

Local artist oil paintings displayed through January

By Karen Krien
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McDonald artist, Marilyn Frisbie, is showing her oil paintings through the month of January at the Goodland Grind and Gallery at 1530 Main Street, Goodland. The business features an artist each month.

Mrs. Frisbie began her painting career over 40 years ago. She said she took one lesson and she was "hooked!" Through the years, she tried different mediums but, early on, she decided she liked working in oils.

"If I don't like it, I can sand it off but, if it is a water color, the paper is wasted," she said.

In her early days of painting, she painted on barn wood. Another artist, Russ Hamilton, told her she was too good to waste her talent and brushes on wood. She also used canvas board which she has found is not like painting on framed canvas.

At a workshop conducted by Lee K. Parkinson, a Utah artist, she discovered using a glazing technique which she has used for the last 30 years.

"I like the effect it gives the painting," she said.

Her inspirations for the paintings may come from different sources and times. She has found that the windmills and western plains scene sell better than mountain scenes. She has lived in both areas, coming from Colorado and now living in northwest Kansas with her husband Gilbert.

During the drought, she painted the "Promise of Rain," a painting of a thunderstorm and lightning.

"I had never painted lightning but, this painting was just what I wanted," she said.

It was a painting that, she said, seemed to "flow" out of the brush.

However, not all paintings come that easy. She will often leave a painting and then come back to it. She also has her easel in a room down the hall where she can see the painting and, being able to look at it from a distance helps her better see what she wants in the painting.

"You need the desire (to paint) in your heart," Mrs. Frisbie said. "I love what I am doing so much that each painting is a part of me."

Starting



MARILYN FRISBIE stretches the canvas on one of her paintings.
Herald staff photo by Karen Krien

When she first started, she was raising three children and painting every chance she had. She was producing about 30 original paintings a year. Today, she generally paints around 10 a year. From those original paintings which cost around \$1,500, she makes prints which are mounted on canvas frames. The prints cost much less and are affordable to most people.

Mrs. Frisbie has several regular customers who collect the originals with the latest (pictured) being already spoken for.

To enter most of the shows, her paintings have to be accepted by the juror. When she first started, she took in most shows to advertise her paintings. Now she attends only a few which have become regulars.

In Nebraska, she shows in Ft. Robinson, Gering and North Platte and, in Kansas, at the Art and Book Fair in Wichita, the Mulvane Art Fair, Topeka, and the Oberlin Show. She also donates paintings to the Wildlife Banquets in Cheyenne and Rawlins counties.

Inherited

Mrs. Frisbie says she probably

got much of her artistic ability from her mother Frances who encouraged her. One year before her death, the mother and daughter were able to paint together.

"It was a special time together," she said.

Mrs. Frisbie tried to teach her children to paint. Her daughter, Becky, paints and Laurie has also done some painting. However, Dave does not take the time, she said. Several grandchildren have shown an interest and they have taken lessons from Grandma.

Through the years, Mrs. Frisbie has seen her paintings go from very "flat" paintings to her paintings today that have dimension and beauty. She has taught young and old to paint. She likes watching people learning and enjoying painting and being able to see them grow in their ability.

Kids start wrestling

The St. Francis Little Kids Wrestling club has begun their season. Six wrestlers went to Hoxie on Saturday, Jan. 5, and competed with over 300 kids from the area.

Results are as follows:
6 and under: Shadryon Blanka placed third at 49 pounds; Connor Keller placed fourth at 52 pounds; Cody Baxter placed second at 58 pounds.

10 and under: Garrett Brunk placed third at 85 pounds; Shakotah Blanka placed first at heavy weight.
12 and under: Lane Hoffman placed fourth at 76 pounds.

"There was some tough competition and the kids wrestled well for their first tournament of the year!" said Shawna Blanka, coordinator.



KATE JENKINS is setting up appointments in the county health office.
Herald staff photo by Karen Krien

County health department welcomes new assistant

By Karen Krien
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Kate Jenkins has joined the Cheyenne County Health Department as an administrative assistant and the Health Start Home Visitor.

As the administrative assistant she will be doing clerical work, supporting the county's bio-terrorism plan and working with immunizations by entering data into KSWebIZ, the Kansas web site. Mrs. Jenkins will also be participating in outreach services and a variety of tasks assigned to her.

As the Health Start Home Visitor, she will be visiting expecting moms and new parents and babies. Her primary role is to provide education, support and give local resource referrals to the parents.

The Health Start program has been around for a long time but, sometimes parents are not aware of it or have forgotten it. Mrs.

Jenkins comes only on invitation or by referrals but, when she arrives, she comes with a bundle of information, helps answer questions and, when the new baby arrives, she has a bag full of useful goodies.

"Each family I visit is unique with individual wants and needs," Mrs. Jenkins said. "The program has been designed to assist families of any income level or social status."

Some of the benefits of the program include: pump rentals for breastfeeding, information on nutrition, stages of the baby's development, creating a healthy environment, immunization, well baby checks, the Health Wave insurance and Women, Infant and Child (WIC) programs. There are more and parents are urged to contact the county health office, 785-332-2381 for more information.

