

Seniors can apply for food bundles

Cheyenne and Rawlins county senior citizens are encouraged to apply to receive food bundles of fresh fruits, vegetable, herbs and honey from High Plains Food Co-op Farms.

Atwood, Bird City, Herndon, McDonald and St. Francis senior citizens may be eligible for a program that provides fresh and healthy food bundles from local High Plains Food Co-op farmers at Senior Center meal sites in each community.

The Kansas Senior Farmers' Market Nutrition Program is providing \$30 bundles of fresh fruits, vegetable, herbs and honey from High Plains Food Co-op farms to seniors who meet age and income requirements in Cheyenne and Rawlins counties. Bundles will be distributed at Senior Centers on designated Fridays in July, August, September and October.

"What make the Kansas Senior Farmers' Market Nutritional Program and other local food initiatives special is you are creating community investment around food!" said Chris Schmidt, President of the High Plains Food Co-op.

To be eligible seniors must meet the following criteria:
Be 60 years old or older.

Individual annual gross income must be at or below \$21,257.

Applications will be on a first-come, first-serve basis and available for sign-up at the Atwood, Bird City and St. Francis Senior Citizen Centers during hours of operation. Seniors may also apply or get more information by calling Northwest Kansas Healthy Communities Initiative members Tiffany Poet at 719-350-0001 or Chris Sramek at 785-626-6082.

Eligible foods from High Plains Food Co-op farms are defined as "fresh, nutritious, unprepared, locally grown fruits, vegetables, local produced honey and herbs for human consumption that are produced in Kansas and neighboring states under normal growing conditions."

The Kansas Senior Farmer's market Program is a project of the U.S. Department of Agriculture. The program is coordinated by the Kansas Department of Health and Environment, which is collaborating with the High Plains Food Co-op and the Northwest Kansas Health Communities Initiative to identify and distribute the food bundles to eligible seniors.

Thresher Show coming

The 61st Annual Tri-State Antique Engine and Thresher show is coming up July 31 through Aug. 2. 29

Fair coming

The Cheyenne County Fair is set for Aug 4 through 9. The fair parade will be held Saturday, Aug. 9 at 10 a.m. The theme is "From Cowboys to Cadillacs." 29

Death Notice

Funeral services for Maria Kamla, 77, will be held Thursday, July 17 at 2 p.m. at the St. John Lutheran Church in Bird City. Burial will be at the Bird City Cemetery. 29

Death Notice

Memorial services for Clyde Gleason 85, will be held Saturday, July 19 at 2 p.m. at the Knodel Funeral Home in St. Francis. 29

Death Notice

Dick Rohweder, 73, died Friday, July 11 at the Cheyenne County Hospital. Services will be held at a later date. 29

Special School Board meeting

A special school board meeting will be held Friday, July 25 at 7:30 a.m. in the administration office to study and prepare the proposed budget for the fiscal year 2015. 29

Cemetery Board meeting

Cemetery Board District #2 will meet Monday, July 21 at 7:30 p.m. in the County Commissioners Room. 29

Men's Breakfast

The United Methodist men's breakfast will be held Saturday, July 19 at 8 a.m. at the church. 29

Concert at Peace Lutheran Church

Association Free Lutheran Bible School Ambassadors is bringing both traditional and contemporary music to Peace Lutheran Church, 202 N College Street on Wednesday, July 23 at 7 p.m. A pie social will be held in the Fellowship Hall following the concert. 29

St. Francis high school alumni meeting

There will be a debriefing meeting of the 2014 St. Francis Community High School Alumni reunion and election of officers for 2015 at 7 p.m. on Monday, July 21, at the high school cafeteria. Members of the 2014 team along with the incoming 2015 board will be present for the meeting. 29

Community Yard Sale

A community yard sale is scheduled on the Thresher Show grounds during the show, July 31, and Aug 1 and 2, so dig out all those unused treasures you have been wanting to get rid of and turn them into cash. To reserve a spot contact Rod Klepper (785-734-7369). 28

Mud Volleyball

The pre-registration sign-up deadline for the Cheyenne County Fair co-ed mud volleyball is July 31. Teams will consist of 3 men and 3 women with a limit of 8 team members. For more information contact Kelsey Andrist 785-332-6025 or Dennon Flemming 785-332-6126. 28

Art Exhibit

Folleh Tamba's exhibit "A Grunt's War Diary" is open for viewing at 500 S. Benton (formerly Assembly of God Church, now known as Calvert L. Evins Memorial) Monday through Saturday from 10 a.m. to 8 p.m., or for an appointment call 785-332-3569. 28

Quincy Gallery

"What is War" exhibit of art by veterans on display at Quincy Gallery through Aug., 109 N. Quincy, St. Francis. Thursday and Friday 9:30 a.m. to 3:30 p.m. and Saturday 9:30 a.m. to 12:30 p.m.. For viewing any other time, call 785-332-3569. 28

Cheyenne County Museum

Cheyenne County Museum open Wednesday through Friday 1 to 4 p.m. or by appointment 332-3939, 332-2528. 28.

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. Fran-

cis Supers, and the Court House. For assistance call 785-332-3119, 332-2950, 332-2024, or contact any Lions Club member. 29.

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.

County receives funds for firefighter relief

Kansas Insurance Commissioner Sandy Praeger is currently making the annual funds distribution to state and local firefighter relief organizations.

