



Shauna Blanka is drawing the lucky names while Janet Jensen is waiting to see who the winners are for the gift certificates to various grocery stores.

Stretching grocery dollars with Food Check-Out Week

FoodCheck-OutWeek is devoted to helping teach Americans how to stretch their grocery dollars with healthy, nutritious food. For Food Check-Out Week the Cheyenne County Farm Bureau had cans at the local stores, Hilltop General Store, St. Francis Super's, P & L Meat Market and the Bird City Grocery Store for people to register to win gift certificates. The can at Hilltop was to guess the dollar amount of groceries that were in a basket on display. Farm Bureau is helping consumers find solutions to eating

healthy on a stretched budget. America's farmers and ranchers are committed to producing safe, abundant and healthy food. It takes just five weeks for the average American to earn enough disposable income to pay for his or her family's food supply for the entire year. Americans must work much longer to earn enough disposable income to pay for health and medical care (50 days), housing and household operation (60 days) and federal taxes (74 days) for the entire year. U.S. consumers still spend just

under 10 percent of their disposable annual income on food, according to the latest (2007) USDA data. Consumers in other countries spend much more: France - 14 percent; Japan - 15 percent; China - 35 percent; Philippines - 37 percent; Indonesia - 46 percent. Winners were Jerry Toler, Pat Owens, Michele Lucy and Michele Rohweder. Check ad for more information. The grocery cart items were donated to the Food Pantry on behalf of Cheyenne County Farm Bureau and Hilltop General Store.

Bye Bye Birdie at Oakley

Windwood Theatricals will present a large production show of the famous musical, *Bye Bye Birdie*, at 7:30 p.m. on Sunday, in the Oakley High School auditorium. Admission is by Western Plains Arts Association season ticket or at the door, (Adults, \$20, Students, \$10).

The musical comedy, originally produced by Edward Padula, includes lots of laughs and great songs which have labeled this hit Broadway show one of the most memorable musicals of all time. When rock star and teenage heartthrob Conrad Birdie gets drafted, the nation's teenagers go haywire, and Conrad's songwriter, Albert, faces unemployment. So, Albert and his girlfriend organize a nationwide contest in which one lucky girl wins a farewell kiss from Conrad on "The Ed Sullivan Show".

Kim McAfee turns out to be the lucky teenager and Conrad's

whole entourage moves into her quiet Midwestern home—much to the chagrin of her ever-irritable father and her jealous boyfriend. The result is chaos and a series of romantic complications.

The momentous hit tunes include "Put on a Happy Face", "A Lot of Livin' to Do", "One Last Kiss", "One Boy", the riotous

lament of parents with teenagers: "What's the Matter With Kids Today?", and the uproarious salute to the greater glory of Ed Sullivan, entitled "Hymn for a Sunday Evening!". The musical, with music by Charles Strouse and lyrics by Lee Adams, was a winner of eight Tony Awards, including Best Musical.

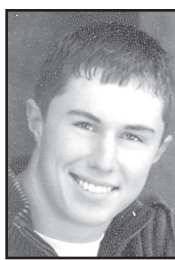
Student News

Casper College

Joshua Johnson, McDonald, a 2007 graduate of Cheylin High School, has been named to the president's honor roll at Casper College for the 2008 fall semester.

To qualify, a student must take at least 12 hours and receive a grade point average of 3.5 or better.

Johnson is the son of Rod and Lisa Johnson of McDonald.



Johnson

Cheyenne County Farm Bureau would like to congratulate the lucky winners of our National Food Check Out-Week Contest

