

Church members assist with projects

Faith in Action Sunday at the Saint Francis Community Church is set for April 27. Past projects have included painting at the ball park, grade school and high school, planting trees, yard work for the elderly or disabled, picking stickers at the grade school playground, cleaning vacant lots, painting at the Cheyenne Theater and waxing floors at the Senior Center. Some projects for 2014 are already lined up, but the

church is looking for other projects and is asking for help.

If you know of a project in Saint Francis or someone needing help, please contact Kary Zwegardt at 785-332-0308 or Ron Maifeld at 785-332-3133. If the project is beyond the scope of the abilities of the volunteers or the time constraints of Faith in Action Sunday, Saint Francis Community Church may have to turn some projects down.

Former resident receives award

By Amanda Miller
amiller@nwksas.com

Saint Francis Community High School alumni Teresa Douthit was recently honored with the Outstanding Young Teacher Award. Dr. Douthit works for the Department of Animal Sciences and Industry at Kansas State University, teaching upper-level equine courses.

The American Society of Animal Science Midwest Section presented the Outstanding Young Teacher Award to Dr. Douthit on March 18. The award is sponsored by Alliance Nutrition.

Teresa Douthit is a native of St. Francis. She was raised on the family farm north of Wheeler. The farm produced a variety of crops and registered Hereford cattle. While in school in St. Francis, she showed horses, was active in 4H and FFA, and was a member of several state champion judging teams.

Dr. Douthit later went to college at Kansas State University, where she judged livestock and was on

the K-State Horse Judging Team that won the Congress in 1998. She graduated summa cum laude from Kansas State University, with a Bachelor of Science in animal science, in 1999. She went on to complete her Master of Science degree in equine nutrition. While working on her M.S., Dr. Douthit was an assistant coach for the horse judging team at Kansas State, and she helped form the very first equestrian team at the university.

In 2001, Dr. Douthit began her PhD in reproductive physiology at Colorado State University. She studied luteal function in mares and ewes while there. Dr. Douthit also coached the horse judging team to two national championships at Arabian Nationals.

Dr. Douthit returned to K-State to accept a joint appointment to animal science and the equestrian team. After coaching the Kansas State varsity equestrian team to a Reserve National Championship, and producing several national champion riders, she changed gears. Dr. Douthit became a full time faculty member in the animal science and industry department.

She now teaches Horse Science, Equine Nutrition, and Equine Exercise Physiology. Dr. Douthit advises 60 undergraduate and 4 graduate students, while conducting research in equine nutrition. She also supervises equine evaluation classes and the horse judging team.

Compassion Trip to Brazil Presentation

The community is invited to hear a special presentation this Sunday morning from the First Christian Church team which traveled to Brazil last week. The First Christian Church worship service begins at 10 a.m. 13

98th Birthday

Tobe Zwegardt celebrated his 98th birthday last week. He was born on March 17, 1916. Cards and congratulations may be addressed to him at 820 South Denison, St. Francis, KS 67756. 12

Special commissioners' meeting

Commissioner, Dale Patton has called a special Cheyenne County Commissioners' meeting at 4 p.m. on Thursday, March 27, to discuss the county's emergency medical service. The meeting will go into executive session to discuss personnel and there will be no decisions made. 13

Hospital Survey

The Cheyenne County Hospital invites you to participate in a county Health Survey, March 20-31, 2014. The results are needed, and will be used in applications for health service grants. Please complete the online survey at <http://www.surveymonkey.com/s/DHY-HC>, or contact Carol Sloper at 785-332-2104 ext 170 for a paper copy. 13

Lenten Service and Lunch

The St. Francis Ministerial Association invites you to join us for a Lenten service and lunch next Wednesday, April 2, hosted by the St. Francis Community Church at 12 noon. 13

Lenten Service and Lunch

The St. Francis Ministerial Association invites you to join us for a Lenten Service and lunch on Wednesday, March 26 at 12 noon, hosted by the Peace Lutheran Church. 12

Hospital Guild meeting

The Cheyenne County Hospital Guild will be meeting Monday, April 7 at 11:30 a.m. in the Cheyenne County Clinic. Judy Rockwood, hospital administrator, will be giving the program. This will be a luncheon. 11

Lions Club collection

The St. Francis Lions club

collects wheelchairs, bicycles, and bicycle parts that are then taken to the correctional facility in Norton for repair. After being repaired, these items can be brought back to St. Francis for use here or distributed to persons needing them in the US or other countries. Persons wishing to donate for this purpose, please call: 785-332-3119 or 785-332-2950. 11

