

Angel Trees placed in four businesses

Four Angel Trees have been decorated with tags and are just waiting for people to pick a tag. Each tag gives the age and sex of a child who might not receive a Christmas present.

The Angel Trees are sponsored by the Association to Benefit Cheyenne County. The coordinators are Jennifer Milne and Erica Lehman, both of St. Francis.

People can select a tag off a tree at Bankwest, First National Bank, Owens True Value and *The Herald* office in St. Francis. Once a person selects a tag and the gift is bought, both the gift and tag should be returned to the place where the tree is located.

Last year, around 30 children received gifts delivered by Santa. Gifts should average between \$25 to \$35 each.

If someone knows of a family

who is having a difficult time making ends meet and could use a little help from Santa, please contact Mrs. Milne at 785-332-2344 or 785-332-2566 or any Association to Benefit Cheyenne County member.

Mrs. Milne said that each year, the Angel Tree has received generous support and members appreciate the help so they can give kids a merrier Christmas. Those who would like to help but don't have time to buy a present can donate money specifying that the money be used for Angel Tree gifts.

All gifts will be picked up on Dec. 19 so those who have selected a tag need to make sure their gifts are back under the tree before the pick-up date. They will also be delivered that same evening.

If more information is needed, call Mrs. Milne or Ms. Lehman.

Protect against shingles and HPV

The Cheyenne County Health Department provides a wide variety of vaccines that can protect those vaccinated from having disease. Dr. Mary Beth Miller reported there are two new vaccines now available.

The first one is called Zostavax. This is a one-time shot that is given to protect people from developing shingles.

Shingles or also called "zoster," is a skin rash that develops and can be quite painful. It is the same virus that causes chicken pox in childhood.

"After you have had the chicken pox, the virus stays in your body," Dr. Miller said. "When your immune system is compromised by such things as age, stress, health problems, etc, the virus can become active again causing a blistered, red rash."

"Before the rash appears, patients may have burning-type pain in the region that the rash ultimately shows up in. After the rash is gone, pain can persist even up for a lifetime after having the shingles outbreak."

The vaccination is intended for anyone over the age of 60. Dr. Miller recommends that people should not receive it if they are allergic to gelatin or neomycin, have active TB that is not being treated, are pregnant or may become pregnant, have any disease causing a weakened immune system such as leukemia, lymphoma, AIDS, or are on chemotherapy or high dose steroids.

It is a one time shot and for right now, there are no recommendations for further revaccination. The vaccine will not help if individual has active shingles, and is not used as an acute treatment.

Second vaccine

The second vaccine is called Gardasil. This is a vaccine to help prevent HPV. This is a sexually

transmitted virus that can cause cervical cancer in women.

This is a series of three shots. The initial shot is followed by another in two months, and the last in six months.

It is targeted for women ages 9-26. It will protect against four different strains of HPV that cause cervical cancer and genital warts.

This is potentially a life saving vaccine as it has been very effective in preventing the development of cervical cancer in women exposed to the virus. Because of its ability to prevent cancer, most healthcare plans including Medicaid are covering the cost of the vaccine.

Those who do not know if they are covered by their insurance should check. Parents are strongly encouraged to discuss this with their daughters and have the vaccine administered.

"Both of these vaccines are excellent choices in the goal of trying to prevent disease, rather than treat after the damage is done," Dr. Miller said.

"Call the Cheyenne County Clinic or Health Department if you have further questions."

The immunizations are given through the health department and may be scheduled by calling 785-332-2381.

