

Student selected in top 10

This past spring, Lisa Gibson's freshman English class entered an essay contest provided by Creative Communication. Out of 2,200 entries, 1,100 were selected to be published and, of those, 15 of the essays were written by the St. Francis freshmen.

The 15 essays, Mrs. Gibson said, were submitted with those 1,100 essays, and one student, Isaac Schiltz, was selected as one of the top 10.

"What an awesome honor for Isaac as a freshman," Mrs. Gibson said. "I am very proud of him to be one of the top 10 in 2,200 essays."

Essays were selected for their literary merit, creative and social significance. Isaac's essay, "It's You and Me," was printed in *The Herald* earlier but is being printed again.

The son of Rob and Carla Schiltz, Isaac will receive a \$50 savings bond and a complimentary copy of essay anthology "Celebrating What Is Important To Me."

It's You and Me

By Isaac Schiltz

I stood on the runway in St. Francis, Kansas. I felt very privileged, because only few before me have earned the right to stand on this runway. It was somewhat of a sacred place to me. As I stood there, the wind blew over my skin, giving me goose bumps. I was ready; ready to succeed, but also ready to fail, for a pole vault-



Schiltz

er must accept both equally.

I looked up at the cross bar. It was my nemesis, and nothing was going to stop me from defeating it. Being nothing but a fiber glass pole, the cross bar can generate so many emotions; so much passion, aggression, and fear. A pole vaulter must thrive off all these feelings. They give him energy that allows him to harbor the strength to defeat his enemy.

I drowned out all noise; the crowd, the loudspeaker, and all other sounds around me were irrelevant. I looked at the bar one last time. "It's you and me," I mumbled quietly under my breath. I began my approach. The run seemed an eternity, but in reality lasted only a few seconds. As I approached my destination, information raced across my mind. Before I knew it, I was there. I slid my pole into the box, closed my eyes, swung my body into the air...and then it all went blank. I landed, and then opened my eyes. I found myself staring up at the cross bar, still high above me. I had won.

Cookin' with Peg

by Peggy Horinek
phorinek@nwkans.com

Hey, all you cooks out there. I'm still waiting for all those great recipes you said you were going to share. Please email them to me at the above address or mail them to the Herald at P.O. Box 1050, St. Francis, 67756.

The two cake recipes below are my favorites. I first tasted them at the Coffee Shop and Aimee Northrup was kind enough to share them with me. Hope you enjoy them too!

Praline Cake

- 1 - Butter Pecan cake mix
- 4 - Eggs
- 3/4 cup oil
- 1 cup water
- 1 can coconut frosting

Mix all ingredients together with electric mixer. Pour batter into oil sprayed bundt pan and bake at

350 degrees for 50 minutes. Let cool in pan and then invert onto serving plate. Mix 1 cup powdered sugar with 1 to 2 tablespoons of milk until smooth and drizzle over cooled cake.

Lemon Dew Cake

- 1 - Lemon cake mix
- 1 - Lemon pudding mix (instant)
- 3/4 cup oil
- 4 eggs
- 1 can Mountain Dew

Mix all ingredients together in large bowl. Pour batter into oil sprayed bundt pan. Bake at 350 degrees for 30-40 minutes. Let cool in pan and invert onto serving plate. Mix 1 cup powdered sugar with 1 to 2 tablespoons of lemon juice until smooth and drizzle over cooled cake.



An All American July 4th

At Hilltop General Store

Stop by Saturday between 11 a.m. and 3 p.m. for a complete All American Hot Dog Meal for just 6 bucks!

Miss Liberty will be handing out free Kool Pops to all our America Loving Customers!

We will also have a great supply of watermelons, cantaloupe, sweet corn, strawberries, blueberries, raspberries, peaches, plums, nectarines, tomatoes, cucumbers and all your other favorites for your backyard celebration

Hwy 36 & Benton Street - St. Francis

82nd birthday

The family of Arlie Archer is requesting a card shower for his 82nd birthday on June 30. Cards will reach Arlie at P.O. Box 22, McDonald, KS 67745-0022.

99th birthday

The family of Amelia Banister is honoring her with a card shower to help her celebrate her 99th birthday on July 4. Cards may be sent to her at P.O. Box 77, McDonald, KS 67745.

