

Bulletin Board

Relay for Life T-shirts

Relay for Life survivor T-shirts need to be ordered. Anyone planning to walk in the survivor's walk and wants a T-shirt needs to turn their shirt size into Kathy Weber at 785-332-3386 as soon as possible.

Relay for Life Committee

The Relay for Life Committee will have a work night to stamp luminaria bags at 7 p.m. on Monday, July 18 at the home of Sherry Schultz.

Cemetery Board

Cemetery Board, District Number 2, will meet at 7:30 p.m., Monday, July 18, at the County Commissioner's room at the courthouse.

Vacation Bible School

You are encouraged to attend the Peace Lutheran Church Vacation Bible School 2005, Ramblin' Road Trip: Which Way Do I Go? The times are 5 to 7:30 p.m. on Monday, July 18 through Friday, July 22. Supper will be provided. Call 332-2928 to register.

Clough Valley Church of Hope

Clough Valley Church of Hope starts at 8 p.m. central daylight time (7 p.m. mountain daylight time) July 23. Call Jason and Abby Howard at (785) 332-3152 for directions and details.

Board of Education

The St. Francis Board of Education will meet at 8 p.m. tonight (Thursday).

Alzheimer's Support Group

There will be no Alzheimer's Support Group meeting in July.

Cheyenne County Commissioners

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

AARP potluck

AARP "Fourth of July Picnic (potluck)" will be held at 6 p.m. today (Thursday) at the Manor.

Basketball camp

The St. Francis Recreation Commission will be holding a

fourth through 12th grade girls basketball camp, instructed by the staff of the Fort Hays State University Lady Tigers.

Camp dates are July 18 and July 19 at the high school gym.

Fourth through sixth graders meet from 8 to 9:30 a.m.; seventh and eighth graders from 10 to 11:30 a.m. and ninth through 12 graders from 1 to 3 p.m.

Round-robin tournaments will begin at 6 p.m. and run to about 9 p.m. with the fourth through sixth grade tournament on July 18 and the seventh through 12th grade tournament on July 19.

Early sign-up sheets are available at the city of St. Francis office. regular sign up will be Monday, at the beginning of each session. Camp welcomes all area girls. Questions, please contact Jolene Dodd at 332-2445 at 5 p.m.

Commodities to be distributed

Government surplus commodities will be distributed from 8 to 10 a.m., Thursday, July 21, at the Senior Citizen Center in St. Francis. If you are homebound and unable to pick up commodities call (785) 332-2950, leave name and address. Must be picked up by individuals. Commodities available include canned turkey, corn cereal, chocolate pudding cup, walnuts, non-fat dry milk, salmon and pineapple juice.

Guidelines are as follows: household of one - \$1,037; household of two - \$1,390; household of three - \$1,744; household of four - \$2,097; household of five - \$2,450; household of six - \$2,803; household of seven - \$3,156; household of eight - \$3,509 each additional family member \$354.

Vet rep in St. Francis

Jody Tubbs, of the Kansas Commission on Veterans' Affairs, at 9:30 a.m. central time on Thursday, July 21, will be at the county clerk's office in St. Francis to assist veterans and their dependents with VA claims work. If you are unable to contact Ms. Tubbs in St. Francis, you may contact the

office in Colby any Monday, Wednesday or Friday. That phone number is (785) 462-3572.

St. Francis Public Library Gallery

On display in the St. Francis Public Library Gallery from July 1 to Aug. 31, is paintings by Neva DeGood. There are approximately 25 items to view.

Compassionate Friends

Cheyenne County Compassionate Friends meets at 7:30 p.m. the third Wednesday of the month at the Peace Lutheran Church.

Cheyenne County Relay For Life

Teams are wanted for the American Cancer Society's sixth annual Cheyenne County Relay For Life which will take place Aug. 20 and 21 at Sawhill Park.

If you are either interested in having a team, or being on a team, contact Cindy Burr at (785) 734-2443 or Deb Lindsten at (785) 332-2022.

Alcoholic Anonymous

Alcoholic Anonymous and Al-Anon open meeting, held at 7:30 p.m. on Thursday at the Methodist Educational Building, upstairs. Contact 332-3590.

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. **Check your 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.

For the Record

Real Estate

Michelle Stephenson, et al to Ronnie G. Maifeld, et ux, the SW1/4 of Sec. 2-5S-41W in Cheyenne County.
Delmar D. Raile, et al, to David

W. Yost, et ux, the S1/2 of Sec. 30-2S-38W in Cheyenne County.

Joseph D. Nasuti, et ux, to Bankwest of Kansas, Lots 1, 2, 3, 4, 5, 6 and 7 of Block 29 in St. Francis.

Weather

Weather observer Kathy Woodcox recorded 100 degrees on Friday. The rest of the week hovered in the high 90s.

No rain has been recorded in the last week and it is getting dry. While harvest was going on, there were showers almost every night but now that it is almost over, the rain appears to have stopped.

Date	High	Low	Prec.
July 5	86	54	
July 6	88	61	
July 7	97	61	
July 8	100	68	
July 9	96	68	
July 10	96	67	
July 11	95	62	

Correction: the high for July 4 was 84 degrees, the low was 53 and the precipitaion was .31.



Jamison

Graduate is honored

Meaghan Jamison, a 2002 graduate of St. Francis Community High School, recently graduated from Evangel University in Springfield, Mo.

Meaghan earned summa cum laude honors and a double bachelor of science in government and history. She was awarded the "Outstanding History Graduate" for 2005 and was an Alpha Chi Honor Society member. Meaghan was honored to serve three years as vice president for Evangel's Pre-Law Society and was a member of the National Christian Pre-Law Society. In her spare time she substitute taught an Alternative Dispute Resolution class.

