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is once again on the agenda. Several years ago, the addition of a second gym was proposed. The first drawing was what Mr. Werner referred to as the "dream gym." However, the cost was more than the board was interested in pursuing. The drawings went back to the

architect who scaled them down and presented five different ones. From those drawings, the board selected one which has been looked at and talked about but, then, put on the back burner.

The gym project was brought up again in the December meeting and the architect was once again asked

to look at the drawings and give suggestions.

The newest plan calls for a gym floor 94-feet long, 10-feet longer than the present gym. The architect said many of the gyms being built today are the longer length.

The gym would have seating for 1,500 people, would have an exercise track, area for concessions, rest rooms and a lobby which could possibly be used for other events such as the bloodmobile.

The money to pay for the gym could come out of the Capital Outlay Fund which could possibly have enough to pay for the project. No bids have been sent out so the cost is not known; however, in 2003, the cost was estimated at \$1.5 million. The funds could also be raised with a bond issue or through a lease purchase.

No decision was made. The board will discuss the new gym at the next meeting.

In other business

In other business: • Bruce Feikert and Pete Raile, board members on the Meet-and-Confer Committee, will meet with the teachers sometime in the near future. Among the items to be discussed is the proposed school calendar.

• Principal Scott Carmichael updated the board on a meeting he plans to attend. He said that the members of the Mid-Continent League and the Northwest Kansas League are considering joining. He also said that next year, Stockton, Osborne, Hill City and Quinter will go down from 11-man to eight-man football. Hoxie may also be playing eight man. He said that Scott City is now a 3A school instead of 4A and Goodland is getting close to being 3A.

• A memorial scholarship in honor of Gary Brown was accepted. (See related article.)

• Superintendent Werner told about six classes and their teachers who had received the Standard of Excellence award from the Kansas State Department of Education last year. Last year's eighth grade students and their teacher Carla Schiltz will receive a Certificate of Merit and be recognized at a dinner in Salina on Jan. 31. (See related article for more information.)

• Superintendent Werner's travel quarterly and yearly expense report was presented. He takes only what the school pays \$,445 per mile even though his expenses totaled \$,73 per mile. In 2006, he traveled 1,120 miles for the school and was paid \$498.41.

• There are four board members up for election this year. They are Cliff Raile, Bonnie Zwegardt, John Knodel and Sherry Weeks. Mrs. Zwegardt and Mrs. Weeks said they have already filed. Mr. Raile and Mr. Knodel did not state for sure if they are filing again. (See related article for more information.)

• The board approved the 2006 Audit Report prepared by Adams, Brown, Beran and Ball Auditors after reviewing it.

Next meeting

The next meeting of the board of education will be at 7:30 p.m. on Monday, Feb. 12, at the high school.

AWARDS

Continued from Page 1

As a result of the above scores, the St. Francis Junior-Senior High School building was awarded the Standard of Excellence in both reading and math for 2005-2006.

Kansas Assessments and No Child Left Behind

There are five categories of scores for the Kansas Assessment:

- Academic Warning.
- Approaches Standard.
- Meets Standard.
- Exceeds Standard.
- Exemplary.

Depending on how well students scored, they fell into one of the five categories as individuals. The overall goal of the federally mandated No Child Left Behind Act is to have all students score "Meets Standard," or above, by the year 2014 – a goal that is seen as unrealistic by many people.

"On last year's assessments, the St. Francis Schools had two individual classes achieve the federal goal in math," Mr. Schiltz said. "Mrs. (Lisa) Gibson's fourth grade math class (this year's fifth graders) and Mrs. Schiltz's seventh grade math class (this year's eighth graders) had all students score at "Meets Standard" or above, a truly remarkable accomplishment."

Individual student scores

Individual student scores for the assessments have been out for some time, for last year's test, and parents

should have received a letter indicating how their children scored.

Results important

"Each year the Kansas Assessment results become increasingly important to our schools," Mr. Schiltz said. "By law, our schools must make an Adequate Yearly Progress, which is determined primarily by the yearly assessments."

The requirements of achievement increase each year until the year 2014, at which time all schools are expected to have all students scoring at the "Meets Standard" or above mark.

He said that much has been, and is continuing to be, done in the St. Francis Schools to help students achieve at the required levels.