Ambassadors Music Ministry Team

The Ambassadors Music Ministry Team from the Association Free Lutheran Bible School in Minneapolis, Minn., will present an inspirational concert at Peace Lutheran Church in St. Francis at 9:30 a.m. on Sunday. The 60-minute concert includes more than 10 songs, two testimonies of faith and a brief message.

Hospice volunteers meeting

Hospice volunteers will meet at 11:30 a.m. on Monday at St. Joseph Catholic Church in Bird City with a potluck lunch. The topic "What do caregivers need" (how Hospice volunteers can provide support to the patient's family too) will be presented by Shanda Draper LBSW. All persons interested in Hospice services are welcome to attend.

Firework display at Idalia on Friday

The Idalia community is holding a potluck and fireworks display on Friday at the Idalia School football field. The potluck starts at 7 p.m. mountain time (bring a covered dish, lawn chair, etc.) and the fireworks will begin at 9:15.

Landscape Lawn and Garden Tours

The Cheyenne County Conservation's Landscape Lawn and Garden Tours are planned for Saturday, July 18, and Sunday, July 19, with stops in both St. Francis and Bird City.

These tours are a culmination of water conservation activities hosted by the local advisory board to the Western Prairie Resource Conservation and Development Area council.

Check *The Saint Francis Herald* and *Bird City Times* next week for additional information and a complete schedule of the tour.

Office closed

The *Saint Francis Herald* and *Bird City Times* offices will be closed on Friday, July 3 in observance of the Fourth of July.

Closed July 3 and July 4

The St. Francis Public Library will be closed on Friday, July 3, and Saturday, July 4.

Landfill closed July 4

The Cheyenne County Landfill will be closed on Saturday, July 4.

Veterans Affairs

Jody Tubbs, of the Kansas Commission on Veterans' Affairs, will be in St. Francis at 9:30 a.m. today (Thursday), at the county clerk's office. People may also contact the Veteran's Affairs office in Colby any Monday, Wednesday, or Friday at 785-462-3572.

Fair Board

In July, the Fair Board will not be meeting until Thursday, July 16, at the fairgrounds.

Board of Education

The St. Francis Board of Education will meet at 8 p.m. on Thursday, July 9, at the high school library.

Library Art Gallery

The St. Francis Public Library Art Gallery is featuring awards and highlights of the St. Francis Community High School FFA program. Lyn Wiley is the advisor.

AWANA Bible Story Hour Starts

AWANA Bible Story Hour runs from 10 to 11 a.m. in the bandshell park. First graders and older students are welcome.

Recovery Today/Narcotics Anonymous

Recovery Today group of Narcotics Anonymous meets at 8 p.m. on Sunday nights at the United Methodist Educational Building. Call (785) 332-6542 or 8607 for more information.

Sainty Serenity Seekers/Alcoholics Anonymous

Sainty Serenity Seekers open meeting of Alcoholics Anonymous is held at 7:30 p.m. each Thursday evening at the United Methodist Education Building at 104 W. Webster, St. Francis. Call (785) 332-6542 for more information

Moments With Mila

Swimming pool safety

and spa covers.

- Completely remove pool and spa covers before anyone gets in.

- Chlorine-based pool care products can explode and catch on fire. Always follow manufacturer's instructions when using pool chemicals and store chemicals in a dry place away from heat sources.

- Lock all pool chemicals in a secure cabinet out of children's reach.

Drowning is a leading cause of home injury deaths...especially for children. Many children drown in pools and spas. It can happen very fast and you won't hear it. To prevent a tragedy, the Home Safety Council offers the following tips:

- If you have a pool party, have grownups take turns watching the children at all times.

- Enroll non-swimmers in swimming lessons taught by a qualified instructor.

- Never swim alone. Even adults should swim with a buddy.

- Learn how you would save someone in trouble. Learn first aid and cardiopulmonary resuscitation. Make sure that anyone who cares for your children learns cardiopulmonary resuscitation.

- Post cardiopulmonary instructions near the pool area.

- The pump in a pool or spa creates powerful suction at the drain which can trap a swimmer under water. Teach children to stay away from drains, grates and filters.