Alumni meeting

The St. Francis Community High School alumni meeting is set for 7 p.m. on Tuesday, April 1, in the high school cafeteria. All alumni classes are asked to forward current contact information on their classmates to Susan Dinkel, sdinkel@usd297.org. 11

Brats and sausage class

A hands-on homemade brats and sausage class will be held at 1:30 p.m. on Sunday, April 6, at the high school home ec room. Sponsored by the St. Francis Rec, for more information, call Penny at 332-3949 or see ad for more information. 12

Upcoming classes, events

Cheyenne Center for Creativity announces these upcoming classes and events: March 28, 6:30 to 9:30 p.m., "Canvas and Chianti" with Peggy. Call 785 332 3569 for more information. 10

Landscaping your home class

The K-State Sunflower Extension District will be presenting a landscaping your home class. The class has 3 sessions: March 27, April 2, and April 9, from 1-4 p.m. CST at the Cheyenne County 4-H building, or 6-8:30 p.m. MT at the Wallace County CAB building. Learn simple and effective home landscape design methods. There will be hands-on activities and homework. Class is limited to 15 - Registration is \$40 and includes all supplies and materials. For more information or to register, call Sunflower Extension District at 785-332-3171. 08

Banquet tickets

Cheyenne County Wildlife banquet tickets are available at Owens True Value, Frontier Arms, Bumper To Bumper, Republican Valley Auto, or any board member. The banquet is March 29 at the Legion hall in

Bird City. There will be a vote on amending a section of the by-laws. This year's drawing will be for an AR10 and a Winchester 243 caliber. 07

Grief Support Group

The Grief Support Group will continue to meet every second and fourth Mondays at 2 p.m. Meeting place is the Immanuel United Methodist Church, 116 E. Fourth, Bird City. For more information, call 785-734-2739.

The group is confidential support in a safe place of mutual help and comfort to all who have experienced the loss of a loved one.

Narcotics Anonymous

Narcotics Anonymous meetings are held at 104 W Webster/Methodist Education Building on Thursday nights at 7:30 p.m. Contact 785-342-0028.

Northwest Kansas Family Shelter

Northwest Kansas Family Shelter provides 24-hour-7 day-a-week service 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.

School Menu

March 31 - April 4 Junior-senior high menu Monday

Breakfast: Pancake on a stick with syrup, cereal, fruit juice

Lunch: Chicken tetrazzini, glazed carrots, tossed salad with romaine, breadstick, tropical fruit salad.

Tuesday

Breakfast: Fruit turnover, cereal, fruit juice.

Lunch: Pork rib with bun, oven fries, tossed salad, apple crisp.

Wednesday

Breakfast: Sausage gravy and biscuit, cereal, fruit juice.

Lunch: Lasagne, green beans, french garlic bread, tossed salad, fresh grapes.

Thursday

Breakfast: Blueberry raspberry bubble bread, cereal, fruit juice.

Lunch: Chicken patty, mashed potatoes and gravy, vegetable blend, oatmeal roll, strawberries.

Friday

Breakfast: Scrambled eggs, buttered toast, cereal, fruit juice.

Lunch: Sloppy Joes on bun, buttered corn, sweet potato fries, orange wedges, cookie.

From the kitchen: Menus are subject to change.

Senior Menu

Senior Center April Menu

Apr. 1, Tuesday: Biscuit and gravy, potatoes o'brien, half orange, scramble eggs.

Apr. 3, Thursday: Goulash, spinach salad, apricots, bread stick, pudding.

Apr. 4, Friday: Sloppy joes, potato salad, cottage cheese with fruit, bun, brownie.

Apr. 8, Tuesday: Meat filled roll with cheese sauce, seasoned carrots, pineapple orange salad, krisp rice treat.

Apr. 10, Thursday: Chicken spaghetti, mixed vegetables, tropical fruit, bread, cookie.

Apr. 11, Friday: Salisbury steak, mashed potatoes with gravy, corn, roll, jello with fruit.

Apr. 15, Tuesday: Meat balls

with gravy, winter mix vegetables, fruit cup, bread, noodles.

Apr. 17, Thursday: Ham and beans, carrifruit salad, cornbread, mandarin oranges.

Apr. 18, Friday: Beef stew or potato soup, pears, crackers, garlic bread.

Apr. 22, Tuesday: Taco salad, five cup salad, chips, cookie.

Apr. 24, Thursday: Mock cabbage rolls, california blend vegetables, apple salad, bread, pudding.

Apr. 25, Friday: Meat loaf, baked potatoes, creamed peas, roll, peaches, birthday cake.

Apr. 29, Monday: Ham salad sandwich, hash brown casserole, seasoned carrots, bread, strawberries and bananas.

