



**PLAYING CARDS — Ilone Ketter and Arlene Walz volunteer to play cards with residents at the Good Samaritan Village. Pictured (l to r) Linda Hilt, Ed Meyer, Ilone Ketter, Arlene Walz and Alice Isernhagen.** Herald staff photo by Karen Krien

# Program cutoff date announced

Although applications may be taken at any time, only those applications submitted by Jan. 22 will be evaluated and ranked for funding for the Fiscal Year 2010 Grassland Reserve Program (GRP) program, according to Eric B. Banks, state conservationist for the Natural Resources Conservation Service (NRCS) for Kansas. The U.S. Department of Agriculture (USDA) Natural Resources Conservation Service provides technical assistance for this grassland program. The Grassland Reserve Program was reauthorized by the Food, Conservation, and Energy Act of 2008 (2008 Farm Bill). In 2010, the program is funded at about \$46 million nationwide. Kansas received an allocation of \$1.2 million.

“Kansas has the finest, most productive native grassland in the world,” said Mr. Banks, “and Grassland Reserve Program offers a way for ranchers and farmers... the backbone of our economy...to ensure this unique natural resource remains a healthy and viable part of Kansas for years to come.” This grassland program is a voluntary program offering landowners the opportunity to protect, restore, and enhance grasslands on their property through permanent easements and rental contracts (10-year, 15-year, or 20-year). For the 2010

program, priority will be given to enrolling land in easements.

The program emphasizes the preservation of native and natural grasslands and shrublands, support for grazing operations, plant and animal biodiversity, and the protection of grassland that is under multiple threats of conversion to other land uses.

Land enrolled in the Conservation Reserve Program (CRP) with an expiring contract in the next 12 months is also eligible for enrollment in Grassland Reserve Program. Enrollment options for this land are limited to permanent easements and 20-year rental contracts.

“I would encourage producers interested in preserving their grasslands to stop by a Department of Agriculture Service Center and visit with the Natural Resources Conservation Service or Farm Service Agency (FSA) staffs to learn more about the program,” Mr. Banks said.

If you need more information about Grassland Reserve Program, please contact your local Service Center, listed in the telephone book under U.S. Department of Agriculture, or your local conservation district. Information also is available on the <http://www.ks.nrcs.usda.gov/programs/grp/>.

## Plain Sense

Where there is smoke...there may be depression

The physical consequences of secondhand smoke are well known. According to the Mayo Clinic's web site (mayoclinic.com), secondhand smoke is high in toxic chemicals and “plays a role in causing or contributing to a number of health problems from cardiovascular disease to cancer.” A recent study now adds to these concerns by finding a link between secondhand smoke and depression. Non-smokers exposed to cigarette smoke at home or work are more than twice as likely as those not exposed to have major depression according to a report given at the Annual Meeting of the American Psychosomatic Society and reported by USA Today.

In addition to participant self-reports, this study measured the presence of cotinine, a chemical

that is found in blood after breathing in smoke. Cotinine levels from more than 3,000 non-smoking adults were accessed from a federal health study. Another 92,000 non-smokers were included because they reported living with or working around smokers. All participants answered questions regarding depression.

The findings reveal that those individuals exposed to secondhand smoke were far more likely to have symptoms of depression according to Frank Bandiera, a researcher at the University of Miami School of Medicine. He said that even working where smoking was allowed in public places more than doubled the risk of depression for the nonsmokers.

Previous studies have already shown a strong correlation be-

tween smoking and higher rates of depression, but it remains unclear which came first. Do some people start smoking as a way to cope with depression or do they develop depression after starting this addictive behavior? Regardless, Mr. Bandiera points out that numerous studies show that smokers have more dopamine, a specific neurotransmitter, in their brains. This neuro-chemical has been linked to both anxiety and depression, and perhaps its increased levels are a result of first-hand or secondhand exposure to cigarette smoke.

