

Workshop offered to cow/calf ranchers

By Julie Elliott, NRCS Rangeland Management Specialist

Did you know that a common cause of foot rot when cattle are grazing sandy ground is the lack of three inexpensive, yet essential minerals?

Do your eyes glaze over when the livestock supplement salesman comes around? Should you buy a low quality feed close by or a high quality feed that is far away?

Learn the answers to these questions and more at a Beef Cow Nutrition and Economics 101 workshop on Thursday, Feb. 15.

The workshop will be held at The First Presbyterian Church, 250 East 4th Street (one block east of the Courthouse) in Wray. Registration will begin at 10 a.m. central time (9 a.m. mountain time) and the workshop will run from 10:30 a.m. to 4:30 p.m. central time.

Presenters will be Mike Slattery, DVM, and Matt Stockton from the Department of Ag Economics at University of Nebraska Lincoln at North Platte.

Basic beef cow nutrition will be first on the program. Dr. Mike's presentation will be aimed at livestock producers that typically turn the cows out on range or corn stalks and don't spend much time considering nutritional needs. He won't be talking in doctor terms that most of us don't understand.

Dr. Mike will open the day by discussing how the ruminant func-

tions. Then he'll help attendees get a handle on the protein content of several forages. Armed with this information, producers will better understand how much extra protein they need, if they need any at all. Finally, protein needs for cows calving at different times of year and mineral supplementation made easy will wrap up Dr. Mike's presentation.

Matt Stockton will open his presentation with a demonstration of an interactive feed cost calculator. The calculator can help producers decide which feed is the better value, based on cost and quality. This easy to run program works in excel, is intended for home computer use and will be available for free to attendees.

Don't let the fact that Mr. Stockton is an economist deter you. He is enthusiastic, entertaining and knowledgeable. This won't be a nap time economic presentation!

There will be plenty of time for questions and answers from both speakers.

You can gain a working understanding of beef cow nutrition and the economic implications of a good nutritional program if you attend. Registrations are requested by Friday, Feb. 9. Lunch will be provided and there is no registration fee. Call 970-332-3173 ext. 3 between 8 a.m. central standard time and five weekdays, or email julie.elliott@co.usda.gov.



SNOW, SNOW, SNOW and more snow everywhere you look!

Herald staff photo by Karen Krien

Program for beef producers set for Feb. 6

Beef producers will have the opportunity to learn the latest information on a variety of topics at a seminar that will be held Tuesday, Feb. 6, at the First Presbyterian Church in Wray at 250 E. 4th Street.

The program will feature University of Nebraska Extension Educators who will provide information on timely topics which will be of interest to area cattlemen. Registration will begin at 11

a.m. central time, 10 a.m. mountain time, and the program will conclude at approximately 4:30 p.m. central time

Speakers will present the following topics as time allows: *Current Issues in Animal Identification; Establishment and Management of Irrigated Pastures; Dryland Forages; Utilizing Corn Coproducts in Beef Rations; Metabolizable Protein "The Concept of DIP and UIP"; Beef Cow Min-*

eral Nutrition; Beef Nutrition and Ration Evaluation; What's New in Beef Home Study?

Presenters are as follows: Doug Anderson, Extension Educator, Keith-Arthur-Perkins counties; Dennis Bauer, Extension Educator, Brown-Rock-KeyaPaha counties; Kent Been, Extension Educator, Red Willow County; Steve Gramlich, Extension Educator, Lincoln-McPherson counties; Noel Mues, Extension Edu-

cator, Furnas County; Troy Walz, Extension Educator, Custer County.

The clinic is being sponsored by the University of Nebraska-Lincoln Extension.

Coffee, rolls, lunch and handouts will be included in the registration fee.

Please pre-register no later than Friday, Feb. 2, by calling the Extension Office in Keith-Arthur-Perkins counties (Grant, 308-352-2683).

Food program may help the community

Your time and talent could benefit your community. As a volunteer you could be eligible to participate in Prairie Land Food, a share program, that may be available in Cheyenne County and surrounding areas in Nebraska and Colorado, if enough interest is shown.

This program offers a nutritious grocery package which includes a wide assortment of frozen meats, fresh fruits and vegetables. Not intended to be in competition with the local grocery stores, the packages are offered at low cost to help stretch food dollars near the end of the month.

