

## Cheylin board recognizes students

By Melinda Basnett

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The Cheylin Board of Education voted on Monday to formally commend students, Terry Jensen, Justin Miller and Rex Weishapl as qualifiers for the Kansas State High School Athletic Association State Golf meet and Lincoln Pochop as a javelin qualifier for the State Track meet.

### Coaches

Coaching positions were discussed as board members attempted to determine the number of assistant coaches needed for each sport. There were no assistant coaches approved yet until the number of students enrolled per sport called for an assistant. Head coaches are still needed for middle school volleyball and football, and high school girls basketball. The positions have been advertised with no

applicants showing an interest yet.

### Gas bid

As they do each year, the board looked at gas price bids for the upcoming cold season. The current bid was for \$9.12 for October through April. Last year they were able to lock in 60 percent at \$8. Members decided to wait until the July meeting and get a fresh bid then. Clerk Rosanna Underwood shared the total gas and

electric utilities amount for the 2006-2007 school year at \$64,700.

### Freedom League members

It was announced that Healy and Heartland Christian Academy were admitted to the Freedom League for middle school athletics.

### Other

The Adequate Yearly Progress Report was given to members with Cheylin showing favorably.

Dave Zumbahlen reported on the progress of summer projects. The patron room has been painted and Roy Shrader is planning on installing the windows. He is waiting on bids for carpeting. The water drainage problems between the buildings will be worked on with new concrete and a plastic liner to be put in to redirect the flow of water away from the base of the building.

A physical inventory of school property by teachers for replacement costs was completed and a total approximate value of \$1,274,000 was given. Insurance values will need to be looked at and possibly adjusted.

An executive session was called to discuss salaries and the negotiated agreement with the teaching staff.



FLAG DAY CEREMONIES held at the museum in St. Francis on Thursday found John DaProne and scouts (1 to r) Justin Meyer, Jacob Hamilton, Jason Owens and Trey Van Allen, standing at attention. Herald staff photo by Margaret Bucholtz.

## Nine entered in scholarship program

By Karen Krien

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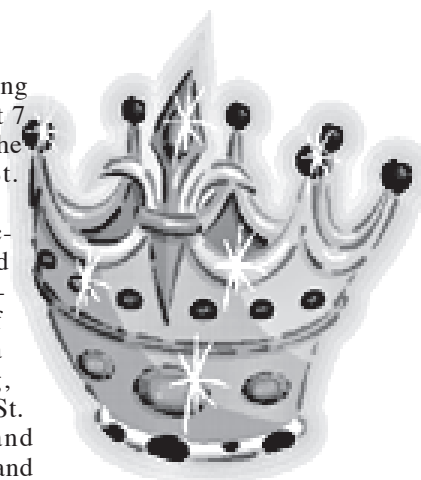
The Cheyenne County Young Miss program will be held at 7 p.m. on Saturday, June 23, in the high school auditorium in St. Francis.

Eight girls have been practicing routines, talent numbers and enjoying a week of fun activities. Vying for the title of Young Miss include: Dara Loyd, Cassie Dankenbring, Holly Keller and Katie Ford, St. Francis; Colleen Shrader and Montana Rhymes, Bird City; and Daniele Schmid and Aryn Sturgeon, both home schooled. A late comer, Jenice Hartman, St. Francis, will also be joining the competition.

This year's theme is "Star Struck." Last year's Young Miss, Lauren Ross, will also make an appearance and entertain the audience.

The Young Miss program was started after the Junior Miss program was canceled both statewide and nationally. It has since been reorganized but Cheyenne County will continue the Young Miss program which is very similar to the Junior Miss program.

Each of the girls are seniors in



high school. They will be vying for scholarships but, will also be having fun and hopefully, memories that will last a lifetime. Vicki Cress, coordinator, feels the program enables incoming senior girls a chance to develop themselves in the areas of scholastic, interviews, talent, physical fitness and poise.

Mrs. Cress said this group of young ladies are organized and the audience will be entertained on Saturday.

Unlike some years in the past, the audience will also be able to enjoy the comfortable seats and air conditioning.

## Intravenous feeding training approved by commissioners

By Karen Krien

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The need of more training for emergency medical technicians was discussed when the commissioners met on Friday. At the end of a lengthy discussion, the commissioners agreed to the class.

Janelle Bowers, emergency medical service director, and Mike Hansen and Mark Mills, emergency medical technicians, were present at the meeting to discuss an IV (intravenous feeding) class for technicians.

At the last meeting, Mrs. Bowers

said that Gary Winter, an instructor from Kanorado, could teach the class for \$7,000 plus mileage. In the meantime, Kim Zwegardt, anesthesiologist at the hospital, offered to teach the class.

However, Mrs. Bowers said that the policy of the Kansas Board of Emergency Medical Service would require a qualified emergency medical technician instructor to "sign off" on Mrs. Zwegardt. None of the instructors wanted to sign off as, if something were to go wrong, they, not Mrs. Zwegardt, would lose their license.

