them to do in Haigler. They took a small decorated Christmas tree with them, and Estes still had all their Christmas lights up--so it was like Christmas all over again. It also snowed during the night. They returned home on Saturday evening--stopping to visit their father at the Hillcrest Care Center Wray.

Grace Adams continued to celebrate her 86th birthday with a visit from her nieces on a Saturday afternoon. The group enjoyed visiting and having coffee and cake together.

Lillian Mahon thoroughly enjoyed a visit on Sunday afternoon from Marilyn and Dick Bannister. Dick and Marilyn

brought lunch from the Golden Inn on Tuesday and shared with Laura Pearl Wall. Floy and Ray Ruggles visited Laura Pearl Wednesday morning. They shared pictures of

Floy

also visited Wayne and Linda Mahon the same afternoon.

Don and Virginia Harford

Ruggles

the South 67 school project. Sally Lenien visited on Friday following the United Methodist Womens meeting.

Duane and Dusty Wall and Blaine Lee visited on Saturday morning. On Saturday evening Duane and LuAnn Wall, Merry-Lu and Bob Simmons, the Perila family, Curtis Flores, Sydney and Gracie Wall enjoyed a pizza party at the Wall home.

Dick and Marilyn Bannister came out on Sunday with the newspaper. Royal and Helen Woods visited in the afternoon.

Among the visitors at the home of Sophia Zuege last week were: Dode Faylor on Thursday, Helen and Darin Brown on Friday and Kay Kamla, Delores Zuege, Billy Samler and Albert Zuege Jr. on

Some senior citizens in Haigler are involved in an activity at the elementary school, for an hour or more or whatever time they choose, listening to the students read. It is a good way to be involved in the community. Both the children and the adults enjoy it. It also fosters an appreciation and admiration for the dedicated and diligent work the teachers and other employees are doing to make learning enjoyable to an energetic group of pupils.

FROSTY MUG SPECIALS

We have extended our Sunday menu at THE FROSTY MUG to include Chicken Fried Steak, Dinners; Monday means break-NEW ITALIAN; Mexican are back to burger until 2; and

132 Rawlins Ave. McDonald, KS

Thursday, February 7, 2008

Low-cost program offers benefits

Saint Francis Herald 3B

The Cheyenne County Extension office will once again be offering Walk Kansas, a health and fitness program.

The opportunity encourages teams of six to compile miles equal to the distance - 423 miles - across the state, said Sharolyn Jackson, Walk Kansas state coordinator, who is based on the K-State campus in Manhattan.

Although introduced six years ago to encourage walking, Walk Kansas has expanded to also count 15-minutes of moderate physical activity such as hiking, biking, swimming, water aerobics or other individual and team sports as one mile toward a Walk Kansas' team goal, said Ms. Jackson, who also is K-State Research and Extension's northeast area family and consumer sciences specialist.

"Activities can vary, yet the team approach helps make this fitness program one that works," Jackson said. "A little friendly pressure from friends, family, co-workers or others may be all that it takes to encourage teammates who may be having an off day to get moving.'

Being able to exercise near your home or workplace also is a plus, she said.

Starts March 9 With Walk Kansas 2008, scheduled March 9-May 3, Ms. Jackson is encouraging:

• Most of those who enroll meet their goal. And, people who have participated in the program in recent years often will say they look better, feel better, have more energy, improved sleep habits, lower blood pressure, lose weight and notice a difference in how their clothes

• Regular moderate physical activity also is known to reduce the risks of heart disease, diabetes and some cancers, including colorectal and breast cancer.

• The cost to participate is affordable, she said. A \$5 registration fee covers program materials and weekly newsletters with food, nutrition and health tips and recipes. An optional Tshirt - this year's color choices include lavender and grey - also can be purchased.

In 2008, the "Healthy Eating for Life" series of cooking videos is being expanded to include instructions for roasting summer vegetables, making crispy, whole grain waffles and a roast

turkey panini sandwich. The cooking videos are practical, said Jackson, who offered the example of the tips for using leftover roasted vegetables to create a dinner salad, oven casserole or homemade pizza.

The videos will be added to the Web site (www.walkkansas. org) during the 2008 program, Ms. Jackson said.

The fitness program has typically proved popular with families, friends, neighbors and coworkers

Don't know others who are interested? Call the local extension office and ask to be paired with others looking for a team.

"It's a great way to meet new people," said Ms. Jackson, who noted that during the six-year history of the program as many as 60 percent of the participants in Walk Kansas have had no prior experience with Extension programs.

