



AT THE OPEN FORUM held in Bird City's American Legion hall Saturday, Dr. Mary Beth Miller talks with Senator Huelskamp as Tom Keller listens.

Herald staff photo by Casey McCormick

Small town rural America is where the values are

By Karen Krien
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With four elections behind him Tim Huelskamp is running for the Big First Congress seat for north-west Kansas.

Sen. Huelskamp, who was elected in 1996, as the youngest senator elected to serve in the state in 20 years, followed Sen. Ralph Ostmeyer and Rep. John Faber around Saturday during their town hall meetings.

Sen. Huelskamp took the opportunity to talk with constituents in St. Francis, Bird City, Atwood and Oberlin about issues facing them and to get his name out as the candidate to vote for to serve the Big First district.

Small town rural America, he said, is where the values are. As a fifth generation Kansas farmer, he said, he plans to take those values to Washington D.C. Sen. Huelskamp said he will fight to keep

rural American alive and prospering.

The battle is in Washington, he said. There's trillion and trillions of dollars in a national deficit. That needs to be turned around. It's time to stop spending money that isn't available to be spent.

In talking to people, said Sen. Huelskamp, they are scared about the direction in which those in Washington D.C. are going. They are trying to do a lot of things they don't have the sovereignty to do.

People want to make the local decisions locally, not be told what they can and can't do. The people should be able to make those decisions on how to run local government locally.

In rural America agriculture is the biggest industry, he said. There are only 10 farmers in congress, out of 435 representatives. There should be more, said Sen. Huelskamp.

Western Kansas is a wonderful place to live, he said, but people also have to be able to make a living. It's important for people in western Kansas to have a voice, he said.

Kansas is home, said Sen. Huelskamp. Although he went away to go to school for a few years, he returned. If elected, he said, he will still keep his home in Kansas.

Sen. Huelskamp was elected to the senate in 1996 and again in 2000, 2004 and 2008. He's served on the Agriculture, Energy and Natural Resources Committee, Education, Elections and Local Government and Joint Committee on Information Technology.

He and his wife Angela have four kids Natasha, Rebecca, Athan and Alexander. All of whom they have adopted.

The family lives on the farm near Fowler.

Budget but still eat healthy food

As the economic squeeze continues, many Americans remain concerned that the cost of a healthy diet is out of reach. However, according to an Agriculture Department study, the cost of eating healthy hasn't changed as much as some less-healthy alternatives. Eating healthy food while on a budget does require smart shopping.

Farm Bureau's Food Check-Out Week, Feb. 21-27, focuses on helping Americans learn how to stretch their grocery dollars with healthy, nutritious food. America's farmers and ranchers are committed to producing safe, healthy and abundant food. And they share a common concern with consumers when it comes to putting nutritious meals on the table while sticking to a tight budget.

There is good news. A recent United States Department of Agriculture report favorably supports the economics of healthier eat-

ing. Recent food price data show that prices for unprepared, readily available fresh fruits and vegetables have remained stable relative to dessert and snack foods, such as chips, ice cream and cola. Therefore, as defined by foods in the study, the price of a "healthier" diet has not changed compared to an "unhealthy" diet.

Farm Bureau's Food Check-Out Week is aimed at helping American consumers learn how to shop effectively to put nutritious meals on the table with fewer dollars. "Learning to use your grocery dollars wisely ensures that nutrition isn't neglected," said Alisa Rath, Farm Bureau representative.

Fruits and vegetables, she said, along with whole grains, low-fat dairy products, lean meats, fish, beans, eggs and nuts - are an important part of a healthy diet. Buying fresh produce when it's in season and costs less, while buying frozen fruits and vegetables when

they're not in season, is a smart way to stretch that dollar.

Farm Bureau has developed Food Check-Out Week educational materials dedicated to helping consumers make healthier food purchases. Information on several topics including "Tips for Better Nutrition on a Tight Budget," "How Much Should I Eat?," "Understanding Food Labels" and "Understanding What My Pyramid Means" is available.

As part of Food Check-Out Week, the Cheyenne County Farm Bureau is offering a food cart at Hilltop General Store, St. Francis, and one at Hometown Market in Bird City.

Farm Bureau will purchase food and fill the carts. Rodney Neitzel, owner of Hilltop, will match the

Calendar for next year approved by board

By Karen Krien
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The St. Francis Board of Education accepted two memorial gifts when they met Thursday evening.

Phyllis Zielke gave the school \$2,500 in memory of her husband, Ted, and her son, Jeff. A \$500 scholarship will be awarded to a graduating senior attending a four-year college.

An additional \$225 was given to be added to the Gordon and Betty Orth Music Scholarship fund.

2010-2011 calendar approved

Next year's school calendar had been reviewed by the teachers and they had asked that the end of the first semester be moved from Jan. 14 to Jan. 7. The teachers' reasoning was that there are school days lost because of track meets and they felt that having a longer second semester would better benefit both the teachers and students.

