

Contact Extension office for information on Walk Kansas

"Walk Kansas," an eight-week walking program for teams of six people, will start on March 14 and run through May 8.

Participants will not be walking across Kansas but, instead, teams will walk 1.75 miles a day for five days a week. Those miles will be recorded on a Kansas map posted in the Extension office or other places around the community so everyone can see the team's progress.

Those teams which walk "across Kansas" will win although every-

one who participates will take home the healthy habit of walking for fitness.

The total miles across Kansas is 423 miles and, of course, participants will walk only the 1.75 miles five times a week and, to cross Kansas, it will take approximately 40 days of walking.

This is the first year for the Extension office to promote the program. Director Tye Faulkender encourages teams and/or team leaders to stop by the Extension office and

pick up the registration material. The team is responsible for keeping track of the miles walked and report the weekly total to the Extension office.

Director Faulkender noted that it is not necessary to walk the miles outdoors, that team members can walk on a treadmill, ride a stationary bike or participate through other fitness activities.

For more information, contact the Extension office at 783-332-3171.



SPENCER SCHLEPP, board member, is assisted by Carol Eve Harris as she drew name for the door prizes.

Herald staff photos by Karen Krien

Conservation District holds meeting; awards presented

By Karen Krien
About 130 people attended the 54th annual Cheyenne County Conservation District meeting and awards dinner on Monday in the St. Francis high school cafeteria. Key Banker, Troy Hilt handed out awards to Dwen and Charilyn DeGood, Kansas Banker Award, and Jim and Jeanne Dunn, Kansas Banker Windbreak Award.

This year's coloring contest winners were:

Kindergarten: Kattie Jenik, first place; Lane Hobrock, second; Jarod Schafer, third; Gordon Richmeier and Carol Eve Harris, honorable mention.

First grade: Mary Anne Orten, first place; Jon Hoard, second; Felix Perez, third; Valerie Wurm and McKayla Taylor, honorable mention.

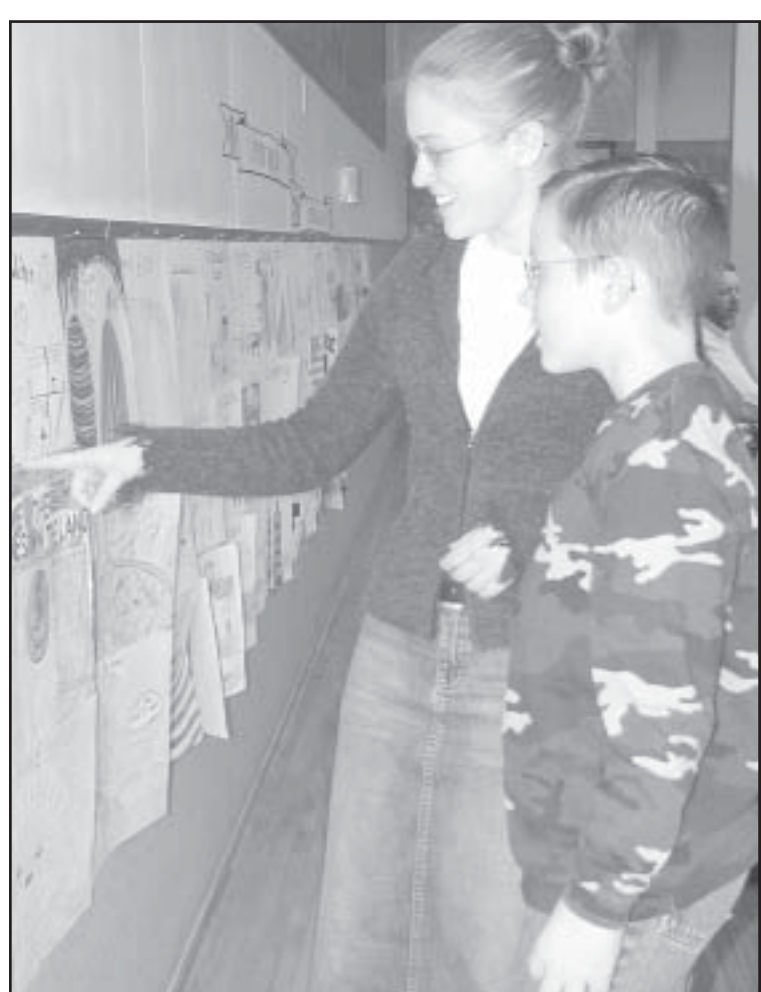
Second grade: Shayla Hubbard, first place; Shayna Johnson, second; Mason Schiltz, third; Blaine Burns and Eddie Frisbie, honorable mention.

Poster contest winners:
Third/fourth grade: Jeremian White, first place; Martin Hnizdil, second; Isaac Schiltz, third; Kenan Reeh, Jandy Dunn and Troy Michaelis, honorable mention.

Fifth/sixth grade: Teryn Carmichael, first place; Aubrey Rath, second; Aly Marin, third; Naomi Reeh, Hudson Louderbaugh, Mikaela Grace and Cody Sherlock, honorable mention.