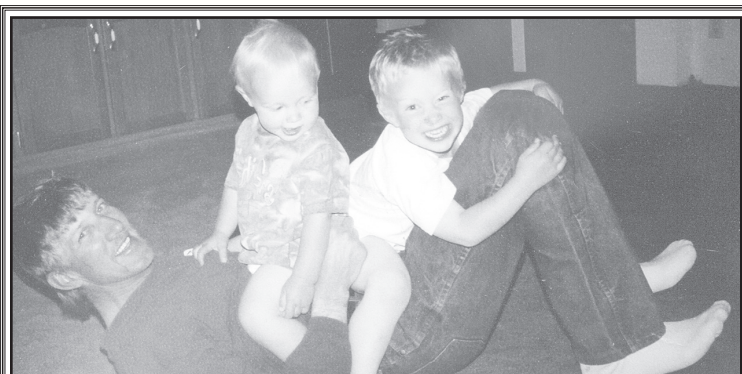
Jerry Toler, \$30 gift certificate to Hilltop	Pat Owens, \$15 gift certificate to P&L Meat Market
Michele Lucy, \$15 gift certificate to Hometown Market, Bird City	Michele Rohweder, \$15 gift certificate to St. Francis Supers



Thanks to everyone who participated!

Come & Go
Bridal Shower for
Kelsi Bowers
Saturday, March 7
2-4 p.m.

Bird City Senior Center, West 4th St. Bird City



In Loving Memory of
Tim Baxter
June 15, 1964 — Feb. 24, 2006

We miss you and will love you forever!

Judy, Cody and Jesse

Storm spotter and safety training classes to start

The severe weather season which can contain tornados and strong storms is coming. People in Cheyenne County are urged to become trained weather spotters to better protect residents.

Gary Rogers, emergency manager, said spotters are no longer sent out to watch approaching storms.

"We especially need farmers and rural folks to be trained so no one will need to be out in a storm," he said.

The National Weather Service in Goodland and Cheyenne County Emergency Management will be holding a storm spotter and safety training class at 6:30 p.m. on Tuesday, March 10. The class will be held in the high school cafeteria, 100 S. College, St. Francis.

It is free of charge and is intended for all age groups interested in high plains severe weather. This program is conducted only once every year by weather service meteorologists.

It is a fun and educational training, Mr. Rogers said.

This year's class will present basic spotter training during the first hour with advanced training during the second hour.

For more information, contact the Goodland National Weather Service at 785-899-7119.

Severe Weather Awareness Week

Weather service offices across the state, in cooperation with emergency management officials, have designated the week of March 9-13 as Kansas Severe Weather Awareness Week.

The highlight of the week is the tornado drill, when weather service offices issue a test

tornado warning through normal communication channels. The test warning this year will take place on Tuesday, March 10 at 1:30 p.m. It will air on all radio and television broadcast stations as well as NOAA Weather Radio All-Hazards. Everyone is encouraged to treat the test warning as if it were an actual emergency and review preparedness procedures. Municipalities throughout the state will sound their tornado sirens at that time.

Training lessons held

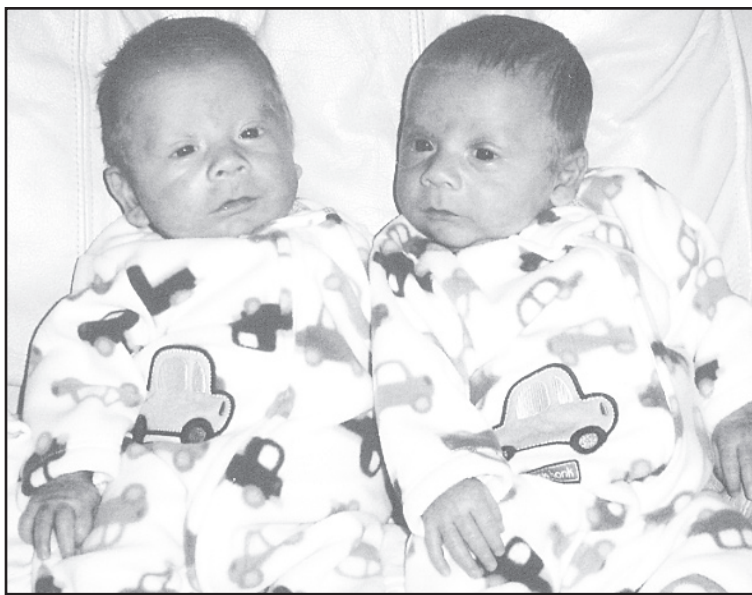
Do you love horses? Use them for work? Or just want to learn more about horses?

