

# College football positions filled

**Southwest Missouri State**  
The Southeast Missouri State Bears football team moved into action on Thursday and completely dominated East Central Oklahoma. The final score was 48-0. Jon Zwegardt of St. Francis will again be playing for the Bears as he did last year. The first two years of Zwegardt's college career, he played for the Bronbuster at Garden City Community College. The Bears played well in all phases of the game against East Central Oklahoma, the season-opening game for both teams. This was the Bears first shutout in 12 seasons. Zwegardt, who plays right offensive guard, spent a lot of time on the field with the Bears controlling the game. The final score indicates that the Bears offensive line made the holes for the backfield to run through. Near the end of the final

quarter, substitutes replaced the starters. The Bears will return to action Sept. 13 at Oklahoma State University in Stillwater, Okla. **Trinity International University**  
Ben Swihart of St. Francis received a scholarship to play football at Trinity International University in Deerfield, Ill., following his senior year at St. Francis Community High School. This will be his second year as a member of the university's squad. The season opens on Saturday when the Trojans play Taylor University in Upland, Ind. Trinity is a member of the Midstates Football Association-Midwest League with the opening game a non-conference contest. Swihart, a 6-3, 215 pounds tight end, wears the number 88 for the Trojans.



**SCOTT FORD** recently has earned his Tenderfoot rank and was presented with his badge by Scout Master Jerry Whitmore last Thursday at the Boy Scout picnic. Both of Scott's parents, Bryan and Loretta were pleasantly surprised. *Herald staff photo by Sandy Barnhart*

# Annual meeting well attended

Ninety members and guests gathered for the annual Farm Bureau meeting held Aug. 27 in the St. Francis Community High School cafeteria. Steve Baccus, Kansas Farm Bureau President, spoke about his trip to Cuba in December, telling about the time he spent with Fidel Castro. He noted that Castro was an excellent speaker but the economy of the country is very poor. Today, Cuba is trying to revive the tourist industry that flourished years ago. The government would also like to buy wheat from the U.S. but there is no money and the U.S. government will not take Cuba's credit. Mr. Baccus, while he knew that nothing could be done too soon, tried to mend fences and just get a "feel" for what was going on. Royce Cook, St. Francis, received the Century Family Farm Award. The Natural Resources Award winner was Blue View Farms which includes the families of Melvin and Louise Schlepp, Spencer and Lisa Schlepp and Mitchell Schlepp. Farm Family of the Year award

went to the Shawn Blanka family. Winners of the Safety Poster contest were Kathryn McDanel, Teryn Carmichael and Naomi Reeh. Shawn and Shawna Blanka, 10th District Young Farmers and Ranchers Committee members, told about what the committee does and their goal which is to involve more young farmers and ranchers with Farm Bureau. Roger and Melissa Zwegardt told about the trip the Kansas Farm Bureau sent them on in April as they were the Kansas Farm Family of the Year in 2002. They went to California, toured different agricultural facilities such as a dairy that milked 5,000 hear of cows a day and tasted cheese and wine that were made locally. "We had a great time and learned a lot," Mr. Zwegardt said. Steve Douthit is coming on as a new board member, replacing Clayton Janicke. Door prizes were given out as the evening ended.

# Childcare classes offered for providers

Colby Community College Resource and Referral and Smart Start Northwest Kansas announce an "Orientation to Family Childcare" class for prospective childcare providers. This orientation class is open to anyone interested in becoming a licensed childcare provider. There is no fee for the class. The class will be from 7 to 9 p.m. on Sept. 11, at Colby Community College, 1255 South Range, in the Student Union room 106. The class will offer information on how to apply for a childcare license, what to expect in the appli-

cation process, and the regulation requirements for childcare. Sunshine Connections will provide information about the food program regarding meal and snack reimbursement. Colby Community College Resource and Referral and Smart Start Northwest Kansas will also give an overview of the services and financial incentives available to childcare providers, and a tax professional will be there to answer questions. For more information or to register for the class, call (785) 462-3984 ext. 250 or 1-888-634-9350 ext. 250 to RSVP by Sept. 8.

# Funds to be disbursed

The William H. Gerber and Velma C. Gerber Charitable Trust is now accepting applications to disburse funds to charitable organizations. William H. Gerber, during his lifetime, established the William H. Gerber and Velma C. Gerber Charitable Trust. It was the intent of William H. Gerber to provide financial aid for public, educational, charitable and benevolent projects, as defined by the Internal Revenue Service, which are located in the

City of Idalia, Colo., or within a 35-mile radius of Idalia. To request an application, please do so in writing by contacting the First National Bank, P.O. Box 570, Goodland, Kansas 67735. Applications must be completed and submitted to the First National Bank, Goodland, Kansas, no later than Nov. 1, 2003. The trustees are Glenn Wudtke and Brett Parker, of Idalia and the First National Bank, Goodland.

# Sign-up underway for livestock

Sign up is underway for the United States Department of Agriculture's Livestock Assistance Program, a \$250 million program to offset weather-related grazing losses that hit livestock producers

in 2001 and 2002. Eligible livestock producers have until Oct. 24 to apply for benefits at their local Farm Service Agency county office or the Department of Agriculture Service Center.

"This program will provide additional relief to livestock producers who suffered grazing losses due to drought, severe weather and related causes, and have limited safety net and risk management tools avail-

able," said Bill Fuller, state executive director of the Kansas Farm Service Agency. Cheyenne County, Rawlins County, Decatur County, Sherman County and Thomas County were among the 72 eligible counties in Kansas for 2002.

