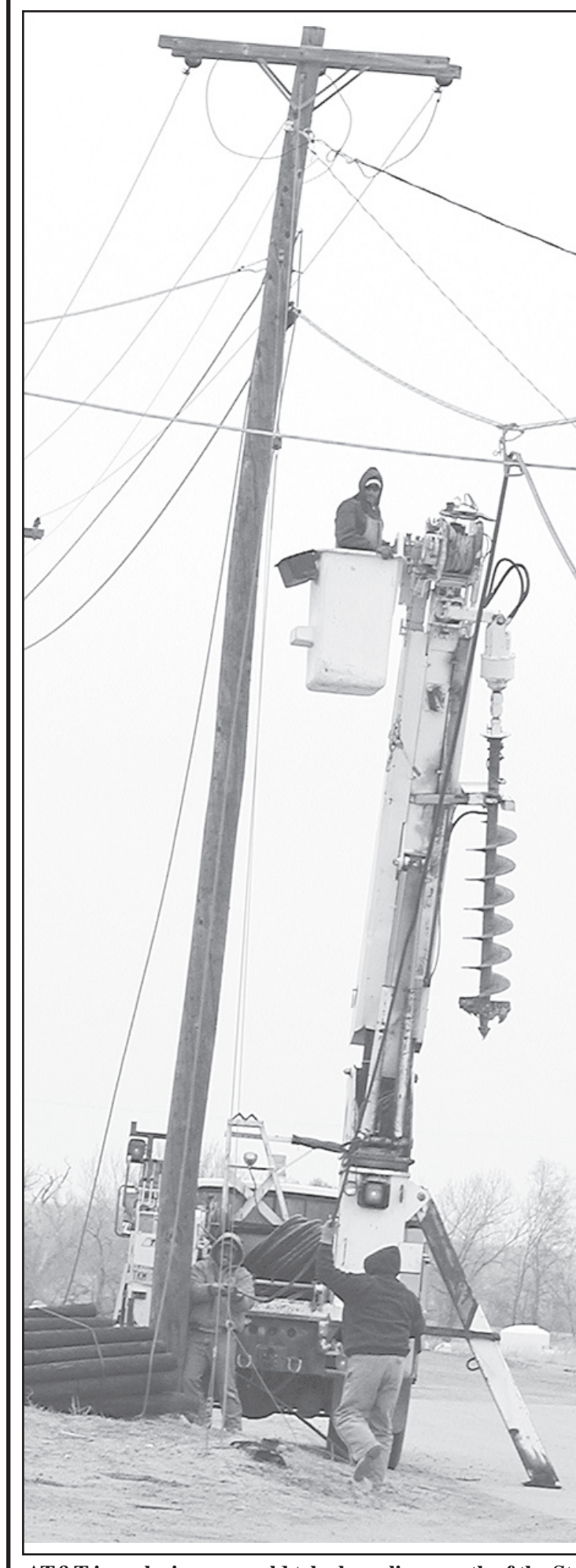


# Bulletin Board



AT&T is replacing some old telephone lines north of the St. Francis Equity. *Herald staff photo by Karen Krien*

## Swine and beef clinic scheduled March 21

A swine and beef clinic will be held starting at 10 a.m. on Saturday, March 21, at the St. Francis Equity meeting room, 123 N. River Street, St. Francis.

Guest speaker Danielle Stout, graduate of Oklahoma State University, has been the speaker at multiple show clinics and offers a wealth of knowledge on improving livestock projects. Ms. Stout was a member of the university's

livestock judging team. She has a long history of livestock showing in both the beef and swine arenas where she was highly successful. Those who want to be in the winner's circle should plan to attend.

Steve Parks will be introducing a show feed supplement and feeds. He will be detailing how these products can enhance livestock projects feeding and nutritional needs. Special orders will be taken after the meeting.

Other topics to be covered at the clinic include: selection, showmanship, feeding, care and management of the animals. "The Road to the Winners Circle" is presented by the St. Francis Equity and they will be providing a free lunch at noon. For more information, contact the Equity at 785-332-2113.

