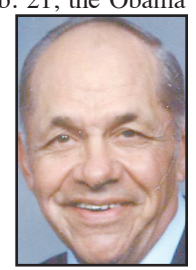


GAMES WERE PLAYED during a recent Accelerated Reading activity. Above, Cheyenne Yardley, left, and Lucas Zweygardt are intent on putting the pieces together on the Mouse Trap game. Herald staff photo by Amanda Jensen

Vet receives recognition after death

By Amanda Miller
amiller@nwkanssas.com

On Friday, Feb. 21, the Obama administration announced the names of 24 Medal of Honor recipients that had been previously overlooked.



Weinstein

One of those recipients will be Sergeant Jack Weinstein of St. Francis. On March 18, his widow, Nancy Weinstein, and daughter, Judy Ewing, will travel to the White House to accept the Medal of Honor for Weinstein. He died in 2006, and is being honored posthumously.

The White House wrote in a statement, "Each of these Soldiers' bravery was previously recognized by award of the Distinguished Service Cross, the nation's second highest military award; that award will be upgraded to the Medal of Honor in recognition of their gallantry, intrepidity and heroism above and beyond the call of duty."

Sergeant Jack Weinstein will receive the Medal of Honor for his courageous actions while leading 1st Platoon, Company G, 21st In-

fantry Regiment, 24th Infantry Division in Kumsong, Korea, on Oct. 19, 1951.

According to the Army's Medal of Honor website, when Weinstein's platoon came under attack in Korea, he volunteered to stay back and provide cover while his men withdrew from their positions. Weinstein killed six enemy combatants and, after running out of ammunition, used enemy grenades around him to keep the enemy forces back. Weinstein held his position until friendly forces moved back in and pushed the enemy back.

Jack was born in Lamar, Mo., on Oct. 18, 1928. He was drafted in the U.S. Army in 1950. After a year and a half in Korea, Weinstein returned home, married and settled in St. Francis.

In addition to the Medal of Honor, Weinstein received the Distinguished Service Cross (this award will be upgraded to the Medal of Honor on Mar. 18), Purple Heart with one Bronze Oak Leaf Cluster, National Defense Service Medal, Korean Service Medal with two Bronze Service Stars, Presidential Unit Citation, Combat Infantryman Badge, United Nations Service Medal, and Republic of Korea-Korean War Service Medal.

Zumba classes begin in Sainty

By Amanda Miller
amiller@nwkanssas.com

If you are looking to get in shape, there is a new, exciting way to do it. Killy Lampe has recently started teaching Zumba classes at the Dance Ranch downtown St. Francis, and those looking for an exhilarating dance-fitness class can look no further.

Killy is not new to fitness and dance. She started dancing right here in St. Francis with Theresa Porter at the Dance Ranch.

Killy graduated from Arapahoe High School in Arapahoe, Neb. in 2010. She has been dancing for 20 years, starting with Mrs. Porter and continuing in Nebraska where she also started gymnastics at four years old. Once in high school, she joined the cheerleading squad her freshman year. That year she was awarded the Compete "All-Star" Cheerleader award. By her sophomore year, Killy was announced the captain of the squad.

Killy holds at least 10 different state titles along with a national title her last year of gymnastics.

She continued cheering in college at Fort Hays State University and at Barton County Community College, where she was on a nationally ranked collegiate team. She majored in dance in college.

After college, she worked as the assistant coach of gymnastics in Colby at Tumbleweed Tumblers.

Killy says she became interested in Zumba after the birth of her daughter. She wanted to get back in shape but still have fun and do the things she loves. She started off playing a Zumba fitness game on the Kinect game console and really enjoyed it.

She decided that she would like to teach the class and become a licensed professional in the Zumba field of work.

"I took the long trip to Kansas City to take an all-day long class to become prepared and just like that I was a Zumba teacher!" Killy said.

Killy explained that Zumba offers an amazing workout while having a blast at the same time. It focuses on all the different styles of dance from all around the world. There is salsa, cumbia, hip-hop, bollywood and even burlesque music played.