# Crop disaster program continues for county farmers

Sign up for the United States Department of Agriculture's Crop disaster Program is continuing at the Cheyenne County Farm Service Agency office, and County Executive Director Angie Berens said contrary to rumors that producers may have heard, no application ending date has been announced. "I understand how the rumor started," she said. "The regulations state that applications must be received by Aug. 25, or 'such other later date that may be announced.' This is a case where we've decided to go with the later date, and that date has not been announced by our national office."

Although the program deadline is not imminent, Director Berens said producers should not wait until the last minute to gather their documentation and contact the Farm Service Agency county office for an appointment. Under the Crop Disaster Program producers will be reimbursed for qualifying crop production and quality losses to crops for either the 2001 or 2002 crops. Payments will be issued for losses exceeding 35 percent of expected production at: 50 percent of the established price for crops that were covered by crop insurance; 50 percent of the established price for crops for which crop insurance was not available; and 45 percent of the

established price to producers for crops that could have been insured but were not. Payments for Crop Disaster Program will provide some \$2 billion in aid nationwide for producers suffering from natural disasters. The Crop Disaster Program payments are limited to \$80,000 per producer. Just in the past two months, Kansas producers have received over \$95 million in crop disaster payments. The Farm Service Agency has developed a Web site that provides producers with one convenient location for details on new and existing disaster assistance. Producers can access the Web site at <http://disaster.fsa.usda.gov>.

able," said Bill Fuller, state executive director of the Kansas Farm Service Agency. Cheyenne County, Rawlins County, Decatur County, Sherman County and Thomas County were among the 72 eligible counties in Kansas for 2002. According to Director Fuller, Livestock Assistance Program is a grazing-loss program, but payments are made on a per head basis for eligible livestock, including beef and dairy cattle, buffalo, beefalo, sheep, goats, swine and certain equine animals. Producers must have control of adequate grazing land to support the eligible livestock.

To be eligible for benefits, livestock producers must have suffered a 40 percent or greater loss of grazing production for three or more consecutive months during 2001 or 2002. The losses must be due to drought, hot weather, disease, insect infestation, flood, fire, hurricane, earthquake, severe storm or other natural disasters. Livestock Assistance Program payments will be reduced by the amount of assistance producers received under previous Livestock Compensation Programs (LCP-I and LCP-II) and the 2002 Cattle Feed Program. Producers must possess beneficial and financial interests in eligible livestock that have been owned or leased for at least three months. A \$40,000 payment limitation applies to Livestock Assistance Program assistance, and producers are subject to the adjusted gross income limitation. The United States of Department of Agriculture has developed a Web site that provides producers with one convenient location for details on new and existing disaster assistance. The Web site can be accessed at <http://disaster.usda.gov/>

Rather than focusing on the problems, give praise for positive behaviors and reinforce the idea of a good night's sleep. Watching television, playing video games, or time on the computer all interfere with good bedtime preparation. Parents need to set limits on the time children are involved in these activities, as well as the location. Children who have television, VCRs and computers in their bedrooms have even more opportunity to development negative habits in regards to bedtime. *From High Plains Mental Health Center*  
*Contributed by Karen Beery, LCP-C, manager, Consultation and Education Departments.*

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# Plain Sense

routines are key elements in defeating insomnia in children. Dr. Neil suggests the following.  
• Create a regular routine, a set bedtime, and a set wake-up time.  
• Organize circadian rhythms: dim the lights at night, allow for sunshine in the mornings.  
• Understand the child's sleep needs based on activity, disposition, and other individual traits.  
• Put the child to bed alone.  
• Use a specific object to aid in the transition to bedtime, such as a book that is read or a story that is told.

(This could also include a favorite blanket or stuffed animal.)  
• Food consumption should be limited to at least one hour before the transition to bed.  
• Set limits and make only short parental visits at bedtime.  
• Use positive reinforcement. Rather than focusing on the problems, give praise for positive behaviors and reinforce the idea of a good night's sleep. Watching television, playing video games, or time on the computer all interfere with good bedtime preparation. Parents need to set limits on the time children are involved in these activities, as well as the location. Children who have television, VCRs and computers in their bedrooms have even more opportunity to development negative habits in regards to bedtime. *From High Plains Mental Health Center*  
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# Bedtime Routines

*Dear Plain Sense: Getting my children to bed on time and keeping them there has been a long-time challenge. Any suggestions?*  
Bedtime is one of the problem areas most often asked about by parents. And in later years, as parents of teenagers, those challenges can become even larger, based on habits learned in the earlier, developmental years. Dr. Neil Kavey, director of the sleep disorders center at Columbia-Presbyterian Medical Center in New York states that bedtime rituals and

# Book Review

**Portrait in Death**  
*J.D. Robb*  
After a tip from a reporter, Eve Dallas finds the body of a young woman in a dumpster on Delancey Street. Just hours before, the news station had mysteriously received a portfolio of professional portraits of the woman. The photos seemed to be nothing out of the ordinary for any pretty young woman starting a modeling career. Except she wasn't a model. And the photos were taken after she had been murdered.

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*Wedding Registry*  
**Nikki Krien**  
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*They have chosen the pattern Renwick Platinum by Noritake*  
**Wedding • Sept. 6 • St. Francis**  
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**Rawlins County Health Center**  
785-626-3211  
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Cheyenne County Hospital - P.M.  
210 W. 1st • 332-2104  
**Thur., Sept. 25**  
Atwood - A.M.  
Colby - P.M.  
CSMC, 175 S. Range  
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CMC, 100 E. College Dr.  
462-7511  
**Fri., Sept. 26**  
Atwood - All Day

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