

Annual car show to be held around park downtown

On Saturday, May 11, the streets around Sawhill Park, downtown St. Francis, and some of the adjoining streets will be lined with classic vehicles. This is the 13th year for the Saturday In The Park Car and Bike Show.

This year's show is being held in memory of Billy Samler. Billy was a car club member and he loved the show, old, neat vehicles and the excitement the show brought.

We are planning on 120 to 500 entrees this year, said Scott Schultz, club member. The club has heard from vintage vehicle owners from Kansas, Colorado and Nebraska.

Also arriving for the show are over 100 bikes from the Aurora Honda and Aurora Harley motorcycle clubs. Each year, the members plan a trip to St. Francis and they are planning on good weather so everyone can make the ride.

There are many activities going on during the day. Two new events are the Drive 4 UR School program and the huge Community Garage Sale.

Yost Ford is sponsoring the Drive 4 UR School program where people can drive a new Ford vehicle at the St. Francis high school and, for each test drive, the school will receive \$20. The school can earn up to \$6,000.

The Community Garage Sale will be held across the street from the car show on the grade school playground. People have been donating items for the sale. Proceeds will be used to fund St. Francis' 125 Birthday Celebration.

The Cheyenne Center for Creativity (CC4C) will be holding an art show on vehicles.

There will be drawings for a portable battery booster and air compressor, peddle tow truck, quilt made by Greg and Zona Potter and a motorcycle tool kit. Tickets for

the drawings will be held the day of the show.

This year there will be a "blow-up car." This is a contest where 50 percent of the donations will go to the time winner and the other 50 percent will go to the St. Francis High School.

Three bikes will be given away. Kids must be present for the drawing which starts at 4 p.m.

There will be numerous vendors selling food and items ranging from T-shirts to candles. The Senior Center will be serving breakfast from 7 a.m. to 1 p.m.

The show is held rain or shine. Through the years, there have been 10 years of good weather. One year, it was cold and drizzled rain all day and the other year, it just plain rained all day. However, 67 vehicles still came to the show.

Each year, the show has grown and people from far and near travel to see the vehicles and motorcycles. They are encouraged to stop by the entry booth and pick up the "People's Choice" ballot. At the end of the day, the vehicle having the most votes will be declared the People's Choice winner.

"We always receive positive comments from the people who come to St. Francis," Nancy Schultz, coordinator, said. "They talk about how clean the town is and how beautiful the park is. They also enjoy the friendly people who live here."

Everyone is urged to mark their calendar for May 11 and plan to spend the day at the park.

For more information, contact Mr. Schultz at 332-3960, or Kent Kechter, 332-2629, or Peter Jensen, 332-2317, or Robert Klie, 332-2417. People can also check out the web site at www.cheyennecountycruisers.com



'FIRE & ICE' will be presented by the Advance Music Class students on Tuesday. Pictured are (l to r) Bailey Merklin, Sarah Whitmore and Taylor Archibald.

Herald photo by Lila Whitmore

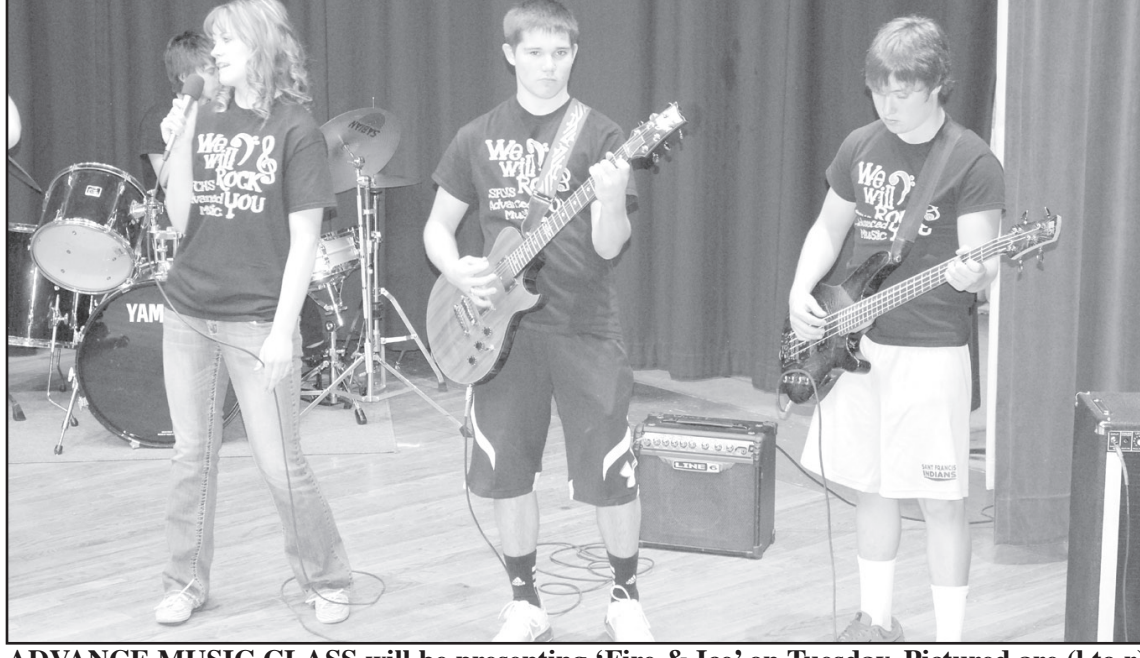
Students prepare for spring concert

The St. Francis Community High School Advanced Music students are preparing for their annual spring presentation on May 7. This year's class will again be performing a rock concert. "Fire & Ice" will begin at 7:30 p.m. on Tuesday, May 7, in the high school auditorium.

