

Volunteers needed to help at the community garden

The St Francis Community Garden and Farmers Market, a not-for-profit business, owns and operates the old Goodell Greenhouse on North Street. The food produced here will be sold on site as inexpensively as possible while supporting the operating cost of the facility.

The "not for profit" was organized by several of the community garden volunteers to enable them to purchase and hold property. It is presently manned by volunteers, but the goal is to eventually be able to pay a full-time coordinator, and several part-time laborers.

The greenhouse will not only grow and offer fresh, healthy food to St Francis at low prices year round, but also provide year-round jobs.

Another service they will offer is the ability to rent to the public 4- by 8-foot beds in the greenhouse, also available year round!

Planting is ongoing and the more volunteers – the merrier, said Bernadette Luncsford, who helped coordinate the venture.

Hands are needed to help build raised beds that can be rented out in the greenhouse.

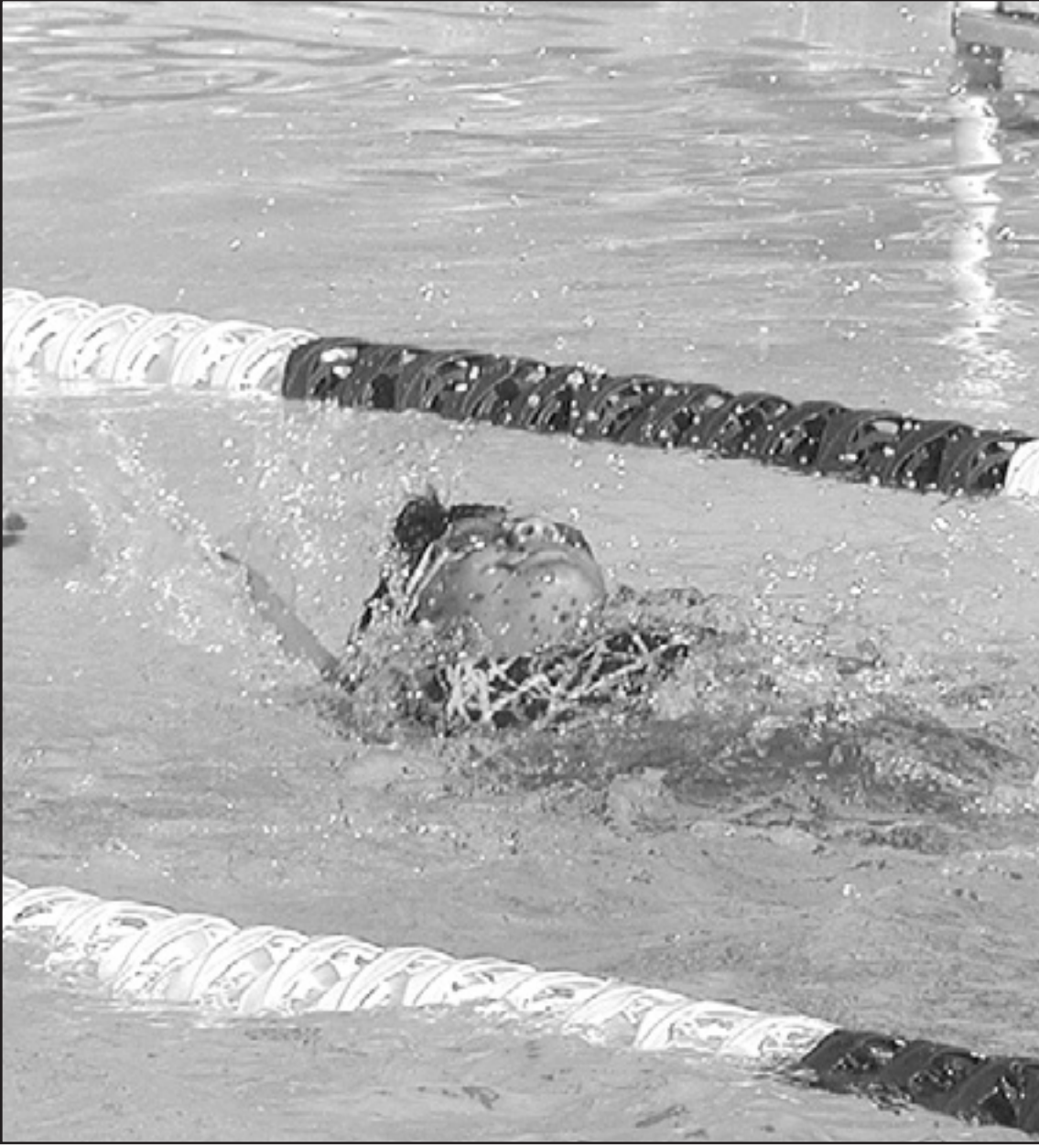
Farmers, artisans, and crafters are needed to supply the farmer's market area with goods to sell.