- Tie up long hair before swimming. Pool drains should have a cover. For added protection, consider purchasing a safety guard to install over the drain.

- Never leave toys in or around the pool when you are not there.

By Mila Bandel



County Health Nurse

- Teach children the "rules of the pool." Remind them often.

- Stay out of the pool during severe weather and thunderstorms, especially if lightning is forecast or present.

- If a child is missing, check the pool area first.



Dorothy Schield

Open house planned

An open house is being held to honor Dorothy Schield on her 90th birthday from 2 to 4 p.m. on July 11, at the Cheyenne Manor. Friends, relatives and neighbors are welcome to attend.

SHOWTIME: 8 p.m.

1 hr. 45 min.

UP

July 3, 4 & 5

Action/Adventure, Comedy, Family and Animation

Edward Asner, Jordan Nagai, Christopher Plummer, Delroy Lindo and John Ratzenberger

PG for some peril and action.

CHEYENNE THEATER

St. Francis, KS

785-332-2747

Children 12 & Under: \$3

All Others: \$5

Haigler Country Cafe

Haigler, Neb.

Will be CLOSED on Saturday, July 4

Have a great holiday!

See ya Sunday!

CHEYENNE COUNTY HOSPITAL

210 W. 1st • St. Francis, KS
785-332-2104

July Calendar

Dr. Frankum	July 8 & 22
Dr. Warren	July 9
Dr. Reeves	July 15
Dr. Rubinowitz	July 28
Dr. Saba	July 17
Dr. Curtis	July 27
Mammogram	July 21

Ultra sound and CTs offered daily



For more information or to schedule an appointment call 785-332-2104

Fireworks Special!

2007 F150 Lariat, Crew, 4x4, 34K
#T5999A Call for price!

2004 F250 R/C XLT, 4x4, 6.0L, AT, 106K, #T1756A	\$16,000
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1995 Chevrolet 3500 Silverado, R/C 5M, #T9089C	\$2,500
1997 F150 S/C, 4x2, AT, Air, #T1755B	\$6,000
2006 F250 S/C XLT, 4x4, AT, 77K, #T8009A	\$21,500
2001 Taurus SE, Cloth, AT, 84K, #8772B	\$5,500
2008 Mercury Sable Prem., leather, AT, 19K, #26815	\$19,000
1996 Ford Contour, AT, Air, 52K	\$4,600
1992 Lincoln Town Car, auto, cloth, #T6560M	\$1,995
2006 Freestyle SEL, leather, FWD, 45k, #T7748A	\$14,500
2006 F350 Crew XLT, 6.0L, 4x4 w/Flatbed, #T3721A	\$22,500
1997 F250 XLT, 4x2, #T7748D	\$5,000
2000 F250 S/C XLT, 4x4, 7.3L, #T3568A	\$13,500
2008 Fusion SE, 2.3L, AT, 13K, #23423	\$15,500
1999 F250 S/C XLT, 4x4, Auto, #T6353B	\$9,995
2007 Focus SE, 4 cyl, FWD, #01355	\$11,000
1996 Chevy 1500 Ex Cab, 4x4, cloth, #T2149B	\$6,000
2007 Taurus SE, AT, 3.0L, #22770	\$11,250
1997 F150 XLT, 4x4, Reg. Cab, #5721C	\$5,500
2008 Grand Marquis LS, AT, leather, 10K, #62526	\$18,500
1999 Crown Vic, Cloth, AC, AT, #53870B	\$7,500
2007 Fusion SE, cloth, 21K, #17601	\$11,350
2004 F350 Crew, XLT, 81K Miles, #T2149B	\$20,000
2006 Mountaineer AWD, V-6, leather, #32458A	\$14,000
2006 F150 Crew Lariat, 4x4, Cover, 46K, #T6185A	\$26,000
1996 Pontiac Grand Am, AT, air, 124K, #T8873B	\$3,000

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800-524-9678
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American Profile

Celebrating Hometown Life

See American Profile magazine in this week's issue of

The Saint Francis Herald

(available in local area only)

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For more information contact:
Casey at 785-332-3162

Check your renewal dates

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Bird City Times

Area - \$33 KS - \$36
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