

Team finishes season

By Karen Krien

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Jace Elliott of Purcell, Okla., is a member of the Purcell Dragon baseball team — the team that took state runner up in the Oklahoma Kids State Tourney. The event was held in Weatherford, Okla., in July.

Regional play began early in July for the Kid League. Jace, a member of the 10 and under division, played third base as well as filling in as catcher and pitcher.

Eight regions were designated and there were at least 64 teams participating.

The Dragons joined seven other teams to determine the state champions. Getting to the championship game, the Dragons won with a 15-0 win over Elgin; 12-3 over Cushing, and 3-1 over Elk City. Their final game was the Byng team, with Byng winning 6-1.

The Dragon's record through the season included Tourney champs at the Peeewe Northwest Youth Sports Alliance (NYSA) Invitational baseball tournament; first place in both the Washita Valley Peeewe League and the Washita Valley Post Season Tournament; first place at the Purcell Peeewe Tournament; third place at the USSSA 10AA World Series; First at the Purcell Heart of Oklahoma Peeewe Tournament and first at the Purcell Peeewe Tournament.



JACE ELLIOTT is a member of the Purcell Dragon baseball team which took runner up at state tournament.

Jace is the son of Tonya Elliott, Purcell, and grandson of Bob and Sharon Elliott, St. Francis.

School Menu

Monday

Labor Day, no school.

Tuesday

Breakfast: sausage and pancake bites, maple syrup, juice, cereal assortment, milk.

Lunch: Italian Dunkers, Cheesy breadsticks, corn, chocolate cake, orange sherbet, milk.

Wednesday

Breakfast: frosted long johns, juice, cereal assortment, milk.

Lunch: chicken fajita, lettuce, tomato, cheese, salsa, sour cream, seasoned rice, pineapple slices, fortune cookie, milk.

Thursday

Breakfast: funnel cakes, fruit yogurt, juice, cereal assortment, milk.

Lunch: cheeseburger, macaroni, green beans, garlic toast, apple wedges with caramel sauce, milk.

Friday

Breakfast: ham, egg and cheese McMuffin, juice, cereal assortment, milk.

Lunch: hot hamburger, mashed potatoes, brown gravy, tossed salad, tropical fruit, milk.

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

Death notice
Virginia Helen Hilt died Aug. 29, 2009, at her home in St. Francis. Funeral services were held Sept. 1.

Museum open
Labor Day weekend
The Museum of Cheyenne County will be open from 2 to 5 p.m. on Labor Day weekend: Friday, Saturday and Sunday. The museum will not have regular hours after Labor Day, but will be open for the U.S. 36 Treasure Hunt weekend, on Friday and Saturday. Those having out-of-town visitors, or if an organization would like to schedule a tour or hold a meeting at the museum, call 332-3569 to set up a time.

Just a reminder from the Historical Society: Southwest County Cemetery Tour will begin at 2 at the museum on Sunday, Sept. 13.

Office closed on May 25
Ad, picture and story deadline for the Sept. 10 issue of *The Saint Francis Herald* and *Bird City Times* will be at 5 p.m. on Tuesday, Sept. 8, as the office will be closed on Labor Day (Monday). The newspapers will be published and delivered one day later that week.

Story hour enrollment
Story Hour will be held at 10 a.m. each Tuesday starting Sept. 8.

Fair Board
The Cheyenne County Fair Board will meet tonight (Thursday) at the courthouse.

Board of Education
The St. Francis Board of Education will meet at 8 p.m. tonight (Thursday).

Hospital Board
The Cheyenne County Hospital Board will meet at 3 p.m. today (Thursday) in the clinic basement meeting room in St. Francis.

Library Art Gallery
The St. Francis Public Library Art Gallery is featuring mosaic art works by Andi Burnum during the month of September. Andi is a former resident of Atwood.

School Sports
Thursday: Junior high football, volleyball, Decatur Community, here.

Friday: The varsity football team will play the Eagles in Colby.

Monday: Junior varsity football, Colby, here.

Tuesday: High school volleyball, St. Francis, Colby and Oberlin at Colby.

Thursday, Sept. 11: Junior high football, Dundy County at Benkelman.

Thursday, Sept. 11: High school volleyball, at Wauneta-Palisade.

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.

