

# Community to grow food

Did you know that the United States Department of Agriculture classifies Cheyenne County as a "Food Desert," or that recent issues with our only grocery store have made purchasing produce in the city difficult to impossible? There are few avenues available to purchase wholesome and healthy produce without leaving St. Francis.

The vision of the St. Francis Community Garden and Farmer's Market is to create a self-sufficient, not-for-profit Community Garden and Farmer's Market that grows produce locally, naturally and sustainably throughout the entire year. The group is open to anyone in the community who wishes to participate.

The success of the Community Garden last year is in not only producing for its members, in donating almost 800 pounds of food to local agencies (Food Pantry, hospital, Good Samaritan Village, schools), but provided the vision

for members to expand through the use of hoop houses.

We were on track to do just that when Shirley and Mike Morino made us an offer for the Goodell Greenhouse, said Sue Griffin, Community Garden member. Not wanting to see it torn down for the metal, they chose instead to make it available for the community through the sale to the Community Garden and Farmer's Market.

But, she said, it meant we had to move quickly to secure the property.

The group did just that by incorporating as a not-for-profit, electing a board of directors, creating by-laws, doing a budget, raising funds for the down payment, setting up a website, reaching out to the community through the Alumni newsletter and articles in The Herald, and talking to anyone who would listen about this rare opportunity for our community.

The result, Mrs. Griffin said, is that we almost have our down pay-

ment and are scheduled to close very soon...and begin planting!

You can help in this ambitious project by donating now to help us and by volunteering later, she said. Our financial need right now is a few hundred dollars to complete the down payment and a few thousand dollars for closing costs, insurance, utility deposits, etc.

Next the group will need funds for repairs and start-up costs. Any size donation is helpful and greatly appreciated. All donations are tax-deductible through the Cheyenne County Development Corporation (CCDC). Checks can be made out to CCDC with "Community Garden" put in the memo area, and mailed to Community Garden, P.O. Box 984, St. Francis, KS 67756. For more information, go to [www.stfranciscommunitygarden.org](http://www.stfranciscommunitygarden.org) or email at [info@stfranciscommunitygarden.org](mailto:info@stfranciscommunitygarden.org)

We'll be at the Farmer's Market at 8 a.m. on Alumni weekend, June 15, next to the theater.



**MAKING SUGAR COOKIES** — Aubrey Mills, Caleb Zwick and Dylan Wolaver cut cookie shapes during culinary arts class. *Herald staff photo by Karen Krien*

## Students take cooking classes

*By Karen Krien  
karen.k@nwkansan.com*  
Kaye O'Brien's culinary arts class is busy making cookies and other desserts.

Compiled of seniors, the class has made a variety of foods, ranging from pizza to pickles. The students named several favorite items such as deer jerky, Boston cream pie, lemon meringue pie, pizza from scratch, fried chicken, apple pie and bacon-flavored donuts.

The food made by the students changes from day to day, week to week and year to year.

We use what we have, what is donated and what is available,

Mrs. O'Brien said. Apples and pears, along with other fall fruits, are put in the freezer to use during the year. Gardeners, at the end of the growing season, donate bushels of cucumbers which the students use for learning how to can pickles.

Always shopping for food items on sale, Mrs. O'Brien is known for liking and using a bargain. That is why the lesson plans are subject to change.

These days, students are devoting the 42-minute class to making treats for the desert bar which will be served with the Advanced Vocal Concert set for May 7. Treats

include butterscotch crunch brownies, chocolate cranberry bars, banana pudding cake, and scotcheroos, just to name a few.

Students look forward to Mrs. O'Brien's class. There is less than an hour for the class but there are times when more than one item is made. And, they get to taste and eat what they cook.

Once these students are on their own, Mrs. O'Brien believes she has given them the confidence to cook. Instead of opening a can of soup, they will be able to make their own pot of soup from scratch and, it will taste good!

## Rec 4 U

*By Penny Gienger  
St. Francis Rec Director*



Summer ball season is quickly approaching. Take a few minutes this week to fill out your child's entrance form for T-ball, pitching machine-coach pitch league, and/or boy's C-team.

T-ball is for 4-year-old tots through kindergartners and is played on Monday nights in June.

Pitching machine teams are for kindergartners through third graders and played on Wednesday nights in June.

The C-team Boys league is a

traveling team for boys in third through sixth grade.

Parents should note that forms have been sent home with grade school children.

The St. Francis Recreation Commission purchases team shirts for all T-ball players if they sign up by the deadline. Shirts can not be guaranteed for late entrants. Reversible jerseys are provided for use for the pitching machine players. Another bonus with the

summer ball programs - there is no charge for T-ball and the pitching machine teams.

This year the head coach for the C-team boys will be Shawn Blanka. Coaches are always needed for the younger teams to make the programs successful.

**Adult coed softball**  
Once again, the St. Francis Rec program is offering adult coed softball. These games are played Sunday evenings in June.

To kick the season off plan to sign your team up to play in the Grand Slam Coed Softball tournament on Sunday, June 2. Your team can join the season or play only in the tournament. Either way, join in for some fun.

Official coed softball rules will be followed. An entrance fee of \$25 will be collected from each team for tournament play.

For more information on summer ball programs contact Penny @ 332-3949.

## Cosmic bowling helps cancer relay

Cosmic Bowling will be held at the Cheyenne Bowl on U.S. 36, St. Francis. All proceeds will go to the Cheyenne County Relay for Life.

Cosmic Bowling is bowling in the dark or lights dimmed with glowing pins and a dance club atmosphere. It's good clean fun for the entire family.

The bowling will be held from

7 to 9 p.m. on Saturday, May 4. There will be a chance for drawings and door prizes.

There will be a cost which will include the bowling, shoe rental and an evening of fun.

For more information or to reserve a lane, call Pat Rose, coordinator, at 785-332-5348 or the bowling alley, 785-332-2211.

# 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



## Think you're prepared for the storm?

### Before the storm

#### Reconsider your coverage:

- Not all policies cover water damage, debris or tree removal, sewer backup due to flooding, sump pump failure or the costs of having to stay somewhere while your home is repaired.
- Do you have comprehensive coverage on your vehicle in case of hail?
- Did you add flood insurance (a FEMA-run program) to your homeowners' policy?
- Have you updated your home inventory?



## Kansas Insurance Department

Sandy Praeger, Commissioner of Insurance

[www.ksinsurance.org](http://www.ksinsurance.org)

paid for with taxes or public funds

## 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 Tuesday, May 7.

### 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**  
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785-332-3162