

# County food pantry has successful year

The Cheyenne County Food Pantry has had another successful year thanks to everyone in the community who generously donated.

As usual, said Candi Douthit, Food Pantry coordinator, the financial and food donations have served to meet the local needs, with sufficient amounts left over to start restocking our shelves in 2011. The generosity and continual support from the community never ceases to amaze us.

This new year of 2011, we are implementing some changes in how Cheyenne County Food Pantry is managed. Mrs. Douthit said. The first, is our hardworking leader, Janet Jensen, will no longer be doing food pantry work. She has dedicated a multitude of hours over the past several years, quietly serving those in need of food boxes, arranging holiday boxes, and ordering food supplies to restock the shelves. She has done a phenomenal job and will be missed.

As Janet is transitioning out, Carol Gamblin is transitioning in. Carol recently retired from the sheriff's department and is anxiously looking forward to helping with the pantry. While working, she was ever-willing to deliver boxes in Bird City, or help with holiday boxes, or do whatever she could to be a support. We are lucky to have her join the pantry volunteers, Mrs. Douthit said.

The third change, and potentially the largest, will be transitioning from an emergency food pantry to one that can be accessed monthly for food resources.

In November, she said, we were contacted by the Kansas Food Bank and asked if we would like to partner with them in order to broaden our food buying power.

"As you may or may not know, the food pantry has always operated on the premise that families or individuals could ask for food boxes for two to three months in a row," Mrs. Douthit

said. Beyond this timeframe, they were asked to make life changes that would not make them dependent upon the food pantry. This was done solely because Cheyenne County Food Pantry is funded entirely by local donations.

We wanted to be good stewards of the funds donated, she said, as well as ensure that there would be sufficient food for other families when they had need.

In collaborating with the Kansas Food Bank, it is now possible to purchase much more food than before because of the limited funds available to us.

This doesn't mean we won't shop locally to restock our shelves, she said, it just means we will purchase (or assist with shipping costs) some food items from the Kansas Food Bank at greatly reduced costs and the remainder of the items will be purchased locally.

With the additional buying power, starting March 19, the food pantry will be open every third Saturday of the month from 9 to 11 a.m. Anyone in need of food is welcome to come to the courthouse west entrance during this time for food supplies.

The decision to open more regularly was based on the fact that we have local families that, monthly don't have enough food to eat. The goal of the Kansas Food Pantry is that no Kansan goes hungry.

"We wanted to extend that so no Cheyenne County Kansan went hungry either," she said.

Partnering with the Kansas Food Bank doesn't diminish the need for local donations, as the food still has cost, although reduced. Cheyenne County Food Pantry will continue to receive food donations at St. Francis Super Food and at the food pantry itself, and financial donations at First National Bank.

One comment, I will make, she said, please do not donate expired food items. I realize that the easiest way to donate is to search your cupboards, however,



please consider that if the food donated is outdated, it is thrown away.

The work done in and for the food pantry is all volunteer and therefore, donating outdated food is adding to the workload with no benefit to those in need. On a lighter note, the pantry does have a large freezer that can accommodate frozen items. Meat is welcome as it is costly and usually will make multiple meals. All types of meat is accepted, even if butchered for personal use. Those who have extra or need to make more freezer space, the pantry needs this staple.

In opening monthly, this affords opportunities for more interested community members to volunteer with the food pantry. Several more people are needed to assist with the food pantry throughout the month, on the third Saturday of the month, and for holiday box filling. The volunteer role includes putting up donated food items, receiving food supplies when the Kansas Food Bank delivers, shopping for and picking up food at the local stores, filling food boxes, distributing boxes on Saturday mornings, and delivering food boxes when needed. Individuals can volunteer once (ideal for 4-H groups, etc), intermittently or every month.

Those interested in helping out may contact Mrs. Douthit, 332-0068 or Mrs. Gamblin 332-4854.

If you know of someone who can benefit from a food box, Mrs. Douthit said, please tell them about the food pantry. Again, thank you to everyone for your generosity and longstanding support of this effort that no one in Cheyenne County goes without food.



HEADSTART STUDENTS Mika Killingsworth, Cristopher Espino and Andrea Graham eat lunch at school.

Herald staff photo by Karen Krien

## Business windows filled with small paper hearts

By Karen Krien

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Check Zero's window! Zero's is just east of the St. Francis Post Office and the window will soon be filled with hearts. Each heart has the name of the person or business that donated to the big red heart campaign.

The campaign was organized by Jo Frewen and Tom Keller, members of the St. Francis Community Foundation. Red hearts were sold for \$5 and up with all the money raised going to the Senior Living Fund for

Cheyenne County.

The response was great, Mr. Keller said. The big red hearts and other donations had brought the total to \$42,500.

The Oct. 19 fire at the Good Samaritan Village had closed the facility down. Residents were sent to live in nursing homes in neighboring towns.

