

At the Game

Winners move up a level

The Cheyenne County Knights of Columbus Council sent eight athletes to the Knights of Columbus District free-throw contest held Sunday in Goodland. These free-throw shooters had qualified for District by winning at the local contest held earlier in St. Francis.

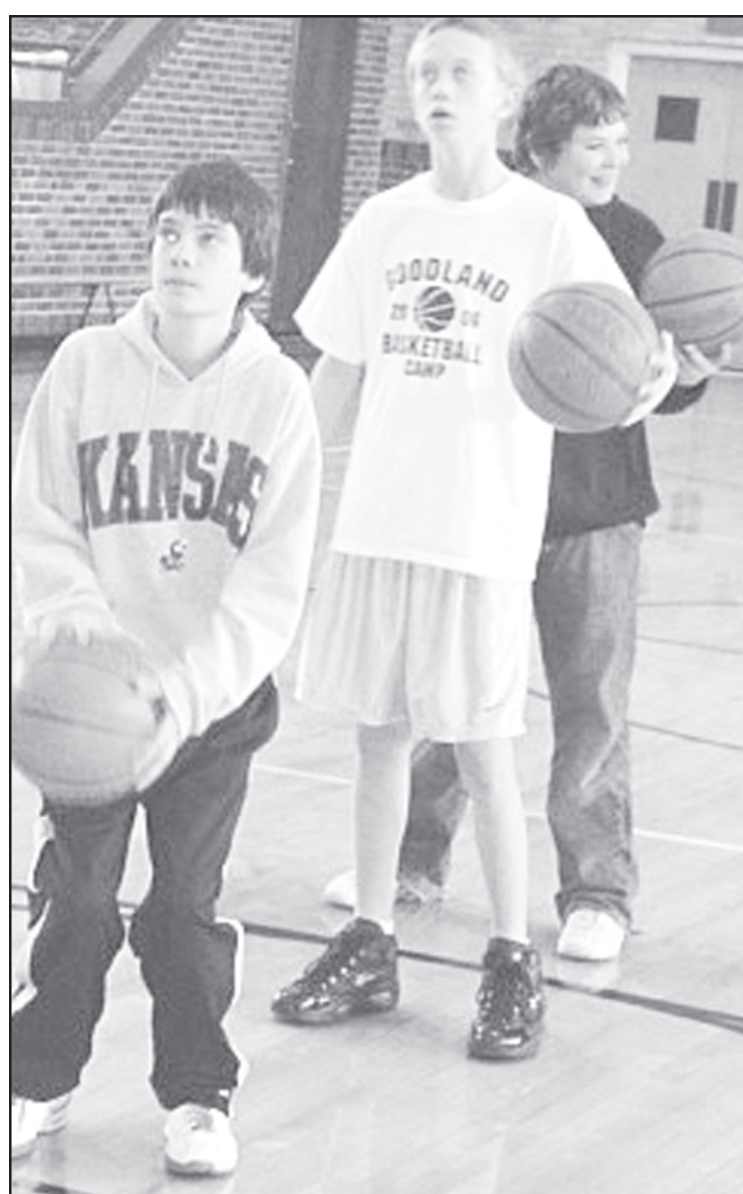
Of the eight participating from Cheyenne County, five finished in first place and qualified for the Regional contest to be held on Sunday, Feb. 18, at Quinter, with doors opening at noon and the shoot off starting at 1 p.m. The other three Cheyenne County contestants finished in the runner-up position.

The winners of the District contest included:
10-year old girls: Brianna Cooks, St. Francis;
11-year old girls: Shayla Hubbard, McDonald;
There were no 12-year old or 13-year old girls competing
14-year old girls: Shelby Terrell, Colby;
10-year old boys: Cade Bracelin, St. Francis;
11-year old boys: Will Allen, Brewster;
12-year old boys: Dylan Peter, St. Francis;



13-year old boys: Reed Bellamy, Goodland;
14-year old boys: Zack Zweygardt, St. Francis.
14-year old girl runner up Sarah Trembly of St. Francis will be attending the Regional contest since

the first place winner is unable to attend.
Others finishing in the runner-up position from St. Francis are Samuel Reed, 13-year old boy contestant, and Wyatt Landenberger, 11-year old boy qualifier.



