

Official honored in San Antonio

St. Francis resident, Eldon Zimbelman is one of three officials recognized by the National Federation High School on July 1 at the National Federation High School summer meeting held in San Antonio. He received the National Federation High School Citation Award because of his contribution and impact made on high school sports.

This spring, Mr. Zimbelman retired after being an active wrestling official for 43 years. He refereed at 39 state tournaments and two grand state tournaments. For the past 10 years, he has served as the wrestling commissioner for the Greater Wichita Athletic League.

Mr. Zimbelman was the president of the Kansas Wrestling Coaches and Officials Association for two years, and he is the co-founder and president of the Kansas Wrestling Officials Association. He is also a member of the National Federation High School Officials Association, the National Wrestling Officials Association and the Kansas State High School Activities Association.

During the years, Mr. Zimbelman has found time to act as a rules interpreter and clinician, to organize and implement yearly officials clinics and to also serve as an area supervisor for three sections of the state. He was named the National Federation High School Dis-

tinguished Official of the year in 2003, the Kansas Wrestling Official of the Year eight times and has been the head official of the Kansas State High School Activities Association state high school wrestling tournament numerous times.

In a previous *Saint Francis Herald* article, Mr. Zimbelman said he started wrestling while he was a student in St. Francis Community High School. An injury kept him from competing in the state tournament and he thinks that injury might have led him to officiating.

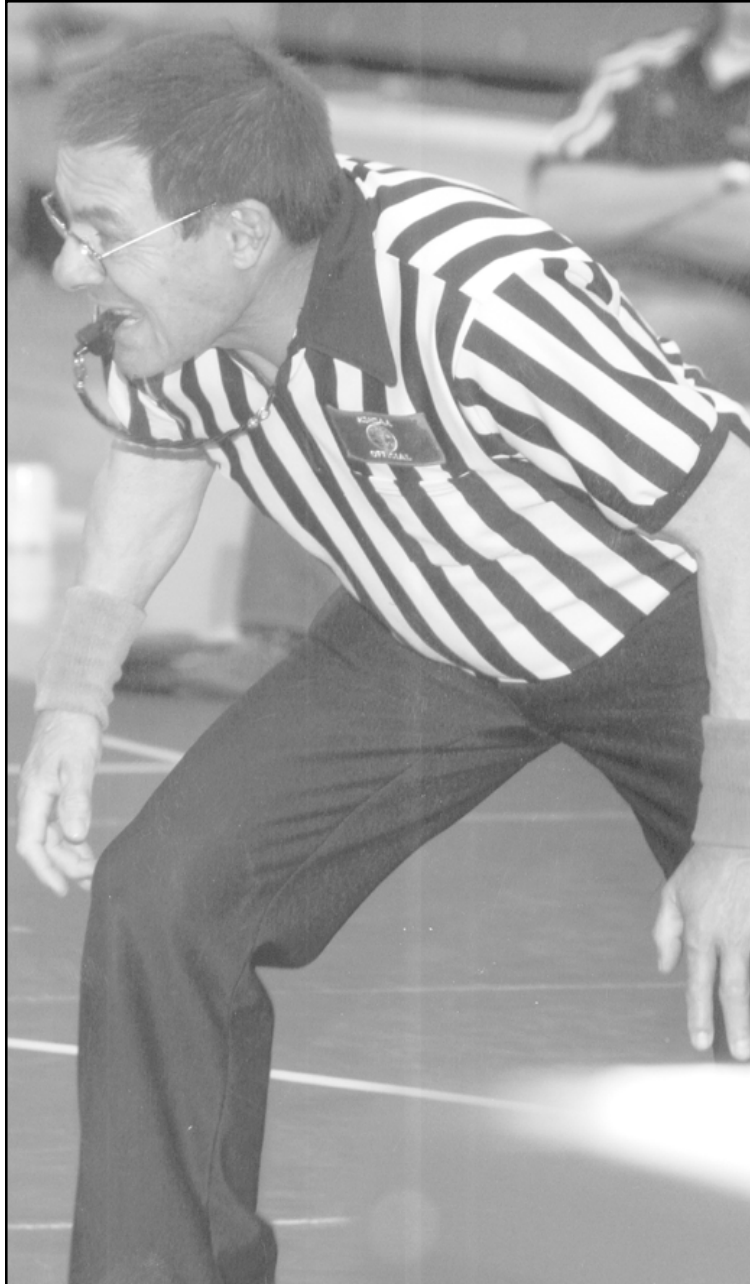
St. Francis was a member of the Northwest Kansas League and, when asked about the League, he said, "It is still tough!" He went on to say that wrestlers are more skilled today because they have opportunities that were not available in the 1960.

