

Bulletin Board

Financial Aid/parents teacher meetings

The schedule for the St. Francis Community High School Parent Teacher meetings and a financial aid meeting for parents of juniors and seniors is as follows:

Friday, parent teacher meetings, 8:30 a.m. to noon
Monday, Nov. 3: parent teacher meetings, 6:30 to 8:30 p.m.

Monday, Nov. 3, financial aid meeting with Mr. Cassidy for parents of juniors and seniors at 8 p.m. in the cafeteria.

"We look forward to this opportunity to talk and work with the parents of the students," Principal Scott Carmichael said.

Hospice Services potluck

The next Hospice Services, Inc. volunteer potluck meeting will be Monday, Nov. 3 at the Equity meeting room at 11:30 a.m. The program is information on the National Hospice Volunteer Conference, presented by Amanda McKenzie, Director of Volunteers. The public is welcome to attend.

Hospital Guild

The Cheyenne County Hospital Guild will meet at noon Monday at the hospital for a luncheon. Les Lacy, hospital administration, will present the program on "Hospital Updates."

Benefit for 3-year-old boy

The Shepherd's Staff, Rexford Community Church and TNT Auction House are partnering in an effort to raise funds for Paul Meserve, a 3-year-old boy with autism. For more information concerning the fund raiser call the Shepherd's Staff Office toll free (888) 687-2565.

Weather

Date	High	Low	Prec.
Oct. 21	86	50	
Oct. 22	91	40	
Oct. 23	70	41	
Oct. 24	65	32	
Oct. 25	62	21	
Oct. 26	66	32	
Oct. 27	76	46	.12

The weather observer stated that she had heard moisture amounts between .10 and .20 around town.

Local girl performs with Air Force Band

Amy Rieger, a 2001 St. Francis Community High School graduate, has been selected to play with the United States Air Force Heartland of America Concert Band when it performs in Colby on Nov. 7. The performance will start at 7:30 at the Colby Community Building.

"I am excited (about performing with the band) and I know it will be a lot of fun," Ms. Rieger said, noting that it was also quite an honor.

Ms. Rieger plays drums and was a leading drummer in St. Francis which led to a scholarship in music at Colby Community College. She is now enjoying playing with several of the Colby Community College bands.

This is a free public concert sponsored by the Colby Free Press and the Western Plains Arts Association.



Rieger

Kansans for Life

Cheyenne County Kanans for Life will meet at 7:30 p.m. Monday at St. Francis of Assisi Catholic Church, St. Francis.

Amanda McKenzie of Hospice Services will provide the program "Communicating with Compassion." All are welcome to join in prayer, learning, planning and fellowship.

City Council

The St. Francis City Council will meet at 7:30 p.m. Tuesday at the city building.

Fair Board

The Cheyenne County Fair Board will meet at 7 p.m. Thursday, Nov. 6 in the commissioner's room at the courthouse. The meetings times will continue to be at 7 p.m. in the future.

Cheyenne County Historical Society

The Cheyenne County Historical Society will meet at 5 p.m. Tuesday, Nov. 11 at the Cheyenne County Museum.

Lions Club

The Lions Club will meet at 6 p.m. on Monday, Nov. 6 at the Windmill Restaurant.

Cheyenne County Commissioners

The Cheyenne County Commissioners will meet at 8 a.m. Friday in the commissioner's room at the courthouse.

Atwood Band Boosters

The Atwood Friends of the Band Boosters welcome St. Francis Indian football fans to a pancake and sausage feed from 5 to 7:30 p.m. on Oct. 30 in Atwood prior to the St. Francis/Atwood football game. Check ad for details.

Irish trio

The Irish Traditional Music Trio, Glen Road, will perform in concert at 7:30 p.m. in Morgan Theater at The Gateway in Oberlin on Saturday, Nov. 8.

Performers will sing and play various instruments and share traditional Irish music, along with Quebec and Newfoundland music and contemporary folk songs. They supplement their performances with wry, good humor, a relaxed stage presence and an earnest love for the traditions they represent.

It is sponsored by the Oberlin

Arts and Humanities Commission. Admission is by season ticket or pay at the door. For details, call Ella (785) 475-3557, or Mary at (785) 475-3329.

Check the name label

Have you checked the name label on your paper? This label also shows the expiration date of your subscription. Note that if your subscription runs out completely it will take two weeks after you resubscribe before it will once again be delivered to your mail box. In order to not have a break in your service, renew by the expiration date.

Hospice Service

Hospice Services Inc., has information available about end-of-life care, advance care planning, and other related topics. Hospice Service, Inc. is available to provide programs for groups and organizations. For more information, please 800-315-5122.

Alcoholic Anonymous/Al-Anon

Alcoholic Anonymous and Al-Anon open meeting, held at 8:30 p.m. Thursday at the Methodist Educational Building, upstairs. Contact 332-2078.

Northwest Kansas Family Shelter

Northwest Kansas Family Shelter provides 24-hour-7 day-a-week services 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 if you are in need of assistance, please call the toll-free number 1-800-794-4624.

Cardio-pulmonary resuscitation class

Adult, Infant and Child Cardio-pulmonary resuscitation class will be held at 6 p.m. on Nov. 3 at the Thomas County Red Cross, 350 S. Range. Call 785-462-7161 to register.

For the Record

Sheriff's Department

7 Vehicle inspections were made.

7 Subpoenas delivered.

3 Summons delivered.

2 Orders of Appeal

2 Speeding tickets issued

4 Warnings for speeding issued.

Oct. 24: Officers investigated the report of a car being driven recklessly on K-27 near the Sherman County line. The car and person were located.