SAINTY PARTICIPANTS - Sarah Trembly (left with ball), Zach Zweygardt (above with ball) and Dylan Peter (in back) advance to Regional competition in Quinter on Sunday.

Herald photos by ????????????????

Wrestler attends try-outs

Scott Jenkins, a 1997 graduate of St. Francis Community High School, participated in the Dave Schultz Memorial International wrestling tournament in the Greco-Roman Division. The tournament was held at the Olympic Training Center in Colorado Springs last Friday and Saturday. The tournament is one of a number of qualifying tournaments for the 2008 Olympics in Beijing, China. Jenkins wrestled at the 149-pound weight class and won one match and lost two on the day.

Jenkins was defeated early in the tournament by the defending gold medalist in the 2004 Olympics from Korea. He then pinned a wrestler from Iowa before losing 3-2 to a Japanese wrestler.

It is the first time Jenkins has wrestled competitively since leaving the Air Force Academy in 2001.

Colby has a novice tourney

Six St. Francis wrestlers attended the Colby Novice Tournament on Saturday with the Indians having two champions. No team scores were kept.

Freddie Pacheco and Trevor Hilt each earned first place in their weight division.

Other Indians placing were Scott Ford and Sam Sowers, second and Grady Brunk, fourth. Lamar Adams also attended the tournament.

"These kids have really come along, it was a great way to end their season," said Daryl Loyd, assistant coach.

Rawlins County dual
Only two St. Francis wrestlers had matches on Friday night.
• Scott Ford won by a fall over Solko;
• Trevor Hilt won by a fall over Holliman.

Junior high girls basketball teams victorious

By Betty Jean Winston

The St. Francis junior high girls basketball teams had a successful evening Thursday, Feb. 8, when they traveled to Quinter.

The A-team was victorious 38-17

and the B-team scored a 25-20 win. The Ladies have had a chance to increase their basketball knowledge as the season has progressed and putting the new-found skills into practice as been rewarding.

A-team

St. Francis 38, Quinter 17
"This was a great performance by the eighth grade squad" said Coach David Morrow. "Coach Lambert and I are really starting to see these young ladies turn into basketball players."

"Against Quinter we played with toughness and, especially in the second half, with that quality of "looseness" that allows a player to simply play basketball rather than playing x's and o's. It was the kind of game we needed to see that we really have improved as a team."

"This game started out in a way very similar to the seventh grade contest. We were down early, had some trouble getting started and finished the first half up by only six points."

"Our defense was tough from the start, however, and we didn't allow Quinter very many easy baskets. In the third quarter, good shooting and smart play allowed the ladies to take a comfortable lead. In fact, the team scored 26 points in the second half alone."

"We enjoyed good scoring efforts from a number of the players. Sarah Trembly had a good game all around and shot the ball well, scoring 12 points. Lexee Reichert and

Aly Marin both scored 8 points. Jodie Hilt scored 5 points and Shayla Hilt and Christina Hilt score 3 and 2 points respectively."

B-team

St. Francis 25, Quinter 20
"Thursday's game against Quinter was a break-out game for this young team," Coach Morrow said. "Every player had a personal best performance, and it was fun to see them have the confidence and

comfort level necessary to do during the game what we have been working on in practice."

"After the first minute or two of the game, we were down by four points to the Bulldogs. Jenna Hill scored a three-pointer and then Lexi Hilt and Caitlyn Northrup followed with four more to end the first quarter ahead by one. The third quarter was when the ladies really took control of the game. They out-scored

Quinter 12-0 in that period. "The fourth quarter was interesting and was perhaps the only time when we didn't execute as well as we could have. The ladies kept their composure, however, and secured a well-deserved victory."

