



**THE SNOW IS STILL HERE!** Several weeks later and cold temperatures have prevented the melting of the snow. The few warm days have not been enough to lighten the load of the ice and snow.

Herald staff photo by Karen Krien

## Organization offers food savings for volunteerism

Prairie Land Food, Communities in Action, was established in September of 2006. It is a non-profit organization that promotes volunteerism by offering food savings, called a Prairie Pak, once a month in exchange for a commitment to service.

The Prairie Pak menu differs from month to month. February's menu consists of chicken breast patties, beef ravioli, ground beef, pork chops, chicken thighs, beef stew meat, plus six to eight different fresh fruits and vegetables at a low cost.

Anyone interested may sign up by contacting Lee Nichols, at 785-332-3581, at Video Connection from 3:30 to 5 p.m. Monday through Friday or contact Linda Hagan 800-298-1989, clkhagan@ruraltel.net

"The program offers quality food and is a nice way to get supplements," said Julie Wedel, Prairie Land Food volunteer coordinator for McPherson. "Plus, it's a great way to give back to the community."

"It is like having a personal grocery shopper," said Linda Hagan, developer for Prairie Land Food. Participants may even add extra meat packages and specials for a low cost, plus one additional hour of volunteer service.

The organization will accept cash, checks or EBT/Food Stamps to pay for Prairie Pak orders.

Volunteering opportunities range from a variety of activities, such as baby-sitting grandchildren, visiting a homebound friend to volunteering in a nursery.

Not only does the organization

want to help people stretch their food dollars, but as the program grows it will begin to give back to the community by awarding scholarships to volunteering high school students and to families that volunteer and are going back to school to be able to better provide for their family. Grants will also be available to Prairie Land Food sites for community projects. Prairie Land Food sites from Kansas and Nebraska will submit nominations for scholarships and grants and they will be notified when these are available.

When families volunteer together, it could teach children the importance of giving. This involvement is what the organization hopes will continue to encourage the development of future volunteers.

## Goodland lodge announces Saintry student essay winner

Mikaela Grace, a St. Francis eighth grade student, has won the Goodland Elks Lodge essay contest. "Why I Am Proud To Be An American" is the title of her winning effort. The paper was written as a Persuasive Essay in Mrs. Gibson's eighth grade English class.

A \$50 savings bond will be presented to Mikaela at the junior high awards assembly in the spring

**Why I Am Proud To Be An American**



Grace

What does it mean to be an American? When I first sat down to write, I wasn't sure. Now, I think I know.

To be American means that you are proud-proud to live in the greatest country on Earth. It means that you are proud to fight for your beliefs, and proud of those who presented their lives as payment for your freedom. Yes, Americans have good reason to be proud.

To be American means to be strong. It means to stand up for your beliefs and fight for your rights-but also to accept that some people are different from you. They have different languages, beliefs, and cultures, but they are still Americans, just like you.

Most importantly, though, to be American is to be free. We have



freedoms most people only dream of. We are free to love one another, because as great as our differences may be, we are all equal. We are all American, and that's what truly matters.

So why am I proud to be an American? Because being American gives me the freedom not only to believe, but to act on those beliefs. America gives everyone the chance not only to live, but to thrive.

## Disease testing complete

Leonard Hopper, officer for the Kansas Department of Wildlife and Parks, has told Francis O'Leary, Cheyenne County Wildlife organization member, that the monitoring for chronic wasting disease has been completed and no disease was detected.

"That obviously is good news," Officer Hopper said.

During the 2006 deer season, 2,500 samples were collected statewide. In northwest Kansas, there were 220 samples collected and, in Cheyenne County, where a diseased deer was shot last year, only 16 samples were collected.

Mr. O'Leary thought the reason for the low testings in the county this year was the fact that the deer shot looked very healthy.

Officer Hopper said he didn't know if the sampling for chronic wasting disease will be done the same way next year but indications at this point are, that they will do it in a similar way. If so, the Cheyenne County Wildlife clubhouse will probably be a place to bring deer for testing.

## Student qualifies national honor roll

Heidi Yonkey, Wheeler, a student at Goodland High School, has been qualified for induction into the Spring 2006 National Honor Roll.



Yonkey

The National Honor Roll recognizes high-achieving high school and middle school students.

"Young people such as our inductees, who work hard to attain

academic success, deserve to be acknowledged," said Lynn Romeo, Publisher of the National Honor Roll. "Honoring their achievement provides motivation and encourages them to continue striving toward their goals. We're proud to include them in the National Honor Roll."

