

Director attends food conference

The directors of the High Plains Food Coop attended the Ogallala Commons' 20th Southern Plains Conference on Feb. 25 in Lubbock, Texas.

Directors, Chris Schmidt, president; Chris Sramek, vice president of consumers; Becky Roberson, vice president of producers; and Jo Hagney, treasurer, attended the conference with the theme "Eat, Drink and Be Merry: Rebuilding Local Food Systems."

Featured speakers included Gary Paul Nabhan, author of "Coming Home to Eat: The Pleasures and Politics of Local Foods and Renewing America's Food Traditions," "Saving and Savoring the Continent's Most Endangered Foods; and Mark Winne, author of "Closing the Food Gap: Resetting the Table in the Land of Plenty."

On Tuesday evening, prior to the conference, a "Fat and Local" soiree was held spotlighting local foods. All meals provided were prepared from items produced in the local area including elk, chicken, beef, lamb, squash, greens, beans, apples, salsa and yogurt dressing, among other items.

For more information on the conference, visit www.ogallalacommons.org and click on the "Foodshed" box on the home page.

After the conference, the directors continued on to Rocky Ford, Colo., where they conducted a recruiting workshop for High Plains Food Coop. The coop is growing rapidly but there is still room for additional members.



REVIEWING PRESENTATION ITEMS are (clockwise) Chris Schmidt, Becky Roberson, Jo Hagney, and Chris Sramek. They are members of the High Plains Food Coop and recently attended the Ogallala Commons' Southern Plains Conference.

Cheyenne County residents are encouraged to join. Products will be available for pick up in Saint

Francis on the third Friday of every month. For more information, please visit our website at www.highplainsfood.org

or call Chris Sramek at 785-626-6082.



Eugene and Ada Siegfried

Couple celebrates 70th anniversary

Ada M. Winkelmann and Eugene (Gene) Siegfried were married on March 3, 1939, and began their life together in Cedar Bluffs. They lived there for a short while and then moved to St. Francis. Gene went to work for Jim Manson until he enlisted in the Army in 1944. While Gene was gone, Ada worked at the Safeway and then later on went to work for the telephone company. She worked there until the phone company moved out of St. Francis.

When Gene came back after the war, he started the Konkrete Bloc Company and later he purchased

the sand pit from Tom Roach, naming it the New Era Sand and Gravel Company.

Gene and Ada continued to live in St. Francis until 2 years ago when they moved to the Hillcrest Nursing Home in Wray, Colo.

They have three children, Rochelle (Shelly) Klie, Dan Siegfried and Cindy Carroll. They also have eight grandchildren and 13 great-grandchildren.

Those wishing to send greetings, may address them to Hillcrest Nursing Home, 360 Canyon Ridge Dr., Room 12, Wray, CO 80758.

Moments With Mila



By **Mila Bandel**
County Health Nurse

An Early Childhood PEEP screening is scheduled next Wednesday. The screening is being held by the Northwest Kansas Educational Service Center in conjunction with the Cheylin School District.

This screening will include vision, hearing and developmental areas. The screenings are free of

charge and provide valuable information for parents/guardians. Consequently, the screenings help the school to plan and prepare to meet the requirements of a child's developmental needs.

Parents/guardians you must have an appointment time. Please call the Cheylin Grade School at (785) 734-

2351. Deanna is taking appointments.

The screening will be held at the Bird City United Methodist Church located at 116 E. Bressler Street. Please use the east entrance to the building closest to Demick Avenue and then proceed upstairs to the registration room. Please call

the Cheylin Elementary School and make an appointment for the screening with Deanna at the number above.

Introducing

Oliver James Douthit

Chad and Tanya Douthit of Brandon, S. D., announce the arrival of a son, Oliver James, who was born on Feb. 15, 2009, at 7:36 p.m. in Sioux Falls, S.D. Oliver weighed 6 pounds, 4 ounces, and was 19-inches long at birth.

Maternal grandparents are Sue Draper of Colby and the late Bill Draper. Paternal grandparents are Walter Douthit of St. Francis, and Torre and Mark Whitney of Norton. Great-grandparents are Willard Morgan of Hoxie, Jeanette Conway of Oberlin and Ed and Joan Whitney of Norton.



