

## New board members welcomed

By Linda Schneider  
dublins@hotmail.com

The Hal Antholz, board president, opened the Cheylin School Board meeting by welcoming the new board members, Doyle Brock and Belinda Serrano. They replaced Jan Busse and Rod Young, who had resigned.

Because Mr. Brock and Mrs. Serrano had not had a chance to attend an orientation of board meeting procedures, Mr. Antholz gave them a brief description of what is allowed and what is an executive session. They will be attending the orientation after the next board election.

Also present was Jane Young, who would be replacing Roseanna Underwood as district clerk on May 1.

### Remodeling

April Hock, with WDesign Architecture Company, brought two options for designing plans for the construction of the McDonald cafeteria/concession stand. Option I plan would consist of a minimum of reconfigurations to windows, fire exits, reorganization to kitchen and common areas, and leaving walls as is at a minimum cost of \$5,400.

Option II plans would be more detailed and include extensive construction of the kitchen, moving gas lines, removing walls and construction of ticket and cake raffle booths, windows and fire doors, at the cost of \$7,000.

Ms. Hock said that the cost of both options did not include travel and visit cost and inspections would cost an additional \$500.

Superintendent Dave Zumbahlen asked Ms. Hock if she could give the board a ballpark estimate on the completed project. She said that was not something that had been discussed.

"Where does the money come from," asked Mr. Brock.

Mrs. Underwood explained that it comes from the "capital outlay" that is set aside for building projects, buying computers, etc. The money is put into the account from state taxes and interest on the school's saving account.

"It does not come out of the account that pays the teacher's salary," said Mrs. Underwood.

Discussion concerning other projects coming out of the capital outlay was laid to rest with no major project in the near future.

Lori Janicke, board member, said, "If we are going to do something, let's do it right the first time. Get it fixed properly."

Superintendent Zumbahlen said that since moving the cake fundraiser, the money has gone down and suggested going with Option II.

Ms. Hock passed around drafts that reflected the two options that

Barbara Antholz's Home Design Class had developed to give the board an idea of what the final product might look like.

Motion was approved to develop Option II plans by WDesign.

### Committees

Mr. Antholz moved on to appoint committee vacancies. Appointments made included: Mr. Brock to the Building Committee, Mrs. Serrano to the Policy Committee, and Mrs. Serrano and Mrs. Janicke to the Finance Committee.

The board approved for Rod Young and Jan Busse to stay with the Technology Committee.

### Next year

The board continued with items that would affect 2008-2009 school year.

The board accepted Alicia Beeson's resignation of volleyball coach.

Other approvals made included: the Golf Team would donate \$160 (\$20 per student) to the Bird City Golf Course; Kansas Association of School Boards membership dues of \$2,919 will be paid at the discretion of the superintendent from budget; Kansas Association of School Boards Legal Assistance Fund membership of \$1,100 will be paid at the discretion of the superintendent from the budget.

The school will sell a surplus table saw for \$951 and radial arm saw for \$317.

### Information items

The high school and eighth grade diplomas will be handed out by Rod Young for the eighth graders and by Hal Antholz and Lori Janicke for the high school graduates. Graduation ceremonies will start at 11 a.m. on Saturday, May 17.

Superintendent Zumbahlen talked about a proposed charge for the junior high Freedom League Games. Discussion was about some school charging for attending and when coming to Cheylin games and the people were not charged. No action was taken.

Mrs. Janicke wanted to have a grade school track meet on May 22. It would be after dismissal and not interfere with teacher's awards.

"Volunteer students would help and have events like a three-legged race, sack races and more — to get students enthusiastic about track," said Mrs. Janicke. Board agreed to try it out this year.

Superintendent Zumbahlen reported that there are funds available to staff the 2008 summer school classes. Classes will be the first weeks of June in the morning.

Meeting adjourned for executive session. Next meeting will be May 12.



EXITING OUT THROUGH A BANDAGE, Lisa Stohl, school nurse, takes the students through the 'blood stream' path and gives them the opportunity to ask questions about the different stations of the tour. Jeri Antholz, aide, looks just as interested during the tour as the students.  
Times staff photo by Linda Schneider

## Body exhibit teaches students about making good food choices

By Linda Schneider  
dublins@hotmail.com

So, what is the correct food portion size? This question and more were answered when Cheylin kindergarten through sixth grade students toured the 'Body Walk' on Wednesday, April 9.

The Body Walk is a traveling exhibit developed and operated by Child Nutrition and Wellness, Kansas State Department of Education. Its primary focus is to teach kids how to make healthy choices and remain healthy throughout their lives.