Following the dinner provided by First National Bank, Bankwest and the Conservation District, the business meeting was held. The many programs which the Conservation District assists in were listed including the development of the Environmental Quality Incentive Program, Water Resources Cost-Share Program and the Non-Point Source Pollution Cost-Share Program as well as new conservation, irrigation development and Crop Rotation Planting plans and revisions of current plans.

The District, through the Water Resources Cost-Share Program, received \$37,286 for cost-sharing on conservation practices. Fourteen contracts were approved for assistance on rangeland management,



CONSERVATION POSTERS was one of the many attractions at the Cheyenne County Conservation District meeting Monday night. Grace Hnizdil was enjoying showing her younger brother, Martin Hnizdil the variety of posters.

terraces, diversions and grass seedings.

The Tree Committee had a good year despite the drought. The District supervisor handed out over 5,100 conifers and bare-roots from five different nurseries to provide the best and most economical trees and shrubs for customers. Profits from the sale of trees, weed barrier, drip irrigation, deer repellent and flags helps fund educational activities in the county.

Some of the on-the-ground accomplishments of the District included:

- 12,253 feet of drip irrigation.
- 8,015 feet fabric weed barrier,
- 3,897 feet fencing.
- 26,101 feet of livestock pipelines.
- 9 livestock tank.

• 6 livestock wells.
Lynn Query, Bird City, was re-elected to the District Board. Others on the board are Spencer Schlepp, Herman Antholz, Roger Orth and Randy Rueb. Jeanne Dunn is the District manager. Joan Gienger is the District conservationist and Reuben Burr is the conservation technician.

The evening ended on a fun note with many door prizes given away. Prizes were provided by the Conservation District and Farm Credit of Northwest Kansas.

School Honor Roll

St. Francis Community High School and Junior High School second quarter and semester honor rolls have been released.

The following students have been named to the Superintendent's Honor Roll, High Honor Roll or the Honor Roll.

Both the second quarter and semester honor rolls follow.

Superintendent's Honor Roll 3.75 - 4.0

Seniors: Kyle Buffington, Janis Dodd, Lori Faulkender, Michael Raile, Jonathan Roelfs, Robert Tyler Voorhies, Dillan Zweygardt, Teegan Callicrate, Toni Rice, Darin Wiley.

Juniors: Rachel Hnizdil, Brooke Lucas, Derek Ross, Chelsey Weeden, Alexandria Tygart, Amy Grace, Amy Nicklos, Julie Voeller.

Sophomores: Jade DeGood, Grace Hnizdil, Samantha Marin, Sheryl Miller, Adam Tygart, McKenzie Grace, Heath Owens, Sawyer White, Ashley Dowgwillo.

Freshmen: Brittany Lucas, Adrienne Swihart, Alecia Zimbelman, Danielle Flemming, Shaina Gohl, Lauren Ross, Megan Rice, Russell Rogers.

Eighth grade: Gavin Smull, Chance Hobrock, Dara Loyd, Sara Miller, Heather Hnizdil.

Seventh grade: Elizabeth Gienger, Andrea Holzwarth, Cara Hunt, Samuel Sowers.

High Honor Roll 3.74 - 3.33

Seniors: Tyler Howard, Dusty Hays, Nikki Tafoya, Meredith Knodel, Allyse Lampe, Hannah Sowers, Nicolas Keller, Jonathan Zweygardt, Erica Douthit, Trevor Henderson, Trey Hilt, Ashley Holzwarth, Jessica Nelsen, Dana Raile, Troy Zweygardt.

Juniors: Kelsey Dunn, Andrew Feikert, Emily Walz, William Gienger, Sayuri Ito, Tanner Kinen, Mike Milne, Gabriel Walz, Hailey Crabtree, Danielle McFarland.

Sophomores: Margo Douthit, Dylan Loyd, David Clark, Nathan Morris, Erin Neitzel, Trevor Richard, Talisa Voorhies, Cameron Fiala, Madeline Knodel, Gabriel Smull.

Freshmen: Amy Hilt, Darren Laffond.

Eighth grade: Teri Walters, Holly Keller.

Seventh grade: Jonathon Finley, Sidnee Crabtree, Courtney Douthit, Trent Kinen, Taryn Richard.

Honor Roll

3.0 - 3.32

Seniors: Grant Keller, Clancey Livingston, Kande Raile, Jesse Schield, Amber Fromholtz.

Juniors: Devin Rohweder, Brandi Barnhart, Amber Havel, Kali Rueb.

Sophomores: Allyson Reichert, Schuyler Coates, Angela Van Allen.

Freshmen: Janelle Zweygardt, Amanda Nipps, Mindy Cooper, Maclain Frewen, Miranda Teeters.

Eighth grade: Theodore Crabtree, Katherine Jones, Katlin Marin, Cassandra Dankenbring, Kattie Ford, Keaton Frewen.

Seventh grade: Taylor Kennedy, Matthew Whitmore, Kimberly Voeller, Sarah Guthmiller, Joni Pevler.

