

Introducing

Cort Ron Stramel, son of Bert and Lisa Stramel of Colby, was born Thursday, Dec. 5, 2013, at Citizens Medical Center. He weighed 8 pounds, 13 ounces, and measured 20 1/2 inches.

Brothers Trey and Brody and sister Sophia welcomed him home. Grandparents are Sharon Stramel and the late Ron Stramel of Colby and Ron and Bonnie Zwegardt of St. Francis. Great-grandmother is Dolly Wulf of Goodland.



Cort Ron Stramel

School Menu

Jan 20 - Jan 24

Junior-senior high menu

Monday

Breakfast: Waffles with syrup, fresh grapes, fruit juice.

Lunch: Hot ham and cheese on bun, potato wedges, fresh broccoli, fresh grapes, chocolate chip cookie.

Tuesday

Breakfast: Pancakes with syrup, sausage links, fruit juice.

Lunch: Sausage pizza, tossed salad with romaine, garlic breadstick with marinara, fresh banana.

Wednesday

Breakfast: Bagel with toppings, fresh orange, fruit juice.

Lunch: Taco burger on bun, romaine and tomato, refried beans, black bean and corn salsa, corn chips, sliced pears.

Thursday

Breakfast: Breakfast pita with tomato salsa, fresh apple, fruit juice.

Lunch: Italian pasta bake, green pepper strips and baby carrots, bread and jelly, applesauce, royal brownie.

Friday

Breakfast: Cinnamon roll, fruit cocktail, fruit juice.

Lunch: Chicken patty, mashed

potatoes and gravy, wheat roll and jelly, orange wedges.

Grade school menu

Monday

Breakfast: Cereal, sausage pattie, applesauce, milk.

Lunch: Taco soup with corn, chips, broccoli, pears, milk.

Tuesday

Breakfast: Biscuit and gravy, banana, milk.

Lunch: Corn dog, salad mix, peas, apple, milk.

Wednesday

Breakfast: Granola bar, peaches, milk.

Lunch: Beef and noodles, mashed potatoes, carrots, blueberry muffins, pineapple, milk.

Thursday

Breakfast: Chicken biscuit sandwich, oranges, milk.

Lunch: Chicken quesadilla, salsa and corn chips, refried beans, oranges, milk.

Friday

Breakfast: Pancake on a stick with syrup, pineapple, milk

Lunch: Cowboy cavatina, salad mix, green beans, roll, banana, milk.

From the kitchen: Menus are subject to change.

Student News

Benedictine College

Cody Sherlock, St. Francis Community High School 2011 graduate, was among 469 students to make the fall semester Dean's List at Benedictine College in Atchinson. Cody's parents are Gilbert and Cindy Sherlock.

Naomi Reeh of McDonald was also among the students to make the fall semester Dean's List at Benedictine College in Atchinson. Naomi's parents are Jolene Reeh and the late Bob Reeh.

Colby Community College

Colby Community College has

announced the Fall 2013 Honor Roll recipients. The Dean's Honor Roll includes students with grade point averages of 3.75-3.99. The President's Honor Roll includes only students with a perfect 4.0 grade point average.

Cateline Isely of Bird City was named to the President's Honor Roll. Cateline's parents are Jeter and Nina Isely.

Steven Nelson, St. Francis Community High School 2013 graduate, was named to the Dean's Honor Roll. Steven's parents are Randy and Brenda Nelson.

94th birthday celebrated

Alice Isernhagen will celebrate her 94th birthday on Wednesday, Jan. 22. Cards and wishes will reach her at the Good Samaritan Village, 820 S. Denison, St. Francis, KS. 03

Equity Annual Meeting

The annual stockholder meeting of the St. Francis Mercantile Equity Exchange will be held on Wednesday, Jan. 15. The meeting will be held at the St. Francis High School, beginning with a meal at 6 p.m., and the business meeting to follow. 03

Chili Feed

The St. Francis high school junior class will be holding a chili and cinnamon roll feed on Friday evening, Jan. 17, beginning at 5 p.m. It will be at the high school, before the basketball games. Proceeds to go to help fund the prom. 03

Free Throw Contest

The annual Knights of Columbus Free Throw contest will be held on Sunday, Jan. 19, at the St. Francis High School. Doors open at 1 p.m., and the contest begins at 2 p.m. There are girls and boys divisions for ages 9 through 14. 03

Methodist Mens Breakfast

The United Methodist Men's breakfast will be Saturday, January 18, at 8 a.m., at the church. All men are welcome to attend. 03

Quarterback speaks

Former K-State quarterback, Collin Klein will be speaking at the Colby Community Building, Jan. 25 at 9 a.m. It is free to the public. He will sign autographs and take pictures. 03

Rough Writers Read

The Rough Writers Read will be hosting writers of the Bird City History Project on Sunday, Jan. 26 from 2-3 p.m. at the Old Country Church in St. Francis. Free will donations are requested to help with up keep of the church. The Cheyenne County Historical Society sponsors the series of readings. 03.

Cheyenne County Historical Society Annual Meeting

The Cheyenne County Historical Society will be holding its annual meeting on Monday, Jan. 20 beginning at 7 p.m. at the Senior Center in St. Francis. Coffee and dessert

will be served and new board members will be elected. A program featuring local history will follow. Support the Museum of Cheyenne County by becoming a historical society member and/or friend of the museum for 2014. See ad for more information. 03

Rec Commission Cake

Decorating Class

The St. Francis Recreation Commission will be holding a Cake Decorating class on Sunday, January 26. It will be held at 3.30 p.m., at the Home Ec Room in the St. Francis High School. The class cost is \$25.00, and the class is being taught by Keesha Moberly. Contact Penny Gienger at 332-3949 for information and to enroll. 03

USDA Commodity

Distribution

Cheyenne County commodity distribution of government surplus will be from 5 to 5:30 p.m., on Monday, Jan. 20, at the Church of Christ, 502 W. Spencer in St. Francis.

