

number 1-800-794-4624.

"Omer Knoll: Sculptor, Artist, and Designer"

Logan, Kans., The Dane G. Hansen Memorial Museum is proud to present "Omer Knoll: Sculptor, Artist, and Designer". This exhibit will open on April 14 and run through June 25, 2006.

K-State Extension Office

Diann Gerstner, Thomas County FCS Agent will present an informative program on this "New Crime of the Century". In this program you will learn how these thieves work and how to protect yourself. The meeting will be at 10:00 a.m., Thursday, May 11, 2006, at the Cheyenne County Courthouse. For more information call 785-332-3171.

Music Club News

The St. Francis Music Club will have their annual year-end salad supper on Tuesday, April 25. The meal begins at 6:30 p.m. and will be held at the library. Each member is to bring a salad.

The program will feature Matt Whitmore and his extensive collection of guitars. He will be performing and sharing information on the history of the electric guitar.

Hostesses for the evening are Lila and Matt Whitmore and Betty Orth.

Cheyenne County Development Corporation "Workplace Safety and OSHA compliance 2006," a comprehensive one-day update conference at various places in Kansas and Missouri in May. Call Cheyenne County Development Corporation at 332-3508 for information.



Keith and Marge Peter

Couple celebrates their anniversary

The family of Keith and Marge Peter would like to encourage everyone to participate in a card shower celebrating their 50th

wedding anniversary. They were married April 27, 1956. Please send cards to Rt. 2 Box 41S, St. Francis, KS. 67756.

25th Anniversary Card Shower

The family of Paul and Edna Roesener would like to encourage you to participate in a card shower celebrating their 25th wedding anniversary. They were married April 25, 1981.

Please send cards to HC 2 Box 39, McDonald, Ks. 67745.

Memorial Service

A memorial service will be held for Kathy Harvey at 3 p.m. on Sunday, April 23, at the St. Francis United Methodist Church. Cards of condolences may be sent to Keith Harvey, 313 Wenrick Dr., Roanoke, TX 76262.

Cemetery Tour

The Cheyenne County Historical Society will have their cemetery tour at 1:00 p.m. on Sunday April 23, 2006. Meet at the Museum at 12:45 and ready to ride the bus for this tour. There will be ten cemeteries toured and a evening meal at the Kurt Bucholtz farm after the tour. A free-will donation will be taken to cover the bus rental and driver. For more information call 785-332-2504 or 785-332-2040.

Cheyenne County Hospital Board

The Cheyenne County Hospital Board will meet at 3 p.m. on Thursday, April 27 in the basement meeting room at the clinic in St. Francis. (note date)

Spring Salad Luncheon

The Ladies Spring Salad Luncheon, sponsored by the St. Francis Chamber of Commerce, will be held on Wednesday, April 26. Check ad for time, place and ticket information.

Prevention of Heart Attack program

Cardiovascular disease is one of the most serious health threats. Two forms of the disease, coronary heart disease and stroke, account for the number one and three causes of death in the United States.

A program will be presented by Lori Sporer, Family and Consumer Sciences, Logan County, will be telling people how making different lifestyle choices can save a life and the risk factors of the disease. The program has been set for 10 a.m. on Tuesday at the Main Street Coffee Shop, 216 West Washington, St. Francis. There must be at least seven people attending before the session will be held. Call the Extension office, 785-332-3171 by Friday.

Identity theft/scams

"Are you a sitting duck for identity theft and scams?" will be the question asked by Diann Gerstner, Thomas County Family and Consumer Sciences agent, when she meets at 10 a.m. on May 4 in the Extension office, at the courthouse

in St. Francis. The program will be presented on this "New Crime of the Century." People attending will learn how thieves work and how to protect themselves. Reservations should be made by May 1 by calling the Extension office, 785-332-3171.

Pomenade is Saturday

The St. Francis Community High School prom will be held on Saturday. Before the prom is the promenade which allows the public to gather in the high school gym to see the junior and senior students dressed up for the event. The promenade will begin at 7 p.m.

Tag deadline

All residents with last names beginning with C and D should purchase their car, pickup, motorcycle and motorized bike tags and pay their vehicle personal property tax by the end of the month to avoid paying a penalty.

Workplace Safety and OSHA Compliance

"Workplace Safety and OSHA Compliance 2006" a comprehensive one-day update conference will be held at various place in Kansas and Missouri in May. Call Cheyenne County Development Corporation at 332-3508 for information.

Vet rep in St. Francis

Jody Tubbs, of the Kansas Commission on Veterans' Affairs, at 9:30 a.m. today (Thursday) 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.

AARP

Driver's Safety

AARP Driver's Safety Program will be held from 1 to 5 p.m. on April 25 and April 26. All drivers over 16 with a driver's license are eligible to take the course. Insurance discounts are required from insurers after you take the course as per Kansas Law. For more information and registration call Clarence Iliff at (785) 332-8958; Liz Weber at 332-2314 or Dorothy Kellner at 332-2950. Sponsored by the St. Francis Lions Club.

