# **At the Game**

# Northwest Kansas League coaches award athletes

Northwest Kansas League volleyball coaches have awarded league honors to 18 seniors and two juniors following the 2006 season.

Twelve ladies make up the first team and the others received honorable mention.

Alecia Zimbelman, St. Francis senior, was among those receiving honorable mention.

"I am very proud that Alecia is in this select group of girls," Coach Kent Kechter said. "She was a very consistent player for us all season as

Zimbelman had the best percentage setting (40 or more attempts) for honor able the Lady Indians this year with mention be-

Named to the first team were Zimbelman Trica Dorshorst, Oberlin; Lissa were Lauren Mazanec, Colby; Heather Will- Cox, Colby; iams, Oberlin; Megan Dennis, Whitney Ar-Oakley; Rishonna Martin, Colby; c h e r Callie Baalman, Oakley; Lauren Goodland; Fortin, Oberlin; Megan Cahoj, Kelsey Hill, Rawlins County; Tiffany Goetz, Hoxie; Emmic Pauls, Oberlin; Hoxie, Lindsey Hubert, Oakley, Kylie Shoemaker, Oakley; Jenna Johnson, Colby; all seniors McKenzie Kesler, Quinter, all sewell as throughout her career. What and Sara Miller, Rawlins County, niors and Sidney Carlson,



Rawlins County, junior.

# **Bowling News**

Team standings: 2001 Elec-

#### Wednesday Afternoon Coffee 11-1

Team standings: Windmill Restaurant 25-11, Sunshine Girls 24-12, Kathy's Cater Cats 18-18, Lodge Sleepers 18-18, Kale's

High game (scratch): Kathy Lemons 181, Shirley Adkinson 178, Carol Peterson 159; (handicap): Lemons 240, Peterson 231, Ilene O'Leary 221

High series (scratch): Adkinson 424; (handicap): O'Leary 622, Lemons 619, Linda Yonkey 587

Wednesday Night Bowling

15-9, Krien Steel Buildings 13-11, Haigler one 12-8, Haigler two 9-15, Fearless 4 Some 7-17, Neitzel Insurance 7-17, Grace Wright Carpet 15-25, Mel's Gals High game (scratch): Bob

Krien 221, Peggy Horinek 209 High series (scratch): Lippert

492, Lemons 442, Debbie Bush 624, Zimbelman 619, Carpetner Wright 485, Tina Elliott 470, 520; (handicap) Yonkey 628, Linda Mahon 469; (handicap): Krien 608, Horinek 605 **Ladies Nite Out** 

Team standings: Wray Meat tronics 19-5, 1st National Bank Packing 27-13, Jersey Maids 26-14, Dundy Ag 21-19, Cheyenne Bowl 21-19, Bankwest Alley Cats 21-19, Stockman Strikers 16-24,

High game (scratch): Tammy Lippert 267, Kale Zimbelman Zimbelman 199, Boots Peterson 223, Bill Carpenter 183; (handi- 186, Kathy Blecha 185; (scratch): cap): Linda Yonkey 223, Janice Jen Hoffman 235, Zimbelman 230, Peterson 227

High series (scratch): Jenny Wright 617, Hoffman 616, Mahon

### **Plain Sense**

Plain Sense from High Plains Mental Health Center "Talk, Talk, Talk" What causes stress for farmers and farm families? Do any of these sound familiar? Paperwork, farm loans, old equipment, extreme weather conditions, fatigue,

commodity prices, crop disease, hired help, lack of family time

are not something that indepen- ive, good listeners can be helpful dent, self-reliant people such as and healthy. Constructively ventfarmers want to say much about. ing about problems, concerns, and However, talking is one effective fears can help a person move from way of dealing with stress. Talking with someone about a worrisome topic helps put the problem into perspective, makes it seem bers who have the ability to comnot quite so large, and provides municate easily with each other the opportunity to look at various options. Openly discussing prob-

Stress, tensions, and problems lems with others who are support-**Public Notice -**