Club Clip

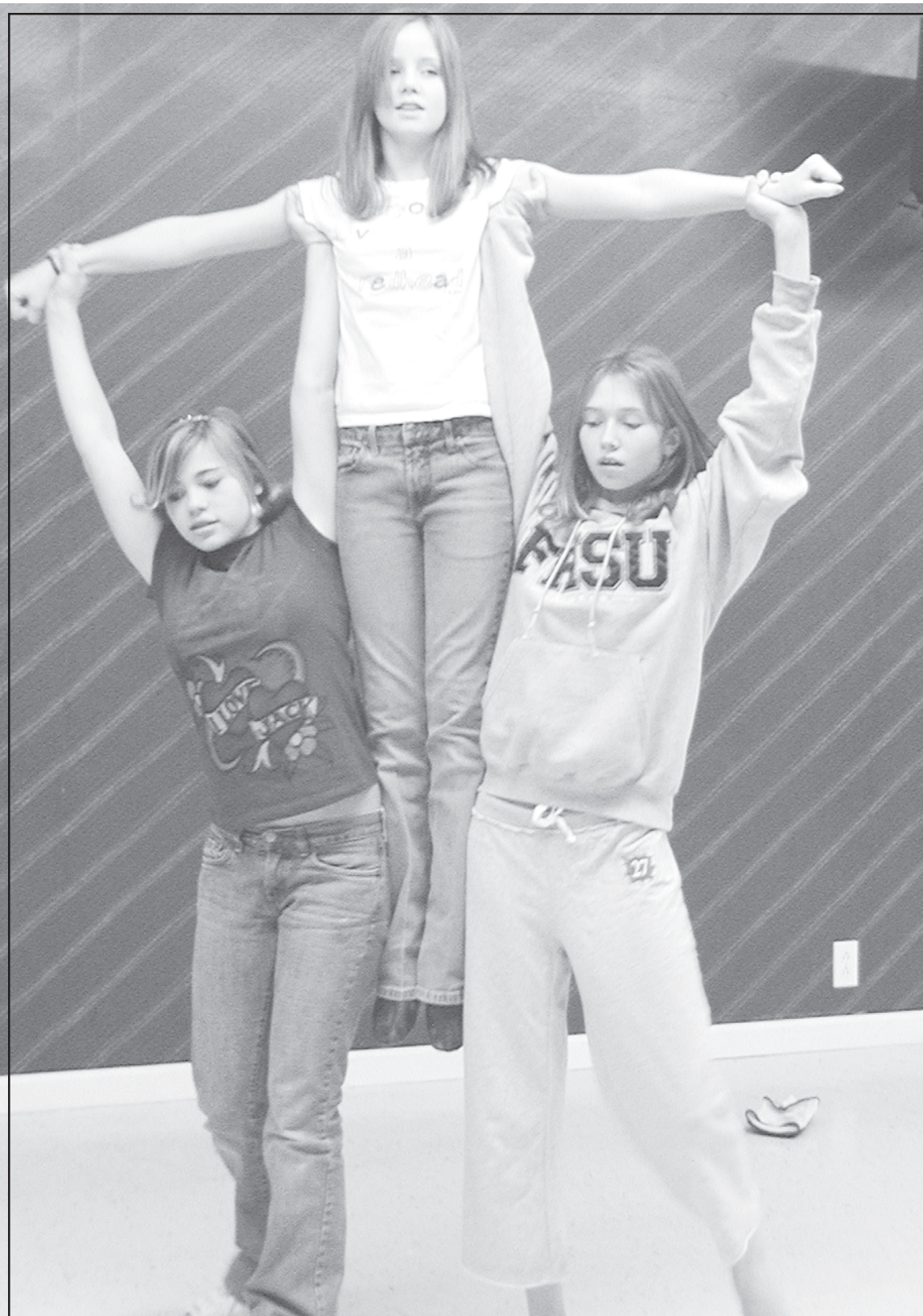
The Rambler's Club met at the home of Jeneva Northrup on Wednesday, Nov. 8, with 14 members present.

It was decided to change the meeting time to 2 p.m.

Elaine Kehlbeck gave the library report, telling of the lovely baby baptismal gowns on display.

Jeneva presented a very interesting program, showing some of the heirloom pieces she has displayed in her home.

The December meeting will be Dec. 9 at Goodell Greenhouse.



YULETIDE FESTIVAL crowd will be entertained by students of Teresa Porter's Dance Ranch. Practicing for the big event are Alyssa Lee (left), Caitlin Northrup and Trista Orth.

