

Lady powerlifters compete

By Douglas Sloper
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Emily Elfers, Journey Lee and Valerie Wurm represented St. Francis in the power lifting meet, held in Solomon on March 29.

There is no official 1A power lifting meet so we were lucky enough to get into the 2A state power lifting meet, said Coach Nick O'Loughlin. The St. Francis team finished fourth out of 29 girls teams and were only 2 points from

a third place finish and taking home a state trophy.

Journey Lee lifted a total of 350 pounds. She bench pressed 80 pounds, squatted 155 pounds and hang clean 115 pounds.

Emily Elfers lifted a total of 370 pounds. She bench pressed 80 pounds, squatted 175 and hang clean 115. Emily's squat of 175 was a personal best and she beat her old mark by 10 pounds. She just missed placing in the squat by 5 pounds.

Valerie Wurm lifted a total of 505 pounds. She benched pressed 135 pounds finishing in first place and was the state champion in this lift. She squatted 230 pounds and finished in second place, and hang clean 140 pounds, which placed her in third place. Valerie finished first in her weight class with a total of 505 pounds. Congratulations to Valerie, Emily and Journey on their fine performances!



VALERIE WURM focuses on her powerlift during the meet in Solomon on March 29. Her display of strength earned her first place in her class overall.

Cheer, pom-pon squads selected

By Douglas Sloper
dsloper@nwkans.com

Cheerleader tryouts were held last Friday, March 14. Eight girls will be making up the fall and winter squads for next season.

Fall squad: Kayla Reed-Captain, Kylie Sherlock, Emily Elfers, Mariah Biekman, McKayla Taylor, Journey Lee, Jenna Confer

Winter squad: Mariah Beikman-Captain, Kylie Sherlock, Kayla

Reed, Emily Elfers, Jenna Confer, Reagan Beims.

The Pom Pon squad: Kyla Bandel, Mariah Biekman, Emily Elfers, Kayla Reed - Captains. The regular squad will consist of: McKayla Taylor, Kylie Sherlock, Jenna Confer, Journey Lee, Reagan Beims, Madison Tice, Hannah Bracelin, Matthisen Witzel. Alternates will be Emileigh Dinkel, Jessica Pacheco.



ST. FRANCIS LIONS CLUB and VFW are planning the Memorial Day Service at the St. Francis Cemetery, Monday May 26 at 10 a.m. Pictured are: (L-R) Sam Miller, Pete Jensen, Milton Lampe, and Jerry White. (Not pictured: Ronnie Hill and Elmer Kellner)

Public Notice

Petition filed; people should file defenses

First published in the St. Francis Herald, Thursday March 20th, 2014. (12, 13, 14)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS

In the Matter of the Estate of

EVERETT R. EGGERS, Deceased

CASE NO. 13 PR 01

(Petition Pursuant to K.S.A. Chapter 59)

NOTICE OF HEARING

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that a petition has been filed in this Court by Adam Deeds, duly appointed, qualified and acting Co-Executor of the Estate of Everett R. Eggers, deceased, praying Petitioner's acts be approved; account be settled and allowed; the heirs be determined; the Will and Valid Settlement Agreement be construed and the Estate be assigned to the persons entitled thereto; the Court find the allowances requested for attorneys' and expenses are reasonable and should be allowed; the costs be determined and ordered paid; the administration of the Estate be closed; upon the filing of receipts the Petitioner be finally discharged as the Co-Executors of the Estate of Everett R. Eggers, deceased, and the Petitioner be released from further liability.

You are required to file your written defenses thereto on or before April 16, 2014 at 10:00 o'clock a.m. in the District Court, in St. Francis, Cheyenne County, Kansas, at which time and place the cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon the petition.

Adam Deeds,
Co-Executor

JAMES M. MILLIKEN, CHARTERED
James M. Milliken, #7001
101 W. Washington, P.O. Box 627
St. Francis, Kansas 67756
(785) 332-2101
Attorney for Co-Executors

Petition has been filed in county district court

Published in The Saint Francis Herald, St. Francis, Kansas, Thursdays, March 27, April 3, April 10, 2014. (13, 14, 15)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS
FILED PURSUANT TO CHAPTER 59 OF THE
KANSAS STATUTES ANNOTATED

IN THE MATTER OF THE ESTATE OF
DARLENE FAY PETER
Case No. 14-PR-4

Deceased

NOTICE TO CREDITORS

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are notified that on the 19th day of March, 2014 a Petition for Issuance of Letters of Administration was filed in this Court by Timothy Lee Peter, one of the heirs of the decedent praying that he be appointed Administrator of the Estate; that he be granted Letters of Administration herein.

All creditors of the decedent are notified to exhibit their demands against the Estate within the latter of four months from the date of first publication of notice under K.S.A. 59-2236 and amendments thereto, or if the identity of the creditor is known or reasonably ascertainable, 30 days after actual notice was given as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

Timothy Lee Peter, Petitioner

VIGNERY & MASON LLC
214 E. 10th PO Box 767
Goodland, KS 67735
Telephone: 785-890-6588
Attorneys for Petitioner

The Gardener

Plant early crops now to increase the growing season

I suppose by now that all you gardeners out there have determined just exactly what you're going to plant out there in that nice garden plot. What's that? You say you haven't given it much thought? You say you haven't even bought a single pack of seed? Listen to me! You've got to realize that April is here. Furthermore, it is important to realize that by planting those cool season garden crops early, you are assuring yourself that you will likely enjoy a longer, more productive harvest season.

Knowing just exactly which garden vegetables are early season producers, and which ones are late season, is vital. The early ones, those requiring cooler nights and mild days, will actually stand a night or two of frost, but the important thing is that you will have a much longer season of production. Cool season crops just won't produce well when temperatures begin to hit the mid-eighties.

About now you might be muttering something like "alright smart guy...what should I be planting now?" And I would reply by urging you set out onion plants now so that they can get good early growth. Leafy crops, like lettuce, spinach, and chard should be planted now. Peas, carrots, and radishes love cool air. Cabbage and broccoli plants, given a little

protection from the wind, can stand a little frost and will mature earlier than they would if you waited until May.

Potatoes? Lots of differences of opinion here, but I am going to wait until about April 20th to plant those. Planted any earlier they will likely freeze back to the ground, and be forced to start the growth cycle again which weakens the plant.

Planting the early season crops early, in my opinion, simply means a longer production period than if you wait as much as 2 or 3 weeks later.

Therefore, it becomes seriously important that you know the difference between "early season" and "warm season" crops. Basically, the ones I haven't mentioned yet, must have much warmer soil temperatures to assure good germination. Sweet corn, tomato and pepper plants, beans, squash, beets, cucumbers, sweet potatoes, and all melons require soil temperatures in the 60 degree range before they will germinate successfully. Egg plant and okra also need warm soils. So, don't plant zucchini yet! On second thought.....

Soil temperatures are usually broadcast on your local radio station. If not, call them and ask them to do so. As a gardener, soil temperatures are as important as calendar dates, if not more so!

So, it's time to seek out the rake and the hoe. Check the garden hose for leaks. Give the drip system a trial run.

And finally, remember to try something new this year. Broaden your horizons a little. And always

keep in mind that timing is so very important. Some plantlife thrives when started in cool soils. Others must have warmth. The secret is knowing the difference. End of sermon.

By
Kay
Melia



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