

Weight management class will start in February

"Do your clothes feel snug," said Mile Bandel, Cheyenne County Health Nurse. "Do you get short of breath when you walk. The doctor has just diagnosed you with type 2 diabetes. You don't have the energy to play with the children, grandchildren or the pets. Chances are no one has to tell you...you know when you need to lose some weight. But how do you start. You start by making changes. The Cheyenne County Health Department wants to help you start making those changes. There will be a weight-control-management

class starting in February. This is a group weight-management program that combines goal-setting, low-fat meal planning and adding activity to your daily routine to make lasting lifestyle changes." The weight-management class will run for eight weeks then participants will work on a self-directed weight maintenance program for three weeks solely on their own. After the three weeks, participants will join back together for an additional four week

maintenance program. The classes will be held on Thursdays beginning Feb. 5 and run through March 26. Two different class times are available on Thursdays for the participants to choose from. They can choose either 12:15 p.m. to 12:45 p.m. or 5:10 p.m. to 5:40 p.m. for their time frame for the classes. This program is free of charge and sponsored by the Cheyenne County Health Department. For more information and to sign up, please contact Mile Bandel, RN, county health nurse at 332-2381

Obituaries

Manson "Lynn" Jones

Dec. 19, 1930 - Jan. 8, 2009

Manson "Lynn" Jones died on Thursday, Jan. 8, 2009, in St. Francis, Kan., at the age of 78. He was born in Goodland to James Wayne and Zoe (Boyd) Jones, on Dec. 19, 1930. He attended his first two years of school in Edson and finished his education in Goodland. After graduating from high school in 1948, he worked for the Sherman County Road Department and also farmed for his uncle, Allen Jones.

Manson was drafted into the Marine Corps in 1951 and attended boot camp in San Diego, Calif. After a brief visit home for Christmas, he was assigned to the 1st Marine Division and was sent to Korea in May 1952. During August of 1952 while positioned on the main line of the resistance manning Bunker Hill Outpost, the Fox Company was overrun by Chinese and North Koreans resulting in the deaths and wounding of several marines including Manson. From the field hospital, Manson was sent by helicopter to a Swedish hospital ship and transported to a hospital in Japan and later sent to the naval hospital at Mare Island, Calif. His next stop was Millington, Tenn., where he spent 8 months in the Millington Naval Hospital. After finishing his recuperation at the Veterans Administration Hospital in Denver, Colo., Manson returned to Goodland in July 1953 where he resumed working for his uncle and the Sherman County Road Department. In 1955, Manson moved to Ft. Collins, Colo., where he attended

Colorado State University. In 1960 Mason graduated with a degree in avian science. On Dec. 23, 1960, Manson married Bonnie (Klie) Westphal in Ft. Collins, Colo. where Bonnie continued to teach school while Manson continued running the feed mill and assisting with research for the university's Avian Science Department. In 1967 Manson and Bonnie moved to Parkers Prairie, Minn., to farm and run their dairy full time. In 1972, they moved to St. Francis to be closer to family and bought the Leonard Miller place west of St. Francis. In 1995, he retired and moved into St. Francis. Manson was a devoted and steadfast family man who considered family and friends to be his greatest treasure and each one knew they had a special place in his heart. He was a gentle and gracious soul known for his generosity, kind heart and wry sense of humor. Manson could always be counted on for a helping hand and a good joke.

Manson preceded in death by his parents, James and Zoe Jones; Bonnie's parents, G. Wilmot and Gladys Klie; grandsons, Hank Kier and Tyler Jones, and great-grandson Gus Manson Neitzel. Manson is survived by his wife, Bonnie; their four children, Lynne Ferguson and husband, Chuck of Holyoke, Colo., Leslie Carlholm and husband, Randy of Imperial, Neb., Allen Jones and wife, Sherry of St. Francis, and Lacy Reed and