At this point, the commissioners along with clerk Terry Miller went into executive session to discuss "Public Safety" with no decision being made. Mrs. Bowers wondered, if the session pertained to emergency medical service, why she had been asked to leave? Andy Beikman, commissioner, said it was to clarify a discussion held earlier.

Shortly after, the commissioners said that Dr. Mary Beth Miller and the hospital staff didn't always want the technicians inserting IVs in the field. They said several years ago, one the qualified technicians was

doing this practice continually and there were times when the patient's veins were collapsed by the time they got to the hospital.

Mrs. Bowers said that she remembered the incident but this was not happening today. The class would allow technicians to be able to insert an IV in an emergency when the patient was in danger of going into shock or quickly going "downhill," or to help with a patient who has an IV already inserted and is being transported from the hospital to another facility.

There are only three technicians

who qualify for inserting IVs and it would help if there were more, especially in the Bird City area where there are none. There is the possibility of getting a grant which would pay \$565 per student.

Mrs. Bowers said there are seven people showing interest in the class and Goodland might have three more. This would help keep the cost down, especially if they are not able to get the grant.

The commissioners committed to fund the class but urged Mrs. Bowers to try for the grant and see if there are others who would be in-

terested in taking the class.

Mrs. Bowers had \$4,999 in contractual write-offs for the ambulance.

The commissioners agreed to have Bumper-to-Bumper, St. Francis, supply the oxygen for the ambulance. They agreed to a contract for 10 years and the cost will be \$190 per bottle. The service maintains three bottles.

It was noted that technician, Nancy Semler, had resigned her position as representative to Region I meetings. Mr. Hansen and Cynthia Poling were selected as the new representatives.

## Six teams make up league

By Betty Jean Winston

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Six teams are competing in summer volleyball in St. Francis this year.

The St. Francis Rec Commission Summer Volleyball League with two Cheylin teams, three St. Francis teams and one Atwood team began play on Monday, June 4, and will continue through Monday, July 16. A.J. Marin and Alice Kinen are overseeing the league. Jolene Dodd is the St. Francis Rec Director.

Each team plays two matches on game nights with times set at 6:30, 7:30 and 8:30.

The two Cheylin teams include the following girls:

Team one: Colleen Shrader, Kelly Basnett, Kaedra Dixon, Tia Sager, Sydney Busse, Mindy Antholz, Nikki Johnson.

Team four: Naomi Reeh, Teryn Carmichael, Whitney Churchwell, Lezah Diers, Sam Robertson.

The next action takes place on Monday, June 25.



NIKKI JOHNSON serves the ball for Team One on Monday during summer league play. Times Staff photo by Betty Jean Winston

## June recognized as Dairy Month

June is Dairy Month.

Humm, you may be thinking, "Dairy month? Big deal!"

All right, Dairy Month isn't as huge as Christmas or Thanksgiving, but think about it — where would we be without milk?

That aisle in the grocery store with the huge selection of cereal would not be there. Chocolate cake and cookies would just not be the same.

There would not be the saying, "Don't cry over spilled milk."

What would we give to the kids to drink with their supper?

Dairy products are a daily part of lives.

Let's start at the beginning of the process, getting the milk from the cow. People living in an agricultural area or coming from a farming background probably know where milk comes from. Within the year, a new dairy will be up and going east of Bird City.

Get summer started off on the right foot with "Three-A-Day" of nutrient-rich dairy foods. From calcium to potassium, dairy products like milk, cheese and yogurt contain nine essential nutrients which may

help to better manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. Those are just a few of the reasons that you should celebrate dairy this June.

### Celebrate

A great way to celebrate Dairy Month would be to make some dairy products to eat and you can find fabulous recipes all over the Internet.

### Strawberry Banana Smoothie

1 1/2 cups 1-percent lowfat milk  
1 pint lowfat vanilla yogurt  
2 ripe bananas, peeled, sliced  
1 1/4 cups sliced strawberries  
2 tablespoons honey  
12-14 ice cubes

In blender jar, combine milk, yogurt, bananas, strawberries and honey; add enough ice to measure 6 cups in blender. Process until smooth, scraping sides as necessary. Garnish each serving with strawberry slice and fresh mint if desired. Makes 5 servings (8 ounces each).

## Years Ago

### 30 Years Ago

Cynthia Jones received her Bachelor of Science Degree in Nursing from Kansas University. She is the youngest daughter of Mr. and Mrs. Robert Jones of Bird City.

Ken Ballinger and sons, George and David painted the swimming pool.

Boys selected to attend Boys State are David Frisbie, Allen Antholz, and Joe Spicka. Jim Anderson is serving as counselor.

Mr. and Mrs. Robert Bressler and family, Janet and Phillip will fly the 185 Cessna on an early morning departure to Disneyland, Calif. to see the sights including visits to airplane factories.

Mr. and Mrs. Wes Donahue announce the approaching marriage of their daughter, Debbie to Dave Flemming, son of Mr. and Mrs. Jo Flemming. The wedding date will be June 18, 1977.

Mr. A.C. Buck operator of the A.C. Buck Drug Store in McDonald was given a standing ovation as the Dean of the McDonald Alumni. He originated the Alumni newsletter of the McDonald High School.