

## Granddaughter receives degree

Tarah Cook, daughter of former Oberlin residents Gale and Kendra Cook, has graduated from the University of Kansas Medical School.

She plans to do her residency in anesthesiology at the University of Kansas Medical Center in Kansas City. A 2000 graduate of Decatur Community High School, she is the granddaughter of Gladys Cook, St. Francis; and DeLoris Klipp, Greeley, Colo.



Cook

## Cookin' With Peg

By Peggy Horinek

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One thing I enjoy are some of the conversations I have with others about food. Different ways to prepare it, simple tricks I wouldn't think of, but then have to try. Barbara Parker and I were talking at the store, after she gave me a nice big zucchini, and she told me how she sometimes adds grated carrot to her zucchini bread and a little grated lemon peel. Guess what! I grated up that zucchini (unpeeled) in my food processor and then grated up about three carrots, saved a couple of cups for my bread and froze the rest in two cup containers.

Now it was time to make my bread. I took my regular recipe and made it as usual except, I had grated carrots in with my zucchini. At the end of the recipe I grated some fresh lemon peel into the batter and stirred it in. After it was baked I could hardly wait to

try it. Hmm - it was good! I also thought the mixture of zucchini and carrots would also be good in zucchini cake.

### Zucchini Bread

- 1 cup oil
- 2 cups sugar
- 3 eggs
- 2 cups flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt
- 3 tsp. cinnamon
- 2 cups grated zucchini
- 1 cup chopped walnuts or pecans
- 2 tsp. vanilla

Combine oil and sugar, blend. Add eggs, beat well. Measure dry ingredients together in another bowl. Add dry ingredients to egg mixture alternately with zucchini, beating well after each addition. Stir in walnuts and vanilla. Pour into two greased bread pans. Bake at 350 degrees for one hour.

## Prayer walkers travel to different churches

On Sunday, two groups of "Prayer Walkers for Life" will be traveling to each church in Bird City and St. Francis.

The walkers will pray at each church for the congregation and its pastor. The pastor and/or members of the congregation are invited to be present at their church to pray with those who work to preserve and enhance life for all.

The Bird City team will start at St. John Lutheran Church at 2:30 p.m.; at the Immanuel Methodist Church at 2:45; Living Water Fellowship, 3 p.m.; St. Joseph Catholic, 3:15 p.m. and Wesleyan Community, 3:30 p.m.

The St. Francis team will begin at Peace Lutheran Church at 2 p.m.; at the St. Francis Community Church, 2:15 p.m.; First

Christian Church, 2:30 p.m.; Solid Rock Baptist Church, 2:40 p.m.; First Baptist Church, 2:50 p.m.; United Methodist Church, 3 p.m.; Seventh-Day Adventist Church, 3:10; St. Francis of Assisi Catholic Church, 3:20 p.m. and Church of Christ, 3:35 p.m.

Those unable to walk may ride to each church and participate in the prayer activities. Everyone is welcome to participate.

At 4 p.m., both groups will gather at the Church of Christ in St. Francis for a time of fellowship, refreshments and a brief meeting.

The event is sponsored by the Cheyenne County Kansans for Life. For more information, call 785-332-2652 or 332-2950 or 785-734-2703.

### Death notice

Funeral services for Betty Jean Orth were held on Wednesday at Salem Lutheran Church in rural St. Francis. Mrs. Orth died Thursday, Sept. 24, 2009, in St. Francis. She was born Dec. 3, 1945, in Wray, Colo. Memorials will be used for a music scholarship for St. Francis Community High School students. A complete obituary will follow in a later edition of *The Herald*.

### Card shower

The family of Edna Roesener is honoring her with a card shower on her 80th birthday on Oct. 13. Cards may be sent to Edna at 3450 Road Q; McDonald, KS 67745. Check ad for additional information.

### Fair Board

The Cheyenne County Fair Board will meet tonight (Thursday) at the courthouse.

### Fifth Quarter

A Fifth Quarter will be held at the First Baptist Church following the football game on Friday night against Phillipsburg. All junior and senior high youth are welcome to attend this time of fun, food and fellowship. The Fifth Quarter will end

at 11 p.m.

### Notice of Annual Membership Meeting

Cheyenne County Development Corporation will hold its annual meeting on Thursday, Oct. 15, at noon at the St. Francis Public Library, 121 N. Scott, St. Francis. All Cheyenne County registered voters are members and are urged to attend.

### 1935 Flood

The National Weather Service is planning a special program to commemorate the 1935 flood. May 30, 2010, will be the 75th anniversary of the Republican River flood which moved through Colorado, Kansas and Nebraska, leaving a path of destruction as it went.

Rick Reeser, St. Francis, is looking for people who survived the flood or relatives and friends who knew these people. He will be compiling information for the weather service.

In the future, the weather service website will have a new link to the history of the dramatic story of the flood.

Other contacts are Joy Hayden,

785-899-6412, email, joy.hayden@noaa.gov, or contact Karen Krien at The Herald office.

### City Cleanup

The St. Francis City Cleanup is scheduled for Thursday, Oct. 22. Residents who have items to pickup must call the power plant by Oct. 16 or items will not be picked up. The number for the power plant is (785) 332-3031. The cleanup is for resident households.