First Semester Superintendent's Honor Roll 3.75 - 4.0

Seniors: Kyle Buffington, Janis Dodd, Lori Faulkender, Jonathan Roelfs, Robert Tyler Voorhies, Dillan Zweygardt, Dusty Hays, Allyse Lampe, Michael Raile, Toni Rice.

Juniors: Amy Grace, Rachel Hnizdil, Brooke Lucas, Derek Ross, Chelsey Weeden, Amy Nicklos, Alexandria Tygart, Andrew Feikert, Emily Walz.

Sophomores: Jade DeGood, Grace Hnizdil, Samantha Marin, Sheryl Miller, Adam Tygart, Sawyer White, McKenzie Grace, Heath Owens, Ashley Dowgwillo.

Freshmen: Brittany Lucas, Lauren Ross, Adrienne Swihart, Alecia Zimbelman, Danielle Flemming, Megan Rice, Russell Rogers, Shaina Gohl.

Eighth grade: Chance Hobrock, Sara Miller, Gavin Smull, Dara Loyd, Heather Hnizdil.

Seventh grade: Jonathon Finley, Elizabeth Gienger, Andrea Holzwarth, Cara Hunt, Holly Keller, Samuel Sowers.

High Honor Roll

3.74 - 3.33

Seniors: Tyler Howard, Teegan Callicrate, Erica Douthit, Hannah Sowers, Darin Wiley, Jonathan Zweygardt, Trey Hilt, Ashley Holzwarth, Meredith Knodel, Clancey Livingston, Jessica Nelsen, Nikki Tafoya, Troy Zweygardt, Trevor Henderson, Nicolas Keller, Dana Raile, Kande Raile.

Juniors: Julie Voeller, Gabriel Walz, Kelsey Dunn, William Gienger, Sayuri Ito, Tanner Kinen, Mike Milne.

Sophomores: David Clark, Margo Douthit, Madeline Knodel, Dylan Loyd, Nathan Morris, Erin Neitzel, Trevor Richard, Talisa Voorhies, Cameron Fiala, Schuyler Coates, Gabriel Smull, Janelle Zweygardt.

Freshmen: Darren Laffond, Amy Hilt.

Eighth grade: Katlin Marin, Teri Walters, Katherine Jones.

Seventh grade: Sidnee Crabtree, Trent Kinen, Taryn Richard.

Honor Roll 3.0 - 3.32

Seniors: Amber Fromholtz, Grant Keller, Jesse Schield, Luke Keller

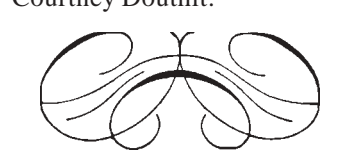
Juniors: Brandi Barnhart, Hailey Crabtree, Amber Havel, Danielle McFarland, Devin Rohweder, Kali Rueb

Sophomores: Mindy Cooper, Maclain Frewen, Allyson Reichert, Christi Milne, Angela Van Allen.

Freshmen: Amanda Nipps, Joel McAtee, Zachery Mills.

Eighth grade: Theodore Crabtree, Cassandra Dankenbring, Keaton Frewen.

Seventh grade: Matthew Whitmore, Taylor Kennedy, Joni Pevler, Kimberly Voeller, Courtney Douthit.



FEBRUARY 2004 SPECIALS

	24'x27'	30'x40'	42'x60'	60'x96'
VERY BASIC	\$ 7,463	\$10,005	\$16,533	\$32,066
VERY NICE	\$10,214	\$13,595	\$21,963	\$40,741

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Five years have gone by now, with not a day going by that he isn't missed -
In Loving Memory of Bobby Krien 10-19-70 2-19-99

The Legend of the Teardrop

There's a legend of a teardrop
...that rolled down a cheek one day,
and it fell upon a tombstone
...where someone went to pray.
And it sparkled like a diamond
...as it ventured toward the sod,
And its brilliance was so startling
...that it caught the eye of God.

In its loving sparkling brilliance
...God recalled the teardrop home,
And He showed it to the young man
...who, no more on earth would roam.
Then God took that brilliant teardrop
...shed in love on earth afar,
And he placed it in the heavens
...with His Brightest Morning Star

When you look into the heavens
Where ten million stars are spread,
You may see a lovely teardrop
That in sorrow, you have shed.

That teardrop, born of sorrow
...for a young man who had died,
Was shed in grief and sadness
...by the family and friends who cried.
But it had a special meaning,
...to the Father up above,
For that teardrop was just loaded
...with a world of love.

Happy Birthday Dorothy Mae

Love Your Family

Happy Birthday Ryan!

James E. Reeves, DPM
Podiatrist/Foot Specialist
Reconstructive Surgery
Foot & Ankle Injuries

For appointments call:
Rawlins County Health Center
785-626-3211

Wed., March 10
Cheyenne County Hospital - P.M.
210 W. 1st • 332-2104

Thur., March 11
Atwood - A.M.
Colby - P.M.
CSMC, 175 S. Range
462-3332
CMC, 100 E. College Dr.
462-7511

Fri., March 12
Atwood - All Day

From Us