

# Beecher Island News

There were 47 in Sunday school. Ashley Hurlburt had the special number and Phil Mitchell was the morning speaker. The Christmas program will be at 1:30 on Dec. 20.

Mr. and Mrs. Harvey Allen were Saturday supper guests of Mr. and Mrs. Jeff Hurlburt and family helping Garrett celebrate his ninth birthday.

Mr. and Mrs. Randy Perila and family were weekend guests of Mr. and Mrs. Bob Simmons. Mr. and Mrs. Quentin Simmons and Taya joined them for dinner Sunday.

Mr. and Mrs. Pete Osmus were Friday night guests of Mr. and Mrs. Temy Bowman and family. They watched Brady and Abby

play basketball in Windsor Saturday. Joining them Saturday for lunch was Andy Bowman of Fort Collins.

Mr. and Mrs. Larry Allen and Mr. and Mrs. Chuck Cutforth visited Gwen Shaver and Gary Cranmer Thursday evening.

Chad Cranmer and Dawson, Brent and Gary Cranmer and Dave Bukerstaff were hunting this weekend and were guests of Gwen Shaver.

Curtis and Tammy Cunningham and Jim and Lyndsey Worthen and Jocelyne of Denver visited Nettie May Welton Saturday. Jocelyne is Nettie May's great-great-grandbaby.

KimberlyBowman of Tulsa spent Monday to Thursday with

home folks and attended the funeral of Pete Allen.

Mr. and Mrs. Jim Sharp of Burlington visited Mr. and Mrs. Rowe Shively last Sunday.

Kristy Hurlburt and Ashley attended a 4-H Christmas Party in Vernon Sunday.

Violet Brown and Donna Dodge went with Fran Crites to Yuma Friday.

Mr. and Mrs. Jim Harms visited Mr. and Mrs. Bill Strangways Saturday.

Taya Simmons spent Tuesday and Wednesday with Mr. and Mrs. Bob Simmons.

The grandkids, Noah, Jake and Owen helped put the Christmas tree up Wednesday at the home of Mr. and Mrs. Pete Osmus.

**By Bessie Dent**



MARLO JENSEN writes her letter to Santa with her wishes for Christmas.

## Girl writes letter to Santa Claus

Dear Santa,

How is every one doing at the North Pole? My brother and I are doing good. I hope you are all doing good. I hope you can find us. We are moving. I would like a PSP, I would a Hanna Montana game, a scooter that makes sparkes. I am trying to be good.

My brother Zane has been good so please bring him something to play with.

I will leave you Chex Mix and the deer will also have a treat.

Love,  
Marlo Jensen and Zane Jensen!!!!

# Haigler News

Readers are encouraged to send any Haigler News to the newspaper for inclusion in the weekly edition.

The Collicott sisters (LaNeta, Myrna and Galena) drove to Greeley, Loveland, and Estes Park on Friday. After work-

ing in LaNeta's booth at Loveland Canyon Collectables Open House; they delivered Christmas baskets.

On Saturday, the trio participated in the Estes Park Quota Club Christmas Home Tours. Homes were decorated to show

off special features and create a festive atmosphere for the holiday season.

After watching the first half of the Nebraska/Texas football game; they attended the Estes Park Oratorio Society Winter Concert, featuring the Oratorio Society and Estes Park Chamber Orchestra performing *Mary's Song: The Magnificat* by John Rutter.

The sisters returned safely home to Haigler Sunday evening, following a very snowy and icy road trip.

**Haigler Red Hatters**

The Haigler Red Hatters met on Friday afternoon at the Golden Inn Senior Center for this year's Christmas Party. Iona

Maupin and Belva Olson served as hostesses for the event.

Decorated tables of red and purple with Christmas decor, and a Red Hatter's Christmas tree set a festive atmosphere. Punch and appetizers welcomed the group when they arrived, and each of the ladies brought a salad for the luncheon that followed.

Beautifully wrapped Christmas gifts were exchanged, and Red Hatters fellowship was enjoyed. Later in the afternoon, the group visited the Morris home in Haigler to view the many Christmas villages on display.

The Haigler Red Hatters look forward to everyone having a Merry Christmas.

# Idalia News

**By Angela DeLeon**

**Christmas break**

The Idalia school Christmas break will begin on Dec. 21 and run through Jan. 3. Students return to school on Jan. 4.

**Food community distribution**

Food community distribution will be from 11 a.m. to 1 p.m. on Friday at the Idalia Homestead building. Lots of great items in time for the holidays. If you need more information you can call (970) 354-7204.

**A Christmas Celebration**

An informal Christmas program "The Sounds of Christmas" will be presented by the Idalia Community Choir at 2 p.m. on Saturday, at the Cornerstone Center. This program will include old favorites and some new, lively songs to fill everyone with the Christmas Spirit.

**St. John's news**

Men's Bible study is weekly on Thursday mornings from 7 to 7:30 at St. John's Church. All men are welcome.

