



## 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 well as throughout her career. What a great gal!"

Zimbelman had the best percentage setting (40 or more attempts) for the Lady Indians this year with 96.93 percent.

Named to the first team were Trica Dorshorst, Oberlin; Lissa Mazanec, Colby; Heather Williams, Oberlin; Megan Dennis, Oakley; Rishonna Martin, Colby; Callie Baalman, Oakley; Lauren Fortin, Oberlin; Megan Cahoj, Rawlins County; Tiffany Goetz, Hoxie; Lindsey Hubert, Oakley; Jenna Johnson, Colby; all seniors and Sara Miller, Rawlins County, junior.

Receiving honorable mention besides Zimbelman were Lauren Cox, Colby; Whitney Archer, Goodland; Kelsey Hill, Hoxie; Emmic Pauls, Oberlin; Kylie Shoemaker, Oakley; McKenzie Kesler, Quinter, all seniors and Sidney Carlson, Rawlins County, junior.



Zimbelman

## Bowling News

### 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 Girls 14-18

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 492, Lemons 442, Debbie Bush 424; (handicap): O'Leary 622, Lemons 619, Linda Yonkey 587

### Wednesday Night Bowling 11-1

Team standings: 2001 Electronics 19-5, 1st National Bank 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 Flying Service 7-17

High game (scratch): Bob Lippert 267, Kale Zimbelman 223, Bill Carpenter 183; (handicap): Linda Yonkey 223, Janice Krien 221, Peggy Horinek 209

High series (scratch): Lippert 624, Zimbelman 619, Carpetner 520; (handicap): Yonkey 628, Krien 608, Horinek 605

### Ladies Nite Out 11-2

Team standings: Wray Meat Packing 27-13, Jersey Maids 26-14, Dundy Ag 21-19, Cheyenne Bowl 21-19, Bankwest Alley Cats 21-19, Stockman Strikers 16-24, Wright Carpet 15-25, Mel's Gals 13-27

High game (scratch): Tammy Zimbelman 199, Boots Peterson 186, Kathy Blecha 185; (scratch): Jen Hoffman 235, Zimbelman 230, Peterson 227

High series (scratch): Jenny Wright 485, Tina Elliott 470, Linda Mahon 469; (handicap): Wright 617, Hoffman 616, Mahon 601



THE JUNIOR HIGH boys started their basketball season last Thursday in St. Francis.

Herald staff photo by Karen Krien

## 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. Saintry seventh grade team was defeated 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.

Saintry made 9-of-22 free throws

for 41 percent and had a total of 25 rebounds, nine steals and three assists.

"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 24  
O 07 10 04 14 35

Scoring: Figgins 7, Brett Lampe 4, Cody Killingsworth 4, Adam Guthmiller 4, Trevor Reed, 4, Tyler Lauer 1.

Leading rebounders: Figgins 10, Reed 4.  
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."

SF 02 01 04 06 13  
O 08 00 06 06 22

Scoring: Isaac Schiltz 6, Matt Tygart 3, Jonathan Butler 2, Brock Zwegardt 2.

## 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 and more.

are not something that independent, self-reliant people such as farmers want to say much about. However, talking is one effective way of dealing with stress. Talking with someone about a worrisome topic helps put the problem into perspective, makes it seem not quite so large, and provides the opportunity to look at various options. Openly discussing problems with others who are supportive,

good listeners can be helpful and healthy. Constructively venting about problems, concerns, and fears can help a person move from being frustrated and grouchy to working on solutions.

Farm couples and family members who have the ability to communicate easily with each other will 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 easier.

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 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

## Public Notice

### Petition filed in estate for administration

Published in the Saint Francis Herald, St. Francis, Kansas, Thursdays, November 2, November 9 and November 16, 2006. (44-46)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS

IN THE MATTER OF THE ESTATE OF

Case No. 06-PR-19  
DELORIS E. NIPPS A/K/A  
DELORIS NIPPS, DECEASED  
PURSUANT TO K.S.A. CHAPTER 59

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

You are hereby notified that on October 30, 2006, a Petition for Issuance of Letters of Administration

was filed in this Court by Charles W. Nipps, sole heir of Deloris E. Nipps, deceased.

All creditors of the decedent are notified to exhibit their demands 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 barred.

Charles W. Nipps, Petitioner  
APPROVED BY:  
JAMES M. MILLIKEN, CHARTERED  
James M. Milliken #07001  
101 W. Washington, P.O. Box 627  
St. Francis, Kansas 67756-0627  
(785) 332-2101  
Attorney for Administrator

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2006 TAX LEVIES FOR CHEYENNE COUNTY, KANSAS USED TO FUND THE 2007 BUDGETS  
Prepared by Cheyenne County Clerk  
Taxable Valuation of Cheyenne County is \$43,460,833  
(Levies shown are taxes per \$1,000.00 valuation)

Table with 5 columns: 2005 Valuation, 2005 Levy, 2006 Valuation, 2006 Levy, Difference. Rows include State, County, General, Road & Bridge, Bridge Building, Noxious Weed, Bond & Interest, Hospital, Total.

Table with 5 columns: 2005 Valuation, 2005 Levy, 2006 Valuation, 2006 Levy, Difference. Rows include 001 City of Bird City, 002 City of St. Francis, 008 Bird City Township, 010 Bird City Township.

Table with 4 columns: 2005 Valuation, 2005 Levy, 2006 Valuation, 2006 Levy. Rows include Bird City, St. Francis, USD 103, USD 297, Cemetery Dist 1, Cemetery Dist 2, Rural Fire 1, Rural Fire 3, NWKS Library, Sunflower Ext. Dist. 6.

Table with 4 columns: 2005 Valuation, 2005 Levy, 2006 Valuation, 2006 Levy. Rows include 017 Calhoun Township, 018 Calhoun Township, 019 Calhoun Township, 027 Cleveland Run TWP.

Table with 4 columns: K.S.A., Levy, City of Bird City, Levy. Rows include State Levies, KS Ed. Bldg., State Institutions, Total.

Table with 4 columns: K.S.A., Levy, City of St. Francis, Levy. Rows include 033 Wano Township, 034 Wano Township, 036 Wano Township, 048 Orlando Township.

Table with 4 columns: K.S.A., Levy, City of St. Francis, Levy. Rows include County Levies, General, Road & Bridge, Bridge Building, Noxious Weed, Bond & Interest, Hospital, Total.

Table with 4 columns: K.S.A., Levy, City of St. Francis, Levy. Rows include 049 Orlando Township, 050 Orlando Township, 056 Benkelman Township, 062 Jaqua Township.

Table with 4 columns: K.S.A., Levy, Sunflower Ext. Dist. 6, Levy. Rows include USD 103, Supp. General, General, Recreation, Capital Outlay, Total.

Table with 4 columns: K.S.A., Levy, Sunflower Ext. Dist. 6, Levy. Rows include 049 Orlando Township, 050 Orlando Township, 056 Benkelman Township, 062 Jaqua Township.

State of Kansas, County of Cheyenne, SS: I, Terry Miller, County Clerk of Cheyenne County, hereby certify the foregoing to be a true and correct statement of all legal levies for 2006 tax year and 2007 budget year shown by records in my office.

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