husband, Mike of St. Francis; his sister, Marilyn Zeigner and husband, Vern of Green Valley, Ariz.; 17 grandchildren, Lowell Neitzel and wife, Krystale of Lawrence, Lindsey Rae Goddard and husband, Casey of Haxtun, Colo., Holly Ferguson of Las Vegas, Nev., Paige Ferguson of Thornton, Colo., Rick Carlholm of North Platte, Neb., Lindsay Avis Ferguson of Denver, Amanda Barnhart and husband, Jason of Brighton, Colo., Matt Carlholm of Goodland, Talon Jones, Trevor Reed, Echo Jones and Dallas Reed of St. Francis; Debbie Gabrielson and Darin Ferguson of California; Chris Reed, Travis Reed and Jamie Reed-Belden of Greeley; 15 great-grandchildren, Cassidy and Chase Goddard of Haxtun, Cecelia and Carman Dearmont of North Platte, Tuff Neitzel of Lawrence, Nick Ferguson, United Kingdom; Ashlee, Sloan, Skylar and Matthew Gabrielson and Jessica Ferguson of California; Clayton and Cassidy Reed, Peyton and Cade Belden of Colorado. Funeral services were held Jan. 12 at the United Methodist Church, St. Francis, with Reverend Morita Truman officiating. Honorary escorts were Randy Carlhom, Mike Reed, Chuck Ferguson, Mike Henderson, Mark Mahlberg, John Mahlberg, Alvin Amack and Royce Wiley. A military service was conducted by the United States Marine Corp. Arrangements were by Knodel Funeral Home, St. Francis.

Eloise Holliday

Dec. 5, 1921 - Jan. 6, 2009

Eloise Siegfried Holliday 87, died Jan. 6, 2009, at Lawrence Memorial Hospital in Lawrence, Kan. She was born Dec. 5, 1921, to E.G. and Emma Luedtke Siegfried in Lincoln, Neb. In 1925, the family moved to Traer, where her father was a mechanic in a garage there. Eloise started school in Traer, but in 1927, the family moved to a farm between Traer and Herndon. She grew up on the farm and attended country school District 39 until she was out of the eighth grade. She attended high school her first year in Houston, Texas, living with a cousin and husband, who was transferred there for a 10-month period on the railroad. It was quite a change for her coming from a country school of 12 to 14 kids to a big school of several hundred. When she returned from Houston, she then attended high school in Herndon.

Eloise grew up during the dirty 30s, and dust bowl days. These times were hard. Because very few young people had cars, their entertainment was house dances, games and cards in various homes. Their refreshments were popcorn, homemade fudge, hot chocolate in the winter, and homemade root beer in the summer.

Eloise met Charley Holliday at Cedar Bluffs in the spring of 1938. There was a whirlwind courtship, and they married that fall. To this union three children were born, Charlene, Shari and Dennis. Charley worked on farms in the Traer area, and tried farming for himself for three years. In December of 1949, they moved to St. Francis. They planned to stay just for the winter. Charley worked for the Concrete Block Company. They liked St. Francis so well, they never went back. Eloise worked in the courthouse from the middle 50s until 1963. The first two

years, she worked at tax and car tag time. When Martha Schultz became county treasurer, she was her deputy for four years and then Eloise was county treasurer in the early 60s. When her term was up, she went to work at the Citizens State Bank for 14 years. Eloise enjoyed gardening, canning, sewing and crafts. When Eloise retired, she spent many enjoyable times with her dear friend Barbara Dorsch. They made many crafts together that they took to craft sales. They enjoyed attending sales, shopping and many good visits over coffee.

Charley and Eloise had a camper and did lots of fishing at various lakes that were close. They took two trips to Yellowstone Park, and enjoyed fishing for cut-throat trout there. After retirement, they took many trips that covered most of the United States and Canada with their daughter Shari and husband Jim. Eloise dearly loved her grandchildren and great-grandchildren, and loved the time spent with them. She always had lots of homemade cookies when they came to visit.

She was preceded in death by her husband, Charley; her

Bertha Mae Rogers

April 20, 1926 - Dec. 24, 2008

Bertha Mae Rogers died on Dec. 24, 2008, at the Sarah Ann Hester Home in Benkelman, Neb., at the age of 82. Bertha was born on April 20, 1926, in St. Francis, Kan., to Charley and Frances Williams Rogers. She was preceded in death by her parents and two brothers, Clay and Earl. Bertha attended a country school and high school in St. Francis. She took some years off during high school to help her father farm while her brothers were in the service. College years were spent in Upland, Ind. She traveled for a while doing advertising; then moved back to St. Francis and worked as a certified dental assistant, then a bookkeeper and parts clerk at Roby Russell's