Members of the rock band are Sarah Whitmore, Bailey Merklin, Laura Brunk and Taylor Archibald - vocals, Wyatt Landenberger - guitar, Lane Hoffman - bass, and Jacob Butler - drums. They are directed by Debbie Fiala.

In addition to lots of rock music (current hits as well as classic rock), concert-goers will be treated to a dessert buffet prepared by the Culinary Arts class at the conclusion of the hour-long concert.

Tickets may be purchased at the door.



ADVANCE MUSIC CLASS will be presenting 'Fire & Ice' on Tuesday. Pictured are (l to r) Laura Brunk, Wyatt Landenberger and Lane Hoffman.

Herald photo by Lila Whitmore

Conserve America

It's hard to beat produce grown locally. It's often fresher and tastier, uses less energy for transport, and helps farmers in your community. But the off-season presents a big challenge for farmers who grow fruits and vegetables and for consumers who want to find local produce throughout the year.

When farmers can lengthen the growing season, even by several weeks, their options change. That's why the United States Department of Agriculture's Natural Resources Conservation Service promotes seasonal high tunnel as such a powerful tool.

High tunnels are plastic-wrapped, metal-framed structures that are fairly easy and inexpensive to build. They are designed to extend the growing season into the colder months, helping to increase the availability of local produce, keep plants at a steady temperature and even conserve water and energy.

The tunnels are similar to greenhouses, except they are considered "passively heated." That means they do not require electricity to heat - only sunlight. The plastic on the frame actually provides enough insulation to add up to 12 extra weeks to the growing season, depending on location.

The inside of a high tunnel boasts its own microclimate, often producing crops of higher quality and quantity than those in traditional farm fields.

High tunnels are also different than greenhouses in that the plants are actually in the ground, not in pots or on tables. You can think of it as a plastic covering over a field.

These tunnels can cut costs for the producer by conserving water and requiring fewer inputs, like fertilizers or pesticides. In high tunnels, these inputs are often applied through tubes that run along the base of the plants, allowing water and fertilizer to be deliv-

ered directly above the soil.

Outside of high tunnels, these inputs are often dispersed on a larger scale and require more to ensure the plants receive an adequate amount.

Natural Resources Conservation Service helps farmers build high tunnels, providing technical expertise and funding. Local and regional markets often provide farmers with a higher share of the food dollar, and money spent at a local business often continues to circulate within community, creating a multiplier effect and providing greater economic benefits to the area. This is why the department of agriculture is encouraging its agencies to provide tools like high tunnels to strengthen local food systems.

The conservation service started helping farmers incorporate high tunnels into their operations in 2009, and in the three years since, more than 7,200 high tunnels were built across the United States. To learn if they're right for you and your land, contact your local conservation service office at service center on West U.S. 36, St. Francis

By **Bernadette Luncsford**
District Conservationist



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Bernadette Luncsford is a district conservationist with the Natural Resources Conservation Service. She works in the agency's St Francis office and can be contacted at (785) 332-2183 or bernadette.luncsford@ks.usda.gov.

Senior Citizens Menu

May 2, Thursday: Beans with hot dogs, pea salad, apricots, roll, pineapple upside down cake; May 3, Friday: Salisbury steak, mashed potatoes with gravy, mixed vegetables, bread, gelatin with fruit;

May 7, Tuesday: Eggs with ham, tater tots, 1/2 orange, muffin, pancakes; May 9, Thursday: chicken salad sandwich, italian blend vegetables, macaroni salad, bread, peaches; May 10, Friday: Pizza burger, carrot/raisin salad, mixed fruit with banana, bun, cookie.

May 14, Tuesday: Swedish meat balls, broccoli, cantaloupe, roll, bar cookie; May 16, Thursday: Polish sausage with kraut, mashed potatoes, seasoned carrots, bread, rosy pears; May 17, Friday: Fried chick-


en, mashed potatoes with gravy, stewed tomatoes, roll, apricots.

May 21, Tuesday: Hamburger rice casserole, 5 cup fruit salad, california blend vegetables, garlic bread, pudding; May 23, Thursday: Ham loaf, sweet potatoes green beans, bread, applesauce; May 24, Friday: Hot beef sandwich, mashed potatoes with gravy, coleslaw with carrots, roll, fruit cup.

May 28, Tuesday: Hamburger, potato salad, beets, bun, peaches; May 30, Thursday: Chicken patty, tater tots, california blend vegetables, bun, strawberries and bananas; May 31, Friday: Meat loaf, scalloped potatoes, corn, roll, cantaloupe, cake.

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Dundy County Hospital is pleased to announce that **Dr. Michael Trierweiler**, who is a specialist in OB/GYN (Obstetrics and Gynecology) has joined the ever-growing list of specialists in their outreach clinic.

Dr. Trierweiler, who obtained his medical degree from the University of Southern California School of Medicine, has been a leader in his field for over 30 years. He has based his practice out of North Platte, NE for a great portion of those 30 years. To schedule an appointment with Dr. Trierweiler or for further information please call 308-423-2204.
www.bwtelcom.net/dch
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Go to www.nwksrunning.webstarts.com for registration forms and information.