500
1999 Suburban LT, 4x4, AT, 119K, #T3036A	\$3,500
2002 F150 S/C Lariat, 4x4, AT, #T5604B	\$9,950
2006 F350 Crew, XLT, 6.0L, 4x4 w/flatbed, #T3721A	\$22,500
2003 Winstar SEL, FWD, AT, #T0674A	\$4,200
2006 F250 S/C XLT, 4x4, AT, 77K, #T8009A	\$21,500
2000 Dodge Durango SLT, 4x4, AT, #T6987A	\$5,450
2006 Crew Lariat, 4x4, 5.4L, #T8626A	\$18,875
1996 Explorer XLT, #T0109B	\$3,000
2005 F150 Crew, K. Ranch, 4x4, #T7915A	\$19,500
2007 Fusion SE, FWD, 2.3L, AT, #51556	\$14,500

YOST FORD MERCURY
E. Hwy. 36 St. Francis, KS 67756
800-524-9678 Bob - Justin - Terry
785-332-2188 yostford.com

Attention Business Owners
Make sure your business is listed in the Northwest Kansas Business Directory
www.NWKansasOnline.com

Not Listed Listed

Go to www.NWKansasOnline.com search for your business if your business isn't listed, call... John Dehn 785-462-1149

Check your renewal dates
-- Current Rates --

The Saint Francis Herald
Area - \$33 KS - \$38
Out-of-State - \$42

Bird City Times
KS - \$30
Out-of-State - \$34

American Profile
Celebrating Hometown Life
See American Profile magazine in this week's issue of **The Saint Francis Herald**
(available in local area only)

Brought to you by The Herald

"Your sponsorship could be right here.
For more information contact: Casey at 785-332-3162

Bob Fiedler Benefit
Soup Supper & Auction
Saturday, Jan. 17
Soup Supper (Free-Will Offering) begins at 5 p.m. CT
Haigler Legion Hall, Haigler, Neb.

Friends of Bob and Cindy Fiedler are organizing and hosting this Cancer Benefit Auction and Donation Soup Supper to help offset some of the cost of the treatments and other medical expenses incurred during this time.

If you wish to donate items for this benefit auction, please contact the following people:
Charlene Counce in Wray — 970-630-7080
Judy or Butch Ewing in St. Francis — 785-332-3535
Sherry Schultz in St. Francis — 785-332-2860

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

It's not too late for flu shots!
Both Cheyenne County Clinic and Cheyenne County Health Department still have flu vaccine left.
Stop by and get your flu shot if you haven't already.