

Athlete places in event

By Tom Betz

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Saturday morning Aug. 1, saw 48 people participate in the Goodland Activity Center Community Triathlon combining swimming, bike riding and running.

The event began with a one-half mile swim at Steever Water Park and then the contestant got on a bike and rode 20 k and then finished with a 5 k run that finished at Steever Park.

Jason Brozek of Great Bend was the top man getting out well ahead of any of the others and turning in a time of 1:06.44.

The top female contestant was Jenny Busse of St. Francis who had a time of 1:23.15 leading the second heat. Larissa Coon of Goodland was leading until she had a flat tire on the bike course on Eighth Street west of town. Coon was second with a time of 1:35.14.

There were 22 competitive runners in the heats with seven non-competitive in the second heat. The third heat was a team heat where up to three people could share the work with one doing swimming, one on the bike and a third doing the running.

The team of Heidi Avalon, Kris Generali and Heather Generali of Omaha, Neb. were the winners with a time of 1:25:45. This is the first time the team event has been held.

Grady Bonsall, who helped organize the event, said he was pleased with the turnout and that it went well. He said he got a lot of good comments from the participants. Some of the people came from surrounding towns to enter the triathlon from as far away as Omaha, Neb., and Paradise, Calif.

He said he is hoping to hold the triathlon next year and thinks tying it in with the Northwest Kansas District Free Fair is a good match. He thanked all the people who came to the event and the many people who helped put it on.

Several of the participants were husband and wife or families with father, son or brother and sister. Some of the families came for the fun and to enjoy the time together.

Competitive winners included
1st (Men) Jason Brozek, Great Bend 1:06:44
2nd Isaac Wilson, Leoti 1:23:52
3rd Ian Bonsall, Goodland 1:26:33
4th Russel Avalon, Omaha, Neb. 1:27:52
5th Grady Bonsall, Goodland 01:28:15



JENNY BUSSE rides the bike during a triathlon held in Goodland.

6th Mick McGuire, Goodland 1:28:21
7th Raymond Schindler, Colby 1:34:04
8th Brian Fugleberg, Goodland 1:34:12
9th Anthony Wilson, Leoti 1:43:10
10th Holton Witman, Goodland 1:42:13
11th Jon Killingsworth, St. Francis 1:42:52
12th Bill Wilson, Leoti 1:55:55
13th Stephen Buller, Goodland 1:48:23
14th Chris Killingsworth, St. Francis 1:58:15
15th Zach Miller, Goodland 1:58:40
16th Loren Schnabel, Goodland 2:29:07
1st (Women) Jenny Busse, St. Francis 1:23:15
2nd Larissa Coon, Goodland 1:35:14
3rd Anette Killingsworth, St. Francis 1:42:55
4th Kat Killingsworth, St. Francis 1:49:50
5th Kyle Klinger, Colby 1:28:59
Non Competitive times
Ryan VanRoekel, Paradise, Calif. 2:29:13
Mary Beth VanRoekel, Logan 2:29:12
Trevor Linton, Goodland 1:44:05
Travis Witman, Goodland 2:25:04
Angie Witman, Goodland 2:25:05
Amy West, Goodland 1:56:30
Stephen West, Goodland 1:56:31
Team results
1st Heidi Avalon, Kris Generali, Heather Generali, Omaha, Neb. 1:25:45
2nd Ellie House, Gloria Boustil-

los, Benjamin Foust, Goodland 1:34:42
3rd Brooke Lockhart, David Branda, Elaine Felver, Goodland 1:40:05
4rd Heather Pitman, Joe Hickert, Vicki Baker, Goodland 1:43:06
5th Aimee Stoffel, Linda McKee, Goodland 1:43:47
6th Shauna Johnson, Janice Bonsall, Janelle Wolak, Goodland 1:44:37
7th Amanda Martin, Heather Carstens, Katie Burtis, Goodland 1:47:09

Volunteers helped at the start and finish with timing and HAM operators helped keep track of how each one was doing.

Members of the Sherman County Amateur Radio Enthusiasts Club assisted with a network of radio operators around the course to watch out for traffic and to make sure all the participants were accounted for through each check point.

The net control was Ray Smea (NONM), and manning stations were Daryl (WA0GBN), Tom Betz (KOJEI), Mike Carpenter (K0MC), Doug Whitson (HD0HEF), Jim Gillespie (NA0V), Kim Gillespie (HD0HCM), Scott Mentzer (N0QE) and Deb Mentzer (KC0TES).

Operators called in the participants as they came through the check points. Jim Gillespie tried to get an air pump to help Coon, but ended up hauling her back to town after she had two flat tires on here bike.

70th wedding anniversary
Albert and Vinta Keller will be celebrating their 70th wedding anniversary on Aug. 20.

The Keller's will enjoy cards and letters from friends and family.

