



DARRIS KELLER has his opponent in a Granby during the Phillipsburg tournament.

Herald photo by Kristi Guthmiller

# Goodland wins league dual; Sainty to Atwood on Friday

By Betty Jean Winston  
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The Indians will wrestle their final dual of the season on Friday night when they travel to Atwood to meet the Rawlins County Buffaloes. Action has been changed to 6:30 p.m. rather than the 6 p.m. as listed on the school calendar.

Also on the agenda are matches between members of the St. Francis Kids Wrestling Club and young wrestlers from Atwood.

On Friday night, Feb. 6, St. Francis entertained Goodland to meet the Cowboys in a league dual. The final score was Goodland 42, St. Francis 18.

"We had some good matches,"

Coach Mike Frewen said. "It is hard to win a dual when we have a number of open weights."

St. Francis was open at 103, 119, 140, 152, 215 and 285.

Winning matches were Cody Sherlock, Jesse Pacheco and Grady Brunk. Terrence Lamb received a forfeit.

Indian team stats followed by Goodland stats include: take-downs 3-6; two-point near falls 2-1; reversals 4-7; escapes 4-0; wins 4-4.

### Individual results

112: Freddy Pacheco lost by a 9-7 decision to Avelar; 125: Sherlock won by a 3-0 decision over Shelton; 130: Lamb won by a for-

feit; 135: Darris Keller lost by a 6-2 decision; 145: J. Pacheco won by a fall over Delgado; 160: Grady Brunk won by a 3-0 decision over Johnson; 171: Scott Ford lost by a 6-0 decision to Taylor; 189: Adam Guthmiller lost by a 6-4 decision.

### Junior varsity

In junior varsity action David Leibbrandt lost by a fall to Thompson; Logan Whitmore lost by a 6-2 decision to Davis and Brandon McGinnis lost by a fall to Freeman. Leibbrandt and Whitmore wrestle at 112 pounds and McGinnis at 125.

Sainty had one takedown, and one reversal.

# Administrative assistant retires following 33 years

Darla Barnhart Daniels has retired as an administrative assistant to the president of Garden City Community College after 33 years.



Daniels

The daughter of Jim and Mildred Barnhart, St. Francis, Ms. Daniels was featured in the college newsletter *Inside GCCC*, as well as the *Garden City Telegram*.

"While I'm glad for Darla that she has reached a point in life where she can devote her time to new horizons, I'm very sorry that we're saying farewell to someone who has dedicated over three decades to our college," said college president, Dr. Carol Ballantyne, in the *Insider*.

Ms. Daniels joined the college in 1975, serving seven years as secretary to the deans of instruction and admissions, followed by 26 as administrative assistant in the president's office — a position she's handled so long that every-

one on campus referred to her as "Darla." She was also well known to the board of trustees as well as colleagues across the community and state.

She worked as a clerk to the college board of trustees during more than two decades and dozens of board members have counted on her.

The *Insider* stated that Ms. Daniels earned a reputation for competence, reliability, accuracy, attention to detail, a strong sense of protocol, the ability to handle a wide and changing range of responsibilities and a unique knack for multi-tasking. Above all, friends and co-workers cited her care and concern for others. "Darla has earned the respect, admiration and affection of countless college employees and students," said Ms. Ballantyne in the *Insider*. The president said she has relied on Ms. Daniels since taking charge of the college eight years ago.

Ms. Daniels credited the people she had the good fortune to work with. "They have been very professional, compassionate and caring," she said. "They truly want to help

students and fellow employees bloom and grow, and become all they can be."

In the beginning, Ms. Daniels didn't plan to become an administrative secretary in a college. In her Sainty high school yearbook, there was a journal entry that gave her dream career as working as the executive secretary to the president of a large corporation.

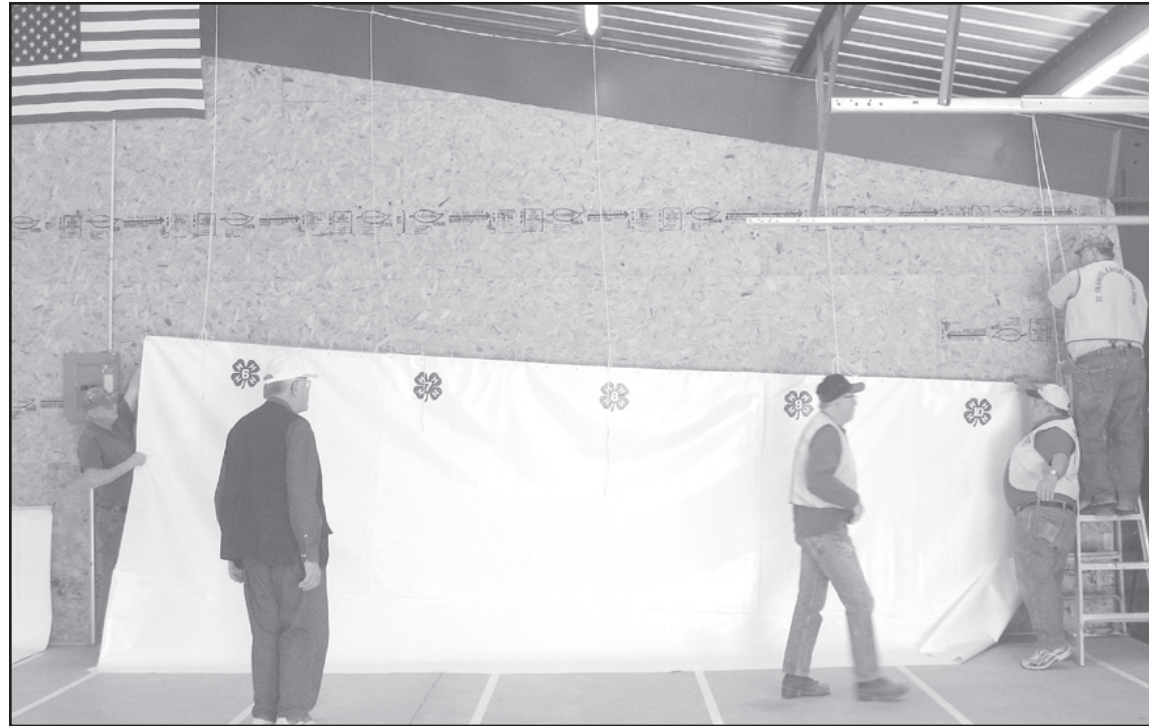
After focusing a job search on banks and other institutions, she acted on a reference from the local job service center and went for an interview.