"Parents can help the schools reach the goals of the No Child Left Behind act by encouraging their children to work hard and do what it takes to learn the materials being taught at school," Mr. Schiltz said. "This year, teachers will be giving Kansas Assessments in reading, math, and writing. Please encourage your child to do his/her best when testing. How they perform is crucial to the school in terms of staying on track in order to meet the 2014 federal goal."

The public can see the St. Francis Schools' report cards by going to <http://www.usd297.org> and clicking on the "District" link and then the "Report Card" link.



WHAT'S FOR LUNCH?? Maya McQuigg, right, checks out what is being served for lunch. Josh Van Allen looks on.

Herald staff photo by Karen Krien

Plain Sense

Single parenting and dating

From the High Plains Mental Health Center
"Dear Plain Sense: I have been divorced for almost a year and have recently started dating. I'm concerned about the effect on my two young children.

Young children deal with their parents' divorce with various levels of emotion, depending on their developmental stage. They recognize that things have changed, and go through much the same stages of grief and loss that affect adults. Helping your child cope with these feelings can prepare them for positive growth through these experiences, followed by acceptance, and eventually with the ability to deal with other changes, such as parents dating or remarrying. Divorce can

cause a child to worry about being abandoned, since they have now been witness to their parents leaving each other. So when a parent (especially the custodial parent) begins dating, those feelings may resurface.

Dating brings changes in the daily living schedule that can create insecurity for a child; keeping up household routines and schedules as much as possible will be comforting. Now that another person is taking some of your time, be sure to allow for personal time with your children so they won't feel they are losing you or your attention. Children need continuing reassurance that they are cared for and loved.

A single parent with young children should be thinking about how

a new relationship affects everyone involved, especially if the situation becomes long-term and serious. Anyone who is around the family and home will bring considerable and various influences. Young children won't always be able to understand why their parents do what they do, nor is that necessary. But talking about new relationships, and asking for their opinions and ideas will help them to feel involved, rather than ignored or of little value.

Contributed by Karen Schueler, LCPC, Manager, Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

RECIPES

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 Springs. Doors will open at 5 p.m. and the program will begin at 6:30 p.m.

One type of gathering that's gaining popularity across the country is the Supper Club, Ms. Larson said. Started in California by people who love everything about cooking, the planning, preparing and dining, Supper Clubs attract strangers who become devoted friends.

You might want to organize your own Supper Club with friends from the neighborhood, gym or work, she said. Set ground rules, such as how often to meet and whether you will gather at one home or rotate. Decide as group if you want to include food preparation time in your gathering or have each member bring a completed dish. Determine how recipes will be selected for each event.

If you rotate locations, the host could designate the menu or select a theme. A fun idea is a finger food night. Think about dividing the costs by keeping track of expenses and most of all, enjoy good food with great friends.

Taste of Home Cooking School

and Taste of Home Magazine offer recipes for Supper Club enthusiasts as well as individual cooks. Guests at the cooking school will have an opportunity to win the new Taste of Home Cookbook. This durable five-ring binder, is the most complete cookbook ever published by magazine. Three winners will be chosen to take home this keepsake cookbook. Come celebrate and "Savor Spring."

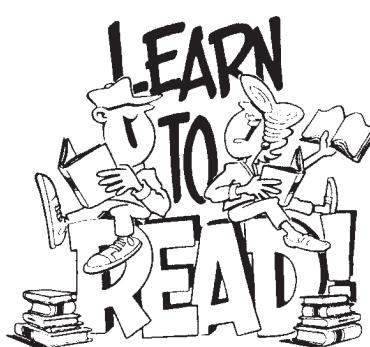
GIVES

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2) The ag teacher (Lyn Wiley) and school counselor (Ward Cassidy) will recommend the candidate and the school will follow the process to make the selection. Mrs. Brown will be told who the candidate is and, then she will have the right to request that a different student be selected, if desired.

3) A key factor in making the selection will be the student's need for financial assistance: This scholarship is to be awarded to someone who does not have much other financial assistance to continue school – not from family, not from

other scholarships and not from other sources. The recipient must be a student who truly needs this scholarship.