# Moments With Mila

Stress, Depression and the Holidays: Tips for Coping

**By Mila Bandel**  
County Health Nurse

The holiday season, which begins for most Americans with Thanksgiving and continues through News Year's Day, often brings unwelcome guests...stress and depression. And it's no wonder. In an effort to pull off a perfect holiday, you might find yourself facing a dizzying array of demands...parties, shopping, baking, cleaning and entertaining, to name a few. So much for peace and joy, right?

Actually, with some practical tips, you can minimize the stress and depression that often accompany the holidays. You may even end up enjoying the holiday more than you thought you would.

Learn to recognize common holiday triggers, so you can disarm them before they lead to a meltdown:

Relationships. Relationships can cause turmoil, conflict or stress at any time, but tensions are often heightened during the holidays. Family misunderstandings and conflicts can intensify... especially if you're thrust together for several days. On the other hand, facing the holidays without a loved one can be tough and leave you feeling lonely and sad.

Finances. With the added expenses of gifts, travel, food and entertainment, the holidays can put a strain on your budget... and your peace of mind. Not to mention that overspending now can mean financial worries for months to come.

Physical demands. Even di-hard holiday enthusiasts may find that the extra shopping and socializing can leave them wiped out. Being exhausted increases

your stress, creating a vicious cycle. Exercise and sleep...good antidotes for stress and fatigue... may take a back seat to chores and errands. To top it off, burning the wick at both ends makes you more susceptible to colds and other unwelcome guests.

Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's okay to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold onto, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videotapes.

Stick to a budget. Before you go gift shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives. Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.

Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.

Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Don't let the holidays become something you dread. Instead take steps to prevent the stress and depression that can descend during the holidays. With a little planning and some positive thinking, you may find that you enjoy the holidays this year more than you thought you could.

# Stocking up food may be good idea

**Stock Up for Winter Meals**

Taking advantage of holiday sales -- buying regularly consumed food items at holiday-sale prices, for example -- can help to restock the pantry or freezer, a Kansas State University Research and Extension nutrition specialist said.

"If freezer space is available, taking advantage of sale prices on meats and poultry should help to hold down food costs for future meals," said Sandy Procter, who is a registered dietician and the state coordinator for the U.S. Department of Agriculture's Expanded Food and Nutrition Program.

**Food and Nutrition Program.**

Buying canned or frozen fruits and vegetables, chicken or beef broth, canned soups or soup mixes on sale to stock the pantry

also can be helpful in getting a meal together quickly when time is short, Ms. Procter said.

And, if holiday baking is planned, she recommends watching for sales on flour, sugar and spices and flavorings.

Cooks should store flour in an airtight container in the freezer she said. Spices, which can deteriorate with age, should be dated and stored in a cool, dry place. She encourages cooks not to store spices in cold locations or next to the oven or range top.

Ms. Procter recommends checking the use-by dates before buying food products. She notes that sale products may sometimes be nearing the end of their use-by time span.

For more information contact the Cheyenne County Extension Office at 785-332-3171

# Public Notice

## Notice of Sheriff sale to be held on Jan. 8

Published in The Saint Francis Herald, St. Francis, Kansas, Thursdays, December 17, December 24 and December 31, 2009. (51-53)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS  
CIVIL DEPARTMENT

Bank of America, National Association as successor by merger to LaSalle Bank National Association, as Trustee for Merrill Lynch First Franklin Mortgage Loan Trust, Mortgage Loan Asset-Backed Certificates, Series 2007-4

Plaintiff,

vs.

Jesse P. Jones, et al.

Defendants.

Case No. 09CV13  
Court No.

Title to Real Estate Involved

Pursuant to K.S.A. §60

NOTICE OF SALE

NOTICE IS HEREBY GIVEN, that under and by virtue of an Order of Sale issued to me by the Clerk of the District Court of Cheyenne County, Kansas, the undersigned Sheriff of Cheyenne County, Kansas, will offer for sale at public auction and sell to the highest bidder for cash in hand in the lobby of the Cheyenne County, Courthouse, Kansas, on January 8, 2010 at the time of 10:00 AM, the following real estate:

