

At the Game

College Football -

Southwest Missouri State Jon Zwegardt

The Southwest Missouri State football team took a tough loss on Saturday. The game was tied 17-17 following regulation time. The Southwest Missouri State Bears struck first with a field goal to go ahead 20-17 but Indiana State managed to score a touchdown and score a 23-20 win in Gateway Football Conference action.

The next scheduled opponent is Western Kentucky.

Trinity International University Ben Swihart

The Trinity International University Trojans were defeated by Olivet Nazarene University at Bourbonnais, Ill., 7-0 on Saturday. On Oct. 19 they play St. Ambrose at Davenport, Iowa. Trinity is 3-3 overall and 0-2 in conference.

Fort Hays State University Dustin Dunn

Fort Hays State University defeated Fort Lewis 58-27 for its first Rocky Mountain Athletic Conference win of the season. The Tigers are 2-4 overall and 1-4 in conference play. Fort Hays overcame an early Fort Lewis lead in the second quarter and moved on for the win.



LISTENING INTENTLY—Team members play close attention to instructions from coaches Dave Warren (left) and Christopher Bracelin during a recent flag football game.

Herald staff photo by Betty Jean Winston

Team hosts Beavers

The Idalia junior high Lady Wolves hosted the Herndon Beavers Oct. 4. The Lady Wolves were determined to win and defeated the Beavers in two games with the scores of 15-1 and 15-1. Mallory Rose led the team in points. Nicole Weyerman had her best match at the serve line.

Idalia volleyball results released

The Idalia junior high Lady Wolves traveled to Hi-Plains on Oct. 10. The Wolves were defeated in two games. In the first game, it looked like the Wolves had not made the trip to play volleyball as they lost 5-15. The second game was played much better with the Patriots winning by the score of 16-14. The Wolves fought hard but came out on the losing

side of the score in the second game. Sarah Krause led the team in points scored. The following night, Oct. 11, the Lady Wolves traveled to Liberty to take on the Knights. The Wolves won the first game 15-10 but the Knights won the next two games with the

scores of 16-14, 16-14. "The games were hard fought ones with us making a few more errors than the opponents," Coach Mann said. Mallory Rose led the team in points scored but Michelle Schafer had her best night at the serve line.

Season nearly finished; league tournaments next

By Betty Jean Winston

The junior high volleyball season is nearing its conclusion. Remaining on the schedule is the Northwest Kansas League Tournaments with the seventh grade teams meeting in Atwood on Oct. 24 and the eighth grade teams meeting in Goodland on the same day. Results from the Monday night competition with Colby will be in next week's paper.

Holyoke, Colo., visited St. Francis Oct. 10 as part of the St. Francis Homecoming Week activities. Information concerning the Holyoke/St. Francis matches follows.

Eighth grade

The St. Francis A-team was victorious against Holyoke. The games were tight with St. Francis taking both contests by a 15-13 score. "The girls did great," Coach Terri Orth said. "They played the ball well. And they finished the game to take the victory!"

Scoring: game one: Janelle Zwegardt 6, Alecia Zimbelman 6, Brittany Lucas 3; game two: Mindy Cooper 5, Danielle Flemming 4, Lucas 3, Megan Rice 1, Zwegardt 1, Zimbelman 1.

In B-team action Holyoke won in a three-game set with Holyoke winning the first game, St. Francis the second game and Holyoke the deciding third game. The final scores were 13-15; 15-11; 10-15.

"The girls played very well," Coach Orth said. "They worked together the best they ever have. It was a lot of fun!"

Scoring: game one: Addie Swihart 4, Janae Glidewell 3, Melissa Burton

3, Andrea Blair 2, Amy Hilt 1; game two: Hilt 9, Cooper 2, Glidewell 1, Shaina Gohl 1, Blair 1, Swihart 1; game three: Glidewell 2, Gohl 2, Blair 2, Swihart 2, Hilt 1, Burton 1.

Holyoke proved successful against both seventh grade teams. St. Francis took the A-team match to three games before Holyoke pulled out the win. St. Francis outscored Holyoke in the first game but just could not come through in the final two games.

"The girls played very well the first two games," Coach Tammi Sherlock said. "They moved and executed the ball very well. I was proud of them. I just wish we could of come up on the winning side. Next time!"

Scoring: Kattie Ford 9, Holly Keller 7, Jenice Hartman 5, Cassie Dankenbring 5, Katie Marin 2, Dara Loyd 1.