Petition filed in estate for administration Published in the Saint Francis Her-was filed in this Court by Charles W.

days, November 2, November 9 and deceased. November 16, 2006. (44-46) IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS

IN THE MATTER OF THE ESTATE Case No. 06-PR-19

DELORIS E. NIPPS A/K/A DELORIS NIPPS, DECEASED PURSUANT TO K.S.A. CHAP-**TER 59** 

**NOTICE TO CREDITORS** THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that on

October 30, 2006, a Petition for Is-

suance of Letters of Administration

Noxious Weed

2-1318

All creditors of the decedent are

ald, St. Francis, Kansas, Thurs- Nipps, sole heir of Deloris E. Nipps,

against the Estate within four months from the date of first publication of this notice, as provided by law, and if their demands are not thus exhibited, they shall be forever Charles W. Nipps, Petitioner

APPROVED BY: JAMES M. MILLIKEN, CHAR-**TERED** 

James M. Milliken #07001 101 W. Washington, P.O. Box 627 St. Francis, Kansas 67756-0627 (785) 332-2101 Attorney for Administrator

being frustrated and grouchy to working on solutions.

Farm couples and family memwill be able to handle stress better. It is often difficult for men, in particular, to express their worries openly because of the belief they will be viewed as weak. Yet when farm couples have open and clear sharing of information, they can better help each other find solutions, and even make the job

It's also important to seek out advice from others in the community who are willing and able to help. Friends, extended family, church members and others can at least provide emotional support. They can notified to exhibit their demands also assist with reducing the confusion and uncertainty that complicates feelings of stress. Unresolved stress can lead to both medical and emotional problems such as heart disease and depression. It may be necessary for some individuals, couples or family members to seek further help from a family physician, clergy, or a mental health professional.

Contributed by Karen Schueler, LCPC, Manager, Consultation and Education Department



# Junior high boys basketball season starts with two losses

By Betty Jean Winston

The junior high boys basketball season opened in St. Francis on Thursday, Nov. 2, with the young Indians matching up with Oberlin.

The eighth grade team had a strong third quarter but Oberlin pulled away for a 35-24 victory. Sainty seventh grade team was de- O 07 10 04 14 feated 22-13.

Eighth grade Oberlin 35, St. Francis 24

Six Indians scored in this contest with Garrett Figgins having seven points to pace the team. He also pulled down 10 rebounds and had two steals.

Sainty made 9-of-22 free throws

for 41 percent and had a total of 25 rebounds, nine steals and three as-"We went ahead in the fourth

quarter, but was not able to keep it," Coach Larry Flemming said. "The guys played with lots of desire." SF 07 04 08 05

Leading rebounders: Figgins 10,

Scoring: Figgins 7, Brett Lampe

4, Cody Killingsworth 4, Adam

Guthmiller 4, Trevor Reed, 4, Tyler

Steals: Guthmiller 2, Figgins, 2, Lampe 2.

Seventh grade

Oberlin 22, St. Francis 13 "The kids did a good job for their

first game," Coach Kent Kechter said. "We hustled hard throughout the game. We have lots to work on, but this group will show steady improvement throughout the year. 'Oberlin came out hot, hitting a

high percentage of their first shots, all from 15 to 18 feet. We cut the lead to a few points early in the fourth quarter, but then Oberlin rallied with some more good shooting.' 02 01 04 06

08 00 06 06 22

Scoring; Isaac Schiltz 6, Matt Tygart 3, Jonathan Butler 2, Brock Zweygardt 2.

### November is caregivers month

proclaimed November as Family value of caregivers, services. It also mon among caregivers as non-Caregiver Awareness Month as an helps raise awareness of the chalopportunity to thank and recognize lenges caregivers face and how they the more than 256,000 family caregivers in Kansas.

According to a study by the National Family Caregivers Association, Kansans spend 275 million hours a year caring for older relatives, neighbors and friends. The value of that care exceeds \$2.4 billion.

"Caring for an older person is demanding, both physically and emotionally," said Kathy Greenlee, acting secretary of the Kansas Department on Aging.

