

Exchange student to spend 10 months with family

By Karen Krien

Seventeen-year-old Sayuri Ito is spending 10 months with her host family, Jett and Barb Fromholtz.

Raised in Chiba, Japan, Sayuri arrived in St. Francis in August and began the school year as a junior at St. Francis Community High School. When she returns to Japan next year, she will be a senior.

Sayuri said she likes being in the United States and attending school in St. Francis.

"They (people) are so friendly," she said.

School in St. Francis is different than in Japan. She said that she would not have the opportunity to take classes such as speech, drama and other fun classes.

Her classes include: band, where she plays the flute; American History, computer, Geometry, English, speech and art. She is also a

teacher's aide. Next year in Japan, she will probably take math, English, physical education, science and Japanese classes.

She played volleyball and plans to play basketball. However, one of her favorite activities at the school is eating lunch.

"I really like lunch, especially when they have baked beans," she said.

Sayuri likes American foods but misses eating raw fish which is commonly eaten in Japan.

Sayuri knows about foods as, in Japan, she has worked in Chinese and French restaurants, a grocery store and a McDonald's. She said the younger Japanese like hamburgers and they are considered a cheap food. The difference between Japan's McDonald's and the American McDonald's is the size of the drinks as American McDonald's drinks are bigger.

In St. Francis, Sayuri walks or is driven by one of the members of her host family. She will not be able to drive until she is 18 years old. In Japan, she rides her bike to school, however, her parents own a car which they travel in.

Sayuri's father is a businessman and works with computers. Her mother works in the elementary school. She has two older brothers.

She said she misses her family and talks to them on the phone about once a month but e-mails them almost daily.

Chiba is a prefecture (like a state or territory) which is very near Tokyo where they do much of their shopping. She said she likes to shop and one of the favorite purchases



Ito

she has made while in the United States has been a music box.

Friday was Halloween and Sayuri was looking forward to going trick-or-treating as a witch. She had a sparkling cape and matching witches hat and collected her pumpkin full of candy. She said she is also excited about Christmas. Before she goes back to Japan, she hopes to travel to Disneyland or Disney World.

The Fromholtz family has hosted several exchange students and three years ago, they opened their home to Sayuri's cousin Natsuko Ito who now lives in Oregon. She plans to visit Natsuko while in the United States.

In the future, Sayuri would like to be a tour director based out of Japan. She feels that her stay in the United States will help her learn more about the country and she will learn to speak English more fluently. She is also interested in working with the UNICEF program because she likes helping children.

ABC PRESCHOOL AUCTION has been set for 7 p.m. on Friday at the St. Francis Community High School cafeteria. Checking out some of the auction items are: **Hanna Bracelin, Jenna Confer, Teagan Landenberger and Makhla Rogers.**

Herald staff photo by Karen Krien

Bulletin Board

90th birthday

Helen Frick will be celebrating her 90th birthday on Nov. 20. A card shower is being held in her honor.

Address greetings to Helen Frick, Terrace Garden, 2308 N. 3rd Street, Garden City, KS 67846.

St. Francis Library

The St. Francis Public Library will be closed on Tuesday, Nov. 11 in observance of Veterans Day.

Pray for rain

Those who have drought in the area are urged to come to the Pray for Rain meeting to be held from 3 to 6 p.m. on Nov. 22 in Colby at the 4-H building. Those coming should send a card or letter with their name, address and phone number if they plan to come and please bring a scripture, comments and prayer. If unable to come because of distance, please send a card to represent the area. Cards should be sent as soon as possible. (Mail to: Pray for Rain, P.O. Box 275, Brewster, KS 67732 or call 785-694-2671.)

Death notice

Word has been received of the death of Emma Nighswonger, 101, at Loveland, Colo., on Oct. 23. Emma was a former resident of St. Francis. She was cremated.

Open house

Goodell Greenhouse Holiday Open House will be held Friday and Saturday, Nov. 7 and 8. Friday hours are 2 to 6 p.m. and Saturday hours are 9 a.m. to 5 p.m. Check ad in this issue for address.

Open house

Barbara J. Parker, business consultant, will be hosting an open house from 9:30 to 11:30 a.m. Saturday, Nov. 8 at 114 E. Washington Street in St. Francis. You are welcome to drop in for coffee and also view premier designs/jewelry and Colese Couture/lingerie.

Liberty Craft Bazaar

Liberty Craft Bazaar at Liberty School, Joes, Colo., on Sunday, Nov. 9 from 1 to 4 p.m. Check ad for additional information including lunch times.

Idalia Vision

Idalia Vision Foundation, Inc. annual meeting will be held Wednesday, Nov. 12 at the Idalia School lunchroom. There will be a free soup supper at 6 p.m. followed by business

meeting and election of three board members at 7 p.m.

