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grounds was basically a frame – in no shape to hold performers. Joe said he wasn't much help but Jason Padgett and Joe's son, Austin, got out their hammers and ladders and by Monday, the stage was nearing completion. The weather, Joe said, has really held up the work.

There were others helping with the stage. Travis Jensen designed it and helped with some of the work. Wade Krien, with his tractor, lifted the stage frame out of the dirt and put it in place.

There will be professional sound manned by Randy Smestad along with stage lighting.

On Friday at 7 p.m., Kary and Kim Zwegardt will sponsor a free dinner at St. Francis Community Church at 230 N. Quincy. Vendors, entertainers, speakers and others who want to come meet everyone involved are welcome to attend. There will also be an opportunity for sponsors to donate money. All donations are tax deductible.

Following the big event, volunteers will be needed to help clean up the fairgrounds. People are asked to show up and help Sunday morning. For more information, to sign up for the run, to

## What is it?

Complex Regional Pain Syndrome, also called Reflex Sympathetic Dystrophy Syndrome, is chronic neuro-inflammatory disease characterized by intense and persistent pain which can become very debilitating. New studies suggest there may be up to 50,000 new cases annually in the United States. There is, however, progress being made in understanding this little-known and poorly understood syndrome.

The syndrome occurs when part of the nervous system and the immune system malfunction as they respond to tissue damage from trauma such as an injury or a medical procedure. The nerves misfire, sending constant pain signals to the brain.

volunteer with any thing that needs to be done, call Joe at 772-7060.

# Track teams compete in Oakley Invitational

By Kent Kechter

On Friday, April 19, the St. Francis high school track teams were in action at the Oakley Invitational Track and Field Meet. Fourteen teams competed in the meet. Several St. Francis athletes did not participate as they were decorating for the Junior-Senior Prom on Friday afternoon.

In the boys' division, St. Francis earned a fourth place finish with 51 team points. St. Francis had two individual event winners in the boys division. Steven Nelson won the 300 meter hurdles. Steven's winning time was 43.69 seconds. Zach Gienger won the boys discus with a toss of 126' 0". The St. Francis girls

placed 14th with 12 team points. St. Francis did not have an individual winner in the girls' division.

Wallace County won the team championship in the boys' division with 78 team points. Grainfield-Wheatland placed second with 70 points; Weskan placed third with 60; St. Francis earned a fourth place finish scoring 51 points. The remainder of the team placings were as follows: fifth – Cheylin 50; sixth – Oakley – 47.5; seventh – Hoxie 46; eighth – Dighton 39; ninth – Trego Community 30; 10th – Rawlins County 29; 11th – Golden Plains 20.5; 12th – Decatur Community 15; 13th (tie) – Quinter 11; and 13th (tie) Triplains 11.

Decatur Community easily won the girls' division with 112 team points. Grainfield-Wheatland narrowly edged Hoxie for second place with 65.2 and 65 points respectively. The other girls teams placed as follows: fourth – Oakley 55; fifth – Trego Community 45.7; sixth – Rawlins County 45.7; seventh – Dighton 45.5; eighth – Triplains 28.2; ninth – Golden Plains 22.4; 10th (tie) – Cheylin 17; 10th (tie) – Weskan 17; 12th – Quinter 14; 13th – Wallace County 13; and 14th – St. Francis 12.

### Boys' division

Individuals placing in the boys' division were:

Thomas Douthit – sixth in 200 meters (24.37).

Zach Gienger - first in discus (126' 0"); 3rd in shot put (40' 9 3/4").

Gus Jardine – sixth in shot put (39' 1").

Casey Keller – fifth in high jump (5' 8").

Michael Leibbrandt – fourth in 400 meters (54.37).

Steven Nelson – first in 300 meter hurdles (43.69); third in 110 meter high hurdles (17.00).

4 X 100 meter relay – third (47.18) Cade Bracelin, Caleb Frink, Carl Fabre, and Thomas Douthit.

4 X 400 meter relay – fourth (3:43.96) Thomas Douthit, Michael Leibbrandt, Steven Nelson and Carl Fabre.

4 X 800 meter relay – sixth (10:19.96) Garrett Brunk, Francisco Fernandez, Lane Hobrock, and Justin Pacheco.

### Girls' division

Individuals placing in the girls' division were:

Dallas Reed - second pole vault (8' 0").

McKayla Taylor – sixth in triple jump (30' 4 1/2").

McKenzie Taylor – fifth in 100 meter hurdles (17.52).

4 X 100 meter relay – sixth (55.09) Emily Elfers, McKayla Taylor, McKenzie Taylor, and Valerie Wurm.

### Next meet

The track teams will be competing in the Quinter Invitational on Friday, April 26.

## FISH

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On Sunday, there were only 15 teams competing.

Generally, Mr. O'Leary said, there are 18 to 22 teams. However, fishermen still pulled in some big fish and appeared to be having a good time.

There were 73 fish caught on Sunday for a total of around 165 pounds.

