

Introducing

Gavin Joseph Day, son of Kendall and Danielle Day, was born Dec. 5, 2013, at George Washington University Hospital in Washington, D.C. He weighed 8 pounds and measured 21-inches long.

Grandparents are Celie and John Graffigna of Cordova, Maryland, and Mike and Brenda Day of St. Francis.



Gavin Day

Student Menu

April 14-18

Junior-senior high menu

Monday

Breakfast: Breakfast terrors, cereal, fruit juice.

Lunch: Hamburger on bun, lettuce and tomato, baked beans, oven fries, rice krispy treat.

Tuesday

Breakfast: Frosted long john, cereal, fruit juice.

Lunch: Chicken nuggets, baked potato, roll and jelly, tropical fruit salad, cookie.

Wednesday

Breakfast: Scones, cereal, fruit juice.

Lunch: Baked ham, mashed potatoes, pork gravy, green beans, biscuit with honey nd jelly, pink applesauce.

Thursday

Breakfast: English muffin breakfast sandwich, cereal, fruit juice.

Lunch: Macaroni and cheese, meatballs, seasoned peas, bread and jelly, pineapple tidbits.

Friday

NO SCHOOL - HAPPY EASTER!

Grade school menu

Monday

Breakfast: Breakfast pizza, fruit, milk.

Lunch: Hot ham and cheese on a bun, french fries, broccoli and cauliflower, apple, milk.

Tuesday

Breakfast: Ham and cheese crossett, pears, milk.

Lunch: Pizza, corn, apple sauce, milk.

Wednesday

Breakfast: Waffles with strawberries and whip cream, juice, milk.

Lunch: Taco in a shell, salad mix with tomatoes, refried beans, churros, pears, milk.

Thursday

Breakfast: Breakfast casserole, toast, juice, milk.

Lunch: Italian dunkers, cheesy bread sticks, green beans, pineapple, milk.

Friday

NO SCHOOL - HAPPY EASTER!

From the kitchen: Menus are subject to change.

Death notice

Royce D. Roberts, 83, died Friday, April 4, 2014, at the Good Samaritan Village, St. Francis, where he had been a resident. Funeral services will be held at 10 a.m. on Wednesday, April 9, at the First Christian Church, St. Francis, with burial following in the St. Francis Cemetery. Memorials may be made to the Royce Russell Memorial Fund. 15

Memorial Service for Alma Zimelman

A memorial service will be held in remembrance of Alma Zimelman on Saturday, April 12, at noon at the St. Francis United Methodist Church, 512 S. Scott St. 15

Death notice

John J. "Jack" Abendschan 94, Colby, died Monday, March 31, 2014. Jack was a former resident of St. Francis. Services will be set at a later date. 15

Rock concert

"Coming Together", a rock concert presented by the St. Francis Community High School advanced music class will be held on Thursday, April 10 at 7 p.m. in the high school auditorium. See ad in the classified section for more information. 15.

Choosing of the 12

"Choosing of the 12" will be held Sunday, April 13, at 2:30 at the Good Samaritan Village; on Wednesday, April 16 at 7 p.m. at the United Methodist Church in St. Francis with refreshments afterwards; and Thursday, April 17 at the Immanuel United Methodist Church in Bird City, with the UMYF serving soup and sandwiches from 5:30 to 6:30, and the program beginning at 7:00 p.m. 15

UMC Mens Breakfast

United Methodist Church will be hosting a Men's breakfast at 8 a.m. on Saturday, April 19. 15

Library display

The St. Francis library is showing baby quilts by Patsy on April 1-11. Grade school art will be displayed starting April 16. 14

Music program

Peace Lutheran Church worship choir will present the Holy Week Cantata, "Thy Will Be Done" on Palm Sunday, April 13, at 1:30 p.m. in the church sanctuary. Bring a friend and listen to the wonderful music. 14.

Lenten Service and Lunch

The St. Francis Ministerial Association invites you to this year's final Lenten service and lunch, hosted by the Good Samaritan Village, on Wednesday, April 9th, at 12 noon. 14.

Soccer clinic

Cheylin Recreation Soccer Clinic will be held Saturday's April 5, 12, 26 and May 3 from 9 to 10 a.m. at the Bird City Park. Ruben Razo will be the instructor. There is a small fee. See advertisement for more information, or all Tina 785-734-7141 to sign-up. 14.

Lions Club

St. Francis Lions Club collects used eyeglasses, sunglasses, hearing aids and cell phones for refurbishing and use by those in need in 3rd world countries. Collection boxes are available at Bird City: Senior Center, and in St. Francis: County Health Clinic, Senior Center, Dr. Tim Poling, Krien Pharmacy, Thrift Store, St. Francis Supers, and the Court House. For assistance

call 785-332-3119, 332-2950, 332-2024, or contact any Lions Club member. 14.

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 meet-

ings 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.

Date extended for forest initiative

Kansas State Conservationist Eric B. Banks for the U.S. Department of Agriculture (USDA) Natural Resources Conservation Service (NRCS) has announced the extension of the cutoff date to April 18, 2014, for the Cooperative Conservation Partnership Initiative (CCPI). Even though CCPI is no longer a program under the 2014 Farm Bill, NRCS will honor existing CCPI agreements through fiscal year 2014. The CCPI provides financial and technical assistance through the Environmental Quality Incentives Program to owners and operators of agricultural land and nonindustrial private forestlands.

