



CHASE BARNHART, St. Francis graduate, introduces Lucky, a parrot, to the kindergarten students. Chase brought the parrot home with him on his fall break from college.

Herald staff photo by Karen Krien

Parrot visits grade school

By Karen Krien
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There was lots of laughter as well as some creative learning when Chase Barnhart brought a parrot to visit the kindergarten class Monday afternoon.

Chase goes to school at the Nebraska College of Technical Agriculture in Curtis, Neb., where he is in the vet tech program. The bird had come home with him to spend the four-day weekend with Chase's parents, Doug and Sandy

Barnhart. The bird, Lucky, speaks quite well. He greeted the children with "hi's" but the giggles came as the bird continually mocked their giggles. He appeared to be especially fond of their teacher's laugh.

They talked about what Lucky ate, that his wings were clipped and he could not fly, and where parrots live if they are out of captivity. Teacher, Shirley Swihart, had a globe and showed the children where the Amazon region was in South America, noting that she was sure there were bananas there for parrots to eat.

They talked about Lucky's feathers and what all the colors were. He was nice enough to spread his wings and show them just how beautiful the colors were.

The students appeared to enjoy having the parrot come to school.

Cooking with Peg

By Peggy Horinek
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Thank you for the emails I have received and for all the positive comments about the column and recipes.

One email I received was from Carolyn Pettit and she sent me her zucchini bread recipe. The recipe was very similar to the one I put in the paper except she puts a small can of crushed pineapple (drained and reserved), in her batter. She makes a glaze with powdered sugar, pineapple juice and a tablespoon of the pineapple. Sounds yummy!

Linda Schneider has sent me a butternut squash soup that she says is a favorite cold day soup for the Schneider family. "The best part of this recipe is eating out of the butternut bowl," she says.

Butternut Squash Soup

- 1 tsp. vegetable oil
- 1 clove garlic, minced
- 1 medium onion, diced
- 2 cups butternut squash, cooked and mashed
- 1 sweet potato, peeled and cut into cubes
- 4 cups chicken broth

- 1 tsp. curry powder
- 1/4 tsp. ginger
- 3 tbsp. honey

Preheat oven to 350 degrees. Cut the top part of the squash away from the bowl of the squash. Scrape the seeds out from the bowl. Cut the upper part of the squash in half length wise. Place both the bowl and the upper part of the squash in an oven proof pan and add 1/2 cup of water to bottom of pan. Cover and bake for an hour or until tender.

Saute the onions and garlic in oil until clear, about 5 minutes. Set aside.

Scoop out the cooked squash from the upper part, but not the bowl, and mash then put into a medium size pot. Add the sweet potato, chicken broth, curry powder, ginger and honey. Cook together until potatoes are tender, about 40 minutes.

Pour everything into a blender or food processor, including the sauteed onions and garlic. Blend thoroughly. Can add more chicken broth for thinner soup. Pour soup into the squash bowl. Enjoy!

Starting this Sunday, October 25th, 2009 at 7 p.m. Peace Lutheran Church Sunday evening Bible study group will be hosting The Truth Project. The Truth Project is a presentation comprised of 12 one-hour lessons taught by Dr. Del Tackett in conjunction with Focus on the Family. In a recent study, the Barna Research Group revealed only 9 percent of professing Christians have a biblical worldview. This home study is the starting point for looking at life from a biblical perspective. You're all invited for the next 12 Sundays to come and enjoy the 1-hour DVD presentation with a short discussion following. Call Peace Lutheran Church at 332-2928 for more information.

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St. Francis News

Debbie Grizzell of Macksville was a guest of her parents, Milton and Betty Lampe, from Wednesday, Oct. 7 to Oct. 10.

On Saturday, they drove to Hays to attend a dinner and performance, "Music of The Night" at the Heartland Community Theater. Travis Grizzell of Hays was one of the directors and had a

Good Samaritan Village sends out 'meal on wheels'

By Karen Krien
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The Good Samaritan Village, St. Francis, provides "meals on wheels" seven days a week but, basically, they send out 17 meals two days a week (Monday and Wednesdays). These are the two days that the St. Francis Senior Center does not have meals.