More information about registration for Walk Kansas 2008 is available at county and district K-State Research and Extension offices and on the Walk Kansas Web site: www.walkkansas.org and Extension Web site: www. oznet.ksu.edu.



Beecher Island News

There were 42 at Sunday school. Tyler Wade gave the special number. Teresa Allen gave her birthday offering.

Judy Shively, Carol Whomble, Bonnie and Harold Blazer, Cathy Boyd and Tracy Riley had a cousin's day out for lunch in Greeley Saturday.

spend a few days with her parents, Mr. and Mrs. Glenn Chapman.

Tracy Martinez came Sunday to

Mr. and Mrs. Bob Simmons and Mr. and Mrs. Richard Bannister were Sunday lunch guests of Laura Pearl Wall.

Violet Brown went to Sterling Thursday with Joe and Judy Hart. Jeri Rose, Mallory and Chynna,

Sylvia Madsen and Kensey Madsen had a "girls day out" to Greeley last Monday.

and Monte Mansfield were visitors last week of Mr. and Mrs. Bill Mansfield.

were Sunday afternoon visitors of Mrs. Bob Simmons.

Mr. and Mrs. Rowe Shively.

Mr. and Mrs. Dave Smith were Sunday dinner guests of Mr. and

Mrs. Walt Smith. Word was received of the death

Mr. and Mrs. Gary Mansfield of Norma Ekberg. The funeral was held at Beecher with burial at

Mr. and Mrs. Quentin Simmons Debbie Smith and Janet Smith had lunch Saturday with Mr. and

Idalia News

Committee News

The Idalia School Accountability Committee will meet Monday, Feb. 11 at 6:00 p.m. in the superintendent's office. The Accountability Committee serves as a link between parents, community and school. Anyone with comments or concerns may attend the meeting or contact a committee member. Members to contact are Sandi Waitman, Steve Knodel, Linda Evans, Crystal Juhnke, Nancy Helling, Jeff Hurlburt and Kathy Wiley.

Idalia News:

Feb. 8: Idalia travels to Lone Star for varsity and junior varsity basketball games starting at 4 p.m. Feb. 9 basketball games in Deer Trail for same teams starts at 2

Feb. 10 is After-Prom Pitch party for the freshmen class at Homestead Building starting at 4 p.m. and the menu is barbecue to 4 p.m.

Feb. 14: Valentine's parties in don't forget your valentines for your class or special someone.

Feb. 17: Another Dodge-Ball Tournament at the school. Register is at 2 p.m. and the games start at 3 p.m. Students in sixth grade to 14 years old can participate. Teams have to have eight per team, Double elimination, only six can play at a time and at least two girls on court during game. Team

uniforms or outfits recommended. Pre-Registration by Feb 13, rules and waivers given at registration table. Can contact Idalia School Council (970-354-7298), Mrs. Sherri Ramseier, Gabe, Creighton, Mallory, Abby). **School News**

Feb. 18 No school for Idalia due to Presidents's Day.

Birthday Celebration Everyone is welcome to an open house birthday party for Betty J Moellenberg on Sunday, Feb 10 at the Hillcrest family room, from 2

Birthdays

Feb. 8 Ted Mosier, Marie Weythe school starting at 2:30 p.m. so erman; Feb. 10 Lauren Soehner, John Cure, Cole Beckman; Feb. 11 Lois Lippert, Jill (Mansfield)

Angela **DeLeon**

Scott; Feb. 12 Shayden Brach, Lucas Langendoerfer Lincoln's Birthday; Feb. 13 Tylur Wade, Derek Peters, Cindy Boppre; Feb. 14 Erick Enriquez-Acosta, Betty J. Moellenberg, Valentine's Day.

Feb. 11 Verlan and Darla Mc-Donald, Feb. 12 Ryan and Shay-Lynn Allen.

Anniversaries Feb. 11 Verlan and Darla Mc-Donald, Feb. 12 Ryan and Shay-

Lynn Allen. THE FROSTY MUG

Come by **The Frosty Mug** and try our new SPECIALTY BURGER MENU Blue Cheese, Garlic Toast Swiss, Hawaiian Bacon, Avocado Bacon Swiss, Grilled Mushroom & Onion, Big Rick's and Build a Burger 132 Rawlins Ave. McDonald, KS (785) 538-2533

Chicken Strips & Pork Tender fast all day; Burgers until 2 on Tuesdays; Wednesday is ALL Menu on Thursday; Fridays Saturdays are all about lamb fries until 10 PM.