Mrs. Jenkins and her husband, Carl, moved from Colorado

to St. Francis in 2005. They have four grown boys and nine grandchildren.

She has various health care experience both professional and personally. Home Visitors are mothers themselves who have been trained to help other mothers with their concerns. She will be working with public health nurses who may also make home visits as needed.

When she has time, Mrs. Jenkins enjoys creating different dishes and breads for her family and friends and likes working in her home.



Trenton Raile

Introducing

Trenton Isaiah Raile

Travis and Valisha Raile of Oberlin are the parents of a son, Trenton Isaiah Raile, born at 3:09 p.m. on Dec. 16, 2007, at Community Hospital in McCook. He weighed 7 pounds, 8 ounces and was 20.5-inches long. He has two sisters, Kariah and Alana.

Grandparents are Bob and Deanna Castle, Oberlin, and Pete and Kay Raile, St. Francis. Great-grandparents are Doris Fringer, Oberlin; Ed and Wanda Raile, Springfield, Mo., and Bob and Gertie Zwegardt, St. Francis.

Generous donations received for love tree

Each year at Christmas, the Good Samaritan Village, St. Francis, establishes the "Love Tree." The tree gives people the opportunity to donate money by giving it in the name of another person.

"The beautiful tree reflects the love and support for the Village's service to the residents, their families and the community," said Carol Redding, village resource development and coordinator.

Donations were given in honor of living loved ones, not necessarily residing in the Village, or in memory of deceased loved ones.

"Your giving, occasionally anonymous, was very generous and the Village staff realized that these funds could have been given to many other worthy causes," Ms. Redding said.

The funds raised this year will go toward replacing the floor covering in the activity room.

People are urged to stop by the Village and see the new floor which will be installed in the near future. While there, stop by and visit the residents. They enjoy visiting with friends and neighbors.

- St. Francis News -

Alice Raile of Oxford, Neb., was a Friday Dec. 28 to Monday, Dec. 31 visitor of LaVera Beringer.

Alice visited Larry and Terri Zwegardt on Friday, Dec. 28.

On Saturday afternoon, Larry Beringer of Sharon visited LaVera and Alice and was a supper guest.

Karen and Allen Wright of Kingman were supper guests on Dec. 31.

Sylvia Queen was a guest of LaVera on both New Year's Day and on Sunday, Jan. 6.

Victor Zwegardt was a visitor on Thursday and Friday.

James E. Reeves, DPM
Podiatrist/Foot Specialist
Reconstructive Surgery
Foot & Ankle Injuries
For appointments call:
Rawlins County Health Center
785-626-3211
Wed., Jan. 9
Cheyenne County Hospital - P.M.
210 W. 1st • 332-2104
Thurs., Jan. 10
Atwood (a.m.) • 626-3211
Colby (p.m.)
CSMC, 175 S. Range
462-332
CMC, 100 E. College Dr.
462-7511
Fri., Jan. 11
Atwood - All Day

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Menu

Monday 14
Breakfast: pancakes, maple syrup, juice, cereal assortment, milk.
Lunch: chicken club sandwich, bacon, lettuce, tomatoes, French fries, orange, chocolate chip cookie, milk.

Tuesday 15
Breakfast: breakfast casserole, toast, juice, cereal assortment, milk.
Lunch: tacos with beef, lettuce, tomatoes, salsa, sour cream, cheese, refried beans, frosted long john, apple, milk.

Wednesday 16
Breakfast: blueberry bagel, cream

Thursday 17
Breakfast: tornadoes, juice, cereal assortment, milk.
Lunch: barbecued meat balls, seasoned rice, broccoli, hot rolls, tropical fruit, milk.

Friday 18
Breakfast: muffins, yogurt, juice, cereal assortment, milk.
Lunch: cavatini, tossed salad, peas, bread sticks, peaches, milk.
•Salad bar is offered at noon daily in the junior/senior high school

TEENA GIENGER McDANEL
Sept. 1, 1961 - Jan. 9, 2005

We thought of you with love today,
But that is nothing new.
We thought about you yesterday,
And days before that too.
We think of you in silence,
We often speak your name.
Now all we have are memories,
And your picture in a frame.
Your memories and keepsakes
With which we'll never part.
God has you in his keeping
We have you in our heart.

Author unknown
In loving memory of Teena-
The Teena Gienger McDanel Family

Full-Time Help Wanted

The City of Bird City, Ks. is seeking applications for a position with the city maintenance department. Duties will consist of general maintenance with City water/sewer, street maintenance, park and recreation equipment, and other duties assigned by the City.

A High School diploma or GED equivalent is required. State Certifications in municipal water/waste water systems would be beneficial but not required. Compensation based upon experience for 40 hours per week plus occasional overtime.

Applications may be obtained from the city clerk's office at 111 E. 4th, P.O. Box 219, Bird City, Ks. 67731, or phone 785-734-2616.

All applications must be returned to the city clerk's office by Feb. 4, 2008 for interview scheduling. Applicant will be subject to drug, alcohol and background checks. The city of Bird City is an Equal Opportunity Employer.

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