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Thursday, February 6, 2003



SHAWNA BLANKA, Angie Berens, Brenda Delano and Debbie Christy check out the saddles given as awards by the National Barrel Horse Association.

Awards presented to St. Francis racers

and numerous year-end awards which totaled \$8,000 were handed out to members of the KS-07 Dis- Knudsen; third, A. Pelton; fourth, trict of the National Barrel Horse B. Williams. Association. The awards banquet and membership meeting were held at Riverside Recreation on Jan. 26. There were 52 members and family in attendance.

The members receiving awards had to compete at one-half of the 18 barrel races held throughout 2002. Many also participate in a fundraiser which helped to raise money for the year-end awards.

Shawna Blanka, KS-07 District Director, was presented a monogrammed winter blanket from the members of KS07 for her work through the year setting up the barrel races, book work, etc. Deb Christy, KS-07 District Representative, was presented a monogrammed jacket and a breast collar for her assistance to Ms. Blanka and her work at manning the website.

Others receiving special awards boots for third. were Angie Berens and Becky Larson, Sharon Springs, for their Williams; third, A. Pelton. work on the Futurity and Derby Committee which was held in Scott Knudsen; tie for third, J. Pelton and City in October. Shawn Blanka and Steve Christy received caps which named them the "KS-07 Grounds Crew" for their work in getting arenas ready throughout the year, and providing good ground conditions for the races. Kevin Berens was recognized for his office assistance in working the computer and announcing skills. Also recognized were three saddle sponsors for the youth saddles and they were the city of Cheyenne Wells, Colo., Don and Laurel Knudsen, Arapahoe, Colo. and Triangle Cross Quarter Horses, Steve and Deb Christy. The 2002 Open 4-D barrel placers received a Tex Tan saddle for first, a Gist belt buckle and barrel racer concho belt for second, sheet for third, monogrammed arena bag for fourth and contest reins for fifth. All are National Barrel Horse Association items. 1D: First, Cindy Gillespie, Ransom; second, Deb Christy; third, Brenda Delano; fourth, Leslie Foos, Tribune; fifth, Angie Russell, Colby. 2D: First, D. Christy; second, Shawna Blanka; tie for third, Susan Keeler and Jessica Bertrand, Wallace; tie for fourth, C. Gillespie and Pamela Howard, Arapaho, Colo. 3D: First, P. Howard; second, C. Gillespie; tie for third, Kathy Pelton and Abby Pelton, Cheyenne Wells, Colo.; tie for fourth, B. Larson and D. Christy. 4D: First, D. Christy; second Sandy Hanson, Tribune; third, B. Delano; fourth, P. Howard; fifth Tamie Margheim, Monument.

Eight saddles, Gist belt buckles Brodei Williams, Wallace; fourth, S. Howard.

3D: First, S. Howard; second, S.

4D: First, Jamie Pelton, Cheyenne Wells, Colo.; second, Jewel Margheim, Monument; third, Samantha Foos, Tribune; fourth, S. Howard.

Awards presented in Open poles were a saddle blanket with leather corner plates for first, NBHA Ortho-Equine boots and NBHA over-reach boots for third.

1D: First, Don Knudsen, Arapahoe, Colo .: second, S. Blanka; third, S. Keeler.

2D: First, K. Pelton; second, S. Blanka: third, D. Knudsen.

First. Dawn Dee 3D: Engelbrecht, Cheyenne Wells, Colo.; second, K. Pelton; third, P. Howard.

In the youth poles a saddle blanket with leather corner plates for first, monogrammed arena bag for second and NBHA over-reach

1D: First, S. Knudsen; second, B.

Quilts and wall hangings displayed

By Karen Krien

Bonnie McQuillen, St. Francis, has agreed to display her quilts and wall hangings at the St. Francis Public Library throughout the month of February.

There are a variety of quilts and wall hangings, each stitched by Mrs. McQuillen. She has made many quilts and has loved making each one and, better yet, has liked being able to give them to friends and family. She noted that she does not make quilts to sell — that would take the fun out of making them.

Mrs. McQuillen is fairly new to the art of constructing quilts, having begun in 1992. She had agreed to help a friend make a quilt along with the friend's family members. The family left the quilt unfinished and Mrs. McQuillen stayed to help finish it up. Still not convinced that she wanted to quilt, she attended the Longmont Quilting Fair and thought, "I can do that."

She attended a spring retreat beginners class and named her first quilted piece after the camp "Kindergarten At Camp Quilt-Em-Up."

She found the people who quilted were friendly people and soon began attending other quilting camps. One of the quilts on display is huge as well as beautiful. Mrs. McQuillen reported that the quilt has 3,600 pieces and the reason it is so big was that she had so much fun making it and didn't want to stop. The quilt is almost

Wrestling

Colby Community College

Ryan Zweygardt

Results of Colby Community

College Trojan wrestling team

dual with Lynx at Lincoln, Ill.,

show Colby winning 33-15.

Lynx is ranked number nine and

Friday round one is against

Upcoming action includes a

dual with Lynx at Lincoln, Ill.,

and the Meramee dual tourna-

ment at St. Louis Community

Basketball

Kansas Wesleyan

University

Jennifer Henderson

Monday, Jan. 27, the Lady Coy-

otes were defeated by St. Mary's

of Nebraska 84-53. Henderson led

the team with 11 points including

one three-pointer, three field goals

Kansas Wesleyan 89-63 on Thurs-

day evening with Henderson being

Southwestern College defeated

and two free throws.

the Trojans number one.