Weather

Date	High	Low	Prec.
April 11	68	37	
April 12	79	41	
April 13	91	42	
April 14	82	42	
April 15	75	45	.12
April 16	82	43	
April 17	86	42	

Doctors and pharmacists are important to individuals' well-being because they help to keep them healthy and strong. There are many ways in which people can help themselves with this process. While doctors may prescribe medications or other treatments to help in the healing process, it is the person's job to keep track of how these treatments are working.

To learn more about prescription drugs and get Medicare Prescription Drug Plan Counseling, plan to attend Full Circle — An Aging Expo on Thursday, April 27, in Goodland.

Pharmacist Cesar Miller in Goodland will discuss these topics along with Glenna Clingsmith, Northwest Kansas Area Agency on Aging, who will be available for Medicare Prescription Drug Plan Counseling, a 30-45 minute, personal and confidential session.

Sessions will begin at 3 p.m. and conclude with a wrap-up at 8 p.m. Contact the local K-State Research and Extension Office for registration information, e-mail <http://www.oznet.ksu.edu/nwao/Block2FoodNutritionSafety.htm>.

Topics to be discussed:
• Does the prescribed treatment work?
• What has improved?

• Have the symptoms gotten worse?

• Have you noticed any side effects as a result of taking the medications?

• Are you in pain?
• Do the medications cause other problems?

• Have you noticed any new problems with new medication?

• Have you talked to your pharmacist about the side effects of the medications?

• Have you written down the answers to these questions to help inform your doctor about your health the next time you visit?

These are often good question to ask ourselves before visiting the doctor or pharmacist. Another way people can help take care of themselves is to have affordable "Prescription Drug Plans."

The Medicare Prescription Drug Plan can be a complicated issue. It is helpful to start asking yourself some important questions.

• Does the plan cover all of my medications?
• Is the plan accepted at my pharmacy?

• What are the yearly costs associated with a Medicare drug plan?
• Where do I go for help?

• How do I enroll in a Medicare drug plan?

Club Clip

Rambles

Rambler's club met at the Cheyenne County Museum on Wednesday, April 12. Roll call was answered by "What item do I have that should be in a museum," which was very interesting! A donation was given to the library in memory of Bethany Bartlett. Ilene O'Leary reported on the display at the library. Donna

Northrup told of the many improvements and displays being done at the museum, and led the group on a tour of it. She also announced the upcoming cemetery tour being held on April 23, followed by a barbecue supper at the Kurt Bucholtz farm. The May meeting will be a 10 o'clock brunch at the home of Kate Jenkins.

Non-surgical treatment of hemorrhoids.

John D. Ferris, MD will be at: 291 15th Street Burlington, CO

**Sat., April 29
Tues., May 2**

For information or appointment, call 1-800-593-0009



James E. Reeves, DPM

Podiatrist/Foot Specialist Reconstructive Surgery Foot & Ankle Injuries For appointments call: Rawlins County Health Center 785-626-3211

Wed., May 10
Cheyenne County Hospital - P.M.
210 W. 1st • 332-2104

Thurs., May 11
Atwood (a.m.) • 626-3211
Colby (p.m.) CSMC, 175 S. Range 462-332
CMC, 100 E. College Dr. 462-7511

Fri., May 12
Atwood - All Day

BOB'S POPCORN

- '05 Scion TC - 1-owner
- '99 Crown Victoria LX
- '03 F150 SC 4x4 Flareside - Off lease
- '03 F250 Crew 4x4 w/Flat Bed
- '02 F250 4x4 7.3 6M
- '03 F150 Supercrew 4x4 Lariat
- '03 F250 Crew 4x4 V10 AT

STOP IN ON WEDNESDAY'S FOR THE BEST POPCORN IN TOWN!

Worth a Second Look ... and don't forget to pickup a bag of Bob's Popcorn.

Special of the Week
2005 Focus 2x4 SE \$11,995.00
Certified Pre-Owned

YOST Ford Mercury Bob ~ Jeff
800-524-9678~E. Hwy. 36~St. Francis www.yostford.com

SHOWTIME: 7:30 p.m. 1 hour 25 min.

April 21, 22 & 23 **Larry the Cable Guy**
Starring: Larry the Cable Guy, Joe Pantoliano, Joanna Cassidy, Iris Bahr, Megyn Price
Rated: PG-13 for crude and sexual content and language.

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

Come & Enjoy the St. Francis High School Senior-Junior PROMENADE
Saturday, April 22 • 7 p.m.
High School Gym

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

Coming Soon

MEN & WOMEN'S HEALTH FAIR

Thursday, April 20 & Friday, April 21 held at the Cheyenne Co. Health Dept.

Men Prostate Screening - \$20
Women Female Screening - \$25

Contact 785-332-2381 to set up an appointment (Payment due at time of test)

Check your renewal dates
---Current Rates---
The Saint Francis Herald
Area - \$30 KS - \$34 Out-of-State - \$37

Bird City Times
Area - \$27
KS & Out-of-State - \$30

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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"Neighbors helping neighbors"