Address cards to them in care of the Good Samaritan Village, 820 S. Denison, St. Francis, KS 67756.

Open house
A come-and-go open house is being held for Harvey Holzwarth from 1 to 5 p.m. Friday at Frewen Insurance Agency. Check ad in this issue.

Hunter Safety Certification Classes

Hunter Safety Certification Classes will be held Tuesday, Aug. 25, Thursday, Aug. 27, and Friday, Aug. 28, from 7 to 9 p.m. and on Saturday, Aug. 29 from 9 a.m. until ?? The classes will take place at the Cheyenne County Wildlife Gun Club in St. Francis. Check ad in this issue for additional information.

Second-Hand Smoke session
The final session of Second-Hand Smoke Education will be held from noon to 1:30 p.m. on Thursday, Aug. 27, at Peace Lutheran Church. A special speaker will be present and the group will be given their toolkit. Lunch will be provided.

The session is provided by the Ministerial Association and the Kansas Department of Health and Education.

5K Walk-a-thon
A 5K walk-a-thon is being held at 7 p.m. on Aug. 21. Interested persons should gather at the city park at the Shrine Shelter. The walk, sponsored by Weight Watchers, is open to everyone. Additional details will be published in the newspaper next week. For more information, call (785) 332-3300 or (785) 332-5117.

Cemetery Board
Cemetery Board District 2 will meet at 7:30 p.m. on Monday in the commissioners' room at the courthouse.

Cheyenne County Commissioners
The Cheyenne County Commissioners will meet at 8 a.m. on Friday in the commissioner's room at the courthouse.

Hospital Board
The Cheyenne County Hospital Board will meet at 3 p.m. on Thursday, Sept. 3, in the clinic basement meeting room in St. Francis.

City Council
The St. Francis City Council will meet at 7:30 p.m. on Monday, Aug. 24, at the city hall building.

Board of Education
The St. Francis Board of Education will meet at 8 p.m. tonight (Thursday) in the high

school library.

School news
Monday, Aug. 17, high school sports practice for the football and volleyball teams will begin.

Wednesday, Aug. 26, first day of school with students attending from 8:35 a.m. to 11:30.

Thursday, Aug. 27, full day of school with classes from 8:35 a.m. to 3:45 p.m.

Friday, Aug. 27: Sports open house is scheduled for 7:30 p.m.

Monday, Aug. 31, Meet the Teacher Night at the grade school at 6:30 p.m.

Tuesday, Sept. 1: The St. Francis Lady Indians will host Hoxie and Golden Plains for the first volleyball action of the season.

Friday, Sept. 4: The Indian football team will play the Eagles in Colby.

Veterans Affairs
Jody Tubbs, of the Kansas Commission on Veterans' Affairs, will be in St. Francis at 9:30 a.m. Thursday, Aug. 20, 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.

School calendars
People interested in seeing the St. Francis school calendar over the internet can go to www.usd297.org. On the left hand side of the page, click on Community Tools. You then will see the 2009-2010 school calendar with instructions to download and print.

St. Francis Public Library closed Thursday

St. Francis Public Library will be closed today (Thursday) for automating.

Cemetery tour planned
The Historical Society plans a Southwest Cheyenne County Cemetery Tour for Sunday afternoon, Sept. 13. The event is still in the planning stages. If you have information about any southwest county cemeteries, please contact the Historical Society: 785-332-3991 or 785-332-3569.

Library Art Gallery
The St. Francis Public Library Art Gallery is featuring homemade quilts by Shirley Ochsner during the month of August.

Western Plains Arts Association Programs for September

- Sunday, Sept. 13, 3 p.m. - The Boulder Acoustic Society will present a lively band program of fiddle, accordion and drum music in Oberlin.
- Sunday, Sept. 27, 3 p.m. - The

Russian virtuoso musicians, The Flying Balalaika Brothers, dressed in traditional colorful costumes, will perform their folk music and also music melding with American bluegrass and contemporary international acoustic styles in St. Francis.

• Monday, Sept. 28: A school performance of The Flying Balalaika Brothers for St. Francis students.

Back to School Buddy Blast
The Back To School Buddy Blast, an overnight event for registered Girl Scouts, in grades six through nine, will be held Aug. 14 and 15 in Colby.

For more information contact Becky at 785-259-6743 or check out the following website at www.kansasgirlscouts.org.

U.S. 36 Treasure Hunt
It's time to register for the U.S. 36 Treasure Hunt on Sept. 18, 19, and 20. Those wanting to be listed on the local map, please contact Betty Orth 785-332-2540 or email orth@kans.com. There is a small fee. Deadline is Aug. 15. Please call for further information.