Dr. Mary Beth Miller, board president, asked how spring break was determined each year. Rob Schiltz, superintendent, said he tries to evenly space the days between Easter break and the state basketball tournament.

The board approved the new calendar. Next year, students will start school on Wednesday, Aug. 25.

Talk then turned to adding minutes to the school days. Mr. Schiltz said there were schools that were adding the minutes, thus shortening the school year. By shortening the school year, it would probably save money in transportation, food service, custodial work and utilities. He said that the Colby schools were doing this and had predicted a \$40,000 savings.

Mr. Schiltz said if there are further cuts in state funding to schools, this may be one way of saving money. Scott Carmichael, principal, said he could see where there could be some

scheduling problems in the junior-senior high school if minutes were added.

Bonnie Zweygardt, board member, suggested that the board wait and see if those schools do save money and how it works out. The board agreed.

Window replacement project

Mr. Schiltz said he had contacted four companies that might be interested in installing the windows in the back of the school. They included Norton Glass, McCook Glass, Colby Glass and State Glass of Hays. The deadline for bids will be March 3 and the board will possibly make a decision at the March 11 meeting.

There are 30 windows needing replacement. Mr. Schiltz said the new windows had shown efficiency during the below-zero temperatures earlier this winter. Ordinarily, when it is that cold, it is necessary to use the second boiler but not this year.

The windows and doors in the front hall that leads to the gym were discussed as were the old doors in the front. Mr. Schiltz said the hallway doors and glass let in a tremendous amount of cold air. The other doors, he said, are old and replacement parts are very expensive.

Audit and contract approved

The board, after reviewing, approved the 2009 audit report prepared by Adams, Brown, Beran and Ball, Colby.

They also approved the audit contract for the next three years. Mr. Schiltz said the contract had

increased by 3 percent so next year, the audit will cost \$5,895; the next year, another 3 percent increase will find the audit at \$6,070; then, after another 3 percent increase, the audit will cost \$6,255 in 2012.

He had checked with another audit company and said the school's audit company's charge was considerably less. He will continue checking in the future.

Policies eliminated

At the January meeting, there were several school policies reviewed which included requirements for school directories and having a Citizen Advisory Committee. Mr. Schiltz had contacted a Kansas Association of School Boards lawyer regarding the policies. The lawyer advised him that these were policies which were not necessary. The board agreed to eliminate them.

Principal's report

Mr. Carmichael said the teachers are gearing up for assessment testing. He also said Ron Krien, contractor, would be installing tin siding on the east side of the grade school gyms which will insure that bats will not be able to slip through into the school.

Next meeting

The board talked briefly about the town hall meeting with Rep. John Faber and Sen. Ralph Ostmeyer which would be held the following Saturday. The next regular board meeting has been set for 7:30 p.m. on Thursday, March 11, in the board room at the high school.

Student News

Fort Hays State University

Aubrey Kehlbeck and Afton Krien of Bird City and Erin Neitzel and Heath Owens of St. Francis are among the 878 students named to the Fort Hays State University's fall semester dean's honor roll, according to Dr. Larry Gould, the university's provost.

To be eligible, students must have enrolled in 12 or more credit hours and have a minimum grade-point average of 3.60 for the semester.

Kansas University

Sara Miller, Sheryl Miller and Skyler Rueb are among the more than 5,000 undergraduate students at the University of Kansas to earn honor roll distinction for the fall semester.

The honor roll comprises undergraduates who meet requirements in the College of Liberal

Arts and Sciences and in the schools of allied health; architecture, design and planning; business; education; engineering; journalism; music; nursing; pharmacy and social welfare.

Honor roll criteria vary among the university's academic unit. Some schools honor the top 10 percent of students enrolled, some establish a minimum grade-point average and others raise the minimum grade point average for each year students are in school. Students must complete a minimum number of credit hours to be considered for the honor roll.

Sara Miller is a Liberal Arts Undergraduate Junior; Sheryl Miller is an Education Undergraduate Senior and Skyler Rueb is a Liberal Arts Undergraduate Sophomore.

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Lordy, Lordy,
our dad is
Turning 40!!

We love you!
Kyla & Karly

Join us for a
Come and Go Baby Shower

Erika & Alexis Zimbelman

Saturday, Feb. 27
2-4 p.m.
Cheyenne County Clinic Basement
St. Francis

We used to think
we had the strongest,
fastest, smartest
Daddy in the world...

Not much has
changed!
Happy 50th, Dad
We Love You!

Working Women —
accidentally omitted

Standing (l to r): Judy Ewing, Liz Semler, Perla Serna, BreAna Zweygardt, Brooke Rogers, Kayleen Larson; front: Anita Amack and Cynthia Rogers.
Not pictured: Kayla Weber, Aly Marin, Vanessa Wiece, Jodie Hilt, Emily Mullins, Hailey Crabtree, Laura Robbins

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