Weather

Date	High	Low	Prec
Mar. 18	40	25	.02
Mar. 19	55	23	
Mar. 20	70	25	
Mar. 21	52	28	T
Mar. 22	28	17	.04
Mar. 23	53	17	
Mar. 24	45	23	

Thank you

The families of Martha Zwegardt want to thank all who sent cards, memorials, brought food to the house, along with other acts of kindness shown to us during our time of sorrow. A special thank you to Pastor Nelson for his compassion and help with the beautiful service, to the PLC Women for the dinner served, and to John Knodel for his service. You do so many of the extra things to make it easier on the family.

The families of Jean & Brice Buffington, Barbara & Randy Holzwarth, & Shirley Zwegardt

YOST



800-524-9678 785-332-2188 yostford.com

Sales Manager - Brent Rueb • Rell Zimbelman - Sales Agent



Use your Smart Phone to scan our Bar Code for complete inventory

Like us on Facebook Yost Ford



New 2014 Ford Flex SEL Package - Leather - Seats 7 - Ruby Red Metallic Rides great! Looks Great! Great Gas Mileage!!

Selling at Invoice

0% interest

Stop By - Try out this new Flex

The New yostford.com at the New Yost Ford

SHOWTIME: 7:30 p.m. 1 hr. 49 min.

March 28-30
Starring: Liam Neeson, Julianne Moore and Scoot McNairy

Non-Stop
A suspense thriller played out at 40,000 feet in the air: During a transatlantic flight, the U.S. Air Marshal receives a series of cryptic text messages demanding he instruct the government to transfer \$150 million into an off-shore account. Until he secures the money, a passenger on his flight will be killed every 20 minutes.

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

Children 12 & Under: \$4 All Others: \$6
3D Movies: Children 12 & Under \$6 All Others: \$8

Participate in the Cheyenne County Health Survey

March 20-31, 2014

Help Cheyenne County improve access to quality health care!

The Cheyenne County Taskforce for Healthcare Improvement needs the help of the entire community. Please complete the online survey at: <http://www.surveymonkey.com/s/DHY-HC> or contact Carol Sloper at 785-332-2104 x170 for a paper copy.

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

Spring Health Fair 2014

Cheyenne County Spring Health Fair Men & Women Exams: April 14-18 all day in St. Francis

St. Francis - Call clinic for appointment 332-2682

Men & Women Exams: April 14-18 in Bird City 9:00 a.m. - noon

Bird City - Call clinic for appointment 734-2306

Exam Fee: \$25.00 due at time of service!

For more information Contact: Mila Bandel, RN County Health Nurse 785-332-2381. Sponsored by Cheyenne County Hospital, Clinic & Health Department

James E. Reeves, DPM
Podiatrist/Foot Specialist
Reconstructive Surgery
Foot & Ankle Injuries
No appointments in March
Rawlins County Health Center
785-626-3211

No appointments in March
Cheyenne County Hospital - P.M.
210 W. 1st • 785-332-2104

No appointments in March
Atwood • 626-3211
Colby (p.m.)
CSMC, 175 S. Range
785-462-3332
CMC, 100 E. College Dr.
785-462-7511

Specials Sunday

Chicken-Fried Chicken
Breakfasts every day till 11 a.m.
Lunch 11:30 a.m. - 1:30 p.m.

Graduation Gifts

Gift cards for:
• Subway Sandwiches
• Gas • Movie Rentals

Employment Applications being ACCEPTED

Meeting room is available for parties and meetings

Cash Fuel Discounts

Majestic Service & Truck Stop

510 West Highway 36
St. Francis, KS.
785.332.2905

"Juniors"

D	E	N	I	M	B	A	S	T	E	J	E	B
E	R	I	K	A	A	S	H	E	N	E	R	E
J	A	N	E	R	U	S	S	E	L	L	I	E
A	S	A	O	M	I	T	S	I	D	L	E	R
				P	O	P	S	I	S	A		
C	A	J	U	N	S	D	I	R	T	Y	R	A
E	X	A	M	S	D	U	C	K	S	O	L	A
L	I	M	P	W	A	V	E	S	S	L	I	M
L	O	A	G	A	T	E	D	H	U	L	C	E
S	M	I	L	E	D	A	T	K	A	I	S	E
				C	A	T	S	H	I	N	T	
P	R	A	D	A	Y	I	E	L	D	N	A	H
A	I	R	J	U	M	P	I	N	G	R	O	P
Y	O	U	O	S	C	A	R	U	T	T	E	R
A	T	M	B	E	A	D	S	N	E	E	D	S

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: **Tim Burr** at 785-332-3162