"We started wrestling when we were in the sixth grade. Today, many kids start when they are little and can go to camps in the summer," he said. "Wrestlers have more skills and are more aggressive which makes wrestling more of a spectator's sport.

"But, there is still the dedication today that there was back then."

Mr. Zimbelman plans to continue participating actively in the many organizations including the Kansas Wrestling Officials Association.

"I'm gonna miss it (officiating) but I'm still going to be there," he said.



ST. FRANCIS RESIDENT, Eldon Zimbelman, is one of three officials recognized by the National Federation High School.

Plant brings new jobs and markets to Goodland residents and farmers

By Kathryn Burke

A new power complex planned for Goodland should be up and running in about a year, bringing roughly 100 new jobs and providing new markets for farmers.

The complex will include a coal-fired power plant, plus plants to produce ethanol and "biodiesel" for motor fuel. Former City Manager Ron Pickman will be the chief operating officer for the power project.

A group of local investors announced the project today.

The three-plant complex will be called the Goodland Energy Center. Mark Justus, owner of ReNewable Energy Resources, said they are looking at a startup date in August of next year.

ReNewable is designing a wind farm to help supply power to the city grid, and has an office on Main Street.

Jerry Fairbanks, general counsel and executive vice president of the First National Bank, said the plants should create from 60 to 100 jobs directly. He said the economic activity might generate another 100 to 200 supporting jobs, including services, trucking, agriculture, rail and more.

First National is part of the investment group through a community development program.

While two or three of the jobs will require special skills, Fairbanks said he is confident most of the work force can be hired here.

"We're hoping to create local, regional jobs," he said.

The complex is set to go up on property west of town and north of the existing Northern Sun Industries plant. The land is to be annexed into the city at a meeting tonight.

Justus said the three plants will sit on 20 acres east of County Road 14 and south of Road 65 (Eighth Street).

Fairbanks said they will have access to rail lines, but will receive inputs and send products out by trucks to begin with.

The plants will have what Justus called a "symbiotic" relationship. Each plant will use byproducts from the others in its production, lowering overall costs.

Justus said the ethanol and biodiesel plants will be powered by waste steam already used in the

power plant.

He said the steam alone will save the ethanol plant \$3 million per year. Normally, he said, they would need to use natural gas to cook grain to ferment the alcohol.

The production of biodiesel fuel, Justus said, uses some of the byproducts from the ethanol plant.

Although the processes for borrowing from one plant to operate another is not new, Justus said, the plants here will be unique, combining all three.

He said the combination is already working in different places. They are just combining the three systems here.

Fairbanks said while the group has plans for marketing the ethanol, biodiesel and the power, the contracts are still in negotiations.

He said the corn for the ethanol plant will come from area farmers, mostly within Sherman County. One of the goals for investors, he said, was to not affect an ethanol plant at Campus, just east of Oakley.

"We don't intend to compete with Campus," he said.

The ethanol plant will produce about 25 million gallons of alcohol for fuel per year, he said, much smaller than the Campus plant, which has a capacity of 40 million per year.

Fairbanks said after checking the numbers, they have found that enough corn was produced last year in the county to exceed the plant's needs.

The leftover from ethanol production, known as distillers' grain, is used as cattle feed. Fairbanks said feedlots here have expressed interest in the material.

The biodiesel plant will produce about 15 million gallons per year. Justus said the fuel is made from soy oil, grease, animal fats and molasses, another byproduct from the ethanol plant.

He said soy oil will have to come from a crushing plant from outside the area at first, but the beans could eventually come from farmers here.

Justus said the plants will be made with room to grow. The ethanol plant, he said, has space to triple in size.

Fairbanks said the group is in negotiations for a coal supplier. Original figures, he said, included prices

for coal shipped from Wyoming.

The plant, Justus said, may eventually sell power to the city. It will have a 22 megawatt capacity, a little larger than the city's 15-megawatt diesel plant, but vastly more efficient.

"We're sure they're going to be a main customer," he said, adding that energy prices are rising and they will offer the city a good rate. "This is going to be a good thing for the city."