The plan is to have a grand opening soon and to have a wide array of offerings at the grand opening and all through the year!



BRENDA WEVERKA helps transfer some plants to larger containers at the community garden.

Herald staff photo by Doug Sloper



CASSIE COOKS does the backstroke during a fun meet held last Thursday at the St. Francis Pool.

Herald staff by Doug Sloper

Swim team members travel to Atwood for meet

The Sainty Sharks Swim Team traveled to Atwood on Saturday, June 22. Coach Margaret Poling submitted the following results:

Cassie Cooks, 11-12 age division: 12-and-under 100-yard medley relay, third; 18-and-under 100-yard medley relay, heat winner, first; 50-yard butterfly, exhibition; 50-yard backstroke, second; 50-yard breaststroke, second; 100-yard individual medley: second; 18-and-under 100-yard free relay, heat winner, first.

Emily Elfers, 15-18 age division: 18-and-under 100-yard medley relay, heat winner, first; 50-yard backstroke heat winner, first; 50-yard breaststroke second; 50-yard freestyle, second; 18-and-under 100-yard free relay, heat winner, first.

Skye Feldman, 8-and-under division: 8-and-under 100-yard medley relay, second; 25-yard butterfly, exhibition; 25-yard backstroke heat winner, fourth; 12-and-under 100-yard free relay.

Alexis Frink, 15-18 age division: 18-and-under 100-yard edley relay, heat winner, first; 50-yard butterfly, second; 50-yard freestyle, heat winner, first; 100-yard individual medley, heat winner, first; 18-and-under 100-yard free relay, heat winner, first

Christina Frink, 11-12 age divi-

sion: 12-and-under 100-yard medley relay, third; 18-and-under 100-yard medley relay, heat winner, first; 50-yard butterfly, second; 50-yard backstroke, exhibition; 18-and-under 100-yard free relay, heat winner, first.

Elle Krien, 8-and-under age division: 8-and-under 100-yard medley relay, second; 25-yard butterfly, heat winner, first; 10-and-under 200-yard free relay, heat winner, first; 25-yard breaststroke, exhibition; 25-yard freestyle, heat winner, third; 100-yard individual medley, exhibition.

Lyden Lampe, 8-and-under age division: 8-and-under 100-yard medley relay, second; 25-yard butterfly, fourth; 25-yard backstroke, second; 10-and-under 200-yard free relay, heat winner, first; 25-yard freestyle, fourth; 12-and-under 100-yard free relay, third.

Dawn Rice, 9-10 age division: 12-and-under 100-yard medley relay, third; 50-yard butterfly, exhibition; 10-and-under 200-yard free relay, heat winner, first; 12-and-under 100-yard free relay, third.

Katie Wurm, 11-12 age division: 12-and-under 100-medley relay, third; 50-yard butterfly, exhibition; 10-and-under 200-free relay, heat winner, first; 12-and-under 100-free relay, third.

Allison Rice, 8-and-under age division: 8-and-under 100-yard medley relay, second; 8-and-under 100-yard free relay, third.

Shadryon Blanka, 9-10-age division: 12-and-under 100-yard medley relay, heat winner, first; 25-yard butterfly, exhibition; 25-yard backstroke, second; 14-and under 200-yard free relay, heat winner, first; 50-yard freestyle, second; 100-yard individual medley 14-and-under, second; 12-and-under 100-yard free relay, third.

Connor Keller, 11-12 age division: 12-and-under 100-yard medley relay, heat winner, first; 50-yard backstroke, third; 14-and-under 200-yard free relay, heat winner, first; 50-yard freestyle, fifth; 12-and-under 100-yard free relay, third.

Adam Krien, 9-10 age division: 12-and-under 100-yard medley relay, heat winner, first; 25-yard butterfly heat winner, first; 50-yard freestyle, heat winner, exhibition; 14-and-under 200-yard free relay, heat winner, first; 25-yard freestyle, heat winner, first; 100-yard individual medley, heat winner, first.

KC Krien, 11-12 age division: 12-and-under 100-yard medley relay, heat winner, first; 50-yard butterfly, heat winner, first; 14-and-under 200-yard free relay, heat winner, first; 50-yard backstroke, heat winner first; 50-yard freestyle, third; 100-yard individual medley, heat winner, first.

Rhonald Neitzel, 8-and-under age division: 25-yard freestyle, heat winner, fourth; 12-and-under 100-yard medley relay, heat winner, first.

Open Season

By **Cynthia Haynes**



You'd think I'd learn to take a cooler with me everywhere I go.

So often when I leave the house on an overnight expedition, though, it just doesn't seem like I'll need one. I have nothing that needs refrigeration and I don't plan to buy anything that will need to stay cool.

