



Casey's Comments

By Casey McCormick

scmccormick@nwkansas.com

One of the churches in St. Francis recently hosted a jewelry sale. But not only were bobbles, bangles and beads being sold, so was hope.

A world away from our small, rural community exists the busy, bustling streets of Bangkok, Thailand. In that city are young women struggling to rise above the dark abyss of prostitution. Through a program they are able to make jewelry which is brought to the United States and sold. The

majority of money goes back to the girls in Asia, who then have an alternate income. This may allow them to distance themselves from a demoralized fate.

Many of us have had moments when our lives have been surrounded by dark times. We've had to battle to climb out of a dreary and deep rut to live again in the light of a more normal life.

It's amazing that a small gesture of compassion can be felt on the other side of the world. What a great message of hope for all of us.

Letters from Linda

By Linda Schneider

dublins@hotmail.com

I have said it before, I like to read and I will take this a step further, reading is the first thing I do in the morning and the last thing I do before going to bed. Well, truthfully, I will have one cup of coffee first.

Moreover, what I like to read first thing is a Christian devotional. Some may not know what a devotional is and some people may say reading devotionals can become a habit similar to reading horoscopes. However, while the reasons for reading both may be similar, the reading material is very different.

To make my case, most people enjoy reading horoscopes and do not take them too seriously, but there are folks that see horoscopes using metaphors, allegories, and analogies capable of predicting future events, even destinies for the reader. Devotions also uses metaphors, analogies, and allegories, but to assist the reader in un-

derstanding Biblical truths.

How many horoscope readers have played their "daily lucky numbers?" How many of those lucky numbers have actually won? I know, it's fun, but where has it got you?

Recently, I read devotion about a safety switch within a computer game called the "Boss Key." This is a device that has been loaded down into a (many) computer game(s) that will allow the user to instantly change the monitor screen when the Boss walks in. Pretty clever and no one is the wiser to what is really going on. I know, it's fun, but where has it got you?

My point is this, what is read first thing in the morning can set the pace for the rest of the day. Are you going to spend your time thinking about that big lottery win or are you going to go and put in a full day of honest work? And take that game off your work computer!



School Menu

Monday, Dec. 15

Breakfast: banana wrap.
Lunch: burritos, chili and fries.

Tuesday, Dec. 16

Breakfast: bagels.
Lunch: corn dogs, nachos and cheese sauce.

Wednesday, Dec. 17

Breakfast: tornados.
Lunch: ham, mashed potatoes and gravy, vegetables, roll, dessert.

Thursday, Dec. 18

Breakfast: scones.

Lunch: meatballs, buttered noodles and bread.

Friday, Dec. 19

Breakfast: hash browns, sausage link.

Lunch: rib barbecue sandwiches, chips.

Every breakfast serves toast, cereal, juice and milk.

Every lunch serves salad bar, fruit and milk.

Soldier's Christmas card

People who wish to send a Christmas card to a serviceman may address it to A Recovering American Soldier, c/o Walter Reed Army Medical and nbsp Center, 6900 Georgia Ave. NW, Washington, D.C. 20307-5001.

Winter Concert

Cheylin School will be presenting the kindergarten through 12 grade Winter Concert at 7:30 p.m. tonight (Thursday) at the Cheylin high school gymnasium in Bird City. The community is welcome to share an evening of fun and Christmas music with the students and staff.

Be a good elf

There is a "chipboard" bin at the recycle center to put used gift-wrap paper and cardboard tubes.

Story Time

The Bird City Library will be having Story Time, weather permitting.

Cheylin basketball

The finals of the Sagebrush Invitational Basketball Tournament in Brewster are scheduled for Saturday, times to be announced.

Boys and girls junior high basketball will start at 2 p.m. on Tuesday, against Hitchcock County at Trenton.

Both teams will play again at 3 p.m. on Thursday, Dec. 18, against Greeley County at the McDonald gymnasium.

Cheylin Scholars' Bowl

The Cheylin high school Scholars' Bowl team will meet at 4 p.m. on Monday, in Winona.