St. Francis B-team lost 2-15 in the first game but increased their scoring in the second game to make the final 9-15.

Scoring: Teri Walters 6, Lauren Ross 2, Vanely Gomez 2, Ashton Knorr 1.

-School Schedule-

FFA judging team to Columbus Friday: high school football game, Oberlin, there, 7:30 p.m.
Saturday: high school volleyball, Northwest Kansas League Volleyball Tournament, Hoxie, 10 a.m.
Monday: high school football, junior varsity, Quinter, 4:30 p.m.
Thursday: junior high volleyball, seventh grade at Atwood, eighth grade at Goodland, 2 p.m.

Bowling News

Wednesday Night Mens 10/2

Team standings: Post Plumbing 14-6, Krien Steel 14-6, Cox Construction 12-8, First National Band 10-10, Grace Flying 8-12, High Rollers 8-12, Haigler 7-13, 2001 Electronics 7-13

High game (scratch): Bob Zwegardt 219, Mike Blecha 203, Josh Morris 202, Kale Zimbelman 202

High series (scratch): K. Zimbelman 560, Blecha 545, Zwegardt 539

Wednesday Coffee League 10/2

Team standings: Krien Steel Buildings 15-5, Windmill Restaurant 12-8, Cheyenne Bowl 12-8, The 3G's 10-10, Sam's Electric 9-11, Flower Magic 9-11, Snyder's Hay Gals 7-13, Dairy King 6-14

High game (scratch): Pat Rose 171,

Mayetta McCall 167, Janice Krien 166

High series (scratch): McCall 457, Charlene Counce 455, Rose 442

Monday Mixed League 10/13

Team standings: Bandel Home Center 12-8; Z-Tubing 11-9; Hook's Auction & Realty 10-10; Captain Hook's Fine Dining 10-10; Cueballs 9-11; Krien Pharmacy 8-12.

High game (handicap): Rell Zimbelman 211; Bill Ehrman 211; Earl Hankins 210; Rich Grace 208; Pam Hook 260; Tammy Zimbelman 234; Amanda Milne 225.

High series (handicap): Tami Merchant 596; T. Zimbelman 592, Hook 588; E. Hankins 594; Ehrman 571; Grace 564

School Menu

Oct. 21-25

Monday: breakfast: muffin, cereal assortment, apple juice, milk; lunch: chicken patty or ham patty, cheese and bun, peas, dill pickle, pears, milk

Tuesday: breakfast: English muffin, sausage, egg and cheese, apple juice, milk; lunch: barbecue beef, bun, tater tots, relish sticks with peanut butter, apple crisp with topping, milk

Wednesday: breakfast: breakfast taco, salsa, orange juice, milk; lunch: chicken fried steak, mashed potatoes,

gravy, hot rolls, strawberries and bananas, milk

Thursday: breakfast: coffee cake, cereal assortment, grape juice, milk; lunch: enchilada, corn, tossed salad, peaches, milk

Friday: breakfast: cereal assortment, buttered toast, jelly, apple juice, milk; lunch: cheeseburger, lettuce and tomato, pickles, potato chips, orange or apple, peanut butter finger, milk

Monday/Friday: junior/senior high salad bar

County Health Corner

By Susan Roelfs, RN

This year 103,500 American women will be diagnosed with breast cancer and 39,600 will die of the disease. Men can also get the disease but at far lower rates.

In addition to taking care of your own health and having regular early detection tests, there is a lot you can do to fight this disease.

Mammography is the single most effective method of early detection, since it can identify cancer several years before physical symptoms develop. Having screening mammograms can provide peace of mind for women, since most women who are screened will not have breast cancer. When cancer is discovered, however, it is found earlier, when treatments can be more successful.

Mammography is a low-dose X-ray procedure that allows visualization of the internal structure of the breast.

Mammography is highly accurate, but like most medical test, it is not perfect. On average, mammography will detect about 90 percent of breast cancers in women without symptoms, and it is somewhat more accurate in postmenopausal women compare with premenopausal women.

The small percentage of breast cancers that are not identified by mammography may be missed for any one of the following circumstances - breast density, faster growth rate, or simply failing to recognize the small early signs of an abnormality.

Although the overwhelming majority of women who undergo screening each year do not have breast cancer, 5 to 10 percent of women will have their mammogram interpreted as abnormal or inconclusive until further tests can be done. In most instances, additional imaging test lead to a final interpretation of normal.

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