Cemetery tour planned
The Historical Society plans a Southwest Cheyenne County Cemetery Tour for Sunday afternoon, Sept. 13. If you have information about any southwest county cemeteries, please contact the Historical Society: 785-332-3991 or 785-332-3569.

Western Plains Arts Association
Programs for September
• Sunday, Sept. 13, 3 p.m. - The Boulder Acoustic Society will present a lively band program of fiddle, accordion and drum music in Oberlin.

• Sunday, Sept. 27, 3 p.m. - The Russian virtuoso musicians, The Flying Balalaika Brothers, dressed in traditional colorful costumes, will perform their folk music and also music melding with American bluegrass and contemporary international acoustic styles in St. Francis.

Sainty Serenity Seekers/Alcoholics Anonymous
Sainty Serenity Seekers open meeting of Alcoholics Anonymous is held at 7:30 p.m. each Thursday at the United Methodist Education Building St. Francis. Call (785) 332-6542 for more information

Moments With Mila

National Cholesterol Education Month

By Mila Bandel



County Health Nurse

September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals.

The Cheyenne County Hospital, Clinic and Health Department are sponsoring the fall health fair on Sept. 14, 15 and 16 for lab draws. The labs drawn will tell you your lipid profile in which will let you know what your cholesterol is. The lab draws will be held from 7 to 10 a.m. each morning in the County Health Department located in the basement of the clinic. You do not need an appointment for the lab draws. A person must fast (not eat or drink anything after midnight the night before) to have the labs drawn. You are allowed to drink water and if you are on medication, you can take your medication as well.

High blood cholesterol affects over 65 million Americans. It is a serious condition that increases your risk for heart disease. The higher your cholesterol level, the greater the risk. You can have high cholesterol and not know it. Lowering cholesterol levels that are too high lessens your risk for developing heart disease and reduces the chance of having a heart attack or dying of

heart disease.

Cholesterol is found in every cell in your body. Cholesterol is used by our body to build healthy cells, as well as some vital hormones.

When you have high cholesterol, you may develop fatty deposits in your blood vessels. Eventually, these deposits make it difficult for enough blood to flow through your arteries. Your heart may not get as much oxygen-rich blood as it needs, which increases the risk of a heart attack. Decreased blood flow to your brain can cause a stroke.

High cholesterol (hypercholesterolemia) is largely preventable

and treatable. A healthy diet, regular exercise and sometimes medication can go a long way toward reducing high cholesterol.

Total cholesterol
Below 200 mg/dL, desirable.
200-239 mg/dL, borderline high.
240 mg/dL and above, high.
Consider these general guidelines when you get your lipid panel (cholesterol test) results back to see if your cholesterol falls in optimal levels.

Events planned for Beecher Island Days

It's time once again to make plans to attend the 110th Beecher Island Reunion. This year's reunion will take place on Saturday and Sunday, Sept. 19 and 20.

"There will be fun activities for the entire family," said Mark Mahlberg.

Among the events planned will be races and games for all ages with cash prizes, a pedal tractor pull,

black powder shooting and music.

There is plenty of room for campers from the smallest tent to the big RVs, Mr. Mahlberg said. Food and drinks will be available all weekend.

A cleanup day will be held on Tuesday, Sept. 15. Volunteers are welcome.

Look for a complete schedule in upcoming issues of *The Herald*.

SHOWTIME: 7:30 p.m.

1 hr. 35 min.

The Ugly Truth

Sept. 4, 5 & 6

Comedy, Drama and Romance

Katherine Heigl, Gerard Butler, Eric Winter, John Michael Higgins, Nick Searcy

R for sexual content and language.

CHEYENNE THEATER

St. Francis, KS
785-332-2747

Children 12 & Under: \$3

All Others: \$5

Upcoming Auction

Coy and Neva DeGood and others

Saturday, Sept. 12

10:30 CST

Cheyenne County Fairgrounds, Fair Building

Conducted by Ewing Auction

Call 785-332-3535 for more information

Special of the Week!