Home Circle Club

Carol Peters will be hosting the annual luncheon/gift exchange of the Home Circle Club. It will be held at the Lebow Manor at noon on Thursday, Dec. 18.

Lighting Contest

The Bird City Community Club will accept entries to the lighting contest until Dec. 16, the day of the judging. Call Brad or Barbara Waters at 734-2635.

Herald/Times holiday schedule

Christmas holiday: The Herald and Times offices will close at noon on Wednesday, Dec. 24, and all day on Thursday, Dec. 25, and Friday, Dec. 26. The newspaper will be coming out one day early that week with the deadline for news, pictures and ads being at 5 p.m. on Friday, Dec. 19. The papers will go to the post offices on Tuesday, Dec. 23, and on the routes Wednesday, Dec. 24.

New Year's holiday: The Herald and Times offices will close at noon on Wednesday, Dec. 31, and all day on Thursday, Jan. 1, and Friday, Jan. 2. Deadline for news, pictures and ads is the normal 5 p.m. on Monday, (Dec. 28). The papers will go to the post offices on the normal

schedule of Wednesday afternoon.

90th birthday

Mabel Carstens will be celebrating her 90th birthday on Dec. 31. Her children and grandchildren welcome you to join them in celebration with a card shower. Birthday greetings may reach her at P.O. Box 545, Bird city, KS 67731.

Customer Appreciation

There is an Open House and Customer Appreciation day on Tuesday, Dec. 16 at the Peoples State Bank in McDonald

Diabetes Support Group

Nutrition will be the featured topic at the Diabetes Support Group meeting at 1:30 p.m. on Wednesday, Dec. 17, in the clinic conference room.

Farm Bill meeting

A Farm Bill Informational meeting is planned for 9 a.m. today (Thursday) at the building at the Cheyenne County Fairgrounds.

"This is an opportunity for local farmers and ranchers to learn more about new programs in the Food, Conservation, and Energy Act of 2008 (Farm Bill)," said Angie Berens, county executive director of the county's Farm Service Agency.

Village potluck

The Good Samaritan Society-St. Francis Village will be holding the annual potluck celebration of the Christmas Love Tree at 6 p.m. tonight. Everyone is welcome to come join friends and loved ones.

Little Kids Wrestling on Dec. 16

Little Kids Wrestling practice will be held on Tuesday, Dec. 16 instead of Monday, Dec. 15. It is being held in the high school wrestling room. Kindergarten through third grade will practice from 6:30 to 7:15 p.m. and fourth through sixth grade will be from 7:15 to 8:15. Questions call Clay Keller at 332-3108 or Shawna Blanka at 332-2875.

Hospital board

The Cheyenne County Hospital Board meeting will be held on Monday, Dec. 22, starting at 3 p.m. in the St. Francis Clinic basement.

Tag deadline

All residents with last names beginning with U, X, Y, Z should purchase their car, pickup, motorcycle and motorized bike tags and pay their vehicle personal property tax by the end of the month to avoid paying a penalty.

Cheyenne County Commissioners

The Cheyenne County Commissioners will meet at 8 a.m. Monday in the commissioner's room at the courthouse.

Christmas Caroling

The Good Samaritan Society would enjoy having groups come in to share their Christmas caroling. If interested, give Cathy Loop a call at 785-332-2531 to set up a time.

Christmas Caroling

The Good Samaritan Society would enjoy having groups come in to share their Christmas caroling. If interested, give Cathy Loop a call at 785-332-2531 to set up a time.



The Perfect Christmas Gift

Mini 4-Wheeler

Give-Away

Visit us for details

Cheyenne Lumber

223 W. Washington, St. Francis
785-332-2676

Santa Day

Saturday, Dec. 20

American Legion Hall,
Bird City

11 a.m. Dinner
12:30 p.m. Drawings



BIRD CITY CENTURY II

Development Foundation

785-734-2556

WWW.BIRDCITY.COM

"FOR GOOD. FOR EVER."