Board of Education

The St. Francis Board of Education will meet at 7:30 p.m. Thursday, Nov. 13.

Chamber of Commerce

The St. Francis Area Chamber of Commerce will meet at noon Friday at the Dairy King

Cheyenne County Hospital Board

The Cheyenne County Hospital Board will meet at 7 p.m. on Monday, Nov. 17 in the basement of the clinic across from the hospital. Note date and time of meeting.

Alzheimer's Support Group

Alzheimer's Support Group will meet at 7:30 p.m. Monday at the St. Francis Public Library.

Fair Board

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

Cheyenne County Commissioners

The Cheyenne County Commissioners will meet at 8 a.m. Friday, Nov. 14 in the commissioner's room at the courthouse.

AARP

AARP will meet at 2 p.m. Nov. 13 at the senior citizen center in St. Francis. Tim Burr will be speaking on the of grain elevator business.

PTA

St. Francis Parent Teacher Association (PTA) wants to encourage community members to collect Box Tops for Education coupons located on General Mills food products. There is a drop box at Saintry Super Foods and at the St. Francis Grade School across from the school office.

By collecting Box Tops, you would be helping purchase educational material and needed school equipment for the St. Francis Grade School.

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.

Notice all veterans

Would all veterans of the 20th century associated with Cheyenne County or a family member, please contact Milton E. Lampe at (785) 332-3119 or another member of the Historical Society, for an information sheet for their story to be included in a Veterans History Book. The deadline is Dec. 31.

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.

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.

School Menu

Nov. 10 - Nov. 14

Monday: muffin, cereal assortment, orange juice, milk; lunch: chicken nuggets, barbecue and honey, broccoli and rice casserole, relish sticks, hotroll, peaches, milk.

Tuesday: breakfast: pancakes, cereal assortment, apple juice, milk; lunch: barbecue beef, bun, French fries, fruit cup, cookie, milk.

Wednesday: breakfast: breakfast casserole, buttered toast, jelly, grape juice, milk; lunch: Italian dunkers, cheese bread stix, tossed salad with dressing, apple or orange, milk.

Thursday: breakfast: waffles, strawberries and whipped topping, apple juice, milk; lunch: chicken fajita, lettuce and tomato, salsa and sour cream, seasoned green beans, pineapple slices, milk.

Friday: breakfast: yogurt, buttered toast, jelly, orange juice, milk; lunch: nacho, cheese and chili, bread sticks, strawberries and bananas, peanut butter finger, milk.

Monday/Friday: junior/senior high salad bar



A special thanks goes to the ST. FRANCIS EQUITY for once again letting us use your building for the Haunted House.

We would also like to thank the many people that took time to help us or donated items -

Roger Jensen
Eric & Leslie Hook
Kelley Milliken
Glori Milne
Sara Shield
Joe Caldart
Dustin Andrist
Ronee Reichert

Kenny Henderson
Lexee Reichert
Ryan Runyon
Jason Barnhart
Peggy Schlepp
Tri-State Lumber
Marlin Burr
City of St. Francis

And of course thank you to everyone that was brave enough to go through this years Nightmare on River Street.

- The Association to Benefit Cheyenne County (ABCC)



Kari Milliken
Bride-elect of
Dustin Gilliland

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Rawlins County Health Center
785-626-3211

Wed., Dec. 3
Cheyenne County Hospital - P.M.

210 W. 1st • 332-2104

Thur., Dec. 4
Atwood - A.M.

Colby - P.M.

CSMC, 175 S. Range
462-3332

CMC, 100 E. College Dr.
462-7511

Fri., Dec. 5
Atwood - All Day

SHOWTIME: 7:30 p.m. 1 hour 48 min.
NO SHOW on Home Game Nights
Nov. 7, 8 & 9 School of Rock
Comedy and Musical/Performing Arts
Rated: PG-13 for some rude humor and drug references.
Starring: Jack Black, Joan Cusack, Sarah Silverman, Mike White, Joey Gaydes
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Children 11 & under: \$2 12-18 yr.: \$3 Senior Citizens: \$3 Adults: \$4

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Tues. - Grilled Ham Steak, buttered parslid potatoes, peas, salad & roll.
Wed. - Roast Beef, mashed potatoes, roast beef gravy, mixed veggies, salad & roll.
Thur. - Spaghetti, salad & garlic toast.
Fri. - Chicken & Noodles over Mashed Potatoes, green beans, salad & roll.
Sat. - Cook's Choice.
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Cheyenne County Clinic & Cheyenne County Health Dept.

Marino Inc. **Goodell Greenhouse**
HOLIDAY OPEN HOUSE
Friday, Nov. 7 • 2-6 p.m.
Saturday, Nov. 8
9 a.m.-5 p.m.
785-332-2263
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