

Bulletin Board

Death notice

Florice Maxine (Pee Wee) Lauer died on March 4. Her funeral service was held March 6 at Peace Lutheran Church in St. Francis.

90th birthday

An open house is being held to help Meta (Bader) Dankenbring celebrate her 90th birthday from 2 to 4 p.m. on Saturday, March 10, at the Bird City Senior Center. Those unable to attend the open house may send greetings to her at P.O. Box 295, Bird City, KS 67731.

90th birthday

Glen Neitzel is celebrating his 90th birthday on March 18. Help him celebrate with a card shower. Cards may be sent to 707 Wheat Ridge Circle, Room 103, Goodland, KS 67735.

90th birthday

An open house is being held in honor of Irene Kehlbeck to celebrate her 90th birthday. A reception will be held from 2:30 to 4 p.m. Sunday, March 18, at Fairview Estates in Colby. Those unable to attend may send birthday wishes to her at 1630 Sewell Ave., Apt. C6, Colby, KS 67701.

86th birthday

Darline Price will be celebrating her 86th birthday on March 14. Birthday wishes may be sent to her at P.O. Box 871, St. Francis, KS 67756.

Bloodmobile in St. Francis

The American Cross Bloodmobile will be in St. Francis on March 15 from 8 a.m. to 2:30 p.m. at the St. Francis Grade School.

Lenten Services

The Wednesday, March 14, St. Francis Lenten Service takes place at noon at the First Christian A soup luncheon will follow.

The remainder of the schedule is as follows: March 21: St. Francis Community Church; March 28: Peace Lutheran Church; April 4: Good Samaritan Village.

Alzheimer's/Dementia Support Group

The Alzheimer's/Dementia Support Group will meet at 7:30 p.m. on Monday, March 12, at the St. Francis Public Library.

Walk Kansas

Walk Kansas starts March 11. For more information on this exceptional opportunity to promote

health and fitness, contact the Cheyenne County Extension office at (785) 332-3171.

Relay for Life

A Relay for Life organizational meeting will be held at 7 p.m. on Thursday, March 15, at the home of Susie Walz, 205 E. Webster, St. Francis. Anyone interested in helping with the Relay in August is welcome to attend.

St. Francis Library Art Gallery

The St. Francis Public Library features a collection of quilts by Bonnie McQuillen at the Library Art Gallery during the month of March.

AARP

AARP regular monthly meeting takes place at 2 p.m. on March 8 at the St. Francis Senior Center.

The program will be by Dorothy Smestad of Saintry Stitches, the new fabric shop. Roll call will be "Are You Irish or Not?" Anette Erskin will be the hostess

Association to Benefit Cheyenne County

The Association to Benefit Cheyenne County meets every third Thursday of the month at the Diamond R.

Cheyenne County Commissioners

The Cheyenne County Commissioners will meet at 8 a.m. on Thursday, March 15, in the commissioners' room at the courthouse.

Cheyenne County Preschool

Cheyenne County Preschool is now taking applications for the 07-08 school year. If your child will be 3 or 4 by August 2007, call Lindsey Emig at 785-332-3110 or stop by the classroom located at 222 E. Webster, St. Francis from 7:30 to 3:30.

Veterans' Affairs Representative

Jody Tubbs of the Kansas Commission on Veterans' Affairs visits St. Francis at 9:30 a.m. the first and third (March 15) Thursdays of every month at the County Clerk's office in the courthouse to assist veterans and their dependents with VA claims work. Ms. Tubbs is available in the Colby office any Monday, Wednesday, or Friday.

The phone number is 785-462-3572.

Western Plains Arts Association

On March 11, Windwood Theatricals will present *Some Enchanted Evening: The Songs of Rogers and Hammerstein* at 3 p.m. at the Cultural Arts Center in Colby. This is a Western Plains Arts Association presentation.

Prairie Land Food Pack signup

Prairie Land Food Pack March sign up takes place Feb. 25 through March 12 at Video Connection, Empire Motel during week days and at the office of Tim Poling, DDS from 8:30 a.m. to noon on week days.

Health Fair

The Cheyenne County Hospital will be sponsoring a Health Fair for men and women with lab draw dates of March 26 and March 28 and exam dates of March 27 through March 29. Check ad below for times and additional information concerning exams.

Tax help

AARP Tax-Aide is available in St. Francis with middle- and low-incomes. AARP volunteers Rowland Roelfs and Wayne Keeker will be available at the St. Francis Library from 2 to 5 p.m. on Wednesdays and at the St. Francis Senior Center from 2 to 5 p.m. on Thursdays through April 15.

Wildlife Banquet

Mark your calendar for March 23 when the Cheyenne County Wildlife Banquet will be held.

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

Saintry Serenity Seekers open meeting of Alcoholics Anonymous 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



CHEYENNE COUNTY Health Nurse, Susan Roelfs, presented to the senior citizens different ways of taking care of themselves. Herald staff photo by Karen Krien

Health nurse gives senior citizens program

Senior citizens have been getting education at the senior center in St. Francis.

The Cheyenne County Health Nurse, Susan Roelfs, recently presented "A Health Balance of Wellness is the Goal at All Ages." She reviewed the five-point star as a way to look at how seniors have to pay attention to all areas all of their lives.