The possibility of developing depression can now be added to the ever-growing list of problems

linked to secondhand smoke. Smoking comes at a high price that apparently is also becoming more expensive to those who choose not to smoke, but continue to live or work around those that do.

*Contributed by Ken Loos, MS, LMLP, LCP, Prevention, Education and Outreach Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.*

*Mail questions to: High Plains Mental Health Center, PLAIN SENSE, Prevention, Education, and Outreach Department (PEO), 208 East 7th, Hays, KS 67601*

## Bowling News

**Ladies Nite Out 12-17**  
Team standings: Gutter Gals 33.5-18.5, Dundy Ag 33-19, Wray Meat Packing 31-21, Strikers 28-24, Jersey Maids 28-24, Wright Carpet 26-26, Bankwest 22.5-29.5.  
High game (scratch): Tammy

Drommond 188, Kathy Blecha 182, Erica Harlan 179; (handicap): Harlan 233, Ilene O'Leary 233, Drommond 231.  
High series (scratch): Blecha 518, Harlan 458, Drommond 450; (handicap): Blecha 626, Victoria Windell 623, Harlan 620.

## Public Notices

### Petition filed in court for Magnani estate

Published in The Saint Francis Herald, St. Francis, Kansas, Thursdays, December 24, December 31, 2009 and January 7, 2010. (52-01)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS

In the Matter of the Estate

SHERIDAN RAY MAGNANI, Deceased

Case No. 2009-PR-31

NOTICE TO CREDITORS

STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that on December 15, 2009, a Petition for Issuance of Letters of Administration was filed in this Court by Schelly Ann Magnani, an heir, devisee and legatee of Sheridan Ray Magnani, deceased.

All creditors of the decedent are notified to exhibit their demands against the Estate within the latter of four months from the date of first publication of notice under K.S.A. 59-2236 and amendments thereto, or if the identity of the creditor is known or reasonably ascertainable, 30 days after actual notice was given as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

SHELLY ANN MAGNANI, Petitioner

KITE & DAY  
112 W. Washington, P.O. Box 575  
St. Francis, KS 67756  
785-332-3323  
Attorney for Petitioner

## Official Notice of annual meeting

Published in The Saint Francis Herald, St. Francis, Kansas, Thursdays, December 31, 2009 and January 7, 2010. (53-1)

Notice is hereby given that the annual meeting of the stockholders of the St. Francis Mercantile Equity Exchange will be held at the High School Cafeteria in St. Francis, Kansas, January 13, 2009 at 6:30 p.m. CST. Reports will be presented by the Board of Directors and Management, along with a review of the financial statements of our auditors. Members will elect one director to serve on the Board.

Dinner will be served beginning at 6:30 p.m. CST. The business meeting will follow immediately after dinner. Drawings for door prizes will follow the meeting.

St. Francis Mercantile Equity Exchange Board of Directors.



## Beecher Island News

By Bessie Dent



Last Tuesday, Violet Brown, Joe and Judy Hart went to Idalia for breakfast.

Last Monday visitors of Mr. and Mrs. Bob Simmons were Mr. and Mrs. Elton Keller of St. Francis, Laura Pearl Wall and Stacy Zuege of Haigler.

Brian and Peggy Willard visited Mr. and Mrs. Larry Allen Saturday.

Jennifer and Todd Novak were weekend guests of Mr. and Mrs. Gary Mansfield.

Diana Bowker visited Violet Brown Thursday.

Mr. and Mrs. Randy Perila and family were Tuesday to Monday guests of Mr. and Mrs. Bob Simmons. Mr. and Mrs. Quentin Simmons and Taya joined them Wednesday evening for a gift exchange with Amber Simmons who had spent a few days with Bobs. Bobs took Amber to Fort Morgan Thursday to meet her mother. While in Fort Morgan they visited Bill Simmons.

Christmas morning guests of Laura Pearl Wall were Mr. and Mrs. Bob Simmons, Mr. and Mrs. Quentin Simmons and Taya, Dwight Wall of Lewellen, Neb., Azure Wall of Lincoln, Neb., and

Jessica Wall of Indiana.

