

Bulletin Board

Death notice

Beulah Stull, 94, died Sunday in Lincoln, Neb. A former St. Francis resident, Mrs. Stull's funeral will be held at 10:30 a.m. on Friday at the Christian Church in St. Francis. Burial will follow at the St. Francis Cemetery.

Death notice

Harley William James Antholz, son of Webb and Meagan Antholz of Minden, Neb., was born at rest in Hastings, Neb., on April 6, 2010. A full obituary will follow next week in the *Herald* and *Times*.

Funeral service

The funeral service for Reacie Elliott of St. Francis will be held at 1:30 p.m. Thursday at the First Christian Church. Memorials may be made to the Reacie Elliott Memorial Fund.

Birthdays tea

A birthday tea is being held for Lois Zuege from 2 to 4 p.m. mountain time on Sunday, April 25, at the Laird Community Center. Everyone is welcome.

Cards for Kenneth Bandel

Kenneth Bandel, who has been receiving treatments, would enjoy receiving cards from friends and relatives. Address mail to Kenneth Bandel, 6815 W 69th Place, Arvada, CO 80003.

E-waste pick ups

E-waste pick up is set for 10 a.m. to 2 p.m. on Tuesday, April 20, at the recycling center in St. Francis. There are only two free e-waste pick ups left, the one on Tuesday and another on Tuesday, Aug. 24. These pick ups allows residents of the county to bring in microwaves, televisions, computers, radios and other electronic equipment to be disposed of for no cost.

Lions Club to collect used items

The St. Francis Lions Club will be receiving used eyeglasses, hearing aids and used cell phones at the Health Fair in the elementary gym from 6:30 to 8 p.m. tonight (Thursday). These items will be refurbished and used to help people throughout the world.

Cemetery District 2

Cemetery District 2 Board will meet at 7:30 p.m. on Monday in the commissioner's room at the courthouse.

CYO Fish Fry

The CYO Fish Fry will be held at 6 p.m. on Friday at the Catholic Church hall in Bird City. Check classified in this issue.

Bereavement Support Group.

The open grief support group is planning sessions for anyone who has experienced the loss of a loved one with the meetings to be held at the Redeemer Evangelical Lutheran Church, 808 South First Street Highway 25 in Atwood. Enter the east door at the church.

The events are planned for 2 to 3:30 p.m. on the third Monday of the month beginning on April 19 and running through Nov. 15.

Please call Tara Bowles at (785) 626-3211 or Maralyn Cooper at 1-800-315-5122 to register.

The April 19 topic is Introduction to the process of grief.

Cheyenne County Commissioners

The Cheyenne County Commissioners will meet at 8 a.m. today (Thursday) in the commissioner's room at the courthouse.

Hospital Board

The Cheyenne County Hospital Board will meet at 3 p.m. on Thursday, April 22, in the clinic basement meeting room in St. Francis.

Water meters

The city of St. Francis reminds residents that it is time to remove the insulation around the water meters.

All-terrain vehicle program

All-terrain vehicle (ATV) safety program will be held from 5 to 8

p.m. today (Thursday) at the Cheyenne County Fairgrounds. Youth riders are to pre-register at the extension office, 332-3171, by April 12. Bring your ATV, helmet and safety equipment.

Yard Beautiful

The K-State Extension and Master Gardeners are presenting a series of programs from 7 to 8:30 p.m. on Tuesdays at the St. Francis Equity meeting room. This Tuesday's program deals with Trees for Northwest Kansas. It will be presented by Jim Strine, Kansas State Forester.

High school track

The Indian and Lady Indian tracksters will attend the Oakley Invitational on Friday, April 23. The St. Francis Invitational will begin at 3 p.m. on Tuesday, April 27.

Junior high track in St. Francis

St. Francis will be the site of a junior high track meet on Tuesday beginning at 2 p.m.

Sappa Valley Shootout

The Sappa Valley Shootout 3-on-3 basketball tournament will be held in Oberlin on April 24. Boys and girls in grades 1-8 are eligible. It will be played in the junior/senior high school gym.

Entry forms are available for download at www.sappavalleyshootout.com and will be available at area schools. For more information, the visit the website or contact J.D. Johnson at (785) 475-8926.

Recognition banquet

The Northwest Kansas Retired Senior Volunteer Program will hold their 37th annual Recognition Banquet and dance on April 21 at the City Limits Convention Center in Colby. The dance is open to all area senior citizens from 7 to 9 p.m. For more information contact the Retired Senior Volunteer Program office at (785) 462-6744.

Veterans Affairs

Jody Tubbs, of the Kansas Commission on Veterans' Affairs, will be in St. Francis at 9:30 a.m. today (Thursday), at the county clerk's office. People may also contact the Veteran's Affairs office in Colby any Monday, Wednesday, or Friday at 785-462-3572. The Veterans' Service representative will only be in St. Francis on the third Thursday of each month.

Baseball/softball forms available

It is time to sign up for the rec program's summer ball teams. Grade school baseball/softball forms are available at Zero's, or will be coming home in the student's backpack. The forms for the junior high and high school-aged athletes are available at the high school. The deadline for signing up is April 26. If you have questions, call Jolene Dodd at 332-2545 after 4:30 or leave a message.

Library Art Gallery

The St. Francis Public Library Art Gallery is featuring a quilt display by Charlotte Hilt and Judy Gienger through the month of April.

Stamp and Coin Show

The Fort Hays Stamp Club will hold it's 20th Stamp and Coin Show on April 25 from 9 a.m. to 4 p.m. at the Ramada Inn, 3603 Wine Street, Hays. Admission and parking are free. For more information, please call (785) 625-3066 or (785) 628-2341.