**Weather**

Date	High	Low	Prec.
March 3	75	30	
March 4	80	42	
March 5	78	21	
March 6	74	24	
March 7	32	24	.05
March 8	64	27	
March 9	39	12	

### 92nd birthday

The family of Irene Kehlbeck is hosting a card shower to help her celebrate her 92nd birthday on Monday, March 16. Cards may be sent to her at 1630 Sewell Ave. Apt. C6, Colby, KS 67701.

### Surprise welcome homecoming

There will be a "surprise" welcome home open-house reception for SPC Tim Gohl from 2:30 to 4:30 p.m. on Sunday at the Christian Church. He is returning from a 1-year deployment in Kosovo with the Task Force Guardian unit.

### Teens for Christ

For a fund raiser the Bird City Teens for Christ will be selling Krispy Kreme donuts. The deadline for ordering will be March 25 and delivery will be on April 3. For more information call 785-734-2703.

### Informational Candidates Forum

An Informational Candidates Forum is being planned for 7 p.m. tonight (Thursday) in the high school cafeteria. Candidates include those running for the St. Francis Board of Education, the St. Francis City Council and the Cheyenne County Extension/4-H Council. There will be a short informal question and answer period followed by a meet-and-greet coffee.

### Diabetes Support Group

Tyler Raile, physician assistant, will be the guest speaker at the Wednesday, March 18, meeting. The support meetings are held at 1:30 p.m. in the basement of the clinic.

For more information, contact Mila Bandel, R.N., county health nurse, 332-2381.

### Volunteers needed

The St. Francis Senior Citizens Center is in need of volunteers to deliver meals to shut ins. Contact the Center at 332-2945, if interested.

### Seminar planned

An *Improve Your Life and Relationships* seven-week DVD seminar is being planned based on Greg Baer, *A Real Love* book. The seminar will be held at 7 p.m. on Mondays at the St. Francis Community Church and is open to both men and women. There is a small cost for materials. Call Kay at 332-3342 or Bonnie at 332-2156 to enroll. There is a classified ad.

### Divine Mercy Morning of Recollection

Divine Mercy Morning of Recollection is from 9 a.m. to noon on Saturday, at St. Joseph Catholic Church in Bird City. It will be given by Father Tony Stephens, a light lunch will be served. Check classified for additional information.

### Hospice volunteers needed

Hospice Services is seeking volunteers to join the hospice team in providing comfort, compassion and end-of-life care. Hospice volunteers and staff help people and their families grapple with difficult decisions and situations every day. Cheyenne County is planning Hospice Volunteer Training from 8:30 a.m. to 5 p.m. on April 4 and 5. Consider this opportunity. If there are any ques-

tions, please contact Edie Walters at (785) 332-2280, or the Hospice office at 1-800-315-5122.

### Help needed at the museum

Lend a hand at Cheyenne County Museum's work day next Tuesday from 9 a.m. to 3 p.m. Come for the day, or just a couple of hours. Any help given is welcome!

The Historical Society board will meet at 3:30 that day to plan upcoming events and discuss business. Flip your calendars forward to April and circle Sunday, April 26. A festive open house celebration is planned for the museum from 2 to 4 that afternoon.

### Fresthaus-Musikanten

The Western Plains Arts Association will be present Fresthaus-Musikanten, playing lovely German band music at 3 p.m. central time, Sunday at the Goodland High School auditorium.

### Cheyenne County Commissioners

The Cheyenne County Commissioners will be meeting on Friday not Monday, at 8 a.m. in the commissioners room at the Courthouse.

### Hospital Board

The Cheyenne County Hospital Board will meet on Thursday, March 26, in the basement of the St. Francis Clinic.

### Lenten schedule

The St. Francis Lenten service and lunch schedule is as follows: Wednesday: United Methodist Church; March 25: First Christian Church; April 1: Community Church; April 8: Good Samaritan Village.

A free-will donation will be taken to cover the cost of the lunch and to support the work of the St. Francis Ministerial Association.