The exhibit had 11 stations that represented different parts

of the body. The tour began with group of eight to 11 students walking through a giant ear into the brain. There a guide explained the different brain functions and "brain waves." While still in the brain, the students learned about food portions.

Exiting through the other ear, the next stop was the "Lunch Room" where each student picked a food card. From that moment on, they were a piece of cheese, a glass of milk or something different from the food groups. From there they walked into the mouth via the tongue then down into the stomach, along a path through stations

making stops at the intestines, lungs, heart, muscles, bones and finally the skin. Students heard a story of what was going on at each stop and exiting out through a cut in the skin by way of a band-aid.

Judi Salyer with the department and an expert on child nutrition and wellness, travels with the exhibit. With the help of Jan Busse, Lynn Busse, Becky Davison, Amy Hendricks, Jolene Reeh, along with high school students, she was able to give the elementary students a 55-minute tour of what takes the body two days to do in the natural.

Lisa Stohl, Cheylin school nurse, guided the students through the "blood" after they exited out of the band aid and answered all their questions.

"The exhibit comes around once every two or three years to each school through out the state," said Ms. Salyer. This is why reservations are taken well in advance for the 2008-2009 school year and at \$1 per student, it does not take long for spots to fill up.

This exhibit was made possible by the Cheylin School District and a grant from Midwest Energy for \$100.

## Arbor Day moved inside

By Linda Schneider  
dublins@hotmail.com

It may have been a cold and grey day, but that did not stop the Arbor Day ceremonies from being held in McDonald. The program was moved into the Senior Center. In addition, the tree planting at the McDonald Cemetery had to be postponed until weather is more favorable.

Arbor Day was set aside as a time to plant trees in 1872. J. Sterling Morton and his wife were pioneers who moved from Detroit, Mich., to the almost treeless state of Nebraska. After becoming the editor for Nebraska's first newspaper, he advocated for the planting of trees.

When Mr. Morton became the secretary of the Nebraska Territory, he proposed April 10 as a day to plant trees. He suggested offering prizes as incentives for communities and organizations that properly planted the most trees. On that first Arbor Day, Nebraskans planted about one million trees.

Margie Hubbard opened the ceremonies by welcoming everyone attending including Tammi Carmichael and her fourth grade class from Cheylin Elementary. This was an especially important ceremony for the fourth graders, because awards were given out for conservation posters the students had entered in the district contest.

Pastor Greg Moyer said the Arbor Day Prayer and recited a poem. The fourth grade students then led the group in the flag salute.

Mrs. Hubbard gave a presentation and descriptions on the trees that would be planted. This year, the Brogan family donated two Triumph elms and one Frontier at the Grace Cemetery in memory of Ben Brogan, who died in an accident last year. The Garden Club donated one Frontier elm.

Vera Kacirek presented the awards for the conservation posters. Mrs. Kacirek thanked the fourth graders for participating; each poster was special and thanked Mrs. Carmichael for her efforts in having her students contribute 100 percent every year.

The three posters were awarded with ribbons, Elizabeth Keltz and Reese Leonard each won a blue ribbon. The poster that was judged best over the three entries was Kelsey Miller, she was presented with a purple ribbon and a Smokey the Bear doll.

Guest speaker Jim Strine, district forester, gave a presentation on some little-known facts about trees and entertained the students by answering their questions.

The program ended with refreshments.



KELSEY MILLER receives a purple ribbon for her poster from Vera Kacirek during Arbor Day ceremonies.  
Times staff photo by Linda Schneider

## Free CPR class being offered

Don't know what to do in a cardiac emergency? A class in cardiopulmonary resuscitation is being offered through a partnership with the American Heart Association.

A victim of sudden cardiac arrest is likely to die within minutes if CPR and defibrillation do not occur. CPR can add minutes to a sudden cardiac arrest victim's life by pumping blood and oxygen to vital organs such as the heart, brain and lungs.

The class will be held 9 a.m. through 11 a.m., Saturday, April 19 at the Walter Egger's Emergency Building training room, located on the southeast corner of Bird Ave. and Second Street.

Wendy White, EMT and CPR instructor will train participants using the American Heart Association's "Family and Friends" course, which implements the new guidelines for the layperson; hands only, chest compressions with no breaths.

"When performed effectively, CPR doubles the chance of survival and taking a class is a great opportunity to learn a skill that may save the life of a friend or family member," said Mrs. White.

This is a community CPR course and does not meet the CPR certification requirements of employment or require professional credentials. However, the State Good Samaritan Law protects all laypersons trained in CPR.

Residents interested in participating can call 785-734-2622 to register.