"If we neglect one part of our lives, others parts of our lives are affected and we lose a healthy balance," she said.

The "wellness star," includes 1) spiritual including faith and meaning in life; 2) emotional — friendship, connected to others, sense of well being and part of a family and community; 3) mental — activities and hobbies, problem solving and continuing education; 4) financial — security, independence and flexibility; 5) physical — nutrition and exercise.

The program is a funded education sponsored with the Northwest Area Agency on Aging.

School Menu

Monday 12

Breakfast: French toast sticks, juice, cereal assortment, milk
Lunch: chicken club sandwich, bacon, lettuce, tomato, French fries, vegetable blend, apple crisp with whipped topping, milk

Tuesday 13

Breakfast: fruit turnover, juice, cereal assortment, milk
Lunch: spaghetti with meat sauce, garlic toast, tossed salad,

mandarin orange Jello, milk

Wednesday 14

Breakfast: sausage, egg and cheese breakfast sandwich, juice, cereal assortment, milk
Lunch: barbecued beef on a bun, onion petals, dirt pudding, banana,

Thursday 15

Breakfast: strawberry and cream cheese bagel pockets, juice, cereal assortment, milk
Lunch: tacos, beef, cheese, refried beans, lettuce, tomato, corn, sugar cookie, fruit sherbet, milk

Friday 16

Breakfast: scrambled eggs, toast, juice, cereal assortment, milk
Lunch: crispy fish fillet, tartar sauce, coleslaw, cornbread, applesauce, milk
•Salad bar is offered at noon daily in the junior/senior high school

Weather

Date	High	Low	Prec.
Feb. 27	46	27	
Feb. 28	41	25	.02
March 1	46	24	
March 2	36	19	
March 3	40	19	
March 4	57	27	
March 5	63	28	

Correction

• The St. Francis High School journalism class was featured in the March 1 issue of The Saint Francis Herald. Unfortunately, the name of CJ Douthit was omitted. CJ earned an honorable mention in newspaper design.

• In the article naming St. Francis students who earned Exemplary Certificates the names of the eighth grade math students were missing. They include Brooklyn Hnizdil, Emily Mullins, Benjamin Neitzel, Trent Raile, Brittney Statley, David Stephens and Drew Zwegardt.

Sherman County Cropland For Sale

Offering an undivided one-half interest in the NW4 2-6-40
• Immediate Possession • Mineral Intact
Call Scotty Legere
Bel Air Realty Farm & Ranch Division
877-629-3235 785-650-9970



2006 3500 Dually Mega Cab - \$35,950



2004 2500 Chevy with Flatbed - \$18,000

1996 2500 Chevy S/C Longbox - \$8,500

Come Take A Look!
New inventory in daily, call or come in and see us, or visit us on the web at yostford.com.
Don't see what you are looking for?
We'll find it for you!
Don't forget to Stop In on Wednesday's for a Bag of Bob's Popcorn!

YOST Ford Mercury Bob ~ Justin Haislip Tom ~ Jeff
800-524-9678~E. Hwy. 36~St. Francis www.yostford.com

SHOWTIME: 7:30 p.m. 1 hr. 50 min.

March 9, 10 & 11

Ghost Rider
Action/Adventure, Science Fiction/Fantasy, Suspense/Horror, Thriller and Adaptation
Starring: Nicolas Cage, Wes Bentley, Eva Mendes, Matthew Long, Peter Fonda
Rating: PG-13 for horror violence and disturbing images.

Cheyenne Theater St. Francis, KS 785-332-2747
Children 11 & under: \$2 12-18 yr.: \$3 Senior Citizens: \$3 Adults: \$4

Buy any large Hot Stuff Pizza and we will donate \$1.00 towards the purchase of New Community Benches

K STORES www.kstore.com
Dennison & Hwy. 36 • St. Francis (785) 332-3222

CHEYENNE COUNTY HOSPITAL

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

The Cheyenne County Hospital will be sponsoring a Health Fair for Men and Women. We will offer a female exam that includes a breast and pelvic exam with pap smear, the male exam will include a prostate check. There are two lab exams available - the lab profile will be a Chemistry Panel (with TSH and Lipid panel) and PSA. The fee is due at time of service and will not be billed to insurance.

Lab Draws Dates and Times

Mon., March 26 - Wed., March 28 • 7-10 a.m. daily
•No appointment needed. •PLEASE REMEMBER TO FAST FOR THE CHEM PANEL LAB TEST (nothing to eat or drink except water after your evening meal)

Lab Draw Location: Cheyenne Co. Health Dept. (located in the Cheyenne Co. Clinic basement)

Exam dates and times:

Tues., March 27 • 9 a.m.-12 p.m.
Wed., March 28 • 1:30-5:00 p.m.
Thurs., March 29 • 1:30 - 5:00 p.m.

Location: Cheyenne Co. Clinic - St. Francis

Fee: Female Exam - \$25; Male Exam - \$25; Chemistry Panel w/TSH & Lipid - \$35; PSA - \$20.

Please contact the Cheyenne County Clinic to schedule your exam or if you have additional questions at 785-332-2682.

The Cheyenne County Clinic and Health Department will be sponsoring health fairs twice a year being offered the last week of March and last week of September.

See Related Article In This Week's Paper

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