FILING

Continued from Page 1

out the number of signatures needed as there are different numbers for each city and school board.

It should be noted, that after a candidate has filed for an office, he cannot withdraw his name after the last date provided by law for filing for such candidacy.

There are a number of positions open in both cities on both the school and city boards. In both cities, the council can have any number of candidates running but only the seats which are up for election will be filled by the candidates with the most votes in the April 1 election.

To run for a seat on the city council, the candidate must live within the city limits.

School board elections have different rules and if there are more than three candidates running in a district, there will be a primary election on Feb. 27, eliminating the extra candidates.

There are also different districts in the school district and to run for a certain position, the candidate must live in that district. A map showing the districts can be obtained at the county clerk's office.

City council/mayor

St. Francis — There are two city council seats and the mayor position up for election.

Those St. Francis members whose terms are up are: Roger Jensen and Dale Weeks, councilmen; and Scott Schultz, mayor.

Bird City — There are three seats on the city council up for election. These positions are currently being served by Frank Serrano, Ray Magnani and Loren White. Mr. Magnani was appointed as a councilman after Larry Henry stepped down as mayor and councilman Troy Burr took his place.

Board of education

St. Francis — There are four seats up for election on the St. Francis Board of Education. Positions and the people currently serving are: District 1, position 1, Cliff Raile; District 2, position 2, Bonnie Zwegardt; District 3, position 3, John Knodel; and Member-At-Large, position 7, Sherry Weeks.

Cheylin — The Cheylin Board of Education has three seats up for election including District 2, position 2, Wade Carmichael; District 1, position 5, David Frisbie; and District 2, position 4, Kerby Krien.

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JANUARY CONSULTANT SCHEDULE

Allergist	Jeffrey S. Rumblyrt, M.C.	Feb. 19
Audiologist	Sherri M. Beck, MA, CCC-A	
Cardiologist	Barry R. Smith, M.D.	Jan. 24
Cardiologist	Vijay D. Subbarao, M.D.	Feb. 8
Counseling Services		Thursdays by Appt.
Dermatologist	Charles W. Ruggles	Jan. 25
Dietitian	Sarah Linfon, RD, LD	Mon. thru Fri.
Ear, Nose, Throat	Alfred N. Carr, M.D.	Jan. 19, 26
Endocrinologist	Gerald S. Poticha, M.D.	
Gastroenterologist	Jeffrey D. Huston, M.D.	Feb. 12, 13
General Surgeon	David D. Beck, M.D.	Jan. 25
General Surgeon	Brigitta Robinson, M.D.	TBA
General Surgeon	Jeffrey S. Cross, M.D.	Feb. 1, 15
Gynecology	Laura A. Rokosz, M.D.	Jan. 24
Neurologist	Steven J. Gulevich, M.D.	Jan. 24
Obstetrics/Gynecology	David Forscherer, M.D.	
Oncology/Hematology	Martin J. Rubiniowitz, M.D.	Feb. 6
Ophthalmologist	David S. Pfoff, M.D.	Jan. 23, 30
Ophthalmologist	Brian C. Joondeph, M.D.	Feb. 21
Orthopedics	Dr. Armodios Hatzidakis, M.D.	Feb. 19
Orthopedics	Timothy Birney, M.E.	Feb. 5
Orthopedics	Rajesh Bazaz, M.D.	Feb. 12
Orthopedics	James C. Holmes, M.D.	Jan. 22
Orthopedics	Kevin Nagamani, M.D.	Feb. 7
Orthopedics	Edward H. Parks, M.D.	Jan. 29
Podiatry	David E. Ouder Kirk, D.P.M.	Feb. 5
Psychiatrist	John C. Faul, M.D.	Feb. 29
Pulmonologist	Kenneth H. Weisiger, M.D.	
Radiologists	Professional Radiology	Weekdays
Rheumatologist	Karl T. Chambers, M.D.	Feb. 15
Speech Therapy	Lisa Paxton	By Appt. Only
Substance Abuse Dir.	Fred Waters, CADC III	Mondays
General Surgeon	Jeffrey S. Cross, M.D.	Feb. 1, 15
Urologist	Darrell D. Werth, M.D.	Jan. 30
Urologist	Dr. Wallace Curry, M.D.	Feb. 20