Violet Brown was among the guests of Mr. and Mrs. Richard Brown Saturday for their Christmas.

Christmas dinner guests of Mr. and Mrs. Kenneth Rose were Mr. and Mrs. Kenny Rose and girls, Mr. and Mrs. Dillon Rose, Mr. and Mrs. Kent Rose, Mr. and Mrs. Chris Rose and family, Mr. and Mrs. Josh Cohoon and family, Pam Zuege, Cory and Brook and friends.

Mr. and Mrs. Larry Allen, Mr. and Mrs. Greg Allen and family, Mr. and Mrs. Dave Harwood and Mr. and Mrs. David Kelley spent Thursday to Saturday with Mr. and Mrs. Josh Harwood in Evergreen.

Violet Brown was among the guests of Mr. and Mrs. Richard Brown Saturday for their Christmas.

Mr. and Mrs. Bill Strangways were Sunday Christmas guests of Mr. and Mrs. Roger Wieser and Katie.

Christmas Eve soup supper guests of Mr. and Mrs. Thane Greene were Harry Ekberg, Mr. and Mrs. Glenn Chapman, Mr. and Mrs. Cory Jeurink and family and

Tobi Jeurink. The group visited Beulah Ekberg Friday afternoon at Hillcrest Care Center.

Christmas Eve guests of Mr. and Mrs. Kenny Rose were Mr. and Mrs. Dallas Madsen and Kinsey, Mr. and Mrs. Dillon Rose and Sylvia Madsen.

Mr. and Mrs. Harvey Allen had Christmas brunch with Perry and Jessica Allen.

Sunday Christmas guests of Mr. and Mrs. Rowe Shively were Carole Whomble, Kim and Mark Bowman of Tulsa, Okla., James and Keri Kennedy, Jamie and Justin of Alabama, Kevin and Becky Shively, Maranda and Todd and friend, Amber Wider of Haxtun, Jess and Tyler Bond, Devin and Carlie of Johnstown.

Mr. and Mrs. Dave Smith and JoLynn Reiman were Christmas guests of Mr. and Mrs. Walt Smith.

## Haigler News

2010 New Year's Greetings to all our Haigler News readers. We hope you will contribute your news to local newspapers this new year.

The holiday season passed ever so quickly. Now, it is time to take down all the decorations and move into the new year projects. Many “returned home to Haigler” over the holidays, and it is always good to have family and friends back in the community. Some of the holiday happenings include the following:

The Collicott sisters renewed a family tradition...from 14 years ago on Christmas Eve...with a progressive Christmas Eve dinner. Though very cold, walking through the snow to each of their decorated Haigler homes, was great fun. First it was holiday drinks and appetizers at Charlie and Myrna Mulligan's home... then to Stan and LaNeta Carlock's home for oyster stew and chili... and on to Stan and Galena Webster's home for desserts and coffee. The last stop of the evening was at the Carlock's Crabtree Building for after-dinner toddies,

Christmas carols, and a visit from Santa Clause. Others attending the gala event were Darrell and Daniela Webster; aunts and uncles, Grace Adams; and Gerald and Betty Myer.

A holiday afternoon tea, hosted by LaNeta Carlock and Myrna Mulligan, was held at the Haigler White House on Dec. 30. Those attending were Doris Tecker, Carol Peterson, Mark Peterson, and the resident White House cat, Junior.

During Christmas week, the Haigler Elementary School students went Christmas caroling on the streets of Haigler. They stopped at Country Schoolhouse 67 South to decorate the big tree inside for the holidays. They enjoyed putting all the homemade decorations on the tree that had been donated by people in the community at last year's open house. All decorations are being kept from year to year. The big tree was decorated in record time...10 minutes! It looked lovely and was seen by many throughout the holidays. Students and staff were served punch and cookies before their return to school.