Church members assist with projects

Saint Francis Community Church ects and is asking for help. is set for April 27. Past projects have included painting at the ball park, grade school and high school, planting trees, yard word 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 in Action Sunday, Saint Francis Senior Center. Some projects for Community Church may have to 2014 are already lined up, but the turn some projects down.

Faith in Action Sunday at the church is looking for other proj-

If you know of a project in Saint Francis or someone needing help, please contact Kary Zweygardt 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

Former resident receives award

By Amanda Miller

amiller@nwkansas.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

-Weather-

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

the K-State Horse Judging Team that won the Congress in 1998. She graduated summa cum laude from Kansas State University, with a 20-31, 2014. The results are 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 2104 ext 170 for a paper copy. helped form the very first equestrian 13 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 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. tal Guild will be meeting Mon-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 Zweygardt 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 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-

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 ewes while there. Dr. Douthit also 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 Hospiday, 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

Use your Smart Phone

to scan our Bar Code

for complete

inventory

Bulletin Board collects wheelchairs, bicycles, Bird City. There will be a vote

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 Creativ-Chianti" with Peggy. Call 785 332 3569 for more information. 10

The K-State Sunflower Extension District will be presenting CAB building. Learn simple and 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

and bicycle parts that are then on amending a section of the bylaws. This year's drawing will be for an AR10 and a Winchester on Thursday nights at 7:30 p.m. 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. mestic violence and sexual as-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 ex- of assistance, please call the tollperienced the loss of a loved one. free number 1-800-794-4624.

Narcotics Anonymous

-School Menu-

Narcotics Anonymous meet-

ings are held at 104 W Webster/

Methodist Education Building

Northwest Kansas

Family Shelter

Shelter provides 24-hour-7 day-

a-week service to victims of do-

sault. Weekly support groups are

available for women and chil-

dren within the northwest Kansas

area. For information or in need

Thursday

Breakfast: Blueberry raspberry

Lunch: Chicken patty, mashed

potatoes and gravy, vegetable

blend, oatmeal roll, strawberries.

Friday

tered toast, cereal, fruit juice.

orange wedges, cookie.

fruit cup, bread, noodles.

mandarin oranges.

lic bread.

ding.

subject to change.

Breakfast: Scrambled eggs, but-

Lunch: Sloppy Joes on bun,

From the kitchen: Menus are

with gravy, winter mix vegetables,

beans, carrifruit salad, cornbread,

Apr. 17, Thursday: Ham and

Apr. 18, Friday: Beef stew or

Apr. 22, Tuesday: Taco salad,

Apr. 24, Thursday: Mock cab-

Apr. 25, Friday: Meat loaf,

bage rolls, california blend veg-

etables, apple salad, bread, pud-

potato soup, pears, crackers, gar-

five cup salad, chips, cookie.

buttered corn, sweet potato fries,

Northwest Kansas Family

Contact 785-342-0028.

March 31 - April 4 Lunch: Lasagne, green beans, Junior-senior high menu french garlic bread, tossed salad, Monday fresh grapes.

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

Lunch: Chicken tetrazzini, bubble bread, cereal, fruit juice. 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.

- 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.

baked potatoes, creamed peas, roll, peaches, birthday cake. Apr. 29, Monday: Ham salad sandwich, hash brown casserole, seasoned carrots, bread, strawber-

SHOWTIME: 7:30	p.m.	1	hr. 49 min.
I	Von-Stop		PG-13
March 28-30			000 feet in the air: Dur- Air Marshal receives a
Starring:Liam Neeson, Julianne Moore and Scoot McNairy	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	s Tree (MER	St. Francis, KS 785-332-2747
 Children 12 & Und 3D Movies: Childre			Others: \$6 I Others: \$8

Apr. 15, Tuesday: Meat balls ries and bananas.

Thank you The families of Martha Zweygardt 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 ${}_{\mathcal{Q}}$ of sorrow. A special thank you to Pastor Nelson

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

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ity announces these upcoming classes and events: March 28, 6:30 to 9:30 p.m., "Canvas and

Landscaping your home class

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 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



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





Sales Manager - Brent Rueb • Rell Zimbelman - Sales Agent

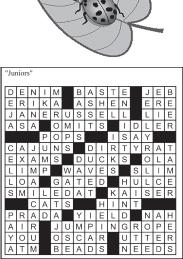
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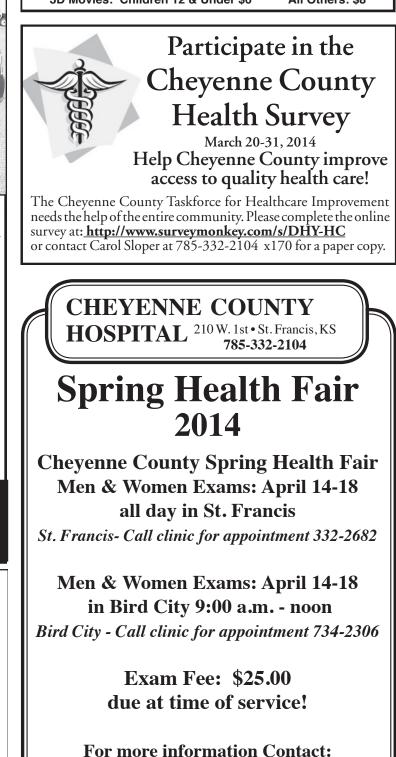
Celebrating Hometown Life See American Profile magazine in this week's issue of

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



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