

Initiative group notified of receiving \$25,000 grant

The Northwest Kansas Healthy Communities Initiative (NWKS HCI) just received \$25,000 from the Kansas Health Foundation (KHF) for a grant that will work to improve the health of Cheyenne and Rawlins County residents. The grant will fund efforts to increase institutional access, procurement and consumption of locally sourced healthy food in both counties.

The initiative group is a partnership between Cheyenne and Rawlins counties dedicated to improving the overall health of their communities. In 2013 the coalition received its first grant from the Kansas Health Foundation to begin a year of planning on how to help the two counties become healthier places to live. From a larger group of citizens committed to healthier living, a core team was formed which met monthly throughout the year. An Ogallala Commons intern joined the team

last summer to gather information and conduct surveys within the two counties. The results of their planning work provided the focus for this next year of implementation.

"Kansas has fallen from the eighth to the twenty-seventh healthiest state in a very short time," said Steve Coen, president and chief executive officer of the KHF. "We want Kansas to be the healthiest, most livable, most productive state in the nation. To accomplish this, working together, we must improve opportunities for healthier eating, active living and decreased tobacco use."

This grant is part of the foundation's Healthy Communities Initiative, a statewide effort to support more than 20 counties across Kansas to the health and wellness of all citizens, with the ultimate goal of using policy change to improve each community.



KARA MAYBURY picks up cans covering plants in the junior garden.

Herald photos courtesy of Rev. Warren Cico



DILLON KELLER, 5-year-old son of Jim and Melissa Keller, practices for Friday's 'Kids' Chalk Art' at Fresh Seven. Dillon draws Bucky, a 100-eyed dragon, while grandmother Lea Keller gives encouragement. Fresh Seven is one of nine venues displaying art for Artwalk 2014, to be held Friday from 4:30 to 7:30 p.m.

Lions begin calendar sales

The St. Francis Lions Club will be taking orders for the 2015 Community Calendar in June. The colorful calendars include those important family dates, so you won't forget that loved one's birthday or anniversary. Many clubs list their meeting dates and times as well.

Proceeds from the sales of the calendar are given back to the community in various forms such as donations to Boys and Girl Scouts, assistance with eye glasses for needy individuals, tuition to the Lions Band Camp, high school scholarships and donations to other community services and needs.

To place an order call Elmer Kellner - 332-2950, Joyce Russ - 332-2118 or Jerry White - 332-2027.



LIONS CLUB MEMBER, Jerry White, talks to Irene Hilt about buying a calendar.

Herald staff photo by Douglas Sloper

Kid's garden now producing

The junior garden club is off to a great start this year in spite of the cool and dry weather, said Rev. Warren Cico, coordinator. There have been as many as 30 children on one day present at the garden in the 300 block of East Whittier in St. Francis. They have had a fun time learning about the responsibilities of gardening and learning about the different vegetables.

Because of the large turn out, they have accomplished a lot, including having 25 different kinds of vegetables growing at the present time. The types of work that they have been doing include: working the soil; planting and transplanting; watering; weeding; spreading grass clippings; constructing different cages such as for tomatoes, pole beans, cucumbers, etc; starting a compost structure, placing cans around the newly transplanted veggies for protection, and picking vegetables. So far they have picked rhubarb, strawberries, lettuce, cucumbers, Swiss chard, spinach, radishes, and broccoli. They have reported that they have really enjoyed eating the veggies.

The regular garden club schedule is Monday and Thursday mornings from 9 to 10 a.m.

On Saturday, June 21, at 10 a.m., the youth will be in front of the Thrift Store giving people the opportunity to get vegetables. They are available free or for a donation.



PRESTON WITZEL waters the plants at the junior garden club.

After June 21, our regular schedule at the Thrift Store will be on Thursday and Saturday mornings beginning at 10 a.m. until the supply is gone. The first few weeks our vegetables will mostly consist of Romaine lettuce, cabbages, kohlrabi, Swiss chard, broccoli, cucumbers, and maybe some new potatoes.

The junior garden club is open to any youth who wants to participate, even if they are in town visiting for a short while. We have youth from age 3 up to the age of 13.

We do welcome grass clippings, Pastor Cico said. You may leave these at the southeast corner of the garden or at the northwest corner in the alley. If you have a question, please call Warren at 772-7098.

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CHILDREN SANG during the United Methodist Church's Vacation Bible School opening morning songs on Tuesday. The theme this year is "Weird Animals!"

Herald staff photo by Amanda Miller

Student News

Stephens College

Aubree Schlepp of St. Francis was named to Stephens College's second semester honors dean's list for the 2013-2014 academic year. Students who attain honors must have finished at least 12 credit hours and achieved a grade point average of 3.6 to 3.79 on a scale

of 4.0.

Schlepp is a senior strategic communication and integrated marketing major at Stephens College. She is a graduate of St. Francis Community High School, and is the daughter of Spencer and Lisa Schlepp.

Colby Community College

Colby Community College has announced the Spring 2014 Honor Roll recipients. Steven Nelson of St. Francis was named to the Colby Community College President's Honor Roll. Steven's parents are Randy and Brenda Nelson.

honor roll, students must earn 15 or more credit hours and have no failing grades. The Dean's Honor Roll includes students with grade point averages of 3.75-3.99. The President's Honor Roll includes only students with a perfect 4.0 grade point average.

To earn a place on the college's