

Student likes size of college

After she graduated from St. Francis High School, Cara Hunt didn't feel like she was ready to get lost in the anonymity of a large or even medium-sized college. She thought it best to stay close to home, and while it wasn't her first campus tour, when she stepped on the McCook Community College campus it felt like home.

"I just remember thinking 'this is where I am supposed to be,'" she said.

She's made the most of her "new home" and has become active in almost every way possible. For her dynamic involvement in all things at the college, she has been named McCook Community College student of the month.

Last April as a freshman, Cara was named winner of the Vice President of McCook Community College's Student of the Year Award given to the outstanding student attending the college and excelling in academics, leadership and service to the college and the community - and all of that with a 4.0 grade-point average.

So what has she done for an encore?

She's taken on more responsibilities and assumed more leadership roles.

For the 2010-2011 year, she is president of the Student Senate, president of Phi Theta Kappa, McCook Community College Student Ambassador, she's become active in a new campus group called Students Making Active Choices (SMAC); will assist with a community fund-raiser for the college event center; and she became a Brooks Hall Resident Assistant.

"Yeah, it's a little annoying to get a knock on your door at 3 a.m. because somebody locked themselves out, and I've definitely encountered some new situations, but it's all making me a better person," she said. "I think when you take on more responsibility you have to be a better manager of your time, but that's all part of becoming an adult in the real world and I wouldn't change a thing."

She continues her roles as member of the college's webzine "Campus Café," Campus Crusade for Christ, and maintains her participation in the choir and theatre, as well as a work-study for the Welcome Center.



FORMER SAINTY STUDENT, Cara Hunt works at the computer.

In the past two years, Cara has participated in many college and community service events such as Red Cross blood drives, campus beautification and trash pickup projects, campus recycling, pantry food drives, toy drives, ticket seller at the college's athletic events, and as a volunteer at the Feed Our Flock Community Meal.

"As Phi Theta Kappa and Student Senate advisor, I have gotten to know Cara and feel she is a very caring individual who takes the time to visit with her peers and get to know them on a one-to-one basis," said Phi Theta Kappa advisor Sharon Kircher, who nominated Cara for the honor. "She is also a serious student as attested by her grade point average and genuinely cares about her fellow students, her college career, and the future of McCook Community College," Kircher said.

Upon arriving on the McCook campus Cara said one of the things that surprised her most was the absence of small-school cliques.

"I was really surprised how well everybody gets along. In a small school, you have your cliques that just hang out with people from their own group, but it's not like that here. For instance, I knew McCook was big on sports, and it kind of surprised me that athletes didn't just hang out with just other athletes," she said. "You get to the college and whatever clique you might have been in when you were in high school, just disappears. We all just blend together really well."

Cara began her academic career as a nursing major, but after taking a science fiction class and

a Shakespeare class with Megan Friesen, it didn't take long for her to gravitate toward the subject she had always loved: English.

"It just feels more natural for me to write stories and learning the English language better. I mean in grade school, I was the kid who took a book to recess."

Friesen channeled Cara's love for language and put her on the staff of the college's webzine "Campus Café" where her role is to generate at least one article a week while maintaining the website.

"My first semester, I didn't know a whole lot about the computer part of it, but took a web design class with Ken Shobe and that helped a lot," she said. While the staff is comprised of just three members, Cara said it gives the staff a wide range of opportunities.

When she graduates in May with associates' degrees in both arts and science, she plans to pursue journalism but she still prefers old-school methods to the electronic media.

"It bothers me a little that journalism has become so internet-oriented, it's all computers now, and even though print journalists are losing their jobs, I think that's the area I'd like to get into."

In addition to all her other responsibilities, over the next several weeks Cara will represent McCook Community College in the Dec. 2-4 production of "A Christmas Carol;" she will sing in the vocal concert Dec. 6; and she will be one of the featured actors in the college's Actor's Showcase Dec. 9.

Junior high basketball competes against Hoxie

The junior high boys basketball teams participated in their fourth games of the season on Thursday night. The opponents on this occasion were the A, B and C-teams from Hoxie and the games were played in St. Francis.

The A-team fell to Hoxie 53-23 while the B-team scored a 29-24 victory and the C-team a 14-8 victory.

The Indians played Rawlins County on Monday with details next week.

A Team

Four St. Francis players scored the 23 points for the Indians in this game with Garrett Brunk having 11, Cade Bracelin 7, Kyler Zweggard 4 and Justin Pacheco 1.

"We ran into a Hoxie squad that had good size, a lot of playing experience, and the ability to shoot the ball well," Coach David Morrow said. "That was a combination of attributes that we found difficult to deal with. Hoxie's fast break gave us fits all night, and our inability to score contributed to that: The fast break doesn't work as well when the ball has to be taken out of the

basket first.

"We were able to make up a little bit of ground in the third quarter. Garrett Brunk, who played part of the game as the point guard, completed several nice drives to the basket. Just that little spark seemed to loosen us up somewhat and just play ball. Hoxie hit more shots toward the end of the game.

S 02 02 11 08 23
H 09 16 14 14 53

B Team

St. Francis scored enough points early in the game to be able to hold on for a 29-24 victory even though Hoxie outscored them in the fourth quarter.

"A big second quarter allowed us to take a lead that we kept for the rest of the game," Coach Morrow said. "Shakotah Blanka was able to score a few baskets from offensive rebounds, and Carl Fabre converted a couple of steals into layups.

"In the second half, Hoxie closed the lead a couple of times to make the game uncomfortably close. We let up on the gas pedal too often and put ourselves in a position to fight pretty hard for a game we should

have won more easily. Nonetheless, they were able to take the win and put themselves in a better position for the league tournament."