Prairie Land Food is similar to the Heartland Share program that operated in St. Francis a few years ago. It is not government funded, so no financial requirements or household information is needed or asked for. This is for all levels of income.

The program is funded through you, the participant. The more people that participate, the greater the buying power and the more communities benefit through volunteer service.

a 4-H leader, singing in the church choir or volunteering in the church nursery, checking on your neighbors, picking up trash in daily walks and giving of your time in many other ways.

The packages can be paid by cash, check, EBT/food stamps. This district includes northern Kansas, Nebraska and eastern Colorado. Registration is made at the site when packages are picked up or at registration sites. Deliveries are usually made near the last of the month.

The program is based on love, trust, faith, charity and hope. If you are interested in participating in such a program call Lee Nichols, 785-332-3581. Messages on the answering machine will be returned.

The First Baptist Church will be the pickup site for shares. Also, offset registration may be made at Video Connection Monday through Fridays. Further details will be available in the next few weeks with the type of food packages and registration deadlines and pickup dates announced.



Volunteer service could be as

Goodland Regional Medical Center
 220 W. 2nd
 Goodland, KS 67735
 785-890-3625
 "Your Access to Quality Healthcare"
 For appt. 785-890-6030 •• For Allergist 1-888-849-8424
JANUARY CONSULTANT SCHEDULE

Allergist	Jeffrey S. Rumblyrt, M.C.	Feb. 19
Audiologist	Sherri M. Beck, MA, CCC-A	
Cardiologist	Barry R. Smith, M.D.	Feb. 14, 28
Cardiologist	Vijay D. Subbarao, M.D.	Feb. 8
Counseling Services		Thursdays by Appt.
Dermatologist	Charles W. Ruggles	Feb. 1, 22
Dietitian	Sarah Linfon, RD, LD	Mon. thru Fri.
Ear, Nose, Throat	Alfred N. Carr, M.D.	Jan. 26
Endocrinologist	Gerald S. Poticha, M.D.	
Gastroenterologist	Jeffrey D. Huston, M.D.	Feb. 12, 13
General Surgeon	David D. Beck, M.D.	Feb. 8, 22
General Surgeon	Brigitta Robinson, M.D.	TBA
General Surgeon	Jeffrey S. Cross, M.D.	Feb. 1, 15
Gynecology	Laura A. Rokosz, M.D.	Feb. 7, 21
Neurologist	Steven J. Gulevich, M.D.	Feb. 2
Obstetrics/Gynecology	David Forschner, M.D.	
Oncology/Hematology	Martin J. Rubinowitz, M.D.	Feb. 6
Ophthalmologist	David S. Pfoff, M.D.	Feb. 5, 6, 13, 20, 27
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.	Feb. 19
Orthopedics	Kevin Nagamani, M.D.	Feb. 7
Orthopedics	Edward H. Parks, M.D.	Feb. 26
Podiatry	David E. Ouder Kirk, D.P.M.	Feb. 5
Psychiatrist	John C. Faul, M.D.	Feb. 28
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

SFCHS HONOR ROLL

SECOND NINE WEEKS ♦ 2006-2007

Superintendent's Honor Roll - Grade point avg. above 3.75

SENIORS
 MINDY COOPER • DANIELLE FLEMMING
 SARAH GEISE • SHAINA GOHL
 AMANDA NIPPS • MEGAN RICE
 RUSSELL ROGERS • BRANDON RUEB
 ADRIENNE SWIHART • ALECIA ZIMBELMAN