2008 Ford Explorer XLT, 4x4, AT, 38K, Clean!

#T0767 \$21,000

1997 F250 S/C XLT, 4x2, AT, V-8 Gas, 248K, #T7748D	\$5,000
2006 Freestyle SEL w/Leather, FWD, 45K, #T2434A	\$14,500
2004 Grand Marquis Ultimate, Loaded, 71K, #62526A	\$11,500
1999 Explorer Sport, 4x4, AT, 95K, #T1755C	\$4,500
2008 F150 King Crew Ranch, 4x4, AT, 47K, #T6565A	\$28,500
2001 Taurus SES, FWD, AT, 84K, #T8772B	\$5,500
2008 Edge SEL w/Cloth, AWD, AT, 37K, #T5567	\$23,500
1999 Crown Victoria LX, Cloth, AT, 74K, #53870B	\$7,000
2007 Escape XLT, Cloth w/Sunroof, 4x4, AT, #5929	\$20,700
1996 GMC 1500 S/C LS, Cloth, V-8, 4x4, AT, #T2149B	\$6,000
2008 F250 Crew, XLT, L. Box, 6.8L, 4x4, AT, #T1860A	\$27,500
1999 F350 Econoline Van 15 pass. XLT, 5.4L, AT, #T0047	\$6,500
2007 Taurus SE, FWD, V-6, AT, 27K, #22770	\$11,250
2000 F250 S/C XLT, 4x4, AT, 7.3L, #T3568A	\$13,500
2007 F150 Crew Lariat, 4x4, AT, 34K, 1 Owner, #T5999A	\$27,000
2005 Chevrolet Cobalt LS, FWD, AT, 123K, #16970A	\$6,500
2006 Merc. Mariner Prem. Leather, 4x4, AT, 26K, #T0997	\$19,500
2006 F150 S/C XLT, 4x4, AT, 28K, Clean!! #T1925	\$23,500
2006 Five-Hundred SEL, Leather, V-6, FWD, AT, #26815A	\$13,500
2006 F250 S/C XLT, 4x4, AT, 6.0L, #T8009A	\$21,500
2006 F350 Crew XLT, w/flatbed, 6.0L, 4x4, AT, #T3721A	\$22,500
2008 Mercury Sable Premier, Loaded, 27K, #27009	\$23,000
2004 PT Cruiser, Cloth, AT, 86K, #01355A	\$6,000

YOST FORD MERCURY

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530 E. Business US Hwy. 36 St. Francis, KS 67756

800-524-9678
785-332-2188

Bob or Justin
yostford.com

IT'S HERE!
ROWDY RHUBARB
Sage Hill's ROWDY RHUBARB wine is finally here! It's beautiful, it's tasty, and it's a special summer treat not to be missed. Stop by today and get a bottle for yourself...and one for a friend!

Please call 308.423.WINE or 423.2062

Bird City Times
~ and ~
The Saint Francis Herald
will be closed
Mon., Sept. 7
in observance of Labor Day
DEADLINE for ads, news and pictures is
Tuesday, Sept. 8 at 5 p.m.
The paper will be delivered a day late.

Check your renewal dates
-- Current Rates --
The Saint Francis Herald
Area - \$38 KS - \$42
Out-of-State - \$48
Bird City Times
Area - \$33 KS - \$36
Out-of-State - \$40

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

Come into St. Francis Super's and register to win two tickets!
St. Louis Cardinals
Vs.
Colorado Rockies
at Coors Field on Saturday, Sept. 26
6:10 game time.
Enter from Sept. 1 through Sept. 18
(No purchase necessary)
St. Francis
SUPERS 120 E. Washington
St. Francis
785-332-2064

CHEYENNE COUNTY HOSPITAL 210 W. 1st • St. Francis, KS
785-332-2104
CN Hospital, Clinic & Health Dept. Announces
Cheyenne County Fall Health Fair
Sept. 14-18, 7 - 10 a.m.
Lab Draw Dates:
Monday, Sept. 14 - Wednesday, Sept. 16
No appointments needed
Fast for Chem Panel Lab test
Exam Dates:
Wednesday, Sept. 16 - Friday, Sept. 18
Appointments needed for exams
Breast, Cervical for women
Prostate for men
For more information contact Erika Zimbelman, Clinic Manager at 785-332-2682 or Mila Bandel, RN County Health Nurse at 785-332-2381 ext. 231.

Sept. 1	Mammogram
Sept. 1	Dr. Rubinowitz
Sept. 2	Dr. Frankum
Sept. 9	Dexascan
Sept. 16	Dr. Frankum & Dr. Reeves
Sept. 18	Dr. Curtis
Sept. 22	Mammogram