Published in The Saint Francis Herald, St. Francis, Kansas, and the Bird City Times, Bird City, Kansas, Thursday, February 7, 2008. (6)

Public hearing

is set for Feb.

PERFORMANCE PUBLIC **HEARING NOTICE**

The Cheyenne County Commission will hold a public hearing on Friday, February 15, 2008, at 10:00 a.m. in the County Commissioner's Room, Cheyenne County Courthouse, 212 Washington, St Francis, Kansas for the purpose of evaluating the performance of Grant Agreement Number 06-PF-529 which was for the replacement of a substandard bridge crossing Cherry Creek located .5 mile north and .5

mile west of St. Francis. This project was funded, all or in part, from the Kansas Department of Commerce, Small Cities Community Development Block Grant funds. All aspects of the grant will be discussed and oral and written comments will be recorded and become -vsa part of Chevenne County's CDBG Citizen Participation

Reasonable accommodations are available for persons needing assistance. Requests for accommodations should be submitted to the office of the County Clerk, by Thursday, February 14, 2008.

Public Notices Notice of sheriff sale on Feb. 15

Published in The Saint Francis Herald, St. Francis, Kansas, January 24, January 31 and February 7, 2008. (04-06)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS

WASHINGTON MUTUAL BANKK **PLAINTIFF**

No. 07CV11 Div. No. K.S.A. 60

Mortgage Foreclosure

EARL D. CROWE, et. al.; **DEFENDANTS**

NOTICE OF SHERIFF'S SALE

Under and by virtue of an Order of Sale issued by the Clerk of the District Court in and for the said County of Cheyenne, in a certain cause in said Court Numbered 07CV11, wherein the parties above named were respectively plaintiff and defendant, and to me, the undersigned Sheriff of said County, directed, I will offer for sale at public auction and sell to the highest bidder for cash in hand at the front door of the courthouse in the City of St. Francis in said County, on February 15, 2008, at 10:00 a.m., of said day the following described real estate located in the County of Cheyenne, State of Kansas, to wit:

A TRACT OF LAND IN THE NORTH HALF OF THE NORTH HALF OF THE NORTHWEST QUARTER (N1/2N1/2NW1/4) OF SECTION THIRTY-FOUR (34), TOWNSHIP THREE (3) SOUTH,

RANGE FORTY-TWO (42) WEST OF THE SIXTH P.M. DESCRIBED AS FOLLOWS;

BEGINNING ON THE WEST SECTION LINE OF SAID SEC-TION THIRTY-FOUR (34) AND THE SOUTH RIGHT OF WAY OF U.S. HIGHWAY 36 AS NOW CON-STRUCTED, THENCE SOUTH A DISTANCE OF SIX HUNDRED FIFTY-TWO (652'), THENCE EAST AND PARALLEL TO THE NORTH SECTION LINE A DIS-TANCE OF SEVEN HUNDRED EIGHT FEET (708'), THENCE NORTH AND PARALLEL TO THE WEST SECTION LINE A DIS-TANCE OF SIX HUNDRED FIF-TY-TWO FEET (652'), WHICH IS THE SOUTH LINE OF U.S. HIGH-WAY 36 AS NOW CONSTRUCT-ED, THENCE WEST ALONG THE SOUTH RIGHT-OF-WAY LINE OF SAID HIGHWAY A DISTANCE OF SEVEN HUNDRED EIGHT FEET (708') TO THE POINT OF BEGIN-NING. Commonly known as HC1, Box 43, Saint Francis, Kansas

This is an attempt to collect a debt and any information obtained will be used for that purpose.

Craig Van Allen SHERIFF OF CHEYENNE COUNTY, KANSAS SHAPIRO & MOCK, LLP Attorneys for Plaintiff 6310 Lamar- Ste. 240 Overland Park, KS 66202 (913)831-3000 Fax No. (913)831-3320 Our File No. 07-1654/src

House to be sold in the county

Published in The Saint Francis Herald, St. Francis, Kansas, January 24, January 31 and February 7, 2008.