Commodities to be distributed

United States Department of Agriculture Commodity distribution will be from 1 to 1:30 p.m. Friday, April 16, at the St. Francis Co-op Community room. Pick up commodities in person or send a signed permission note with another individual. Cheyenne County address is required.

Please bring a strong sack or box for items.

To be eligible for commodities, your household's total monthly income must be below the following guidelines.

These guidelines went into effect on July 1. Guidelines are as follows: (household of one - \$1,174; household of two - \$1,579; household of three - \$1,984; household of four - \$2,389; each additional family member \$406.

Historical Society

The Historical Society is sponsoring a special presentation and tour of Heaton Crossing. The tour will meet at the museum at 2 p.m. on Sunday. Those who don't know about this spot will have a chance to catch up on some local historical lore.

Keep May 22 circled in red on the calendar. This is the date that the National Weather Service of Goodland presents a program for the community at the theater recognizing the 75th anniversary of the Flood of 1935.

More details will follow.

Western Plains Arts Association

The K State Brass will present a lively concert of varied selections at 3 p.m. on Sunday, April 25 at the Hoxie High School auditorium. The program is part of the Western Plains Arts Association schedule of events.

Wray Community Health Fair

The Wray Community Health Fair will take place April 24. Check ad for dates and times for blood draws and other details concerning costs and appointments needed. Call (970) 332-2245 if you have questions.

Burlington

Coin and Gun Show

The Burlington Coin and Gun Show will be held April 17 and 18 at the community building. Check classified ad for times and additional details.

Recovery Today/ Narcotics Anonymous

Recovery Today group of Narcotics Anonymous meets at 8 p.m. on Sunday nights at the United Methodist Educational Building. Call (785) 332-6542 or 8607 for more information.



KU HONORS BANQUET – Mike Day, Cheyenne County coordinator for the Honors Banquet, presents an American Heritage Dictionary to Brooklyn Hnizdil, a St. Francis honoree. Trent Raile, above, was also named a KU Honor student.

Herald photos by Cynthia Haynes.

Diabetes support group meets

The Diabetes Support Group will meet at 1:30 p.m. on Wednesday, April 21, in the clinic conference room located in the basement of the Cheyenne County Clinic.

Shara Johnson of the Cheyenne County Hospital's Physical Therapy Department will be the guest speaker for this month's meeting. Mrs. Johnson, physical therapist, will discuss how exercising af-

fects diabetes. She will also discuss how important snacks are before and after exercising due to diabetes.

Bring your family and friends to the program to learn about exercise and the importance of exercising with diabetes.

This meeting is open to the public and free of charge. For more information, contact Mila Bandel,

RN, County Health Nurse at 785-332-2381.

School Menu

Monday

Breakfast: muffins, juice, cereal assortment, milk.

Lunch: lasagna, green beans, French bread, peaches, milk.

Tuesday

Breakfast: breakfast pizza, juice, cereal assortment, milk.

Lunch: chicken fajitas, lettuce, tomato, cheese, salsa, sour cream, seasoned rice, sliced pineapple, fortune cookie, milk.

Wednesday

Breakfast: French toast sticks, syrup, juice, cereal assortment, milk.

Lunch: hot ham and cheese sandwich, dill pickle spears, French fries, banana, chocolate cake, milk.

Thursday

Breakfast: warm bagels, cream cheese, juice, cereal assortment, milk.

Lunch: baked potato bar, chili, sour cream, broccoli, cheese, bread sticks, tossed salad, apple wedges, milk.

Friday

Breakfast: breakfast taco, salsa, juice, cereal assortment, milk.

Lunch: beef and noodles, mashed potatoes, corn, hot rolls, Mandarin oranges, milk.

• Salad bar is offered at noon daily in the junior/senior high school

SHOWTIME: 7:30 p.m.

1 hr. 38 min.

How To Train Your Dragon

April 16, 17 & 18

Jay Baruchel, Gerard Butler, America Ferrera, Jonah Hill, Craig Ferguson

Rated PG for sequences of intense action and some scary images, and brief mild language.

Action/Adventure, Comedy, Kids, Fantasy, Animation and Adaptation

CHEYENNE THEATER

St. Francis, KS 785-332-2747

Children 12 & Under: \$3

All Others: \$5

Notice

The City of St. Francis will be reading water meters today.

Please remove any insulation from the water meter.

Thank You for your cooperation

CHEYENNE COUNTY HOSPITAL 210 W. 1st • St. Francis, KS 785-332-2104

Diabetes Support Group meeting

Wednesday, April 21, 2010

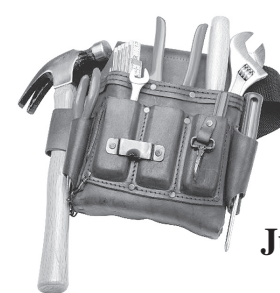
1:30 p.m.

Cheyenne County Clinic Basement

Topic: Exercise & Diabetes
Shara Johnson, CCH - Physical Therapist to be the guest speaker

For more information contact:
Mila Bandel, RN
County Health Nurse at 785-332-2381

GARDNER CONSTRUCTION



is doing small carpentry and repair projects.

Justin Gardner, 785-332-2843 or 785-332-7119 cell

American Profile

Celebrating Hometown Life

See American Profile magazine in this week's issue of

The Saint Francis Herald

(available in local area only)

Brought to you by The Herald

"Your sponsorship could be right here.

For more information contact: Casey at 785-332-3162

Six Points

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