Sisters In Serenity Women's AA
A Sisters In Serenity women's Alcoholics Anonymous group meets at 5 p.m. on Sundays at 585 N. Franklin, City Hall, northwest basement door in Colby. There is a play room for younger children and a quiet space for older children on-site. For more information call (785) 672-3406 or (785) 538-2526.

These meetings are limited to female alcoholics to provide an opportunity for members to share with one another on problems related to drinking patterns and attempts to achieve stable sobriety.

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

Northwest Kansas Family Shelter

Northwest Kansas Family Shelter provides 24-hour-7 day-a-week services to victims of domestic violence and sexual assault. Weekly support groups are available for women and children within the northwest Kansas area. For information or in need of assistance, please call the toll-free number 1-800-794-4624.

Come & Go Open House



For Harvey Holzwarth

Friday, Aug. 14

1 - 5 p.m.

At Frewen Insurance Agency, 115 W. Washington
Refreshments will be served

Location — Location — Location

Vendors — join the Hilltop General Store on Saturday, Sept. 19th for the US Highway 36 Treasure Hunt.

The Hilltop will have a large produce tent sale so take advantage of our traffic.

Food vendors, antique vendors, odds and ends vendors and others are welcome

There is a \$15 fee to help pay for advertising in 2 state wide publications and local advertising.

Call or see Rodney at the Hilltop 785-332-2277 to reserve your peaches now.

Hwy. 36 & Benton Street ~ St. Francis
Open 7 a.m. to 7 p.m. 7 days a week

Hunter Safety Certification Classes

Tuesday, Aug. 25, Thursday, Aug. 27, Friday, Aug. 28



7 - 9 p.m.

Saturday, Aug. 29 — 9 a.m. - ??

Cheyenne County Wildlife, Inc. Gun Club, St. Francis
For information contact Tim Stimbert, 785-332-3023 or Francis O'Leary, 785-332-3089

Special of the Week!

2006 Mercury Mariner, 4x4, AT, 26K
#T0997 \$19,500

2004 F250 R/C XLT, 4x4, 6.0L, AT, 106K, #T1756A	\$16,000
1995 Chevrolet 3500 Silverado, R/C 5M, #T9089C	\$2,500
2006 Freestyle SEL, Leather, FWD, 45K, #T7748A	\$14,500
2008 F250 Crew, V-10, 59K, #T1860A	\$27,500
1997 F250 XLT, 4x2, #T7748D	\$5,000
2007 Taurus SE, AT, 3.0L, #22770	\$11,250
2004 Mercury Grand Marquis Ultimate, 71K, #62526A	\$11,500
2007 F150 Lariat, Auto, Air, Leather, 34K, #T5999A	\$27,000
2006 Ford Five Hundred, Loaded, Leather, 16K, #26815A	\$13,500
1997 Olds Aurora, Loaded, Leather, AT, #T7601A	\$5,500
2005 Chevy Cobalt LS, cloth, #16970A	\$6,500
2008 F150 King Ranch, Loaded, White, 47K, #T6565A	\$28,500

YOST FORD MERCURY

E. Hwy. 36 St. Francis, KS 67756

800-524-9678
785-332-2188

Bob - Justin - Terry
yostford.com

SHOWTIME: 8 p.m. 2 hr. 33 min.

Harry Potter & The Half-Blood Prince

Aug. 14, 15 & 16

Daniel Radcliffe, Emma Watson, Rupert Grint, Tom Felton, Helena Bonham Carter

Action/Adventure, Science Fiction/Fantasy, Adaptation and Sequel

PG for scary images, some violence, language and mild sensuality.

CHEYENNE THEATER St. Francis, KS
785-332-2747

Children 12 & Under: \$3 All Others: \$5

Diamond is giving away
23 Iceman Compound Bows
1 Bow a week for the next 23 weeks

Remember our 3-D Archery Shoot on Aug. 15

Monthly Special
10% off all merchandise for 4-H'ers

Contact Josh or Call Mobe's for details 970-630-1196

Mobe's Archery Supply

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

"Taking Control of Diabetes" With Norma Cannon

Norma Cannon is an A1C Champion. She has diabetes and will share her personal experiences and helpful insights on successfully managing diabetes. Join us to learn how you can live a healthier life from a 'real person' with diabetes.

Norma is from Colorado and sponsored by sanofi aventis.

Wednesday, Aug. 19
1:30 p.m.

Basement of Cheyenne County Clinic Conference Room. For more information contact Mila Bandel, RN County Health Nurse 785-332-2381 ext. 231.

Check your renewal dates

— Current Rates —

The Saint Francis Herald
Area - \$38 KS - \$42
Out-of-State - \$48

Bird City Times
Area - \$33 KS - \$36
Out-of-State - \$40

American Profile

Celebrating Hometown Life

See American Profile magazine in this week's issue of

The Saint Francis Herald

(available in local area only)

Brought to you by The Herald

"Your sponsorship could be right here.

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