### Library Art Gallery

Homemade quilts by Patsy Reithe are on display at the St. Francis Library Art Gallery during the month of March.

Anyone who has, or knows of, a collection or a partial collection, of interesting items for the Art Gallery is encouraged to call Penny Gienger at 332-3949

### Veterans Affairs

Jody Tubbs, of the Kansas Commission on Veterans' Affairs, will be in St. Francis at 9:30 a.m. next Thursday at the county clerk's office. People may also contact the Veteran's Affairs office in Colby any Monday, Wednesday, or Friday at 785-462-3572.

### Free tax preparation

Free tax preparation for young and old, Wednesdays at the St.

Francis Public Library from 2 to 5 p.m. and Thursdays at the St. Francis Senior Center again from 2 to 5 p.m. Bring last year's tax return, and your property tax statement which you received last November. Or for an appointment call Rowland Roelfs, (785) 332-3490

### Tax help in Bird City/ St. Francis/McDonald

For those 60 and older needing tax help in filing forms in Cheyenne and Rawlins counties, help is available beginning Feb. 3: in Bird City on Tuesday mornings, St. Francis on Tuesday afternoons (1-4) and McDonald on Wednesday mornings. Call Johnene Cheney at (785) 538-2526 for appointment or more information.

### Recovery Today/Narcotics Anonymous

Recovery Today group of Narcotics Anonymous meets at 8 p.m. on Sunday nights at the United Methodist Educational Building. Call (785) 332-6542 or 8607 for more information.

### Sainty Serenity Seekers/ Alcoholics Anonymous

Sainty Serenity Seekers open meeting of Alcoholics Anonymous is held at 7:30 p.m. each Thursday evening at the United Methodist Education Building at 104 W. Webster, St. Francis. Call (785) 332-6542 for more information

### 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 in need of assistance, please call the toll-free number 1-800-794-4624.

### Correction

In the "Conservation award given to group" article in the March 5 paper, it was incorrectly reported that the "Cheyenne County Natural Resources Conservation Service board was the winner of the Kansas Earth Team Volunteer Group award." It should have read that the "Cheyenne County Conservation District board of supervisors was the winner of the Kansas Earth Team Volunteer Group award." Members of the Cheyenne County Conservation District board of supervisors include Spencer Schleppe (chairman), Randy Rueb, Lonnie Willis, Clint Bursch, Roger Orth and Myra Hyde (associate member).

## Cookin' with Peg

By Peggy Horinek  
phorinek@nwkans.com

Thanks for all the positive comments I've received about our new cooking column. I'm looking forward to all the recipes that you're sending. Cooking is fun and experimenting with new recipes makes it more fun.

Following is a recipe I have served several times, always with compliments. Hope you'll try it!

Pork and pineapple are perfect together in this stir fry. It is great served with white rice and a salad or cole slaw for a quick and easy dinner. The sweet and sour sauce is quick and easy to make.

### Sweet and Sour Pork

- 3/4 - 1 lb. pork, cut into one inch pieces
- 2 Tbls. cornstarch
- 2 Tbls. vegetable oil
- 1 green bell pepper, seeded and cut into 1/2 inch pieces
- 1-8 ounce can sliced water chestnuts, drained
- 1-8 1/2 ounce can pineapple chunks, drained
- 4 green onions, sliced thin, including green part
- Place cornstarch in a plastic bag and shake with meat to coat well.
- In a large deep skillet or wok, heat oil. With heat at medium, cook the

pork, stirring with a wooden spoon until brown on all sides. Remove to a bowl.

Add the green pepper, water chestnuts, and pineapple to juices left in skillet and stir fry for 2-3 minutes until vegetables are crisp tender.

Pour in the sweet and sour sauce and the pork. Stir until meat and vegetables are coated. Put in serving bowl and top with the sliced green onions.

### Sweet and Sour sauce

- 1/4 cup sugar
- 1/4 cup white vinegar
- 1/4 cup catsup
- 1/4 cup water
- 1 Tbls. Teriyaki sauce
- 1 1/2 tsp. cornstarch

Combine all ingredients in small saucepan and cook over high heat, stirring constantly until thickened.