"It has been an awesome ride for 33 years," she said in the *Insider*.

A retirement reception was held on Dec. 10 with a packed house of friends as well as present and former co-workers. She received an engraved silver tray along with other gifts, handshakes and hugs.

Her retirement started with taking some time off and then look for other opportunities.

Ms. Daniels grew up in Cheyenne County. She graduated from St. Francis Community High School with the class of 1973.



LIONS CLUB MEMBERS (l to r) Dennis Merklin, Milton Lampe, Randy Smedstad, Norman Morrow and Francis O'Leary are busy installing a backdrop for the 4-H Shooting Sports activities.

Herald staff photo by Karen Krien

## Moments With Mila



By Mila Bandel  
County Health Nurse

February is National Heart Month

Coronary heart disease is the single most major cause of death with stroke as the Number 3 killer in the United States. There are three heart healthy ways to keep heart disease from occurring. A person's lifestyle is not only the best defense against heart disease and stroke, it is also a person's responsibility.

A heart-healthy lifestyle includes:

- Stop smoking. If a person smokes, quit. If someone in the household smokes, encourage

them to quit. It is tough for people to quit smoking. But it's tougher to recover from a heart attack or stroke or to live with chronic heart disease.

- Choose good nutrition. A healthy diet is one of the best weapons available to fight cardiovascular disease. The food a person eats (and the amount) can affect other controllable risk factors: cholesterol, blood pressure, diabetes and overweight. Choose nutrient-rich foods, which have vitamins, minerals, fiber and other nutrients but are lower in calories, over nutrient-poor foods. A diet

rich in vegetables, fruits, whole-grain and high-fiber foods, fish, lean protein and fat-free or low-fat dairy products is the key. And to maintain a healthy weight, coordinate diet with a physical activity level so a person is using up as many calories as they take in.

- Be physically active every day. Research has shown that getting at least 30 minutes of physical activity on five or more days of the week can help lower blood pressure, lower cholesterol and keep weight at a healthy level. But some activity is better than nothing. A persons doing nothing now, can start out slow. Even 10 minutes at a time may offer some health benefits. Studies show that people who have achieved even a moderate level of fitness are much less likely to die early than those with a low-fitness level.

By following these three simple steps a person can reduce all of the modifiable risk factors for heart disease, heart attack and stroke.

"Happy Heart Month!"

## Club Clip

### Cheyenne County Hospital Guild

The Cheyenne County Hospital Guild met at the Senior Center on Feb. 2, with 17 members present.

Mila Bandel, County Health Nurse, gave a very informative program. She told of the programs available through her office and the agency's objectives. She announced several events coming in the next two months.

Mrs. Bandel asked for volun-

teers to help with the disaster drill on the morning of March 4 at the grade school.

A short business meeting followed the program.

The hostesses were Wilma Lampe and Lucille Price.

Next month's meeting will be a luncheon at the Cheyenne County Hospital on March 2.

## Backdrop installed for project

On Thursday, the St. Francis Lions Club donated the materials and installed a backdrop for the 4-H Shooting Sports activities. The backdrop was put on the south wall of the 4-H food stand.

The 4-H Shooting Sports

program was organized several years ago. There are now 20 kids enrolled in the program and there is still room for others. The shooting activities will begin in the early spring.

Instructors include: Francis O'Leary, coordinator and rifle;

Penny Archibald, archery; Richard Walter, shotgun.

Those interested in joining the program or want more information should check with the Extension office, 332-3171 or Mr. O'Leary, 332-3089.

## New steps planned for spring

By Karen Krien

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It appears that the replacing of the courthouse steps will be completed in the spring or summer.

Terry Miller, clerk, had the Heritage Trust Fund grant with the Kansas State Historical Society renewed last month. He had contacted Eric Johnson, contractor with Campbell and John-

son Engineers, Concordia, who thought there would be no problem with the bids coming in.

In the Jan. 29 issue of both *The Saint Francis Herald* and *Bird City Times*, a notice for interested contractors to have their bids in for the steps by Feb. 27 was printed. The work will include taking out the existing concrete steps and landings, restoring the stone landings and steps, and any

other stone and brick repairs. Mr. Johnson told Mr. Miller that after a bid is accepted, the work will probably continue shortly.

The courthouse steps have been closed since November 2007, after the county's insurance had deemed the steps unsafe. Since then, the only entrance to the courthouse has been the west and the handicapped entrances.

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Contact the Medicine Valley Economic Development Corporation for more information:  
 medvalley@curtis-ne.com • 308-367-4222 • www.MedicineValleyEDC.com

Thinking About Crop Insurance?

Get the answers you need at these informational meetings.

Feb. 23 Colby Community Building - Noon CST  
 Feb. 24 Grainfield 4-H Building - 6:30 PM CST  
 March 2 Goodland 4-H Building - Noon MST

All meetings include a meal, RSVP at least 5 days before "your" meeting.

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