The affect the fire had up and down the streets of St. Francis was evident. Sixty employees were out of work, the hospital and clinic were suffering as the 48 elderly residents were no longer using the medical facilities; the pharmacy had lost many of

their nursing home customers; the grocery stores were selling less, and the domino affect was evident.

The Senior Living Fund for Cheyenne County was established following the fire. The big red hearts was the first money-making attempt for the St. Francis Community Fund members.

Stop by and check out the window. Those who have not donated to the Senior Living Fund and would like to, contact Mr. Keller, Mrs. Frewen or stop by First National Bank and talk to Carla Lampe.

## Bed races scheduled for March 19

By Karen Krien

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Joyce Russ, coordinator of the St. Francis Bed Races, is wondering how many people have transformed a bed into a racing vehicle?

Mrs. Russ recently proposed having bed races in honor of St. Patty's Day. The races will be held the following Saturday, March 19, to allow more participants but will have all the fun of the holiday. They start at 2 p.m. at Sawhill Park.

To be a racer, there needs to be a bed that moves on wheels. A team

is formed, the bed is constructed and brought to the park on race day. Each team is comprised of five people (four for pushing and one for riding). The rider, generally a light-weight person, is pushed to the end of the block where he/she puts on a two-piece pajama, then rides back to the finish line. This could be a wild ride!

Mrs. Russ said the fee to enter is a canned or boxed food item from each participant or \$1. All donations will be given to the local Food Pantry. Entries must be completed 30 minutes prior to

the race. A trophy will be given to the first place team and a traveling trophy will also be given for display.

Volunteers are needed for official timers and bed setters as well as collecting the food items. To volunteer or get more information, contact Mrs. Russ at 785-332-2118 or go to jeruss@eaglecom.net for entry forms and

a waiver of liability form.

Other activities

In conjunction with the bed races and, in honor of St. Patrick's Day, Uptown Market will be serving corn beef sandwiches with kraut, Irish potato salad and green tea. There are other activities being planned. Look for more information in future issues of *The Herald*.

**IDALIA SCHOOL DISTRICT RJ-3**  
**Vacancy Announcement**  
 JH/High School English  
 Part-time Counselor  
 Head Cook

To request an application please call (970) 354-7298  
 Applications can be sent to:  
 Idalia School District RJ-3; PO Box 40; Idalia, CO 80735.

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**Don Holliman**  
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 785-626-3082

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**3D Digital Premier**  
**March 4-6**  
**at the Cheyenne Theater**  
*Gnomeo and Juliet 3D*

**In appreciation for all the generous donations the theater board will be giving away free popcorn all 3 nights!**

*Haigler American Legion*  
**SMOKER**  
*Haigler, Neb.*  
 •Supper •Fun •Entertainment  
**Saturday, March 5**  
**6:30 p.m. MT**

**Spring is Coming!!**

Check belts, hoses & tires. Get ready for summer driving!

**St. Francis Equity**

Station 785-332-2421  
 Feed Store 785-332-2129  
 Office 785-332-2113

Owned by the farmers and ranchers of this community since 1913

**"Thank You"**

I want to "Thank You" for the beautiful support that you have shown towards my business, *Prairie Rose Floral Co.* in St. Francis. As you know, I have sold the St. Francis *Prairie Rose Floral* store only, to Krien Pharmacy which is located at 105 W. Washington Street, in beautiful downtown St. Francis.

They will be open for business on March 7, 2011 and the phone number will remain 785-332-3400.

The florist is Jenny Cravens. I have had an opportunity to work with Jenny during the Valentine's holiday and she is a beautiful artist that will provide you with amazing bouquets of flowers.

Please show the same wonderful support as you have shown towards my store, I am sure you will be pleased. If you have any questions, please feel free to contact me at 785-890-7673!

This sale DOES NOT include the Goodland *Prairie Rose Floral Co.*!

I will continue to operate as we always have been doing, making beautiful fresh and silk flowers for all occasions!

Thank you, Joni Guyer, owner

**Legislative Town Hall Meeting with Sen. Ralph Ostmyer and Rep. Ward Cassidy**  
**SATURDAY, MARCH 5, 2011**

8:00-9:00 a.m. ....Phillipsburg, 3rd Street Bakery  
 9:45-10:45 a.m. .... Norton, Town and Country Kitchen  
 11:30 a.m.-1:00 p.m. .... Oberlin, Decatur County Courthouse, Courtroom 3rd Fl  
 1:45-2:45 p.m. .... Atwood, Williams Brothers Grocery Store Deli  
 3:30-4:30 p.m. .... St. Francis, Main Street Cafe

Pd by Ostmyer for Senate, Lori Edwards, Treasurer  
 Rep. Ward Cassidy, Michael Day, Treasurer