JUNIORS
 HEATHER HNIZDIL • KATHERINE JONES
 HOLLY KELLER • DARLA LOYD
 SARA MILLER • GAVIN SMULL
 TERI WALTERS

SOPHOMORES
 SIDNEE CRABTREE • CJ DOUTHIT
 ELIZABETH GIENGER • MEGAN GILLILAND
 ANDREA HOLZWARTH • CARA HUNT

TRENT KINEN • JONI PEVLER
 SAM SOWERS • KIM VOELLER
 MATT WHITMORE

FRESHMEN
 BROOKLYN HNIZDIL • DALE NORTHRUP
 TRENT RAILE • AMBER SMULL
 KAYCEE WILLIAMS

EIGHTH
 MIKAELA GRACE • CHRISTINA HILT
 SHAYLA HILT • BROOKS HOBROCK
 BRETT LAMPE • ALYSON MARIN
 AUBREE SCHLEPP

SEVENTH
 ISAAC SCHILTZ
 CHRISTINA SCHOENROGGE

FIRST SEMESTER ♦ 2006-2007

Superintendent's Honor Roll - Grade point avg. above 3.75

SENIORS
 MINDY COOPER • DANIELLE FLEMMING
 SARAH GEISE • SHAINA GOHL
 AMANDA NIPPS • MEGAN RICE
 RUSSELL ROGERS • LAUREN ROSS
 BRANDON RUEB • ADRIENNE SWIHART
 ALECIA ZIMBELMAN

JUNIORS
 HEATHER HNIZDIL • KATHERINE JONES
 HOLLY KELLER • DARLA LOYD
 SARA MILLER • GAVIN SMULL
 TERI WALTERS • LAUREN ZWEYGARDT

SOPHOMORES
 SIDNEE CRABTREE • CJ DOUTHIT
 ELIZABETH GIENGER • ANDREA HOLZWARTH

CARA HUNT • TRENT KINEN
 SAM SOWERS • KIM VOELLER
 MATT WHITMORE

FRESHMEN
 BROOKLYN HNIZDIL • TRENT RAILE
 AMBER SMULL

EIGHTH
 MIKAELA GRACE • CHRISTINA HILT
 SHAYLA HILT • BROOKS HOBROCK
 BRETT LAMPE • ALYSON MARIN
 AUBREE SCHLEPP

SEVENTH
 ROSS NICKLOS • ISAAC SCHILTZ
 CHRISTINA SCHOENROGGE
 LOGAN WHITMORE

High Honor Roll - Grade point avg. 3.33 to 3.74

SENIORS
 TYLER FINLEY • MAC FREWEN
 JORDAN GIENGER • AMY HILT
 NATHAN KETZNER • BRITTANY LUCAS
 LAUREN ROSS • LEVI WEEDEN
 JANELLE ZWEYGARDT

JUNIORS
 TED CRABTREE • KATTIE FORD
 CHANCE HOBROCK • KATLIN MARIN
 LAUREN ZWEYGARDT

SOPHOMORES
 JESSE PACHECO • JAMI PEVLER

TARYN RICHARD • JACOB RIEDEL
 SHAWN WARREN

EIGHTH
 ALEX DRAPER • GARRETT FIGGINS
 BRENDAN FINLEY • JODIE HILT
 CODY KILLINGSWORTH
 LEXEE REICHERT • CODY SHERLOCK

SEVENTH
 ALLISON GRICE • ASHLYNN LAMBERT
 ROSS NICKLOS • CAITLIN NORTHRUP
 LOGAN WHITMORE • TY ZWEYGARDT

High Honor Roll - Grade point avg. 3.33 to 3.74

SENIORS
 TYLER FINLEY • MAC FREWEN
 JORDAN GIENGER
 AMY HILT • BENJAMIN KILLINGSWORTH
 BRITTANY LUCAS • JOEL MCATEE
 LEVI WEEDEN

