

Bulletin Board

Cards Welcome

Don Shirley is in Pikes Peak Care Center, 2719 N. Union Blvd., Colorado Springs, CO 80909, Room 206 and would enjoy hearing from his friends and relatives.

Cards Welcome

Raymond Armknecht is recovering at Select Care, 825 E. Pikes Peak Ave., Fifth Floor, Colorado Springs, CO 80903 and is expected to be there for two weeks.

Hospital Guild

The Hospital Guild will be holding their Spring Salad Luncheon on Monday, May 7, at the Senior Citizens Center. Susan Roelfs, county health nurse, will present the program.

Fair Board

The Cheyenne County Fair Board will meet at 8 p.m., Thursday, May 3, at the commissioner's room.

Cheyenne County Hospital Board

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

Cheyenne County Commissioners

The commissioners will meet at 8 a.m. on Monday, April 30, in the commissioner's room at the courthouse.

City Council

The St. Francis City Council will meet at 7:30 p.m. on Tuesday, May 8, at the new city hall building.

Ladies golf Buddy Night

Ladies golf Buddy Night will be held at 6 p.m. on Tuesday, May 1.

Potluck to follow.

Ladies Cancer Bridge

The end-of-the-year Ladies Cancer Bridge potluck will be held at 6 p.m. on Thursday, May 3, at the St. Francis Senior Center. RSVP to Sondra Bracelin or Sherry Schultz.

Sainty Sharks Swim Team

Swim team season is approaching. Anyone interested in joining the Sainty Sharks should contact Margaret Poling at 332-2326 or Crissy Cooks at 332-2231.

Community benefit

A community benefit hamburger feed and bake sale will be held from 11:30 to 2 p.m. on Sunday, April 29, at the St. Francis Community High School. Money raised will go to assist tornado victims in Cheyenne County. Check ad in this issue.

What's in your water??

The Northwest Local Environmental protection Group would like to remind you to have your private water wells tested, especially with the recent moisture and standing water. The snow melt and recent rain may have allowed contaminants to leach into your well. They provide free water well testing for nitrates and bacteria. Contact the Northwest Local Environmental Protection Group office (785) 462-8636 or your local health department for an appointment.

Prairie Land Food

To participate in the May St. Francis Prairie Land Food program you must place your order by Monday, May 7. Among those names to

contact is Lee Nichols at 332-3581 or 3326336. Then come to the First Baptist Church on between 12:30 and 1:30 on May 19.

Salvation Army volunteers needed

The Salvation Army is looking for volunteers to help Cheyenne County. Brian Carroll, Salvation Army Division director, will be in St. Francis at 6 p.m. on Tuesday, April 24 at the St. Francis Equity meeting room.

Bird City alumni

The Bird City Alumni Banquet is scheduled for Saturday, May 26, in the Bird City Legion Hall. The theme is "Thru the Years in 'Record Time' and the evening will include the High Country Chorus from Denver. Check ad for ticket information.

Rec program baseball/softball

Baseball and softball sign-up forms are available at the high school, the elementary school and the city office for those athletes interested in the St. Francis Rec summer ball program. Forms are due by April 27. If you have questions, call Jolene Dodd, rec director, at 332-2545.

Library Art Gallery

Kindergarten through four grade 2-and-3 dimensional art work projects are on display at the St. Francis Public Library. These items were featured at the Northwest Kansas League Art Display earlier this spring.

Western Plains Arts Association

Western Plains Arts Association will be presenting the piano duo of Stephen Varney and Naomi Sanchez at 3 p.m. on Sunday, April 29, at the Cultural Arts Center in Colby.

Veterans Affairs

Jody Tubbs, of the Kansas Commission on Veterans' Affairs, will be in St. Francis at 9:30 a.m. Thursday, May 3, at the county clerk's office.



FRED MAGLEY, right, of the St. Francis Masonic Lodge presented Teddy bears and brain game books to the maternal and child health program. Rita Keeker is the Healthy Start Home Visitor.

Herald staff photo by Karen Krien

Bears donated to health department

Once again the St. Francis Masonic Lodge presented 10 Teddy bears and brain game books to the Cheyenne County Health Department's Maternal & Child Health program.

Rita Keeker, the Healthy Start Home Visitor, will be giving the newborns a Teddy bear during the home visit. The Teddy Foundation is a non-profit corporation founded by Kansas Masons to promote education and increase public awareness regarding the importance of early childhood development.

"Spending quality time with your newborn infant is not only gratifying but new studies show that it is

valuable to your child's future," said Mrs. Keeker.