The gear for the ethanol plant was purchased from St. Paul, Minn., the power plant from Morehead, Minn., and the biodiesel plant from Austria.

Gennifer House, a Goodland Energy Resources board member, said with new air-pollution control scrubbers, the plants will exceed all required clean-air standards.

Fairbanks said they have hired two companies to put the plants together here.

The installation will start with someone to pour cement. Justus said it will take 120 days for workers to do the cement work alone.

Fairbanks said they hired Pickman because he has experience working with local and state governments and power suppliers. He retired in June and moved to Colorado, but will be here to work when he is needed.

"Ron's a very sharp guy," Justus said. "We were fortunate. We had to beg him."

Already, he said, the group has met with all of the government agencies involved to discuss permits and regulations.

House said each plant will be owned and operated by a separate group of local investors, each in a limited liability corporation.

The ethanol plant will be owned by the E Caruso group, the biodiesel plant by ReNewable and the power plant by Goodland Energy Resources.

Members of the overall Goodland Energy Center board include Norman House, manager of Goodland Energy Resources, Gerald Franklin and Alan Townsend, both area farmers, and Stephen West, president of Western State Bank.

First National Bank is an investor as part of the National Bank Community Development Program, Fairbanks said.

Justus said he is excited about the project and expects it to do a lot for Goodland.

"I think the biggest thing is going to be, of course, the jobs," he said, adding that a good work force, good schools and a good hospital will help attract people to the jobs.

Book Review

Book review from St. Francis Public Library

Honeymoon
James Patterson

How does it feel to be desired by every man and envied by every woman? Wonderful. This is the life Norma Sinclair has dreamed about, the life she will never give up. When FBI agent John O'Hara meets her, she seems perfect. She has the looks. The career. The sophistication. The sex appeal. The whole extraordinary package - and men fall in line to court her.

So why is the FBI interested in Nora? Mysterious things happen to people around her, especially men. There is something dangerously alluring about Nora. But as Agent O'Hara spends more time getting to know her, is he pursuing justice? Or his own obsession?

Honeymoon is a tale of a woman's deadly appetite and the men who dare to fall for her.

In his scariest novel yet. James Patterson confirms that he always "takes thrills to the next level."



Good Samaritan Home Health Advisory Board Member

Helen C. Peter

Helen C. Peter, St. Francis, is a member of the Good Samaritan Home Health Advisory Board. Mrs. Peter is a long-time member of the county having lived here for 92 years.

A widow and retired, Mrs. Peter likes living in St. Francis and says it is a wonderful retirement area - many friendly people.

In return, she enjoys helping her neighbors and friends whenever she can.



Good SAMARITAN Village AND HOME HEALTH CARE



785-332-2531 ~ Hwy. 36 South ~ St. Francis, KS

Student accepted for more training

Kary Meyers, St. Francis, is one of four students who have been admitted to the second year of the Seward County Community College Medical Laboratory Technician program in Liberal. The session will begin in the fall.

Mrs. Meyers completed the first year of the program. Admission is contingent upon students completing the first year general education courses with a cumulative grade point average of 2.5 or higher, with three letters of reference and an interview with a faculty member.

The online format for the medi-

cal laboratory technician program allows placebound students to remain in their geographic location while pursuing their academic goals. Students have access to the lecture materials at their convenience with the laboratory component being completed at a local clinical facility. The increased demand for laboratory professionals has brought attention to the field as a career choice and Seward's college program is experiencing increased enrollment.

For more information about the program, call the college at 1-800-373-9951, ext. 077.

Group completes leadership class

Get ready! Get set! Build teams! That's what a group of eight Cheyenne County residents want to do. They've been eagerly absorbing the 21st Century Leadership concepts since the first session in February; they're fired up and ready to go. These individuals have many ideas of not only what will enhance Cheyenne County, but also how to accomplish these goals. The individuals are: Kathy Rainbolt, Tom Keller, Althea Lebow, Sherry Schultz, Cory Busse, Shawna Blanka, Roger Jensen, and Carol Redding. A support group of local residents is ready to participate in future projects.

One goal of the whole group is to pass on the 21st Century Leadership Training to other members of the community. Leadership is not one person in a group of people "cracking the whip," but of everyone working together to draw out the best of each of us - goal-setting, expanded leadership, completed projects of all sizes, greater personal growth, improved family relations, and community cooperation - are only a few results from this kind of team-building leadership.

