

## Clocks need set forward on Sunday

By Amanda Miller  
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It is time to reset your clocks. Time will be springing forward this weekend, robbing you of an hour of sleep and bringing longer, sunnier evenings.

Daylight saving time officially begins at 2 a.m. on Sunday, March 9. This means that we lose (not gain) an hour when we turn our clocks ahead an hour to 3 a.m. when our clocks reach 2 a.m. on Sunday.

It is this time change that usually leaves people reaching for the snooze button on the alarm. While it may seem silly to complain about losing just an hour of sleep, there may be some merit to the claim that daylight saving time affect's a person's body.

According to Dr. John Solic, who specializes in sleep management, changing the clock back by an hour throws off our biological clock and rhythm,

affecting our body temperature, mental alertness, hormone levels, gastrointestinal function, and sleeping habits.

Losing an hour of sleep can be hard. But there are steps you can take to adjust to the change more easily.

Starting four days before, try to go to bed 15 minutes earlier each night leading up to the time change, allowing yourself to gradually adjust. By Sunday, the new time change won't affect you, and you will be going to sleep at your "usual" bedtime. If your schedule doesn't allow this, go to sleep and wake up like usual. On Sunday, do not sleep an extra hour to compensate. Wake up as usual.

While the official time change is at 2 a.m. Sunday, most people probably will set their clocks up either before going to bed on Saturday or in the morning Sunday. But don't forget, or you'll be having a late start to your day!



NOT TOO COLD – Despite -0 temps, the ducks and geese were enjoying the ice and water at Keller Pond.

Herald staff photo by Tim Burr



GOOD SAMARITAN VILLAGE received \$10,000 for remodeling the west entrance. The grant was one of three awarded from the St. Francis Community Foundation. Roger Jensen, pictured, was hired as the contractor for the job.

Photos courtesy of Tom Keller

## Foundation awards grants totaling almost \$21,000

The St. Francis Community Foundation recently awarded three grants, totaling \$17,700, to community entities.

Receiving \$10,000 was the Good Samaritan Village, to be used for remodeling the west entrance of the facility. The funds were from an anonymous donation in memory of Willard Zweygardt.

The foundation disbursed other grants to the St. Francis Senior Center and the Cheyenne County Hospital. The center received \$6,000 to remodel the kitchen. The hospital received \$1,700 to be used for staff training installing PICC IV lines.

The three grants were from the Senior LivingFund, a field-of-interest fund within the foundation.

Five additional grants were made from the New Generation Fund, an endowment fund within the foundation. These grants included: \$700 to the city of St. Francis for art in the park; \$700 to the city of St. Francis for trees and shrubs for the Riverwalk; \$700 to the Cheyenne County Historical Society for a security door; \$600 to the Celebrate St. Francis Committee for 2014 fall festival and homecoming; and \$300 to the Cheyenne Center for Creativity,



ST. FRANCIS SENIOR CENTER also received a Foundation grant of \$6,000 for kitchen remodeling.

for art supplies..

There are so many more needs here in St. Francis that can be helped by your tax deductible donations to the St. Francis Community Foundation, said Tom Keller, board member.

The mission of the foundation is helping to improve our community by providing opportunities for donations to be utilized here in St. Francis and Cheyenne County by a host of local nonprofit organizations. The foundation has no paid staff, and is directed by an all-

volunteer board of friends and neighbors.

The members are: Dara Carmichael, Mike Day, Bob Gross, Taylore Keller, Tom Keller, Carla Lampe, Jim Milliken, Judy Rockwood, Eddy Schultz, Bruce Swihart and Carl Werner.

For more information, or to make a donation, contact the foundation on its website: www.sfccommunityfoundation.org., e-mail at sfc967@gmail.com, or St. Francis Community Foundation. P.O. Box 967, St. Francis, KS 67756.

## Party appoints new clerk

By Amanda Miller  
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The Cheyenne County Republicans met on Monday, March 3 to decide who will fill Terry Miller's unexpired position as Cheyenne County Clerk.

Terry Miller has been the Clerk for 14 years. Mr. Miller sent a letter to the Governor and Republican Party stating he will be leaving his position in May. Because this is an elected position, the party appoints someone to fill the position until the next election in 2016.

Mr. Miller has stated that he will be moving to California to join family.

The Cheyenne County Republican Party meeting was held at Perry and Paula Keller's home. There were eight precinct delegates present, and one delegate by proxy, meeting the number of votes needed to constitute a quorum.

After a brief discussion, Deb Lindsten was nominated as the only current candidate.

The group discussed how much training Ms. Lindsten already

has. Ms. Lindsten is currently the Deputy County Clerk. Mr. Miller said, in the most recent County Commissioner's meeting, that he has been training Ms. Lindsten for some time, and was wanting a smooth transition.

The Republican Party delegates then cast their votes. All voting was done by secret paper ballot. There were eight votes for, zero votes no, and one abstention.

Deb Lindsten will assume the position of the Cheyenne County Clerk once Terry Miller leaves.