Even those times I think about it, I often dismiss the need. So there I stood with a styrofoam container of delicious leftovers, and the cooler was back at home.

It was a chilly night, and I left the food in the truck with the windows down, but in the morning the sun was starting to heat things up and we weren't ready to leave yet.

Our friend Mary, with whom we had spent the night, offered to put the leftovers in her 'fridge. That would work until we left, but it was a good two-to-three-hour trip home and that food needed to be kept cool if we were going to eat it later.

Mary rummaged around in her back room and came up with a couple of little lunch box-type bags but none of them was big enough to hold the large styrofoam container. The instructions on them said that they should be put in the freezer for several hours before use anyway. We didn't have a few hours, and Mary's freezer didn't have any extra space.

Finally she offered us an insulated grocery bag. That would work.

But, wait. There was no need to

borrow hers. We had one of our own in the truck, under the seat with all the other reusable bags we habitually forget to take into the store with us.

The only problem now was how to keep the food inside cool. The insulation would keep it cool if we had something cold to put in with it.

Mary had the ideal solution: a recycled peanut butter jar full of ice. She said that she always keeps one or two in the freezer for just this sort of thing. Then when she gets where she is going, she said, she can either refreeze the jar or toss it.

The peanut butter jar is now in my freezer and Mary can either retrieve it when she comes to visit us or it'll end up in the trash on my next trip.

Actually, I use a similar idea, but with vegetables.

I buy a couple of bags of cheap frozen corn or peas and toss them in with the items I need to keep cool. When we arrive, if the vegetables are still mostly frozen, we eat them. If they are way thawed, we toss them.

Another trick is to use bottles of water. This is similar to Mary's peanut butter jar but the water bottles are only partly full of ice. The rest is water, and if you get thirsty on the trip, you can drink your cooling agent.

Or you can just take the dang cooler along. Of course, you still need something to cool it, so don't throw out the empty peanut butter jar.

Book Review

Book review from the St. Francis Public Library

Breathless

By **Dean Koontz**

In the stillness of a golden September afternoon, deep in the wilderness of the Rockies, a solitary craftsman, Grady Adams, and his magnificent Irish wolfhound, Merlin, step from shadow into light...and into an encounter with enchantment. That night, through the trees, under the moon, a pair of singular animals will watch Grady's isolated home, waiting to make their approach.

A few miles away Camilla Rivers, a local veterinarian, begins to unravel the threads of a puzzle that will bring to her door all the forces of a government in peril.

At a nearby farm, long-estranged identical twins come together to begin a descent into darkness...In Las Vegas, a specialist in chaos theory probes the boundaries of the unknowable...On a Seattle golf course, two men make matter-of-fact arrangements for murder... along a highway by the seas, a vagrant scarred by the past begins a trek toward his destiny.

Book Reviews

Celebrity In Death

By **J.D. Robb**

Money, power and fame can't make you safe from danger. Sometimes, they're dangerous in themselves. No one knows that better than Eve Dallas.

Her career in homicide has taken her into the darkest depths of New York City's underground – and sometimes Lieutenant Eve Dallas feels more comfortable in those kids of places than in the high-rise, high-society world of her billionaire husband, Roarke.

But while she's no party girl, she's managing to have a reasonably good time at the celebrity-packed bask celebrating the debut of *The Icove Agenda*. This time, it's Eve, not Roarke, who's a guest of honor, since the film is based on one of her famous

cases. Her partner, Peabody, is practically giddy over rubbing shoulders with Hollywood royalty.

Eve, on the other hand, is more likely to roll her eyes than have stars in them. But she has to admit it's a little spooky seeing the actress playing her, who looks almost like her long-lost twin.

Not as unsettling, though, as seeing K.T. Harris, the actress who plays Peabody, drowned in the lap pool on the roof of the director's luxury building. Talented but rude, the widely disliked, K.T., had made an embarrassing scene during dinner. She clearly liked being the center of attention. Now, she's at the center of a crime scene – and Eve is more than ready to get out of her high heels and strap on her holster, to step into the role she was born to play: cop.

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Partnering To Bring Medical Specialists To St. Francis

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Locums - Monthly

1-855-HAYSMED

In partnership with Cheyenne County Hospital
haysmed.com

BENEFIT DINNER/AUCTION

FOR

Marv Carlock

**Saturday, July 6
Elks Club, Wray, CO.**

Dinner starts at 5:30 p.m.

and the Auction starts at 6:30 p.m.

If you would like to donate items, cash or food please contact Eldon Van Vickle at Joe's Liquor Mart: 970-332-9800 or 970-301-9529, TJ McArthur at Backroad Speed Shop 970-332-5057 or 970-597-0024, Glenn Mahon at Tri-State Auction Service 970-630-7363 or Heather 970-630-9162.

Items can be dropped off at any of the above locations and also at Valley Automotive in Laird, CO