Oct. 26: Bruce Roelfs, St. Francis, was driving a 1993 Chevy pickup on U.S. 36 west of St. Francis when he struck a deer. Over \$500 damage was reported but there were no injuries to the driver.

D.K. Molar - The Devious Dentist

A production of On Stage, Inc.
A Melodrama By Billy St. John

Fri., Oct. 31 • 7 p.m. CT - \$4/seat

Sat., Nov. 1 • 7 p.m. CT - \$8/seat

Sun., Nov. 2 • 2 p.m. CT - \$8/seat

Cheyenne Theater St. Francis, KS
785-332-2747

St. Francis 8th Annual Craft Show

Saturday, Nov. 1 • 10 a.m.-3 p.m.

St. Francis Grade School

Lunch served from 11:30 a.m.-1:30 p.m.

Proceeds go to the Senior Center

•Wreaths •Wooden Painted Items •Santa Dolls
•Candles •Ornaments •Wood Furniture •Sweatshirts
•Floral Arrangements •Birdhouses •Baked Goods
•Much Much More

•Door Prizes

•Kids Corner

Make & Take A Craft

Sponsored by the
St. Francis Chamber of Commerce



VOLUNTEERS PASTE STAMPS—A group of ladies have volunteered to paste coupon stamps from Saintry Super Foods which will be donated to the Cheyenne County Food Pantry to be used on special items. Pasting at a recent meeting were: (l to r) Arrilla Zimbelman, Helen Peter, Hulda Raile and Mildred Warner. Take note of the huge pile of stamps waiting to be pasted in the cards. Dorothy Schield was unable to attend.

Herald staff photo by Karen Krien

Volunteers paste stamps

A group of ladies have volunteered their time to paste coupon stamps used at Saintry Super Foods. The coupons, when filled, help purchase food items for a special price.

The stamps, which were donated to the Cheyenne County Food Pantry, take a great deal of time to paste in. Last week, Arrilla Zimbelman, Helen Peter, Hulda Raile and Mildred Warner met at Mrs. Peter's home where they were faced with a huge pile of stamps which Mrs. Peter had cut into the correct numbers for the cards. Dorothy Schield was

unable to attend that afternoon's pasting session but had helped before and since she wasn't able to come that afternoon, had taken home stamps and cards to fill at her home.

The ladies pasted 600 cards at a previous date and at this meeting, had pasted around 550 cards.

Mrs. Peter said, as senior citizens, they couldn't do a lot of things but they could certainly work on the cards and felt good that they were able to do something for the Food Pantry.

Reva Pownell, coordinator of the Pantry, said that it had taken her hours to paste in the stamps and when the group of ladies offered to help, she was delighted. She also recognized Tony and Tammy Howard, owners of Saintry Super Foods, for their cooperation in using the stamped coupons to help the Food Pantry.

These coupons are used weekly but with the holidays coming and the need to fill food baskets, the coupons will be especially useful.

Plain Sense

Holiday Stress 2003

special memories of the season.

- Set reasonable goals and pace yourself; don't try to do it all alone, or at one time.

- Simplify, simplify; scale back and reconsider the most important parts of the celebration and focus on those.

- Have realistic expectations; too often we become disappointed when people don't behave or things don't turn out the way we expect. People do not become perfect just for the holidays.

- Take care of yourself, rest, eat

sensibly, get some exercise. You'll enjoy everything more if you feel refreshed and healthy.

Keep in mind that friends and family should mean more than schedules and gift giving. Years from now, the gifts will probably be long gone and forgotten, but the memory of laughter and love lives on.

Plain Sense from High Plains Mental Health Center

Contributed by Karen D. Berry, LCPC, Consultation and Education Department.

NIGHTMARE ON RIVER STREET HAUNTED HOUSE

*Oct. 29 → 7-11 p.m.	*Oct. 31 →
*Oct. 30 → 7-11 p.m.	7-8 p.m.-Lights On
*Nov. 1 → 7-12 p.m.	8-12 p.m.

Come visit us on the Corner of River & Washington Street (the old Equity building) Downtown St. Francis, KS
\$4.00 per Ghoul

Sponsored by: Association to Benefit Cheyenne County (ABCC)
All times are subject to change

CHEYENNE COUNTY HOSPITAL

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

Physician & Professional Service Directory

November

Nov. 4 - Dr. Newman - Urologist
Nov. 4 - Dr. Rubinowitz - Oncologist
Nov. 10 - Osteoporosis
Nov. 12 - Dr. Perry - Pulmonologist
Nov. 13 - Dr. Warren - Cardiologist
Nov. 18 - Mammo
Nov. 19 - Dr. Uyemura - Ophthalmologist
Nov. 20 - Dr. Warren - Cardiologist
Nov. 25 - Dr. Rubinowitz - Oncologist

No Dr. Reeves this month
CT's Each Monday
Ultrasound Each Wednesday

CLIP AND SAVE

People Care.
Miracles Happen.

Home Interior & Gifts OPEN HOUSE

SAT., NOV. 1 • 10 a.m.-3 p.m.

St. Francis Senior Center
(West End of Main Street)

Large Assortment
of Items!

Candy Glasco - Independent Displayer
785-734-2797

Visa - Master Card Accepted

THE WORLD.

As close as your phone.
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nwkansas.com

INTERNET Access as low
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→ Hookup Same Day as Signup

The Saint
Francis Herald

P.O. Box 1059; St. Francis
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