NAIA national champion.

College in Kirkwood, Mo.



BONNIE McQUILLEN arranges the quilt she made at Allen's Park Retreat. This is one of many displayed at the St. Francis Public Library. People are urged to stop by and admire the quilts. Herald staff photo by Karen Krien

too big for a king-sized bed.

quilt." The 1999 Colorado Quilt

The quilt hanging on the north Council sent one part of the direc- many plans for quilts and wall wall of the library is a "mystery tions to hereach month. The pieces hangings for the newest addition.

were cut and pieced together as instructed but she and the other quilters did not know what the quilt was going to look like until it was almost put together six months later.

Many of the quilts and wall hangings have appliqués. Mrs. McQuillen said the first appliqué she used was to cover a mistake and she found that she liked putting on appliqués so much that she just found lots of places on her quilts for appliqués.

Her ability to appliqué was taught to her by her mother who also crocheted. Mrs. McQuillen said that her mother was never able to teach her to crochet. However, years later, she decided to teach herself to crochet and did just that despite that one of her acquaintances had said she couldn't do it.

Mrs. McQuillen and her husband Donald moved to St. Francis about a year ago and live at Fourth and Scott streets. She was born in Nebraska, then moved to Wyoming where she spent the next 20 years. After she married, she and Mr. McQuillen moved to Greeley and then to Georgetown, Colo.

She is a retired secretary/bookkeeper for a gravel truck business. Mr. McQuillen still works there but will be retiring in the very near future. They have two sons, a granddaughter and now, a new grandson on the way. She has

College Sports

in double figures. She scored 11 points on three field goals and five free throws.

Saturday Saint Mary College won a close 59-57 contest. Kansas Wesleyan came back in the second half but could not take the win. Henderson scored seven points (three field goals and one free throw) and had 11 rebounds. Results next week will include

contests with Friends University today (Thursday) and Bethel Col-

lege on Saturday, Feb. 7. **Colby Community College Mike Wolters**

The Trojan defeated Dodge City in basketball action Wednesday, Jan. 26. Colby is now 17-5 overall and 4-4 in the Jayhawk West conference. Wolters hit a trey for his three points.

Butler County fell to the Trojans on Saturday 78-74 in an overtime decision. Colby got the opening tip in overtime and never trailed. Wolters did not score.

Results printed next week include a Wednesday contest with one of four Wesleyan players to hit Garden City.

Student performs at state capitol

Garret Wilson, 12-year-old son lected through of Loren and Malinda Wilson of rural Pottawatomie County performed at the Kansas State Capital building on Thursday, Jan. 23 at the congratulated annual Christian Home Educators afterward by Confederation of Kansas (CHECK) "Day Under the Dome" in Topeka.

Wilson, a sixth grader at Monarch Academcy of Truth and Knowledge, performed Sonatina in G by Beethoven on the piano. He, along excellent performance. with over 15 other home-educated students from across Kansas, was se- and Kay Bunjes of St. Francis.

Wrestlers compete

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Four young St. Francis wrestlers Saturday, were the following: competed in Kansas Kids tournaments this past weekend.

At the Hodgeman County Warrior Invitational held in Jetmore on der division, Robbie Herman, 130 Saturday, Lane Hoffman earned a pounds, third. first place medal in the 6 and under, 43-pound division.

Placing at Phillipsburg, also on

audition to play for the event. Wilson was

Representative Verlyn Osborn, 61st District Kansas Representative, for his

Wilson is the grandson of O.A.

Wilson

8 and under: Keegan Sherlock, 52 pounds, fifth; Logan Lawson, 64 pounds, third, and in the 10 and un-

Next tournament action will be in Scott City on Feb. 8.

Youth awards

Youth awards were a Tex Tan NBHA saddles for first, Gist belt buckle for second, NBHA jacket for third and NBHA contest reins for fourth.

1D: First, Lacey Baehler, Sharon Springs; second, A. Pelton; third, J. Bertrand; fourth, Skye Howard, Cheyenne Wells, Colo.

2D: First, Sarah Knudsen, Arapahoe, Colo.: second, A. Pelton; third,

2D: First, A. Pelton; B. Williams.

3D: First, J. Pelton; second, S. Foos; third, A. Pelton.

Other county members include Lauren Ross, Jacky Roesener and Vicki Callicrate. Members from Goodland include Sara Hill, Kendra Brack and Penny Nemechek; Shane and Joe Benham, Brewster and Kerrie Olson is from Oberlin.

The year for 2003 will kick of on March 22 at Scott City and the Heartland Nationals are April 25-27 in Wichita and the Kansas State Finals are May 2-4 in Topeka. Brenda Delano was the 1D State Champion last year.

HEALTH NEWS **Looking For** Heartburn Relief?

WASHINGTON — Research indicates that a new type of chewable tablet containing an extract of deglychrizzed licorice (DGL) may actually strengthen the body's reaction to acid naturally. Medical experts say that GI problems are not the result of excess acid, but the body's inability to deal with it. This chewable tablet is available over the counter and is called Cidaban DGL[™].

Cidaban DGL not only works on stomach acid immediately but also addresses the underlying causes of digestive problems. Studies appearing in a British medical journal have shown that DGL works effectively like Zantac®, Tagamet® and/or antacids without all the side effects.

The problem with antacids is that they actually disrupt or interfere with normal digestions. Cidaban DGL is a natural alternative to antacids or acid blockers and is available at pharmacies and nutrition stores without a prescription or call 1-800-729-8446.

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