This year, the program is funded for shelterbelt renovation and forested riparian buffers. "For farmers and ranchers that need to restore a shelterbelt or want to plant riparian forest buffers, CCPI can

provide financial assistance to help with the project," said Banks.

In Kansas, socially disadvantaged, limited resource, and beginning farmers and ranchers will receive a higher payment rate for conservation practices related to CCPI.

For more information on CCPI projects and other natural resources conservation programs, please contact your local NRCS office or conservation district office. The office is located at your local USDA Service Center (listed in the telephone book under United States Government or on the internet at offices.usda.gov). More information is also available on the Kansas Web site at www.ks.nrcs.usda.gov. Follow us on Twitter @ NRCS_Kansas. USDA is an equal opportunity provider and employer.

April is National Soybean month

During April, National Soyfoods Month, Kansas soybean farmers encourage their neighbors to explore new ways to incorporate healthy soyfoods into their families' balanced diets alongside soy-fed beef, pork, poultry and dairy products. "We encourage consumers to include soy in their diets," said Charlene Patton, a Topeka-based home economist who has worked as the Kansas Soybean Commission's consumer-media specialist for more than 15 years, educating consumers about soy's nutritional benefits. "Our recommendation is to have at least 25 grams of soy protein

per day for a heart-healthy diet."

In today's markets, soy can be found as a main ingredient in countless baked goods, breakfast cereals, pastas, meats and beverages, like soy milk. All offer consumers heart-healthy alternatives to their favorite foods without sacrificing flavor.

Besides being a main ingredient in many family-favorite foods, different varieties of soybeans make delicious additions to meals. Patton said many people often do not realize they are eating soy.

Find recipes, lunchbox ideas and help finding soyfoods in your local grocery store at http://

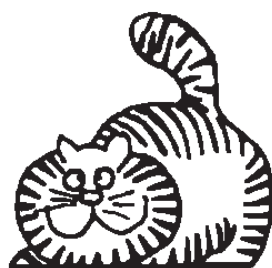
SoyfoodsMonth.org on the internet.

"While National Soyfoods Month primarily is about consuming soybeans or soy-based foods, it also is a great opportunity to remind people that animal agriculture is the largest 'processor' of soybeans. In fact, livestock and poultry consume

97 percent of the soybean meal produced in this country," Patton said. "That is why the soybean checkoff encourages consumer choices toward a balanced diet, funds research to improve both soyfoods and soybean meal, and supports programs in animal agriculture."

Weather

Date	High	Low	Prec
Apr. 01	57	27	
Apr. 02	54	34	
Apr. 03	44	24	.25
Apr. 04	58	24	
Apr. 05	65	32	
Apr. 06	64	36	
Apr. 07	54	27	



SHOWTIME: 7:30 p.m. 1 hr. 52 min.

Muppets: Most Wanted PG

April 11-13 While on a grand tour, The Muppets find themselves wrapped into an European jewel-heist caper headed by a Kermit the Frog look-alike and his dastardly sidekick.

Starring: Ricky Gervais, Ty Burrell and Tina Fey

CHEYENNE THEATER St. Francis, KS 785-332-2747

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

Come & Go Bridal Shower

For **Samantha Newell**
Bride-elect of Nick Raile

Saturday, April 12
2-4 p.m.
Riverside Recreation

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

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

Wed., April 2 & 16
Cheyenne County Hospital - P.M.
210 W. 1st • 785-332-2104

Friday, April 4 & 18
Atwood • 626-3211

Thursday, April 3 & 17
Colby
CSMC, 175 S. Range
785-462-3332
CMC, 100 E. College Dr.
785-462-7511

Specials

Sunday Spaghetti

Stop out at Majestic & enter the Logo & Slogan Contest!!

The best "MAJESTIC" logos & slogans relating to the Majestic business will be awarded prizes.
Enter Often - Enter Soon!

Meeting room is available for parties and meetings

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

YOST Ford

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Sales Manager - Brent Rueb • Rell Zimelman - Sales Agent

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ABC Preschool Teaching Positions

available for 2014-15 school year

Apply by calling:
Jessica Matthies 785-772-7314
Amy Busse 785-332-3954
Applications due by April 30.

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

Spring Health Fair 2014

Cheyenne County Spring Health Fair
Men & Women Exams: April 14-18
all day in St. Francis
St. Francis- Call clinic for appointment 332-2682

Men & Women Exams: April 14-18
in Bird City 9:00 a.m. - noon
Bird City - Call clinic for appointment 734-2306

Exam Fee: \$25.00 due at time of service!

For more information Contact:
Mila Bandel, RN County Health Nurse 785-332-2381. Sponsored by Cheyenne County Hospital, Clinic & Health Department

SPRING

"Rhyme Time"

B	A	A	S	P	O	E	M	V	I	R	A	L
E	L	L	A	A	N	T	I	A	R	O	M	A
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S	T	E	E	P		R	E	D	S		S	E

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: **Tim Burr**
at 785-332-3162