Oliver James Douthit



Shayla Dawn Kisner

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Shayla Dawn Kisner, daughter of Jeremy and Rhonda Kisner of Oberlin, was born at 11:39 a.m. on Feb. 19, 2009, at Colby Medical Center. She weighed 6 pounds, 14 ounces and was 19-inches long.

Great-grandparents are Phyllis and Rowland Roelfs of St. Francis.

—Students News—

Fort Hays State University

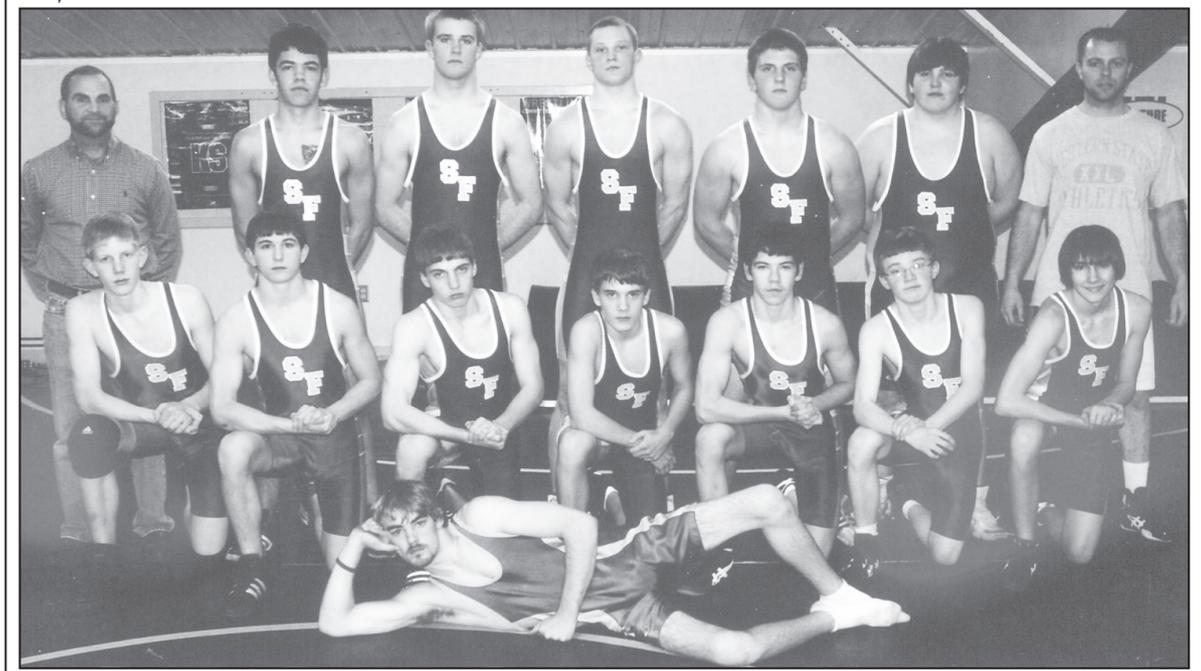
Darrell Oren Reed, St. Francis, and Joy Zumbahlen, a Cheylin High School graduate were among the more than 500 students who completed the requirement for degrees at Fort Hays State University during the fall term.

Reed received a bachelor of science degree in medical diagnostic imaging.

Zumbahlen received a bachelor of science degree in biology and a bachelor of science degree in secondary education.



Congratulation to our 2009 Indian Wrestlers



Back row: Coach Mike Frewen, Jesse Pacheco, Grady Brunk, Scott Ford, Adam Guthmiller, Nathan Lamb, Assistant coach Brad Matthies; middle row: Darris Keller, Terrence Lamb, Cody Sherlock, Brandon McGinnis, Freddy Pacheco, David Leibbrandt, Logan Whitmore; front: Trevor Reed. Not pictured: Kyle Buffington, assistant coach