The types of food vary and include vegetables, fruits,

juices, meat, cereals, peanut butter, nonfat dried milk and pastas. The food is shipped to the Church of Christ and it is supplied four or more times per year.

To be eligible for commodities, the household's total monthly income must be below:

\$1,245 - household of one;
\$1,681 - household of two;
\$2,116 - household of three;
\$2,552 - household of four. For each additional family member, add \$436.

Those ordering must pick up their order in person or send a signed official proxy form with another individual. Proxy forms are available at the senior center in St. Francis. An accurate and complete Cheyenne County address is required. 02

Library display

The St. Francis Public Library will have old and new aprons on display from Jan. 1 to Jan. 31. Stop by to see them. For more information call 785-332-2066. 02

Grief Support Group

The Grief Support Group will

continue to meet every second and fourth Mondays at 2 p.m. Meeting place is the Immanuel United Methodist Church, 116 E. Fourth, Bird City. For more information, call 785-734-2739.

The group is confidential support in a safe place of mutual help and comfort to all who have experienced the loss of a loved one.

Narcotics Anonymous

Narcotics Anonymous meetings are held at 104 W. Webster/Methodist Education Building on Thursday nights at 7:30 p.m. Contact 785-342-0028.

Northwest Kansas Family Shelter

Northwest Kansas Family Shelter provides 24-hour-7 day-a-week service to victims of domestic violence and sexual assault. Weekly support groups are available for women and children within the northwest Kansas area. For information or in need of assistance, please call the toll-free number 1-800-794-4624.

Deadline extended for stewardship applications

The U.S. Department of Agriculture's Natural Resources Conservation Service (NRCS) has extended the deadline for new enrollments in the Conservation Stewardship Program for fiscal year 2014. Producers interested in participating in the program can submit applications to conservation office through Feb. 7.

"Extending the enrollment deadline will make it possible for more farmers, ranchers and forest landowners to apply for this important Farm Bill conservation program," said Jason Weller, chief. "Through their conservation actions, these good stewards are ensuring that their operations are more productive and sustainable over the long run and CSP can help them take their operations to the next level of natural resource management."

Weller said the announcement is another example of department's comprehensive focus on promoting environmental conservation and strengthening the rural economy, and it is a reminder that a new Food, Farm, and Jobs Bill is pivotal to continue these efforts. The program is now in its fifth year and so far, conservation service has partnered with producers to enroll more than 59 million acres across the nation.

The program emphasizes conservation performance producers earn higher payments for higher performance. In the program, producers install conservation enhancements to make positive changes in soil quality, soil erosion, water quality, water quantity, air quality, plant resources, animal resources, and energy use. Eligible landowners and

operators in Kansas can enroll in the program through Feb. 7, to be eligible during 2014. While local conservation services offices accept the program applications year round, the service evaluates applications during announced ranking periods.

A self-screening checklist is available to help producers determine if the program is suitable for their operation. The checklist highlights basic information about the program's eligibility requirements, stewardship threshold requirements, and payment types.

For the checklist and additional information, visit the web site www.nrcs.usda.gov/wps/portal/nrcs/main/national/programs/financial/csp/ or visit the local office.



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Sales Manager - Brent Rueb



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SHOWTIME: 7:30 p.m. 2 hrs. 5 min.

Saving Mr. Banks

PG-13

Jan. 17-19

Starring: Emma Thompson, Tom Hanks and Annie Rose Buckley

3D showing Friday and Saturday evenings. Shown in 2D only on Sunday, 2 & 7:30 p.m.

CHEYENNE THEATER

St. Francis, KS 785-332-2747

Children 12 & Under: \$4 All Others: \$6
3D Movies: Children 12 & Under \$6 All Others: \$8

St. Francis Recreation Commission

Cake Decorating Class


Sunday, Jan. 26 • 3:30 p.m.

High School Home Ec room

Keesha Moberly, instructor

\$25 per student

Contact Penny at 332-3949 to register



CHEYENNE COUNTY HOSPITAL

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

Mark Your Calendars:

FLU VACCINE CLINIC

Thursday, Jan. 16 and Thursday, Jan. 23


7:30 a.m. - 4 p.m.

Cheyenne County Health Department

No appointment necessary - open over noon hour

Elevator Available

785-332-2381 - County Health Dept.



It is not too late to get your influenza vaccine for this flu season!

James E. Reeves, DPM
Podiatrist/Foot Specialist
Reconstructive Surgery
Foot & Ankle Injuries

For appointments call:
Rawlins County Health Center
785-626-3211

Wed., Jan. 29
Cheyenne County Hospital - P.M.
210 W. 1st • 785-332-2104

Thurs. & Fri., Jan. 30-31
Atwood • 626-3211

Thursday, Jan. 30
Colby (p.m.)
CSMC, 175 S. Range
785-462-3332
CMC, 100 E. College Dr.
785-462-7511

Specials

Sunday

Chicken Fried Steak or Chicken Fried Chicken



Remember Subway catering for upcoming "Big Game" parties

Verizon Dealer
4G LTE Broadband Phones, Plans Accessories

Majestic Service & Truck Stop
510 West Highway 36
St. Francis, KS. 785.332.2905

"However Often"

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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

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For more information contact: **Tim Burr** at 785-332-3162