Herald staff photo by Karen Krien

Festival scheduled for Sunday

By Karen Krien

The annual Yuletide Festival held by the St. Francis Music Club will be held at 2 p.m. on Sunday in the St. Francis Community High School auditorium. Held at the beginning of the holiday season, the Festival helps set the mood for

Christmas with music and dancing. The Candy Store will also be open so people can start getting their sweet treats for Christmas events and gatherings.

Those entertaining are the students of Teresa Porter's Dance Ranch, Heartland Trio (Natalie

Knodel, Talley Morrow and Tema Trumbo), dance students of Margaret Poling's Dance Expressions, Once Again Sound band, St. Francis Community High School Advance Music class and the St. Francis Singers.

In Memory of our Father
WAYNE RITCHEY
November 24th
With love from your children:
Calvin, Elaine, Rod, Lavern & Kevin
Great & Grand Children:
Katrina, Christopher, Mercedes, Kalin,
Tasha, Marissa, Justin & Michael

St. Francis Music Club
presents
"Yuletide Festival"
and
Candy Store
Sun., Dec. 3 • 2 p.m.
St. Francis High School Auditorium

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Special sections coming

Christmas seen through the eyes of a child is often priceless.

This year, as in year's past, the special Christmas and New Year's sections will be published before the holidays. The sections will feature letters from Santa, answers of questions asked of school children, memories and recipes.

The Saint Francis Herald and *Bird City Times* staffs welcome participation from children to adults. All items must be received by Dec. 6 in order to get them into the special section.

Send letters, special memories, articles and recipes to *The Herald* at Box 1050, St. Francis, 67756, or fax 785-332-3001, or drop them off or e-mail them to sfherald@nwkansas.com titling the subject as "Christmas For The Paper."

Board member is named

Les Lacy, Cheyenne County Hospital Administrator, was recently elected to a three-year term as a director on the Kansas Hospital Education and Research Foundation Board. This announcement was made last week during the foundation's annual meeting in Topeka.



Lacy

Established in the early 1960s and redesigned in 1999, the Kansas Hospital Education and Research Foundation is a 501(c) 3 organization whose mission is to identify and create opportunities for collaborative and innovative community-based health solutions.

The foundation is designed to be funded through contributions, grants and educational fees. Any organization or individual that would like to contribute to the foundation or collaborate on a project should contact KHERF at (785) 233-7436.

OPEN TO THE PUBLIC
BANKWEST
Christmas Party
Sat., Dec. 2 • 9 p.m.-Midnight
FREE Dance
at Riverside Recreation
D.J. Scott King

REPUBLICAN VALLEY VET CLINIC
Would like to welcome you to a
Retirement Party for SHIRLEY AMACK
Sunday, Dec. 10 ~ 2-4 p.m.
St. Francis Senior Center

46th Annual
St. Francis Invitational Wrestling Tournament
Saturday, December 2

TEAMS PARTICIPATING: Colby • Goodland • Quinter • Rawlins Co. • Scott City • Sterling, CO • St. Francis • Wichita County • Wray, CO

- 1st Session beginning at 9:30 a.m.
- 2nd Session beginning at 1 p.m.
- Tournament will run straight through
- Finals start 15 min. after the second session ends, approximately 5:30 p.m.

Admission:
Students - \$4.00
Adults - \$6.00
These prices are for all day.
After 1 p.m.
Students - \$3.00
Adults - \$4.00
Concession Stand sponsored by the St. Francis Sophomore Class

BASKETBALL SKILLS CAMPS
Grades: Kindergarten thru 5th
Sponsored by the Cheylin Recreation Commission at the Basketball Gym in McDonald, KS
Cost \$3 per person/ free with JRHOOP pass
Walk-in and register @ the door
For more information: 785-538-2370
□ Fri., Dec. 8 • 2-4 p.m. - Offense/Passing Camp
□ Sat., Dec. 9 • 8-10 a.m. - Defense/Rebounding Camp
□ Sat., Dec. 16 • Noon-2 p.m. - Dribbling/Ball Handling Camp

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Medical Assistant
Respiratory Therapy *Fall 2007
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