"Observance of this month is a way

010 Bird City Township

Governor Kathleen Sebelius has to recognize the importance and great cancer. Depression is twice as comcan cope with those challenges."

> At the top of the list is the challenge for caregivers to take care of their own health. According to the Administration on Aging, caregivers are more at colds and flu, and chronic diseases, such as heart problems, diabetes and to ask for help.

caregivers.

In addition to making sure they are immunized and getting regular check-ups, the Agency on Aging advises caregivers to make some time each day to do something for themselves, such as reading, listening to risk for infectious diseases, such as music, telephoning a friend or exercising. And they shouldn't be afraid

#### Club Clip

#### Lawn Ridge 4-H Club

Lawn Ridge 4-H Club was held on Oct. 16. The meeting was called to order by President Kattie Ford. Lakyn Pettijohn led the flag salute. Roll call was answered by 13 members, three leaders, seven parents and two guests. Secretary's report was given.

Valerie Wurm led the club in singing "Itsy Bitsy Spider." Heidi Yonkey gave the treasurer's report and the Council report. It was decided that Foods Judging would be moved to Thursday of the Fair and the Favorite Food Show would be held Jan. 13 at the leader's report.

Members will collect items for the The regular monthly meeting of the troops at the football game. It was decided to change the next meeting to

> Nov. 11. There was no old business. In new business, a motion passed to tag Christmas trees and have a bake sale at a basketball game with proceeds to benefit Big Brothers/Big Sisters.

Dale Northrup gave a project talk on rabbits, Taylor Archibald gave a demonstration on cookie caterpillars and Lakyn led the club in playing "Octopus, Octopus, 1-2-3." Caitlin

Northrup led the 4-H Pledge. The meeting was adjourned and the Fairgrounds. Christy Wurm gave refreshments were provided by the

#### Train Service (Conductor)

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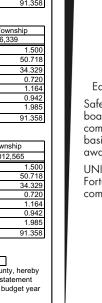
Safely move trains in rail yards and over the road. Climb ladders to board freight cars, operate track switches, inspect cars and use radio communications to control train movement. Work is on an "on call" basis, 24 hours a day. Travel is required and employees may be away from home several days at a time

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Published in The Saint Francis Herald, St Francis, Kansas, and the Bird City Times, Bird City, Kansas, Thursdays, November 9, 10 & 22, 2006 (45-47) 2006 TAX LEVIES FOR CHEYENNE COUNTY, KANSAS USED TO FUND THE 2007 BUDGETS

(Levies shown are taxes per \$1,000.00 valuation)

Noxious Weed		0.556	Noxious Weed	0.665	0.109
Bond & Interest		5.625	Bond & Interest	6.560	0.93
Hospital		5.569	Hospital	5.353	-0.216
Total		50.128	Total	50.718	0.590
2005 Valuations(Dollars	)	Levy	2006 Valuation	Levy	
Bird City	2,330,316	33.132	2,278,87	3 40.753	7.62
St. Francis	6,565,963	28.753	6,567,32	2 31.755	3.002
USD 103	11,462,294	35.862	10,861,10	37.858	1.996
USD 297	29,039,137	34.520	32,599,73	34.329	-0.19
Cemetery Dist 1	12,047,050	0.822	11,415,05	4 0.865	0.043
Cemetery Dist 2	28,454,381	0.817	32,045,779	9 0.720	-0.097
Rural Fire 1	30,637,129	1.172	33,721,28	1.164	-0.008
Rural Fire 3	968,023	1.490	893,35	1.485	-0.00
NWKS Library	31,605,152	0.881	34,614,63	0.942	0.06
Sunflower Ext. Dist. 6			43,460,83	1.985	
			-	•	