UNPLATTED LOT TWELVE (12), IN BLOCK FORTY-ONE (41), DESCRIBED AS FOLLOWS; ALL THAT PART OF THE SOUTHWEST QUARTER (SW1/4) OF SECTION TWENTY-TWO (22), IN TOWNSHIP THREE (3) SOUTH, RANGE FORTY (40) WEST OF THE 6TH P.M. LYING WITHIN THE CORPORATE LIMITS OF THE CITY OF ST. FRANCIS, KANSAS, BUT NOT PLATTED, WHICH LIES IMMEDIATELY SOUTH AND ADJOINING LOT ONE (1), IN BLOCK FORTY-ONE (41), OF SAID CITY, ACCORDING TO THE RECORDED PLAT THEREOF, MORE SPECIFICALLY DESCRIBED: BEGINNING AT THE SOUTHEAST CORNER OF LOT 1, BLOCK 41, CITY OF ST. FRANCIS, ACCORDING TO THE RECORDED PLAT THEREOF, THENCE RUNNING SOUTH IN CONTINUATION OF THE EAST LINE OF SAID LOT 1, TO THE SECTION LINE ALONG THE SOUTH SIDE OF SAID SECTION 22, THENCE RUNNING WEST A DISTANCE OF 50 FEET ALONG SAID SECTION LINE, THENCE RUNNING NORTH TO THE SOUTHWEST CORNER OF SAID LOT 1, THENCE RUNNING EAST TO THE POINT OF BEGINNING, EXCLUSIVE OF STREETS, HIGHWAYS AND ALLEY, ALSO KNOWN AS 220 EAST FIRST STREET CHEYENNE COUNTY, KANSAS. Tax ID No. 1652203043010000000, Commonly known as 220 E. 1st St., Saint Francis, KS 67756 ("the Property") MS#95064

Cheyenne County Sheriff

MILLSAP & SINGER, LLC

By:

Matthew S. Layfield, #22449  
Aaron M. Schuckman, #22251  
Kristin E. Fisk, #21922  
Lindsey L. Craft, #23315  
612 Spirit Drive  
St. Louis, MO 63005  
(636) 537-0110  
(636) 537-0067 (fax)

ATTORNEYS FOR PLAINTIFF

MILLSAP & SINGER, LLC AS ATTORNEYS FOR BANK OF AMERICA, NATIONAL ASSOCIATION AS SUCCESSOR BY MERGER TO LASALLE BANK NATIONAL ASSOCIATION, AS TRUSTEE FOR MERRILL LYNCH FIRST FRANKLIN MORTGAGE LOAN TRUST, MORTGAGE LOAN ASSET-BACKED CERTIFICATES, SERIES 2007-4 IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

Published in The Saint Francis Herald, St. Francis, Kansas and the Bird City Times, Bird City, Kansas, Thursdays, December 17, 24 and 31, 2009 (51-53)

**CORRECTED 2009 TAX LEVIES FOR CHEYENNE COUNTY, KS USED TO FUND THE 2010 BUDGETS**  
Prepared by Cheyenne County Clerk  
Taxable Valuation of Cheyenne County is \$44,824,318  
(Levies shown are taxes per \$1,000.00 valuation)

2008	2008	2009	2009	Difference
Valuation	Levy	Valuation	Levy	
State	\$40,954,887	1.500	\$44,824,318	1.500
County	\$40,954,887	27.162	\$44,824,318	26.783
General	27.162	26.783	26.783	-0.379
Road & Bridge	20.146	17.568	17.568	-2.578
Bridge Building	1.009	1.055	1.055	0.046
Noxious Weed	0.794	0.248	0.248	-0.546
Hospital	0.657	5.203	5.203	4.546
Total	49.768	60.857	60.857	1.089

**Comparison of 2008 and 2009 levies and valuations:**

2008	2008	2009	2009	Difference
Valuation	Levy	Valuation	Levy	
Bird City	2,361,830	46.814	2,289,985	52.955
St. Francis	6,547,031	38.517	6,532,217	41.751
USD 103	9,902,782	40.466	9,184,912	42.333
USD 103 Rec	9,902,782	1.500	9,184,912	1.500
USD 297	31,052,135	35.025	35,639,406	35.026
USD 297 Rec	31,052,135	1.000	35,639,406	1.000
Cemetery Dist 1	10,382,649	0.951	9,642,752	1.024
Cemetery Dist 2	30,582,238	0.747	35,181,566	0.853
Rural Fire 1	31,240,069	1.169	35,394,679	0.979
Rural Fire 3	705,957	1.542	617,437	0.836
NWKS Library	32,046,026	0.978	36,002,116	1.148
Sunflower Ext. Dist. 6	40,954,887	2.077	44,824,318	2.141

2008	2009
Valuation	Levy
001 Bird City	2,289,985
002 Bird City Township	\$6,532,217
006 Bird City Township	\$5,790,263
010 Bird City Township	\$617,437
017 Calthoun Township	\$213,687
018 Calthoun Township	\$558,451
019 Calthoun Township	\$125,748
027 Cleveland Run TWP	\$901,179
033 Wano Township	\$137,294
034 Wano Township	\$139,990
036 Wano Township	\$22,860,966
048 Orlando Township	\$192,102
050 Orlando Township	\$136,246
056 Bensalman Township	\$2,778,500
062 Jaqua Township	\$975,347

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County	50.857
City	41.751
USD 103	42.333
Recreation 103	1.000
Cemetery 1	1.024
Rural Fire 1	0.879
NWKS Library	1.148
SFD #6	2.141
Total	162.310

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State	1.500
County	50.857
City	41.751
USD 103	42.333
Recreation 297	1.000
Cemetery 2	0.653
Rural Fire 1	0.879
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