An infant's brain from birth to age 3 years, develops one thousand trillion brain connections, much like the storage space in a computer. The child's natural environment contributes to the brain's development.

Which of these brain connections

will be reinforced and retained or not used and lost can, depend upon how much nurturing and stimulation the child's caregivers provide. A common goal of promoting successful growth of both a physical and emotional healthy child in the first 24 to 36 months of life is shared by both organizations.

School Menu

Monday, April 30

Breakfast: bagels, cream cheese, juice, cereal assortment, milk
Lunch: Italian dunkers, cheesy breadsticks, tossed salad, peaches, ice cream bar, milk

Tuesday, May 1

Breakfast: biscuits with sausage gravy, juice, cereal assortment
Lunch: pork fritter sandwich, French fries, corn, pears, brownie

Wednesday, May 2

Breakfast: Belgian waffles, strawberries, whipped topping, juice, cereal assortment, milk
Lunch: cheeseburger macaroni, peas, French bread with garlic but-

ter, fruit sherbet, milk

Thursday, May 3

Breakfast: sausage, egg and cheese breakfast sandwich, juice, cereal assortment, milk
Lunch: steak fingers, mashed potatoes, country gravy, green beans, hot rolls, banana, milk

Friday, May 4

Breakfast: French toast, juice, cereal assortment, milk
Lunch: chicken fajitas, lettuce, tomato, cheese, salsa, sour cream, seasoned rice, pineapple slices, fortune cookie, milk

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

SHOWTIME: 7:30 p.m.

1 hr. 36 min.

April 27, 28 & 29

Meet the Robinsons

Starring: Angela Bassett, Jordan Fry, Tom Kenny, Harland Williams, Adam West

Kids/Family, Science Fiction/
Fantasy, Animation and Adaptation
Rating: G

Cheyenne Theater St. Francis, KS
785-332-2747

Children 11 & under: \$2 12-18 yr.: \$3 Senior Citizens: \$3 Adults: \$4

DEAR SON,

I've met a heap of Cowboys
And some was real top hands
I've saw a million cattle
And read a lot of brands
I've seen some hard ole winters
When nearly all the cattle died
I've rode some cutting horses that
could turn right out their hides
I ate my share of beef steak
And drank some strong drinks too
And did a little dancing with
nothing else to do

COWBOY LIFE

Been bucked off ole outlaws
that I couldn't start to ride
And saw some fine ole buddies
go over the Great Divide
With friends and family now
I'm making my last stand
AND I WILL BE A
HORSEBACK WHEN
I REACH THE PROMISED LAND!
You were a good one Gary,
We miss you & love you son.
~ Dad

Non-surgical treatment
of hemorrhoids.

John D. Ferris, MD
will be at:
291 15th Street
Burlington, CO

Wed., May 2
Sat., May 5

For information
or appointment, call
1-800-593-0009



Hem
cure

Wedding Registry

Jill Sowers

~ and ~

Tim Neitzel

WEDDING: APRIL 28TH

□ □ □

Amanda Milne

~ and ~

Glenn Mahon

WEDDING: MAY 5TH

□ □ □

Amber Feikert

~ and ~

Dustin Dunn

WEDDING: MAY 26TH

□ □ □

Cassandra Jantz

~ and ~

Andy Zweggardt

WEDDING: JUNE 9TH

Schultz's Ltd.
114 W. Washington
St. Francis
785-332-2833

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Bob ~ Justin Haislip

~ Jeff

www.yosford.com

CHEYENNE COUNTY HOSPITAL

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

Physician & Professional Service Directory

MAY

May 1: Dr. Rubinowitz - Oncology

May 2: Dr. Frankum - Surgeon

May 2: Dr. Reeves - Podiatrist

May 10: Dr. Warren - Cardiologist

May 15: Mammo

May 16: Dr. Frankum - Surgeon

May 17: Dr. Warren - Cardiologist

May 23: Dr. Yuemura - Ophthalmologist

May 24: Dr. Warren - Cardiologist

CT's Available Everyday

Ultrasounds Each Wednesday

TEAR AND SAVE

Send a Get Well Card or Thinking of You Card to an inpatient at Cheyenne County Hospital. Go to www.cheyennecountyhospital.com and there is a link on the left side that says Send an E-Card. Click on that link and you can make a card and send it and it will go to an email address at the hospital and will be delivered to the patient. This is a great way to keep in touch with a loved one that is a patient at our hospital.

If you have any questions contact Shawna Blanka.