

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

# **Plain Sense**

Where there is smoke...there may be depression

Clinic's web site (mayoclinic. adults were accessed from a fedcom), secondhand smoke is high eral health study. Another 92,000 cardiovascular disease to cancer." A recent study now adds to these concerns by finding a link between secondhand smoke and de- individuals exposed to secondpression. Non-smokers exposed to hand smoke were far more likely cigarette smoke at home or work to have symptoms of depression are more than twice as likely as according to Frank Bandiera, a rethose not exposed to have major searcher at the University of Midepression according to a report ami School of Medicine. He said given at the Annual Meeting of that even working where smoking the American Psychosomatic So- was allowed in public places more ciety and reported by USA Today. than doubled the risk of depres-

In addition to participant self- sion for the nonsmokers. reports, this study measured the presence of cotinine, a chemical shown a strong correlation be-

The physical consequences that is found in blood after breath- tween smoking and higher rates of linked to secondhand smoke. of secondhand smoke are well ing in smoke. Cotinine levels from known. According to the Mayo more than 3,000 non-smoking in toxic chemicals and "plays a non-smokers' were included berole in causing or contributing to cause they reported living with a number of health problems from or working around smokers. All participants answered questions regarding depression.

The findings reveal that those

Previous studies have already

## Petition filed in court for Magnani estate

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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 and Outreach Department (PEO), the ever-growing list of problems 208 East 7th, Hays, KS 67601

### **Bowling News**

Ladies Nite Out 12-17 Meat Packing 31-21, Strikers 28-24, Jersey Maids 28-24, Wright Carpet 26-26, Bankwest 22.5-

High game (scratch): Tammy

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,

### Drommond 188, Kathy Blecha Team standings: Gutter Gals 182, Erica Harlan 179; (handi-33.5-18.5, Dundy Ag 33-19, Wray cap): 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.

#### Thursday, January 7, 2010 Saint Francis Herald 9

# **Program cutoff** date announced

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 ease-

ments and rental contracts (10-year,

Although applications may be 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. 15-year, or 20-year). For the 2010 usda.gov/programs/grp/.

### - Bowling News

Monday Night Mixed 12-28 Team standings: ABC-Z 33-19, Neitzel Insurance 25-27, Gutter Heads 25-27, Earl's Gals 20-32.

High game (scratch): Kale Zimbelman 177, Tammy Zimbelman 174, Eddie Zuege 167, Arrie Cox 165, Dorothy Hankins 164, Amelia Zuege 158; (handicap): Josh Sullivan 233, D. Hankins 231, Shauna Jones 217, Bill Wilger 216, A. Cox 215, A. Zuege 212.

High series (scratch): K. Zimbelman and A. Cox 485, E. Zuege 456, T. Zimbelman 445, Sally Baird 397, D. Hankins 391; (handicap): A. Cox 635, Sullivan 614, Vicki Cox 597, D. Hankins 592, B. Wilger 590, Connie Wilger 566.

#### Wednesday Afternoon Coffee 12-30

Team standings: Lodge Sleepers 36-20, Western State Bank 35-21, pert 561, Blecha 533, Bill Carpen-Kale's Girls 32-24, Jolly Ranchers

**Beecher Island News** 

27.5-28.5, Dairy King 25.5-30.5. High game (scratch): Carol Peterson 181, Bonnie Mullanix 151, Marlys Poulignot 137; (handicap): Peterson 235, Mullanix 198, Debbie Bus197, Karen McVey 197, Danielle Cline 197.

High series (scratch): Peterson 496, Mullanix 410, Poulignot 378; (handicap): Peterson 658, Bush 558, Mullanix 551.

Wednesday Night Mens 12-16 Team standings: Bonny Solutions 34.5-21.5, Krien Steel 34-22, Cheyenne Bowl 33-23, Idalia JV 30-26, Haigler One 26.5-25.5, Wright and Wrong 25-27, Haigler Two 24-32, Bonanza Ford 9-11.

High game (scratch): Jim Wheaton 214, Mike Blecha 213, JD Hawkins 204.

High series (scratch): Bob Lipter 522.



Mr. and Mrs. Thane Greene and

Tobi Jeurink were Saturday din-

ner guests of Mr. and Mrs.Glenn

Harry Ekberg was a Wednesday

Eric Brown from Los Angeles

and Grant Brown from Ness City

spent the Christmas weekend with

Ron, Joyce and Riley Brown, Bes-

sie Dent joined them Christmas

Gary and Sharilyn Mansfield,

Monte and Gail Mansfield, Todd

and Jennifer Novak, Cade and

Brittany were Christmas guests of

Joyce and Riley Brown and Bes-

sie Dent visited Mr. and Mrs. Bill

Mr. and Mrs. Bill Mansfield.

morning coffee guest of Mr. and

Chapman.

Mrs. Bob Simmons.

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.

#### SCHELLY 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.



Last Tuesday, Violet Brown, Jessica Wall of Indiana. 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

### Idaila News

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#### By Angela DeLeon St. John United Church of Christ annual meeting

On Sunday, Jan. 17, St. John church will hold its 2010 Congregational annual meeting immediately following the morning worship service. At this meeting they will receive committee reports, elect committee members, vote a 2010 church budget, and discuss plans and hopes for the future. All St. John members are welcome to participate in this important meeting in the life of the church.

#### Graveside services

Graveside services for Barbara Lawson of Denver, sister of Lillian Peters and the late Raymond Peters of Idalia will be held at the St. Thursday mornings from 7 to 7:30 Francis Cemetery on Monday, Jan. at St. John's Church. 11, at 2 p.m.

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

**Idalia Family and Community** Education Club

The Idalia Bicentennial Family and Community Education Club is sponsoring a blood drive Friday, from 2 to 6 p.m. at the Idalia school library. Please contact Janice Souther or Laura Lengel to make an appointment. Walk-ins are welcome. This is a game night with Woodlin.

#### Ambulance meeting

The Idalia ambulance annual meeting is Wednesday, Jan. 13 at 7 p.m. It will be held at the ambulance barn. Everyone is welcome and encouraged to attend to support the ambulance.

#### St. John's news

Men's Bible study is weekly on

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 Svlvia 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 amd 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 Mansfield last Monday. Smith.

We hope you will contribute your

news to local newspapers this new

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

a family tradition...from 14 years

ago on Christmas Eve...with a

progressive Christmas Eve din-

ner. 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 Web-

ster's home for desserts and cof-

fee. The last stop of the evening

was at the Carlock's Crabtree

The Collicott sisters renewed

The holiday season passed

year.

the following:

Haigler News

Dav.

2010 New Year's Greetings Christmas carols, and a visit from to all our Haigler News readers. 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 Building for after-dinner toddies, school.