## Musical set for Tuesday

Gangsters, hold-ups, prison breaks, jury trials, and floor shows in seedy nightclubs will all flash by as the St. Francis Junior High girls present their annual musical at 7 p.m. on Tuesday, March 11, in the high school auditorium.

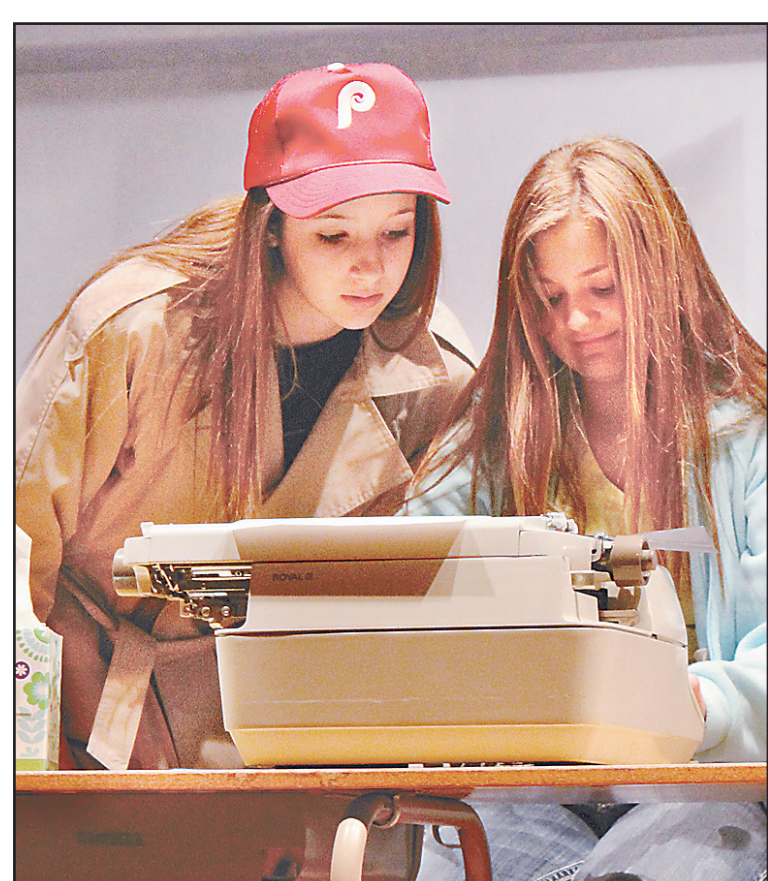
This year's production, "Lucky, Lucky Hudson," begins when Stephanie Jenkins, an imaginative young lady, decides to fight gangsters. She is an aspiring writer who creates stories about a fictional crime-buster, Lucky Hudson.

Stephanie's teachers, parents and friends all think her imagination will get out of hand one day – and it does! Or does it?

Lucky actually turns up, and shows Stephanie how he plans to defeat a gang of hoods known as the "12th Street Gang." The gang is planning to pull off the biggest caper in the history of crime.

Stephanie and Lucky meet such colorful characters as Big Al, Ma Cribbs, Mad Dog Myrtle, Two-Gun Tommy, Video Vicky, Hong Kong Holly and Skeets, the Squealer, as they prove that crime does not pay (at least not as much as it used to!)

Members of the cast include: EmmaLee Archuleta, Reagan Beims, Hanna Bracelin, Jessica Confer, Emileigh Dinkel, April Fernandez, Christina Frink, Kyla Hicks, Corey Jenkins, Lauren Johnson, Lindsey Johnson, Joslyn Ketzner, Taylor Kinzer, Tressa LaBarge, Teagan Landenberger, Jylian Laten, Echoe Lennox,



REAGAN BEIMS, as Lucky Hudson, and Matthisen Witzel, as Stephanie Jenkins, sit at the typewriter creating stories during the junior high girl's musical 'Lucky, Lucky Hudson.'

Herald staff photo by Amanda Jensen

Mallery Mills, Jessica Pacheco, Devin Patton, Janeth Perez-Medina, Madison Tice, Matthisen Witzel, Shelby Wolff, Zoe Sundstrom and Shalyn Zweygardt. They are directed by Debbie Fiala

"Lucky, Lucky Hudson" was written by Tim Kelly, with music

and lyrics by Bill Francoeur. It is produced by special arrangement with Contemporary Drama Service.

There is a small admission fee charged at the door. Check the advertisement in this issue for more information.

## Thief takes copper wire

By Amanda Miller  
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Prairie Land Electric was recently the victim of theft at their location near St. Francis.

The last week of February some one broke in to the locked fence at the Prairie Land Electric

Co-op lot, east of St. Francis on Road 16.

The thief or thieves stole scrap copper wiring. The dollar amount of the wiring was not available.

The thief's vehicle was thought to be parked near the Prairie Land location when the theft occurred.

The Cheyenne County Sheriff's Department is leading the investigation into the theft.

Anyone with information is encouraged to call the Sheriff's Department at 785-332-8880. Tips can be made anonymously.