Photo courtesy of Teresa Porter



Cody Sherlock - 125 lbs
3rd Place • Sophomore



Jesse Pacheco - 145 lbs
3rd Place • Senior

We're proud of you

Bumper to Bumper Auto Parts
Bartlett Grain Co. L.P.
BANKWEST OF KANSAS
Becky's Bierocks
Bier's Hometown Store
Brice's Auto Repair
Frontier Ag - Bird City
Hoagie & Dara Carmichael
Cheyenne Bowl/Dairy King
Cheyenne Co. Clinic/Hospital
Cheyenne Feeders L.L.C.
Pat & Vicki Cress
Theron & Carolyn Culwell
Patrick & Brenda Delano
Dr. Melvin & Barb Dunn
Farm Bureau Insurance
Bruce & Sharon Feikert
Frewen Insurance Agency
Fromholtz Body Shop
Kelly & Penny Gienger
Good Samaritan Village
Grace Flying Service
Hilltop General Store

Homesteader Motel & Trailer Park.
Glenn and Louanne Isernhagen
Jenik Oil Co.
Floyd & Elaine Jensen K-Store
Perry & Paula Keller
One More Year Ranch - Pete & Alice Kinen
Kite & Day Law Office
Knodel Funeral Home
Twila Kramer
Krien Masonry Service
Krien Steel Buildings
Lampe Hardware
Leach Insurance Agency
Daryl & Keely Loyd
L&W Andrist Ins. Agency
Linda & Walt Linthacum
Casey & Lezlie McCormick
Massage Therapy & Bodyworks
Mill & Seed

Marvin & Anita Miller
Terry & Mary Beth Miller
James Milliken, Chartered
Cochran Farm Supply/Morrow's Garage
Neitzel Insurance Service
NAPA Auto Supply
Owens True Value
OohLaLa Aqua Spa
Park Hill Restaurant & Lounge
Pizza Hut
Brett Poling Chiropractic
Raile Gelbvieh - Delbert & Marilyn Raile
Republican Valley Vet Clinic
Kenneth & Janet Roberson
Rick & Linda Rogers
Ross Manufacturing
Marlin & Anabelle Rueb
St. Francis Equity
St. Francis Herald
St. Francis Sand & Redi Mix
St. Francis Tire & Service

Schultz's Ltd.
Shay Realty, Inc.
Silver Crest Farms
Dan & Rita Stephens
Stuart's Jewelry
Dr. Pat & Bonnie Stuart
Talley's Portrait Photography
Unger Chiropractic Clinic
United Methodist Thrift Store
Video Connection
Video Kingdom
Gale & Mary Walz
Wiese Angus Farm - Kip & Deone Wiese
Carl Werner
Western Sprinklers
Western State Bank
Wheeler Equity
Betty Jean Winston
Yost Farm Supply

Rock'n R Angus

Plainville, KS

21st Annual Bull & Female Sale

Mon. March 9, 2009
Sale starts @ 1:00 p.m. at the ranch.

Selling 285

Black & Red Angus

- Lots include:
- 15 Black & Red Angus Bulls - 2 yr. old
- 150 Black Angus Bulls 18 mo.
- 45 Red Angus Bulls 18 mo.
- 20 Black Angus Spring 1st calf heifers, AI Bred
- 15 Black Angus Spring 3-4 yr. old; calving
- 10 Black Angus open spring heifers
- 10 Red Angus Spring 3-4 yr. old; calving
- 10 Red Angus open spring heifers
- 10 Black Fall yr. bred heifers

Black Sires Represented:

- Twin Valley Precision E161
- Mytty In Focus
- PVF New Time 506
- Wk Addiction
- MC 2500
- QLC Contractor
- Lau Decade

Red Sires Represented:

- Holden Vista 541
- Batterson Bellagio 53P
- HLH Buster
- PIE Countdown 5010
- PIE Buckshot 5102
- PIE Deep Creek 120
- PIE Redmond 3170

- Gain Tested
- Ultrasound Data
- Semen Evaluated
- 1st Breeding Season Guarantee
- Free Delivery
- Volume Discount

Sale information or catalog contact:

Ron Hrabe
785.623.8054 mobile
785.434.2101 day
email: rrhrabe@ruraltel.net
Website: www.rocknrangus.com
catalog online:
www.angusjournal.com

This sale will be broadcast live on the internet