Several benefits can be contributed to the success of students members including competing for National Honor Roll Awards for Academic Achievement.

Only students with a B or better average are eligible to be listed.

## Student Graduates

**Fort Hays State University**  
Gina Frohlich, Kari Gienger, Megan Smith and Michael Wolters were among the more than 390 students who completed requirements for a bachelor's degree from Fort Hays State University during the fall 2006 semester.

Frohlich received a bachelor of science degree in psychology; Gienger a bachelor of business ad-

ministration in information systems administration; Smith a bachelor of business administration in management and Wolters a bachelor of arts in English and a bachelor of science in secondary education.

The graduating class included more than 50 students of Chinese universities who completed degree requirements in China through the university's Virtual College.

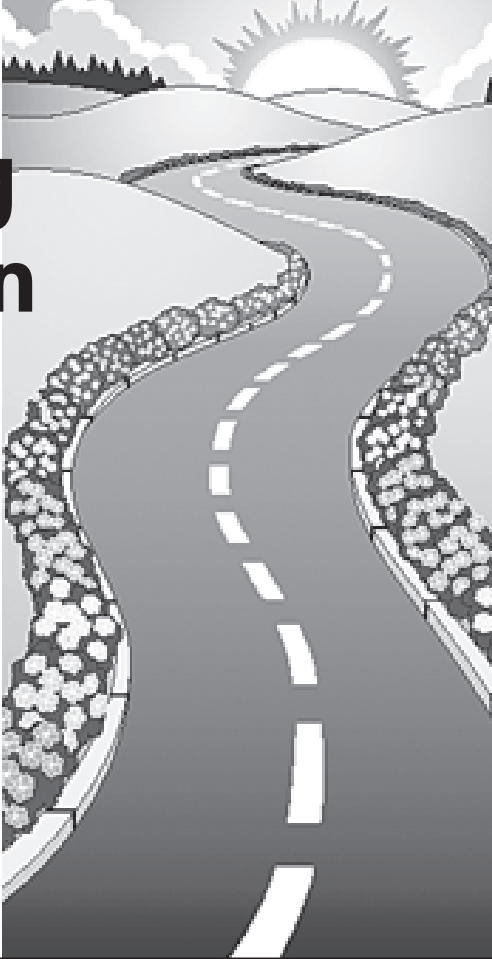
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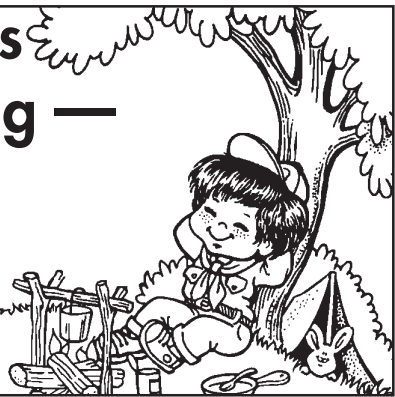
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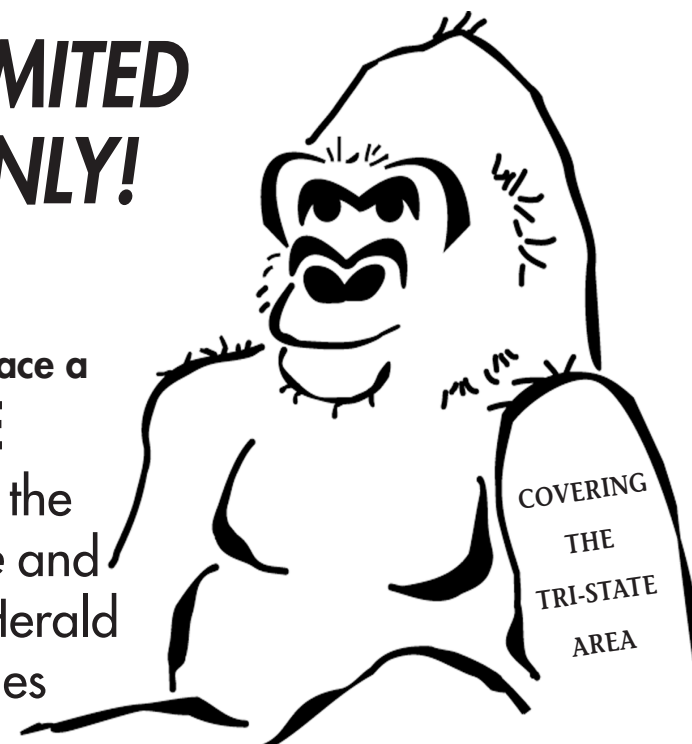
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