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS CIVIL COURT DEPARTMENT

DEUTSCHE BANK NATIONAL TRUST COMPANY as Trustee under Pooling and

Servicing Agreement dated as of June 1, 2003 Morgan Stanley ABS Capital I Inc. Trust 2003-NC6 Mortgage Pass-Through

Certificates, Series 2003-NC6

Plaintiff,

Case No. 07CV14 Court No. K.S.A. Chapter 60 TITLE TO REAL ESTATE **INVOLVED** KEVIN D. RITCHEY AND CATHY R. RITCHEY, et al.,

Defendants.

NOTICE OF SHERIFF'S SALE

sued to me out of the said District Court in the above-entitled action, I will on Thursday, the 14th day of February, 2008 at 10:00 a.m. of said date at the front door of the Courthouse in Cheyenne County, Kansas, in the City of St. Francis, Kansas, offer at public sale and sell to the highest and best bidder for cash in hand, the following described real property, to-wit:

By virtue of an Order of Sale is-

Lots Seventeen (17), Eighteen (18) and Nineteen (19), in Block Fifty (50) in Henry's Addition of the City of Saint Francis, Kansas, according to the recorded plat thereof.

The above-described real estate is taken as the property of the defendants Kevin D. Ritchey and Cathy R. Ritchey, et al. and is directed by said Order of Sale to be sold, and will be sold without appraisement

Chevenne County, Kansas

SUBMITTED BY:

McNEARNEY & ASSOCIATES,

Brandon T. Pittenger #20296 Julie A. Haverly #21871 C. Spence Stover #21888 6800 College Blvd., Suite 400 Overland Park, KS 66211 (913) 323-4595, Ext. 176 ATTORNEYS FOR PLAINTIFF

Pursuant to the Fair Debt Collection Practices Act, 15 U.S.C. Section 1692c(b), no information

Notice of hearing for final settlement Published in The Saint Fran-

cis Herald, St. Francis, Kansas, Thursdays, February 7, February 14 and February 21, 2008. (6-8)

VIGNERY & MASON L.L.C. 214 E. 10th, P. O. Box 767 Goodland, Kansas 67735 Telephone: 785-890-6588

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS FILED PURSUANT TO CHAP-TER 59 OF THE KANSAS STATUTES AN-

IN THE MATTER OF THE ES-TATE OF HENRY DEAN WEAVER

NOTATED

Deceased

Case No. 07 PR 08

NOTICE OF HEARING ON PETI-TION FOR FINAL SETTLEMENT

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

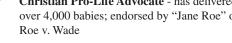
You are hereby notified that on the 1st day of February, 2008, a

SFClassifieds-06.indd 2

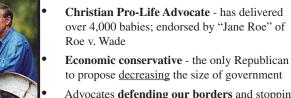
Petition for Final Settlement was filed in this Court by Michael Glenn Weaver, as executor named in the Last Will and Testament praying for a final settlement of the estate, approval of his acts, proceedings and accounts as executor, allowance for attorneys' fees and expenses, determination of the heirs, devisees and legatees entitled to the estate and assignment to them in accordance with the Will and Property Settlement of Henry Dean Weaver deceased. You are hereby required to file your written defenses thereto on or before the 28th day of February, 2008, at 10:00 o' clock a.m., on said day, in said Court, in the City of St. Francis, in Cheyenne County, at which time and place said cause will be heard. Should you fail, judgment and decree will be entered in due course upon the

Michael Glenn Weaver and Jeanine Peter, Co-Executors VIGNERY & MASON L.L.C. 214 E. 10th, P. O. Box 767 Goodland, Kansas 67735 Telephone: 785-890-6588 Attorneys for Petitioner

Ron Paul Shares Kansas Values! Christian Pro-Life Advocate - has delivered



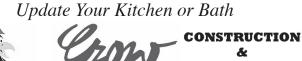
Support Ron Paul in your local Republican Caucus Saturday, February 9



over 4,000 babies; endorsed by "Jane Roe" of

to propose <u>decreasing</u> the size of government Advocates defending our borders and stopping terrorists from entering our country

Find out how at www.RonPaul 2008.com or call 913-963-6858 Paid for by Stephen Shute, Ron Paul Presidential Campaign Committee www.RonPaul2008.com





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2/5/08 1:43:16 PM

to satisfy said Order of Sale. Craig Van Allen Sheriff of

Timothy A. McNearney #13037

NOTICE

concerning the collection of this debt may be given without the prior consent of the consumer given directly to the debt collector or the express permission of a court of competent jurisdiction. The debt collector is attempting to collect a debt and any information obtained will be used for that purpose.

785-342-1485 or 785-899-6228

ROOFING

Free

Estimates