Nearly \$12 million will be distributed among 569 local Firefighters Relief Associations across the state. That is nearly \$342,000 more than the 2013 total.

In Cheyenne County, \$20,285.48 will be distributed. Some other local county distributions include Rawlins county, that will receive \$17,670.57, and Sherman county, that will receive \$27,899.47.

"This fund assists firefighters and their families when an accidental or death occurs in the line of duty," Commissioner Praeger said. "We in the Kansas Insurance Department are honored to assist in its distribution."

The local association funds are used for purchasing accident and health, disability, and life insurance premiums to assist firefighters and their families.

The money is generated by a two percent tax paid by insurance companies on fire and lightning insurance premiums written in Kansas for the previous calendar year. It is collected by the department, on behalf of the Kansas Firefighter Relief Act, and passed on to the Firefighters Relief Associations, as set in Kansas law.

Also, the Kansas State Firefighters Association is receiving \$479,095 this year for education and research purposes and to help fund the state association's death benefit fund. These funds also come from the insurance company premium assessment.

Of the state association total, \$379,095 is earmarked for educational purposes and research into fire prevention and firefighting, and \$100,000 is used to replenish the death benefit fund.

Nearly \$1.26 million in benefits was paid in 2013 to firefighters as a result of firefighting-related injuries or disability, and nearly \$237,000 went to dependents of firefighters.

Club Clips

Lawn Ridge 4-H Club

The meeting of the Lawn Ridge 4-H Club was held on June 16, at the clubhouse. President Bailey Merklin called the meeting to order. Gavin Lennox led the club in the flag salute. Hayden Lennox led the club in singing, Row, Row, Row Your Boat. Secretary Jylian Laten took roll call. The minutes were read and approved. Treasurer's report was given by Echo Lennox.

Club leader Lynn Laten reported on the 4-H Council meeting. We will brace goats this year at the fair. We will now wear button down collar shirts to be judged in, instead of the t-shirts and the Buymanship and Sewing

will be at the Methodist Church this year.

Under New Business we decided to do Fair window paintings again. We will run the food stand with the same menu as last year and the fair booth was discussed.

Kattie Wurm gave a demonstration on making paracord bracelets. Schyler Lennox gave a project talk on her rabbits. Hayden led the club in playing 4 corners for recreation.

Kattie led the club in the 4-H Pledge. Gavin moved to adjourn the meeting. Refreshments were served.

Kattie Wurm, Club Reporter

Idalia News

By Diana Pfeiler

Sorry there was no news last week. I was helping with harvest. I hope that everyone had a great harvest!

On July 1, ten members of the Idalia FCE club enjoyed a trip to Ft. Collins. We enjoyed lunch at Creole restaurant. Then it was on to the old high school, which is now a museum, where we toured the arts division and saw the progress of lace from the 1700's to the 1900's. It was fascinating to see how the art of making lace started and the tools that were

used. When we finished there, we went across the street to the flower trial garden. The beautiful garden is part of the CSU horticulture department, where they raise flowers that have been sent to them from different companies. Some of the flowers are cut flowers and some are from seeds. A good time was had by all.

Church News

The church board will meet July 23 at 7 p.m.

YOST

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Lessons are \$20

Level 4 & 5 • 10-10:30 a.m.
Level 3 • 10:30-11 a.m.
Level 2 • 11-11:30 a.m.
Level 1 • 11:30 - Noon

Contact:
Forrest Burr, 332-4498
or
The Pool, 332-3410

SHOWTIME: 8:00 p.m. 2 hrs. 45 min.

Transformers: Age of Extinction - 3D Rated PG-13

July 18-20

Starring: Mark Wahlberg, Nicola Peltz and Jack Reynor

3D showing Friday & Saturday evenings. Shown in 2D on Sunday, 2 & 8 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

CHEYENNE COUNTY HOSPITAL

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

Join us for the

"Swing Fore Your Health" Golf Tournament

July 19, 2014.

Registration: 8:00 a.m. • Tee-Off: 9:00 a.m.

Riverside Recreation, St. Francis

Fee: \$200 per team, which includes lunch
Format: 4-person scramble
Team prizes will be awarded to flight winners
Special Event Prizes:
Hole #3: Chance to win new set of irons.
Hole #4: Chance to win 8 day trip to Hawaii for 2, in cludes airfare and hotel accommodations in Oahu.
Hole #7: Chance to win \$500 Visa gift card
Plus many other prizes and door prizes.

Dance - open to the public starting at 9 p.m.
"Full Throttle" will be the DJ, door prizes • non-golfer admission is \$5

Proceeds for Neo-natal CPAP equipment for Cardiopulmonary/Obstetrics departments

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

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

Wed., Aug. 6 & 20
Cheyenne County Hospital - P.M.
210 W. 1st • 785-332-2104

Friday, Aug. 8 & 22
Atwood • 626-3211

Thursday, Aug. 7 & 21
Colby

CSMC, 175 S. Range
785-462-3332
CMC, 100 E. College Dr.
785-462-7511

Specials

Sunday

Polish Sausage & Kraut
Regular Breakfasts every day

Snacks • Beer • Ice
Cold Cases of Water & Pop
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Majestic Service & Truck Stop
510 West Highway 36
St. Francis, Ks.
785.332.2905

(Share This Crossword)

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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)

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