dealership. Bertha loved gardening, hunting arrowheads and rocks. Cars were her passion, owning many over the years and her favorite was a red pickup. Her family was her two dogs, Pat and Miky. Survivors are her sister, June and husband, Jim Smith, Portland, Ore.; sister-in-law, Lois Rogers, Anton, Colo., nieces and nephews. A graveside memorial service was held on Jan. 9 at the St. Francis Cemetery with Reverend Morita Truman officiating. Memorials have been designated to the Emergency Building Fund made out to City of St. Francis. Arrangements were by Knodel Funeral Home, St. Francis. parents; brother Larry Siegfried, sisters, Phyllis Smith and Carol Lou Siegfried. Survivors include three children; Charlene Myers from Fremont, Neb., Shari and husband, Jim Krentzel of Oskaloosa, Dennis and Sharon Holliday of Lincoln, Neb., two brothers, Gene Siegfried of Wray, Colo., and Delbert Siegfried of Arapahoe, Neb. She is also survived by nine grandchildren, and 12 great-grandchildren. Funeral services were held on Saturday, Jan. 10, at the United Methodist Church, St. Francis, with Reverend Morita Truman officiating. Honorary pallbearers were Brent Holliday and Dale Hendeson. Casket bearers were grandsons Jeff Myers, Steve Henkens, Troy Krentzel, Ralph Scott, Lael Holliday, Kurt Holliday, Ryan Holliday and Kevin Holliday. Interment was in the St. Francis Cemetery, St. Francis. Memorials can be sent to: Heart of America Hospice, 3715 SW 29th St. Ste 100, Topeka, KS 66614. Arrangements were by Knodel Funeral Home, St. Francis.



BOB JULESON is showing some of his taxidermy work at the coyote calling contest. Herald staff photo by Casey McCormick

Projects being completed

By Karen Krien

karen.k@mwkansas.com

Two gifts of money were approved when the St. Francis Board of Education met on Thursday evening. Michal and Renee Walker, Portland, Ore., had sent another check for \$670 to be used for the new gym project. In all, the Walkers have given \$1,000 for the project and a fund has been established for money given to the new gym project. The second gift was \$770 from the Cheyenne County Knights of Columbus to use in the special education department. The money was raised through Tootsie Roll sales.

Planned projects

At the last meeting, there were a number of projects listed which the board plans to complete. Superintendent Rob Schiltz said the boiler had been installed at the grade school and was to be hooked up the day of the meeting. However, several parts had to be ordered but, the boiler would be hooked before Monday. The new boiler, he said, will serve the school well for a number of years. He has talked to several people

about updating the sound system for the high school auditorium and has received three estimates. Lastly is probably one of the more costly improvements. Mr. Schiltz had talked to both Colby Glass and Norton Glass about replacing windows in the high school. The grade school windows have already been replaced. Both companies work with the same window company, Manco, which is the same windows as some of those in the grade school. The Manco representative was in St. Francis and wrote up the specifications. He said the new windows will save 30 percent on heat bills. Mr. Schiltz said he will bring information to the next meeting and the bids will be sent out.

Retirement policy

The last time the board reviewed the "Retirement Policy," it was May 1988. The policy stated that all employees who have reached the age of 70 by the close of the school term or would be 70 by the first day of school will be retired. The board and administration agreed that this was not a good policy. Lawyers also agreed and the board voted to rescind the policy.

Hazard mitigation plan

If there is a disaster, every county must have a hazard mitigation plan in place. Mr. Schiltz presented a proposed resolution stating that EFM Consulting prepare a hazard mitigation plan on behalf of the school. The plan will be part of the grant funding provided to Cheyenne County. If there is no plan in place and there is a disaster, Federal Emergency Management Agency (FEMA) will not help. The board voted to allow EFM Consulting to prepare the plan. Once the resolution has been adopted and signed, the resolution will be taken to Gary Rogers, Cheyenne County Emergency manager. In other business: In other business: The board decided that the Meet-and-Confer Committee will meet on Wednesday, Feb. 4. The board accepted the audit report completed by Adams, Brown, Brown, Beran and Ball. Scott Carmichael, principal, told about a Northwest Kansas League meeting he had attended in Hill City. (See related article.) Next meeting: The next meeting of the school board has been set for 7:30 p.m. on Thursday, Feb. 12, in the high school library.

Coming Soon: Winter Sports Special Section

This section will feature St. Francis and Bird City Jr. High and High School Basketball players, Wrestlers and Cheerleaders!



This section will feature the Conservation Award Winner in Cheyenne County.



WORKING WOMEN'S SECTION

Coming the first of February! THIS SECTION IS PACKED WITH ADS FEATURING WOMEN.

For more details, contact Casey McCormick at the Saint Francis Herald at 785-332-3162 Bird City Times The Saint Francis Herald