Winners were: First place with 18.1 pounds of fish was the team of Cody Baxter and Slim Baxter.

Second place went to Michael Henderson and Dallas Staples with 15.4 pounds. Third place winners was the team of Michael Sager and Hal Sager with 15.4 pounds.

This year, said Rodney Radcliff, club member, there were two women teams participating both days in the tournament. Dr. Rebecca Allard and her daughter Sidney made up one team and Dr. Allard's sister, Anita Lyon fished with Sarah Allard.

Each year, the organization holds the fishing contest. It had originally started as an ice fishing contest but the warmer winters kept the ice from freezing over the pond so it could safely be walked on. However, the fishermen enjoyed catching the fish, whether it was dropping their hook through the ice or casting their line from the bank.

This year, the club paid \$1,800 for the trout dumped in the pond. After the contest on Sunday, the pond is open to fishermen who are encouraged to catch the trout because as the temperatures warm up, the trout will not survive.

Stocking Keller Pond, Mr. O'Leary said, is the club's way of contributing something back to the community.

Besides stocking the pond, the Wildlife organization sponsors the hunter safety education course, gives scholarships to the gradu-



**GRANITE BOCK, Bird City, was one of the participants in the fishing contest held at Keller Pond over the weekend.**

ating seniors in St. Francis and shooting program, just to name a few. Cheylin, and helps with the 4-H

## WHEAT

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• There has been a great deal of leaf damage from the cold temperatures. That is to be expected from cold temperatures freezing the leaves and breaking the cell walls. This actually causes a loss of chlorophyll (the product that makes leaves green and makes food for the plant).

• There has been a loss of tillers. The youngest tillers are the first ones lost. These are usually the least protected by the soil because they are formed above the crown area on the plant. The good news about losing these tillers is that they contribute the least to the yield.

• The very positive item with each of these cold temperatures has been the moisture that has been received. That is going to be essential for the wheat's recovery from the cold temperatures.

All in all, it is pretty concerning that the wheat is still quite small for the last week of April. Falk said. Additionally, the wheat that did not emerge until this spring already has a limited yield potential – likely 50- to 60-percent less than wheat that emerged last fall.

"The wheat has had a pretty

tough go of it since drilling last fall and we seem to be working our way through 'wheat's nine lives' at a fairly alarming rate," she said.

The best thing that could happen for this wheat is to have a long, cool spring (not cold) with additional moisture. Those are conditions that wheat thrives in.

There are still a couple things that producers should be thinking about. Weed control will be very important with the thin stands and lack of moisture. It will continue to be important if crop insurance releases wheat acres.

A herbicide program including a residual herbicide is integral to controlling kochia and Palmer amaranth, some of the particularly difficult to control weeds during the summer.

If you have any questions, please contact Falk at the K-State Research and Extension Offices in Goodland, Sharon Springs or St. Francis or at the K-State Experiment station in Colby. There are pictures and additional information on the Sunflower District website at [www.sunflower.ksu.edu](http://www.sunflower.ksu.edu) and click on the agronomy tab or on the facebook page 'K-State Sunflower District Agronomy'.

# Light the way to a cure

Keep the fire of hope burning by purchasing a luminaria candle in memory of someone lost to cancer, in honor of someone still fighting, or in special recognition of someone who has beaten this dreaded disease.



## Relay For Life of CHEYENNE COUNTY

SATURDAY & SUNDAY – JUNE 8 & 9

7 p.m. - 7 a.m.

AT SAWHILL PARK IN ST. FRANCIS

Complete this form and send it along with your donation to:

The Saint Francis Herald, P.O. Box 1050, Saint Francis, Ks. 67756

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Please join us for the luminaria ceremony at 9 p.m. or dark

\$10.00 per luminaria please!

In honor of  In memory of

In honor of  In memory of

In honor of  In memory of



TOTAL ENCLOSED \_\_\_\_\_

Makes Checks Payable To: The American Cancer Society

## Coming Soon: SENIOR PARENTS!!!

Bird City • • St. Francis • • Idalia, CO

## Congratulate Your Graduate ....

The Saint Francis Herald and Bird City Times are now planning the Senior Graduation Supplement and will be giving parents a chance to put a baby picture in along with a short message from the family for \$20 extra. This feature is optional.

Senior pictures will be sponsored by parents, grandparents, individuals and/or businesses for \$40 each or three for \$100. Deadline for baby picture and message is Friday, April 26.

### Allison Grice

I will be attending Northwest Kansas Technical College in Goodland majoring in Computer Graphic Design.

Allison – You have filled our hearts with your bright smiles and laughs. I am proud of you and I know that your dad would be proud of his "little squirt" too. Believe in your self and all your dreams will come true. Love, Mom and Dad ("Your Guardian Angel")



Parents: Tammy Grice and the late Gary Grice

For more details, contact Tim Burr at the Saint Francis Herald at 785-332-3162

Bird City Times  
The Saint Francis Herald  
785-332-3162