Veterans Affairs

Jody Tubbs, of the Kansas Commission on Veterans' Affairs, will be in St. Francis at 9:30 a.m. Thursday, Dec. 18, 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.

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.

Narcotics/Alcohol Anonymous

For anyone looking for support in recovery, Bird City is now having weekly meetings. Meetings will be held at 7:30 p.m. through 8:30 p.m. on Tuesdays with Narcotics Anonymous and Fridays

with Alcohol Anonymous, starting Nov. 18 and 21 at the Senior Center.

Sainty Serenity Seekers/Alcoholics Anonymous

Sainty 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 information

Northwest Kansas Family Shelter

Northwest Kansas Family Shelter provides 24-hour-7 day-a-week services to victims of domestic violence and sexual assault. Weekly support groups are available for women and children within the northwest Kansas area. For information or in need of assistance, please call the toll-free number 1-800-794-4624.

Nutrition featured topic at meeting

Nutrition will be the featured topic at the Diabetes Support Group meeting at 1:30 p.m. on Wednesday, Dec. 17, in the clinic conference room. This group is sponsored by the Cheyenne County Hospital, Clinic and Health departments.

Each month the support group participants have the opportunity to focus on diabetes information from experts in their respected field of health. Brandie Ihrig, registered dietician, will be the keynote speaker on nutrition.

Ms. Ihrig has been a registered dietician for eight years and has provided consulting for the Cheyenne County Hospital for the past seven years. She is onsite one day each month and is responsible for seeing inpatients as well as providing outpatient services for a variety of nutrition related diseases. She is also responsible for overseeing the dietary staff and ensuring that state and federal regulations are met.

Ms. Ihrig's expertise comes in diabetes counseling as she enjoys helping others make lifestyle changes that result in better health status. She will stress the vital roles nutrition plays in diabetes as well as prevention and management of many other diseases at this month's meeting. She feels it

is very important for the clients to understand the relationship diet and exercise play so they can make better choices and take control of their health.

Each month the diabetes support group meets on the third Wednesday of each month at 1:30 p.m. The meetings are free of charge and diabetics, family members of diabetics and other people concerned and interested in diabetes are encouraged to attend these informational meetings.

These meetings are scheduled to last 30 minutes with blood sugar checks administered to those wanting checked. In addition, at each meeting educational materials will be handed out to participants for reference information. If you are unable to attend one month, please join the group the next month or for the other months that do not conflict with your schedule.

January's diabetes meeting will focus on exercise with diabetes keynote speakers from the Cheyenne County Hospital physical therapy department.

For more information or any questions, contact Mila Bandel, Cheyenne County Health Department County Health Nurse at 332-2381.

SHOWTIME: 7:30 p.m.

2 hr. 2 min.

Fireproof

Dec. 12, 13 & 14

Drama

Erin Bethea, Ken Bevel, Kirk Cameron, Jason McLeod

PG for thematic material and some peril

CHEYENNE THEATER

St. Francis, KS
785-332-2747

Children 12 & Under: \$3

All Others: \$5

Open House & Customer Appreciation

Tuesday, Dec. 16

9 a.m.-3 p.m.

Peoples State Bank



785-538-2224/866-538-2224

304 Rawlins - McDonald

CHEYENNE COUNTY HOSPITAL

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

Please join us for a Christmas Dance at Riverside Recreation on Saturday, Dec. 13 from 8:30 p.m. - 12:30 a.m.

The Cheyenne County Hospital would like to thank the family of Grace Zweygardt for the donation of two recliners for the patient rooms. We appreciate your generosity.

The Cheyenne County Clinic (Bird City & St. Francis) will be CLOSED December 16 and 17 for all of our staff and providers to attend a training class. If you need to talk to our staff or providers, please leave us a message at the St. Francis Clinic. We will be checking messages and returning calls frequently throughout the day. Thank you for your patience and understanding to allow us to learn how to better serve our community. Both clinics will re-open on Dec. 18 with regular hours.

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 Bird City Times

(available in local area only)

Brought to you by
The Times

"Your sponsorship could be right here. For more information contact: Casey at 785-332-3162"