Jenna Hill led all scorers with 10 points. Lexi Hilt scored 6, Kaitlyn Figgins added 5, and Caitlyn Northrup and Alyssa Lee each scored 2 points."

Junior Varsity Boys

By Betty Jean Winston

Three quarters of boys' junior varsity basketball play took place in Sharon Springs on Feb. 6 when the Wallace County Wildcats and the St. Francis Indians met.

The Indians had to come through in the final quarter to take the victory away from the Wildcats who led after both the first quarter and at halftime. The final score was St. Francis 43, Wallace County 42.

The Indians will travel to Quinter on Friday to meet the Bulldogs and results of the Cheylin game will also be posted next week.

The junior varsity record was 7-2 after the Wallace County game.

Thirty-nine of the final 43 points for the Indians were scored by Trent Raile, Matt Raile and Keaton Frewen with 16, 12 and 11

respectively.

SF	11	15	17	43
WC	12	16	14	42

Scoring: T. Raile 16, M. Raile 12, Frewen 11, Trent Kinen 2, BJ Killingsworth 2.

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Plain Sense

energies to meeting the vital needs of their family. Many also reach out to others, such as in the rural areas where neighbors check on each other, as well as help care for livestock. When the immediate need for action has passed, and life slowly returns to normal, people then must face the reality of the loss of property, income and, for some, family members. Most people are able to adjust and cope to these changes, while others may not be as resilient, resulting in feelings of helplessness and hopelessness.

Sometimes people in need are too proud to ask for assistance, but in order to reduce the pain of potential grief or depression, it is important to reach out and allow others to help. A positive result of this winter storm was the way people came together to help each other in their communities. There are numerous stories about how local and regional government agencies, church congregations, and individuals reached out to help those in need. Making such connections is vital to improving resilience.

It is also important for people to take good care of themselves: eating nutritiously, getting adequate rest, and maintaining a hopeful outlook helps an individual deal with

stress. Do not try to accomplish everything yourself. Look into what resources are available and do not be afraid to ask questions. People who push themselves too hard are likely to face physical or emotional exhaustion, and potential health problems. Know your limits and be realistic in what you can accomplish, both short and long term.

We all know that Mother Nature will not be controlled and adversity will always be a part of life. However, we can become more resilient if we reach out to others when we need assistance, make an effort to take better care of ourselves, and try to maintain serenity in regards to "things we can not change."

Contributed by Ken Loos, MS, LMLP, LCP, Consultation and Education Department

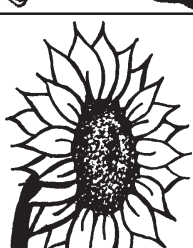
The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help. Mail questions to: High Plains Mental Health Center, Plain Sense, Consultation and Education Department 208 East 7th, Hays, KS 67601 (Questions will be formatted and answered in a manner that insures confidentiality) Internet site: www.highplainsmentalhealth.com
By High Plains Mental Health

Resilience After the Storm
Recently, Mother Nature provided a number of additional challenges for those who live in north-west Kansas, eastern Colorado, and western Nebraska. According to a report by the Federal Emergency Management Agency (FEMA), the storm that came through Kansas Dec. 28 through Jan. 1, left between 15- to 36-inches of snowfall, drifts as high as 13 feet, and almost 3 inches of ice on power lines. In addition, at least 20,000 customers were left without power and the Governor declared a State of Emergency for 40 counties. This kind of severe storm potentially has long-term implications regarding a person's health, economics and livelihood, and often challenges their resolve and ability to cope or adapt. The term "resiliency" applies at these times, referring to the process of adapting well to significant adversity and stress.
During the time of natural disaster, dealing with loss and grief is assumed to be the primary challenge. In reality, those emotions tend to be on the "back burner" until the immediate crisis has passed. When people find themselves without adequate food, water, shelter, or transportation, they devote their



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