\$43,460,833 \$43,460,833

Ruiai File 3	900,023	1.490	693	,333 1.463	-0.005
NWKS Library	31,605,152	0.881	34,614	,638 0.942	0.061
Sunflower Ext. Dist. 6			43,460	,833 1.985	
		evies of Ta	xing Units		
State Levies	K.S.A.	Levy	City of Bird City	K.S.A	Levy
KS Ed. Bldg.	76-6b01	1.000	General	79-1953	38.205
State Institutions	76-6b04	0.500	Library	79-5032	2.548
Total		1.500	Total		40.753
County Levies	K.S.A.	Levy	City of St. Francis	K.S.A.	Levy
General	79-1946	21.862	General	79-5032	27.754
Road & Bridge	68-5,101	16.221	Library	79-5032	4.001
D : 1 D : 11 I	00 4405	0.057	<b>T</b> + 1		04.755

Dona a microst	10 10,110	0.000			
Hospital	12-183	5.353			
Total		50.718			
USD 103	K.S.A.	Levy	USD 297	K.S.A.	Levy
Supp. General	72-6435	16.358	Supp. General	72-6435	9.32
General	72-6431	20.000	General	72-6431	20.00
Recreation	12-1927	1.500	Recreation	12-1927	1.00
Capital Outlay	72-8801	0.000	Capital Outlay	72-8801	4.00
Total		37.858	Total		34.32

Total		37.858	Total		34.32
Cemetery	K.S.A.	Levy	NWKS Library	K.S.A.	Levy
Cemetery Dis	trict 1 80-932	0.865	General	12-1230	0.88
Cemetery Dis	trict 2 80-932	0.720	Employee Benefits	12-16,102	0.05
				Total	0.94
Rural Fire	K.S.A.	Levy	Sunflower Ext. Dist. 6	K.S.A.	Levy
CN County RF	1 19-36	1.164	General	2-623	1.98
RA County RF	3 19-36	10 1.485			

TULAI	133.079
017 Calhoun To	
State	1.500
County	50.718
USD 103	37.858
Cemetery 1	0.865
Rural Fire 1	1.164
Library	0.942

Library SED #6

nship	018 Calhoun Townsh	ip	019 Calhoun To	wnship
4	Valuation \$780,829		Valuation \$129,	149
1.500	State	1.500	State	1.5
50.718	County	50.718	County	50.7
37.858	USD 297	34.329	USD 297	34.3
0.865	Cemetery 2	0.720	Cemetery 1	0.8
1.164	Rural Fire 1	1.164	Rural Fire 1	1.1
0.942	Library	0.942	Library	0.9
1.985	SED #6	1.985	SED #6	1.9
95.032	Total	91.358	Total	91.5

USD 103

3 \$10,861,

USD 29

	valuation \$129	,149
1.500	State	1.50
50.718	County	50.71
34.329	USD 297	34.32
0.720	Cemetery 1	0.86
1.164	Rural Fire 1	1.16
0.942	Library	0.94
1.985	SED #6	1.98
91.358	Total	91.50

	036 Wano Towr	nship	048 Orlando
	Valuation \$18,8	99,049	Valuation \$66
00	State	1.500	State
18	County	50.718	County
29 35 34	USD 297	34.329	USD 297
35	Cemetery 2	0.720	Cemetery 2
64	Rural Fire 1	1.164	Rural Fire 1
42 35	Library	0.942	Library
35	SED #6	1.985	SED #6

1.503	Total	91.358	Total
	056 Benkelman	Township	062 Jaqua Tov
	Valuation \$3,02	5,781	Valuation \$1,0
1.500	State	1.500	State
0.718	County	50.718	County
37.858	USD 297	34.329	USD 297
0.865	Cemetery 2	0.720	Cemetery 2
1.164	Rural Fire 1	1.164	Rural Fire 1
0.942	Library	0.942	Library
4 005	OED #6	4.005	OED #6

ds	State of Kansas County of Cheyenne, SS:
103	I, Terry Miller, County Clerk of Cheyenne County, h
253	certify the foregoing to be a true and correct staten
356	of all legal levies for 2006 tax year and 2007 budge
	shown by records in my office.
730	Terry Miller

Cheyenne County Clerk