We saw a need, said Deb Gohl, dietary manager, to provide meals on those two days. However, they also provide meals to three or four people on Tuesdays, Thursdays and Fridays. On weekends, people can call in for meals but they need to either pick them up themselves or make arrangements for someone to get them.

The meals, Mrs. Gohl said, are generous as we know some of the people plan to save half of it for the evening meal. A meal costs \$3.50 but the money goes directly into the dietary department.

The meal will include an entree, potato, salad, vegetable, roll or bread and a dessert. Mrs. Gohl said she is constantly counting carbohydrates for everyone whether the patient or eater is a diabetic or not. She is also concerned with the presentation of the food, making it attractive as well as tasty.

One of the favorite foods for Village residents as well as those enjoying the meals on wheels is fried chicken, mashed potatoes and gravy, croissant roll and impossible coconut pie.

Other favorites are spaghetti and meatballs, roast beef, pork roast, chicken, turkey and fish. Ever so often, they go outside the box and serve beef-broccoli stir fry with rice.

Mrs. Gohl said she has an outstanding staff including: Bonnie Straub, Cindy Neitzel, Myra Grimes, Gene Riley, Janey Schulz, Brenda Weverk, Dorothy Smedsted, Joan Collins and Andrew Horesky.

Deliverers needed

Delivering meals can sometimes be a problem because people are needed to take the meals.

"Sometimes I deliver meals and I love doing it," Mrs. Gohl said. "People look forward to seeing someone and it is rewarding. It is also a wellness check, where we

leading role in the performance. The Lampe's returned home Saturday and Debbie on Sunday morning.

Granddaughter, Vickie Kern, great-granddaughter, Arica Kern, of Sedgwick, and Cindy Winston of Ellsworth were Oct. 9 overnight guests of Betty Jean Winston.



CINDY NEITZEL dishes up a meal in a to go tray to be delivered.

Herald staff photo by Karen Krien

make sure the person receiving the meal is OK."

Cathy Loop and Sherri Hilt also deliver meals when needed. Recently, Neil McCumber has volunteered.

Delivering meals only takes about 30 minutes, Mrs. Gohl said.

The food is ready by 11:30 and they are delivered by noon.

Anyone wanting to volunteer 30 minutes one or more days a week to deliver food to those unable to get out should call Mrs. Gohl at 785-332-2531.



Come and Go Bridal Shower
for
Samantha Zwegardt
(Bride elect of Cody Raile)
Sunday, Oct. 25
2 p.m.
First Christian Church & Fellowship Hall
Bring your favorite recipe!

Coming October 31
Haigler's 2nd Annual
Fall Tumbleweed Festival
and
Halloween Celebration
(Watch for details next week)

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LAND AUCTION
400 ± Acres Cropland in Rawlins County, KS
Date: Friday, Nov. 13th, 2009, 10:00 a.m. CST
Auction Location: American Legion, Atwood, KS 67730
Land Location: 5 miles N on U.S. Hwy 25 to Road W 6 miles W, 2 miles N, then 6 miles W to the SE corner of Tract 2.
Seller: Olivene L. Kling Trust, Dolores E. Mueller, Trustee
Tract 1: S of the NW of 4-2-35, Rawlins County, approx. 79.28 acres cropland.
Tract 2: SE of 31-1-35, Rawlins County, approx. 151.27 acres cropland, less improvements.
Tract 3: NE of 30-1-35, Rawlins County, approx. 150.33 acres cropland.
For a complete sale bill visit our web sit at:
www.gladrealestate.com
For additional information and a tour of the land contact Rocky Hayes at:
Glad Real Estate
415 State, P.O. Box 173, Atwood, KS 67730
Rocky Hayes - Auctioneer/Sales Agent
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Greenline Open House
Saturday and Sunday
Oct. 24, 8 a.m. - 4:30 p.m.
Oct. 25, 8 a.m. - 3 p.m.
There will be drawings & prize giveaways!
Enjoy tea, coffee & cookies.
Check out the great gift items, toys, cookbooks, scrapbook items & Ladies work gloves!
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