"When you are invited to attend leadership training, please seri-

ously consider participating," Carol Redding, Cheyenne County Development coordinator, said. "We all benefit."

Another goal is to submit the "Governor's Rural Life Task Force Community Pilot Project Proposal Preliminary Application" for St. Francis to participate in the state rural development program. This program provides two years of direct access to all of the applicable state's resource programs. These programs will provide communities advice and direction in developing and completing specific community projects. The two selected rural communities with populations of 2,000 or less will also be held up as examples of success for other struggling small communities in Kansas.

"Your community relies on volunteers such as these individuals willing to promote our area," Coordinator Redding said. "Four aspects keep the group focused: youth retention, resource development, entrepreneurship, and leadership."

"Your community also relies on all of you reading this and wanting to help complete goals and projects," she said.

- Something to Think About -

A well-known speaker started off his seminar by holding up a \$20 bill.

In the room of 200, he asked, "Who would like this \$20 bill?"

Hands started going up. He said, "I am going to give this \$20 to one of you but first let me do this." He proceeded to crumple the dollar bill up.

He then asked, "Who still wants it?" Still the hands were up in the air.

"Well," he replied, "What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now all crumpled and dirty. "Now who still wants it?"

Still the hands went into the air.

"My friends, you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20. Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless."

But no matter what has happened or what will happen, you will never lose your value.

You are special - Don't ever forget it!

"Never let yesterday's disappointments overshadow tomorrow's dreams"

WE HAVE GOOD NEWS!

A QUICK PAINLESS METHOD TO ERADICATE HEMORRHOIDS USING MILD ELECTRICAL CURRENT IS NOW AVAILABLE. THIS TREATMENT REQUIRES SEVERAL BRIEF VISITS TO OUR OFFICE, AFTER WHICH PATIENTS GO BACK TO WORK IMMEDIATELY.

WHAT DO THE RESEARCH STUDIES SAY?

In Gastrointestinal Endoscopy, Vol. 33, #2, D.A. Norman R. Newton, and G.V. Nicholas reported the results of treatment of 42 patients with d.c. current therapy. They noted "All patients were successfully treated and symptom free at a mean duration of follow up of 18.2 months." They concluded "This painless outpatient treatment of all grades of hemorrhoids is effective and safe," and "warrants consideration as the treatment of choice of hemorrhoidal disease". In the American Journal of Gastroenterology, Vol. 83, #9, Dr. S. Zinberg reported the results of treatment of 193 patients with this method. "Good results were achieved in 95% of patients."

ADVANTAGES OF HEMCURE OVER OTHER TREATMENTS FOR HEMORRHOIDS: HemCure is far less expensive than surgery, requires no recovery, avoids complications like scarring and infection, and is reported by most patients to cause only mild discomfort during the treatments, which resolves immediately after.

This treatment method is covered by Medicare and most insurance plans. A payment plan is available for patients not covered by insurance, and for patient deductibles and copayments.

We want you to be an informed health care consumer. Our office will be happy to provide further information explanation of fees, and estimate of your out of pocket expense. If hemorrhoids are interfering with the quality of your life, call today.



HemCure

Dr. John D. Ferris, M.D.
Burlington, Colorado
1-800-593-0009

Tues., Aug. 2 • Wed., Aug. 3 & Sat., Aug. 6

IDALIA SCHOOL DISTRICT RJ-3

**Vacancy Announcement
Bookkeeper/Secretary**

Submit your application to the address below. Applications and resume due by July 15, 2005. If you have any questions contact Tim Gribben at (970)354-7298

Idalia School District RJ-3;

PO Box 40;

Idalia, CO 80735; (970)354-7298

Idalia School District RJ-3 is an equal opportunity institute and does not unlawfully discriminate on the basis of race, color, national origin, sex or disability in admission or access to or treatment or employment in its educational programs or activities. Inquiries concerning Title VI, Title IX, Section 504 and ADA may be referred to Tim Gribben, Administrator, 26845 Co. Rd. 9.2, Idalia, CO 80735, (970)354-7298 or to the Office for Civil Rights, U.S. Department of Education, Region VIII, Federal Office Building, 1244 North Speer Blvd, Suit 310, Denver, Co 80204 (303)844-2991.