S 04 13 08 04 29
H 04 04 09 07 24

Scoring: Shakotah Blanka, 10; Carl Fabre, 8; Jakob Church, 6; Clay Cassaw, 2; Lane Hobrock, 2; Francisco Fernandez, 1.

C-team

The final score in this game was St. Francis 16, Hoxie 8.

"These guys did a very good job in many ways," Coach Morrow said. "Of all the units, the C-Team rebounded the best. Nicky Easter, Jon Hoard, Austin Patton, and Francisco Fernandez all scored for the post area, mainly because of their ability to get offensive rebounds. We're learning better how to run offenses and be in position on defense.

"All in all, I was proud of the effort of the C-Team."

Scoring: Jon Hoard, 4; Francisco Fernandez, 2; Nicky Easter, 6; Austin Patton, 4.

Across the County

By **Marty Fear**



County Extension Agent

BRaNDS

When you hear brands, most folks think of branding cattle or some similar practice that ranchers do to keep track of their cattle. I do most of the time. However, there is ration balancing software also called brands. Actually BRaNDS (Beef Ration and Nutrition Decision Software), an interactive spreadsheet for Microsoft(R) Excel.

The software was developed by the Iowa Beef Center in 2004 and then a professional version was developed in 2007. BRaNDS can assist producers in balancing rations for their various classes of cattle, and help producers optimize the use of on-farm resources such as corn and forages.

The spreadsheet consists of five modules specific to the producer's operation. There are different versions available, single modules or all five modules in the professional version.

The Beef Cow Module uses criteria like condition score, production

stage, breed type, weather conditions and feedstuff utilization to determine whether a herd's nutritional demands are met. A modifiable feed library is included.

The Heifer Module in a calendarized or lifecycle approach, which can go back to a baby calf and be utilized through the third trimester of the first pregnancy to do developing heifer rations. It incorporates the target-weight concept to help balance rations that meet target daily weight gain.

Included are modules for growing and breeding age bulls, stocker cattle, and feedlot cattle, with numerous enhancements in each module. This edition allows you to evaluate rations for groups ranging in weight and production stages. Added features include: capability of multiple feed library storages; added professional ration analysis printouts; least-cost formulation; custom mix module; feedlot projections and total feeding period amounts using

formulated rations.

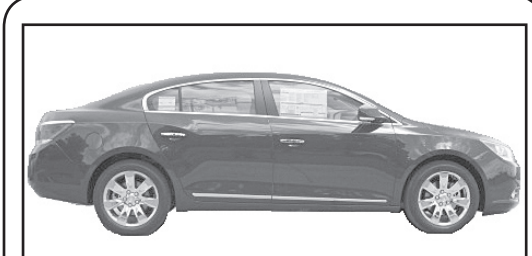
Kansas State Research and Extension purchased the BRaNDS Professional Edition and made it available to Kansas cattlemen thru their county extension office. Producers are encouraged to contact their county/district extension agents to utilize this software.

This is one more opportunity for K-state Extension to offer guidance and advice for Kansas cattlemen. With current high feed costs, correctly balancing rations is very important and this software gives producers some comfort in knowing they are feeding their cattle effectively.

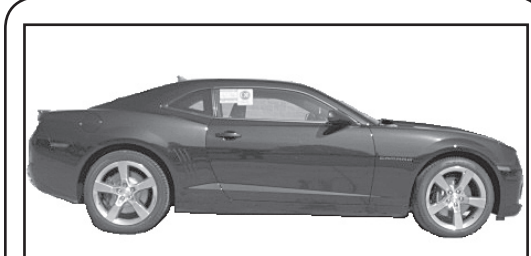
Producers can call or stop by and I will be happy to help them balance or check their rations. Contact the Cheyenne County Extension office at 332-3171 or cfear@ksu.edu.

Till next week - Marty

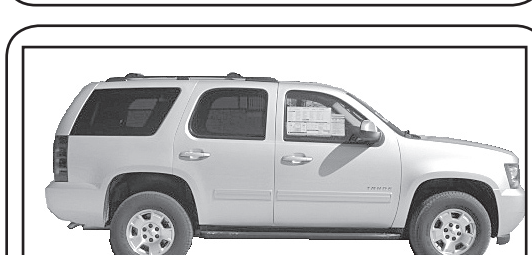
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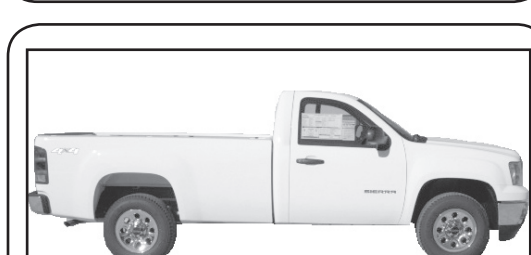
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2010 Chevy Camaro, Blue, V8, Manual trans



2010 Chevy Tahoe, Silver, Cloth, DVD Player



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thought to ponder.....Why are they called stairs inside, but steps outside?

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Herald And Times Happenings:

Christmas seen through the eyes of a child is priceless

This year, as in the year's past, the Special Christmas and New Year's sections will be published before the holidays. The sections will feature letters from Santa, answers of questions asked of school children, memories and recipes.

The Saint Francis Herald and Bird City Times staffs welcome participation from children to adults. All items must be received by Dec. 8 in order to get them into the special section.

Send letters, special memories, articles and recipes to The Herald at P.O. Box 1050, St. Francis, KS 67756 or fax 785-332-3001, or drop them off or e-mail to sfherald@nwkansan.com titling the subject as "Christmas for the Paper."



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FIRST BABY CONTEST

With the oncome of the New Year comes the new arrival of that bundle of joy!
Coming in January a bundle of businesses ready to congratulate the new baby and the parents!

To participate in a Special Section contact Casey at:

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