### Varsity sports schedule

The football team will play here at 7 p.m. against Norton on Friday.

The varsity volleyball team will play Idalia and Wray at Wray today (Thursday) and will participate in the Oberlin Volleyball Tournament on Saturday.

### Cheyenne County Hospital Guild

The Cheyenne County Hospital Guild will be holding their first meeting this fall at 2 p.m. on Monday at the St. Francis Senior Citizen's Center. Sylvia Reinhart will be giving eye donor information. Hostesses are Anita Miller and Betty Loudon.

### Library Art Gallery

The St. Francis Public Library Art Gallery is featuring mosaic art works by Andi Burnum. Andi is a former resident of Atwood.

### Veterans Affairs

Jody Tubbs of the Kansas Commission on Veterans' Affairs will be in St. Francis at 9:30 a.m. today (Thursday), at the county clerk's office. People may also contact the Veteran's Affairs office in Colby any Monday, Wednesday, or Friday at 785-462-3572.

### Upcoming Western Plains Arts Association Programs

Saturday, Suzy Bogguss and Jim Salestrom, singer/songwriters will be at Colby, 7:30 p.m.

### Northwest Kansas Family Shelter

Northwest Kansas Family Shelter provides 24-hour-7 day-a-week services to victims of domestic violence and sexual assault. Weekly support groups are available for women and children within the northwest Kansas area. For information or in need of assistance, please call the toll-free number 1-800-794-4624.

## Menu

### Monday

Breakfast: pancake and sausage on a stick, syrup, juice, cereal assortment, milk.

Lunch: turkey bacon wrap, cheese, lettuce, tomato, curly fries, tropical fruit, peanut butter finger, milk.

### Tuesday

Breakfast: breakfast pizza; juice, cereal assortment, milk.

Lunch: chili, crackers, carrots and celery, cinnamon rolls, pears, milk.

### Wednesday

Breakfast: fruit turnovers, juice, cereal assortment, milk.

Lunch: chicken enchilada, tossed salad, refried beans, sliced peaches, milk.

### Thursday

Breakfast: biscuits with sausage gravy, juice, cereal assortment, milk.

Lunch: barbecue pork sandwich, tater tots, strawberry fruited Jello, chocolate crinkle cookie, milk.

### Friday

Breakfast: scrambled eggs, toast, juice, cereal assortment, milk.

Lunch: macaroni and cheese or ravioli with meat sauce, green beans, hot rolls, banana, milk.

• Salad bar is offered at noon daily in the junior/senior high school

## Family Gathering

The family of Naomi Holliman met on Sept. 16 for lunch and an afternoon of visiting.

Present were Loren and Ade-



THE FLYING BALALAIKA Brothers, sponsored by Western Plains Arts Association, performed for the school on Monday.

Herald staff photo by Karen Krien

SHOWTIME: 7:30 p.m.

1 hr. 42 min.

### I Love You, Beth Cooper

Oct. 2, 3 & 4

Comedy and Adaptation

Lauren London, Paul Rust, Lauren Storm, Jack T. Carpenter, Hayden Panettiere

PG-13 for crude and sexual content, language, some teen drinking and drug references, and brief violence.

## CHEYENNE THEATER

St. Francis, KS 785-332-2747

Children 12 & Under: \$3

All Others: \$5

## CAPSTONE COUNSELING, LLC.

Now accepting Medicaid. Therapy for children, teens, adults and families.

785-332-4873

Rachelle Moore, TLPC



## CHEYENNE COUNTY HOSPITAL

210 W. 1st • St. Francis, KS 785-332-2104

## October Calendar

Dr. Frankum	Oct. 7, 21
Dr. Reeves	Oct. 21
Dr. Rubinowitz	Oct. 6, 14
Dr. Saba	Oct. 16
Dr. Curtis	Oct. 22
Dr. Johnson	Oct. 19
Dr. Uyemura	Oct. 26, 28
Dexascan	Oct. 14
Mammogram	Oct. 13

Ultra sound and CTs offered daily



For more information or to schedule an appointment call 785-332-2104

## Fall Family Fun Night!

Students — grab an adult and come to the 2009 Family Olympics and hamburger fry!

As a two-person team you will be competing in events to win AWESOME prizes.

Monday, Oct. 5, Olympics start at 6 p.m.

Dinner served from 5 - 7 p.m. at the St. Francis Grade School Courtyard and Cafeteria.

Events: free-throw contest, blind tricycle courses, egg relays, guessing quizzes, 3-legged races, and potato sack relays.

COST: \$2 per team to enter the Olympics, \$4 per person for dinner.

Meet in the gym at 7:30 to see if your team WON.

Prizes include: A family tent, shopping sprees and a hotel reservation. See you there!

Every student gets prizes for attending!

Sponsored by PTA

## Check your renewal dates

— Current Rates —

## The Saint Francis Herald

Area - \$38 KS - \$42  
Out-of-State - \$48

## Bird City Times

Area - \$33 KS - \$36  
Out-of-State - \$40

## American Profile

Celebrating Hometown Life

See American Profile magazine in this week's issue of

## The Saint Francis Herald

(available in local area only)

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For more information contact:  
Casey at 785-332-3162