"The best thing about Zumba is that the instructor is right there, getting sweaty with you and doing all the moves with a smile on their face. No matter what, you cannot be in a bad mood afterwards," Killy said.

Currently, Killy holds Zumba classes on Mondays and Wednesdays at 7 p.m. at the Dance Ranch in St. Francis. She says she averages about 10 people a class, but would love to have more.

Her participants love the class as well.

"The main thing I like about Zumba is how encouraging Killy is! Even if you don't really know what you're doing, she is there telling you how great you are doing. The class is a fun way to exercise by dancing around acting silly with a great group of girls with no judgement," said Betty Harrison, who goes to Zumba class weekly.

Killy plans on doing the class as long as possible, or until there is no more interest.

"I think once you try it though, Zumba is a hard habit to quit!" said Killy.



KILLY LAMPE is the Zumba class instructor. Herald staff photo by Amanda Jensen

Listen for the siren on the first Monday

By Amanda Miller
amiller@nwkanssas.com

The annual Kansas Severe Weather Awareness Week is designated for the week of March 3-7. With the safety campaign coming next week, Emergency Management Coordinator Ryan Murray attended the City Council meeting to decide when and how often the council would like to test the siren.

Mr. Murray said that he would like to do the test siren year round so that there is no confusion to the public. The community will then expect the test siren on a certain day of the week. Currently, the test siren is only run during the tornado season, about six months out of the year.

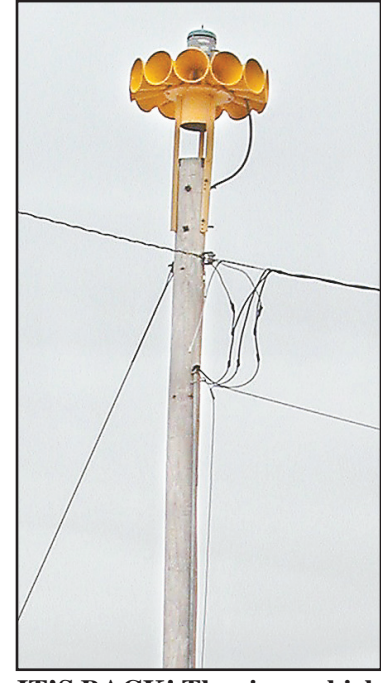
He also explained that the siren is not on a generator. If the power goes out, there will be no way to run the siren. In addition, he said that the siren is an outdoor warning only. There has been some confusion in the past, however the siren is not meant to be heard indoors.

Mr. Murray said that some towns test once a week, while others test once a month. There are downsides to both. When tested often, sometimes residents start ignoring the sirens, even when there is an actual emergency. However, when only tested once a month, the emergency personnel may not know for weeks if the tornado siren is not working properly, which would pose a large problem if an emergency occurs.

The council agreed that once a month would be sufficient for the siren testing. When the siren is tested, it goes off for three minutes, and sounds different than the regular timed whistle. Everyone agreed that the siren will be tested at 9 a.m. on the first Monday of each month.

The first test siren will be Monday, March 3, at 9 a.m. There will be a test siren on the first Monday of each month from now on at 9 a.m.

The siren will also be tested on



IT'S BACK! The siren which sounds at 7 a.m., noon, 6 p.m. and for tornado warnings was painted and erected at the grade school.

Tuesday, March 4 at 1:30 p.m. as part of the state wide tornado warning test.

Mr. Murray said that there have been great improvements in the warning system. Now, when a warning is issued, it means that the town of St. Francis is in danger. This pinpoints the area in the county.

That is good, because weather radios do not work in St. Francis, Mr. Murray said. The town lies too low in a valley, and the towers bounce above it. Weather radios do work outside of town, however.

Everyone is encouraged to treat the siren test warnings as if it were an actual emergency and review preparedness procedures. The first siren test will be Monday, March 3 at 9 a.m., and the state wide siren test will be Tuesday, March 4 at 1:30 p.m.

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