### Cooking hints:

When baking or fixing a recipe, set all of your ingredients to the left of your work area. As you use each item set it on the right side. If you're interrupted, you'll know where you were and what has been used.

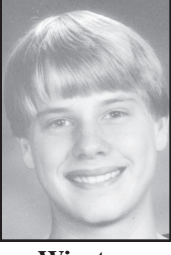
Out of tomato sauce? Combine 3/4 cup of tomato paste with one cup of water and mix well.

## Student performs

James Winston, a senior at Ellsworth High School, participated in his final high school drama production last weekend when he was a member of the cast of "Who's Crazy Now." In the fall, he was a soloist in the musical production of "Way Out West In a Dress."

During the final basketball game of the season, candidates for Winter Homecoming King and Queen were presented. James was a candidate for King.

He is the son of Dan and Cindy Winston of Ellsworth, and the grandson of Betty Jean Winston of St. Francis and Junius and Doris Stuhlmiller of Wheatridge, Colo.



Winston

**Good Samaritan Society**  
St. Francis Village  
420 S. Denison St.  
St. Francis, KS 67756  
Phone: 785-332-2531  
Fax: 785-332-2716

**RN and CNA Needed**

- Full-Time or Part-Time
- Benefits (Full-Time)
- Good Pay for Rural Setting
- Pleasant & Inexpensive Community
- Supportive Community
- Onsite Senior (55+) Housing Available

**Call Janet or Michele R at 785-332-2531**

an EEO/AAP - M/F/V/D employer.

**Dance at BIG ED'S STEAKHOUSE & LOUNGE**

Saturday, March 14 - After the grill closes (10 p.m. til 2 a.m.)

**Bird City, KS ~ 785-734-2475**

Mon. - Sat. • OPEN 5 p.m. (CT) until Closing  
Grill Open 5-10 p.m. (CT)

**SHOWTIME: 7:30 p.m. 1 hr. 40 min.**

**Hotel For Dogs**  
*Comedy, Kids/Family and Adaptation*

**March 13, 14 & 15**

Emma Roberts, Don Cheadle, Johnny Simmons, Lisa Kudrow, Kevin Dillon

PG for brief mild thematic elements, language and some crude humor.

**CHEYENNE THEATER** St. Francis, KS  
785-332-2747

Children 12 & Under: \$3 All Others: \$5

*Haigler American Legion*

**SMOKER**  
*Haigler, Neb.*

•Supper •Fun •Entertainment

**Saturday, March 14**  
**6:30 p.m. MT**

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

**Cheyenne County Hospital, Clinic and Health Department Will Be Sponsoring a Health Fair.**

**Lab Draws**  
March 23, 24, 25, 7 to 10 a.m. in County Health Department  
March 24, 7-10 a.m. at the Bird City Clinic  
No appointment needed. Please remember to fast for the Chem Panel Lab Test

The lab work includes:

1. Complete Profile \$40 includes the following lab tests:
  - CMP (complete metabolic profile) that will test your sugar, electrolytes, kidney and liver function
  - Lipid Panel that will check your cholesterol
  - TSH that checks your thyroid
  - CBC (complete blood count) that checks for anemia and possible infections
2. PSA (prostate specific antigen) that checks the prostate, \$20

Pap and prostate exams March 24, 25, 26, normal clinic hours at the Cheyenne County Clinic in St. Francis & Bird City  
**Appointment required for pap and prostate exams.**  
Please call the St. Francis Clinic at 785-332-2682 or 785-734-2200 to schedule. Cost is \$25. Lab results will be available at the Health Fair Exhibit Booth on Thursday, March 26 from 6:30 - 8 p.m. at the St. Francis Grade School.

**Check your renewal dates**

— Current Rates —

**The Saint Francis Herald**

Area - \$33    KS - \$38  
Out-of-State - \$42

**Bird City Times**

KS - \$30  
Out-of-State - \$34

**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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**For more information contact:  
Casey at 785-332-3162**