JUNIORS
 TED CRABTREE • KATTIE FORD
 CHANCE HOBROCK • KATLIN MARIN

SOPHOMORES
 MEGAN GILLILAND • SARAH GUTHMILLER
 JESSE PACHECO • JAMI PEVLER
 TARYN RICHARD • JACOB RIEDEL
 SHAWN WARREN

FRESHMEN
 EMILY MULLINS • DALE NORTHRUP
 DAVID STEPHENS • KAYCEE WILLIAMS
 DREW ZWEYGARDT

EIGHTH
 ALEX DRAPER • GARRETT FIGGINS
 BRENDAN FINLEY • JODIE HILT
 CODY KILLINGSWORTH
 LEXEE REICHERT • CODY SHERLOCK

SEVENTH
 KATLIN FIGGINS • ALLISON GRICE
 ASHLYNN LAMBERT • CAITLIN NORTHRUP
 • TRISTA ORTH • TY ZWEYGARDT

Honor Roll - Grade point avg. 3.0

SENIORS
 BENJAMIN KILLINGSWORTH
 JOEL MCATEE

JUNIORS
 CASSANDRA DANKENBRING

SOPHOMORES
 SARAH GUTHMILLER
 TAYLOR KENNEDY • TYLER LARSON
 CANDICE WIESE

FRESHMEN
 GRADY BRUNK • MARVIN MILLER

BENJAMIN NEITZEL • EDGAR PACHECO
 MATT RAILE • DAVID STEPHENS
 DREW ZWEYGARDT

EIGHTH
 ADAM GUTHMILLER • TYLER LAUER
 ALYSSA LEE • SARAH TREMBLY
 ZACH ZWEYGARDT

SEVENTH
 HAYLEY BROWN • JONATHAN BUTLER
 KAITLIN FIGGINS • LEXI HILT
 TRISTA ORTH

Honor Roll - Grade point avg. 3.0

SENIORS
 NATHAN KETZNER
 JANELLE ZWEYGARDT

JUNIORS
 CASSANDRA DANKENBRING
 JENICE HARTMAN

SOPHOMORES
 KIM CHURCH • SCOTT FORD
 TAYLOR KENNEDY • CANDICE WIESE

FRESHMEN
 GRADY BRUNK • MARVIN MILLER
 BENJAMIN NEITZEL • EDGAR PACHECO
 TROY PERRY

EIGHTH
 ADAM GUTHMILLER • TYLER LAUER
 ALYSSA LEE • ZACH ZWEYGARDT

SEVENTH
 JONATHAN BUTLER • LEXI HILT
 STEPHANIE PERRY

Keep up the good work

<p>Bumper to Bumper Auto Parts BANKWEST-OF KANSAS Bartlett Grain Co. L.P. Becky's Bierocks Bier's Hometown Store Brice's Auto Repair Brunk's Machine & Service Bud & Eunice Burnham Burr Retail Liquor Cooks' Empire Motel Crabtree Well Service Hoagie & Dara Carmichael Cheyenne Bowl/Dairy King Cheyenne Co. Clinic/Hospital Cheyenne Feeders L.L.C. Pat & Vicki Cress Theron & Carolyn Culwell Patrick & Brenda Delano Dr. Melvin & Barb Dunn Farm Bureau Insurance Bruce & Sharon Feikert First National Bank Frewen Insurance Agency</p>	<p>Fromholtz Body Shop Kelly & Penny Vienger Good Samaritan Village Grace Flying Service Hilltop General Store Homesteader Motel & Trailer Park. JB Well & Trrenching Service Jenik Oil Co. Floyd & Elaine Jensen K-Store Perry & Paula Keller One More Year Ranch - Pete & Alice Kinen Kite & Day Law Office Knodel Funeral Home Don & Twila Kramer Krien Masonry Service Krien Steel Buildings Lampe Hardware Leach Insurance Agency L & W Andrist Ins. Agency LLC- Linda & Walt Linthacum</p>	<p>Daryl & Keely Loyd Casey & Lezlie McCormick Massage Therapy & Bodyworks Marvin & Anita Miller Terry & Mary Beth Miller James Milliken, Chartered Morrow's Garage Neitzel Insurance Service NAPA Auto Supply Owens True Value Park Hill Restaurant & Lounge Pizza Hut Brett Poling Chiropractic Dr. Tim & Margaret Poling Republican Valley Vet Clinic Bud & Marla Rice Kenneth & Janet Roberson Rick & Linda Rogers Ross Manufacturing Rueb Cattle - Randy & Rikki Rueb Marlin & Annabelle Rueb St. Francis Equity</p>	<p>The Saint Francis Herald St. Francis Sand & Redi Mix St. Francis Tire & Service Schultz's Ltd. Shay Realty, Inc. Silver Crest Farms Dan & Rita Stephens Stuart's Jewelry Dr. Pat & Bonnie Stuart Talley's Portrait Photography Unger Chiropractic Clinic United Methodist Thrift Store Video Connection Video Kingdom Gale & Mary Walz Wiese Angus Farm - Kip & Deone Wiese Carl Werner Western Sprinklers Wheeler Equity Betty Jean Winston</p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------