Then come to the High Plains Horsemen Day on Saturday, April 18, at the Logan County fairgrounds in Oakley. Learn about hoof health, nutrition, first aid, trail safety, and horse care. Learn about Common Sense Horse Training from Doug Babcock, clinician and trainer.

There is even a special "Cowpoke" session for youth ages 7 through 12 that will be led by the Colby Community College Intercollegiate Horse Show Team. Youth will need to pre-register for the session.

So join in for food, fun and horses. The program is free! For more information or to pre-register, contact Logan (785) 671-3245, Sheridan (785) 675-3268 or Thomas (785) 460-4582) County Extension offices or check out the web at www.thomas.ksu.edu

Mark your calendar for the High Plains Horsemen's Day, April 18, in Oakley.



Gavin Robert Rosales

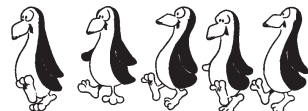
Gabriel Joseph Rosales

Introducing

Mr. and Mrs. Harold Madsen of St. Francis are the proud great-grandparents of identical twin boys born on Nov. 7, 2008. They were named Gavin Robert Rosales and Gabriel Joseph Rosales. Both boys weighed 4 pounds, 11 ounces, at

birth and measured 17-inches long.

Welcoming them home were their 8-year-old brother, Christian; parents, Joseph and Sarah "Owens" Rosales and grandparents, Bob and Rita Owens, all of Sterling, Colo.



Our Babies Have Come A Long Way!



Jesse Pacheco
9 lbs. 8 ozs.
145 lbs.



Terrence Lamb
7 lbs. 12 1/2 ozs.
130 lbs.



Cody Sherlock
8 lbs. 6 ozs.
125 lbs.



Darris Keller
9 lbs. 1 ozs.
135 lbs.



Freddy Pacheco
7 lbs. 8 ozs.
112 lbs.

We Are Proud Of You!

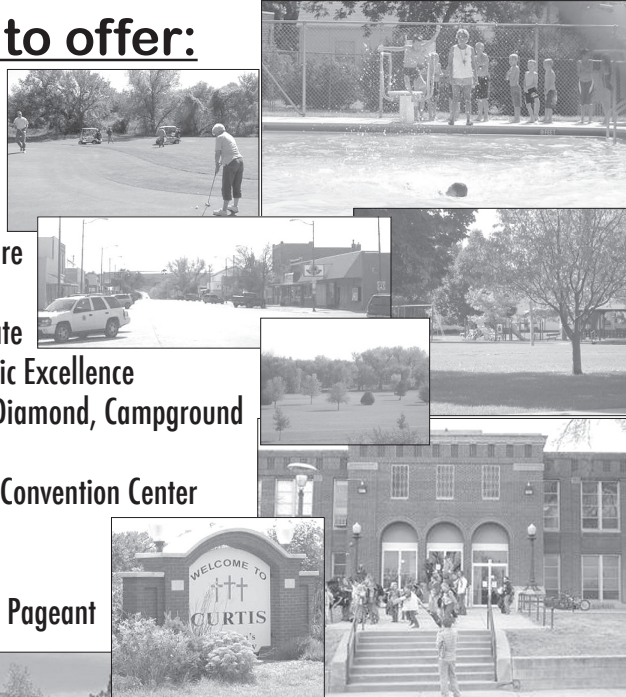
From Your Families

Does your family or business need a change? If so,

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- Arrowhead Meadows Golf Course
- Medical Center • Affiliated Grocery Store
- City Park • Tennis Courts
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- Mill Park: Fishing, Roping Arena, Ball Diamond, Campground
- Located Between Seven Area Lakes
- Brand New \$2 Million Curtis Memorial Convention Center
- Brand New Winfield Inn and Suites
- Eight Area Churches
- Nebraska's Easter City & Host of Easter Pageant



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"The money we save on mortgage interest, mortgage principle, property taxes and home insurance more than make up for the cost of commuting and allows my family to live in this beautiful, peaceful area."

Steph Schultz, Registered Nurse and Commutes to North Platte



Contact the Medicine Valley Economic Development Corporation for more information:
medvalley@curtis-ne.com • 308-367-4222 • www.MedicineValleyEDC.com