She is currently employed by Evangel University as the Instructional Resource Center Supervisor. Meaghan was busy planning her July 1 wedding to Michael Brandon Collier of Republic, Mo.

Meaghan is the daughter of Ross and Jami Jamison currently of St. Francis.



Wedding Registry

Katie Keller and T.J. Trout

Wedding • July 30

They have chosen Oneida Forte Stainless

— Gift Certificates —

Stuart's Jewelry

~ Gift Certificates Available ~
Free Wrap & Delivery
785-332-2333
111 E. Washington • St. Francis

James E. Reeves, DPM
Podiatrist/Foot Specialist
Reconstructive Surgery
Foot & Ankle Injuries
For appointments call:
Rawlins County Health Center
785-626-3211
Wed., July 27
Cheyenne County Hospital - P.M.
210 W. 1st • 332-2104
Thurs., July 28
Atwood (a.m.) • 626-3211
Colby (p.m.)
CSMC, 175 S. Rance
462-332
CMC, 100 E. College Dr.
462-7511
Fri., July 29
Atwood - All Day

Yost Ford Mercury St. Francis, KS
E. Hwy. 36

Check out these special trade-in's

- ✓ '03 Escape 4x4 XLT
- ✓ '04 Escape 4x4 Lmtd.
- ✓ '02 Escape 4x4 XLT
- ✓ '00 F350 Crew 4x4 7.3 AT
- ✓ '03 Suburban LT 4x4
- ✓ '04 F250 Crew 4x4 6.0L

Special of the Week
2002 F250 Crew 4x4

NADA **\$24,500** OUR PRICE **\$17,500**

Bob ~ Terry ~ Jeff
785-332-2188/800-524-9678
Visit us on the web @ yostford.com

SHOWTIME: 8:00 p.m. 1 hour 32 min.

July 15, 16 & 17 **Herbie - Fully Loaded**
Comedy, Remake, Family
Starring: Lindsay Lohan, Michael Keaton, Breckin Meyer, Justin Long, Matt Dillon
Rated: G - Walt Disney Pictures

Cheyenne Theater St. Francis, KS
785-332-2747
Children 11 & under: \$2 12-18 yr.: \$3 Senior Citizens: \$3 Adults: \$4

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

SCHOOL PHYSICALS CHEYENNE CO. CLINIC
785-332-2682

\$10.00

PAYABLE AT TIME OF EXAM
Pre-school • Kindergarten • Sports Physicals

July 25-29, 2005
By appointment @ Bird City Clinic & St. Francis Clinic

Jr.-Sr. High Students Night
@ St. Francis Clinic
Tuesday, July 26, 2005
5:30-7:30 p.m.
No appointment needed

*Sports physicals forms must be completed and signed by parent before exam.
Forms available at clinic.

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 and

FIRST NATIONAL BANK
"Neighbors helping neighbors"

- Bird City • Colby
- Goodland
- Kirk, CO
- Oberlin • Quinter
- St. Francis
- Sharon Springs



TIM BURR, Equity manager, right, was talking to the York Habitat for Humanities group when they visited St. Francis on July 3. They were guests at the Methodist Church. Roger Pownell, left, and Marvin Zimelman, not pictured, brought them to the Equity to see how the wheat was weighed and taken to the elevator. Most of them had never seen a wheat harvest.

Herald staff photo by Karen Krien

Plain Sense

Sleep-Deprived Teens

Dear Plain Sense: I seem to be in constant conflict with my high school aged son in regards to him getting to school on time. He doesn't want to get up early, nor go to bed at a reasonable time. The age of adolescence is usually a challenge for both parents and children, and daily schedules and disagreement about how time is used can be one of the major conflicts. In regards to rest and sleep, the many physical changes that are a part of adolescent development do have some effect on their "internal clock", and often contribute to difficulty in falling asleep when they go to bed in the late evening. This makes it even more difficult to want to get up on time for school or other events, especially for students who have

to catch a bus or a ride by 7 or 7:30 a.m. In addition, children and youth now days have a great deal of stimulation in the evenings such as late after-school activities and part-time jobs, in addition to television, computers, and electronic games, many of which are in their bedrooms. Behavioral researchers report that teens require an average of more than nine hours of sleep each night, yet a great many are getting only six-and-a-half hours or less. The following are suggestions to parents for encouraging their teens to get enough sleep: Establish a bedtime routine when children are young to help establish good sleep habits that will continue as they get older. Decrease late evening stimulation

such as television, video games, computers, stereos, as well as foods that include caffeine. Limit the amount of extra time spent in after-school activities or part-time jobs. Use light as a cue by making the bedroom dark at night and bright in the morning. Allow your teen to sleep in on the weekends; but sleeping past noon is too late. Discourage naps in the late afternoon, which make it difficult to fall asleep at a reasonable hour at night. Be a good role model for your children by establishing and keeping to a good bedtime routine and nighttime hours. Contributed by Karen D. Beery, LCPC, Consultation and Education Department

Book Review

The Broker

John Grisham
In his final hours in the Oval Office, the outgoing President grants a controversial last-minute pardon to Joel Backman, a notorious Washington power broker who has spent the last six years hidden away in a federal prison. What no one knows is that the President issues the pardon only after receiving enormous pressure from the CIA. It seems Backman, in his power broker heyday, may have obtained secrets that

compromise the world's most sophisticated satellite surveillance system. Backman is quietly smuggled out of the country in a military cargo plane, given a new name, a new identity, and a new home in Italy. Eventually, after he has settled into his new life, the CIA will leak his whereabouts to the Israelis, the Russians, the Chinese, and the Saudis. Then the CIA will do what it does best: sit back and watch. The question is not whether Backman will



survive - there is no chance of that. The question the CIA needs answered is, who will kill him?