



DURING A RECENT BASKETBALL GAME, Cheylin band members Daniel Frisbie, Ana Ponce and Cassie Rucker play the National Anthem. Times staff photo by Linda Schneider

Exams made available

The Cheyenne County Hospital, Clinic and Health Departments will be sponsoring the Cheyenne County Spring Health Fair March 23 through March 25 for men and women. They will offer a female exam that includes a breast and pelvic exam with pap smear, the male exam will include a prostate check.

There are two lab exams available, the lab profile will be a Chemistry Panel (with thyroid-stimulating hormone (TSH) and Lipid panel (which includes cholesterol, triglycerides, cardiac risk assessment, etc.) and prostate-specific antigen (PSA). The fee is due at time of service and will not be billed to insurance. The fee is also a much reduced price for this health fair.

Lab draws dates, times and locations include March 23, 24, 25, from 7 to 10 a.m. in the St. Francis Cheyenne County Clinic basement. There is no appointment needed but remember to fast for the Chemistry panel lab test which means nothing to eat or drink except water after the evening meal.

In Bird City, draws are from 7 to 10 am on Tuesday, March 24, at the Bird City Clinic - remember no appointment needed and the need to fast as stated above.

Contact the Cheyenne County Clinic to schedule your exam or if you have additional questions. The number is (785) 332-2682.

Lab results will be available at the Health Fair Exhibit Booths on Thursday, March 26, from 6:30 to 8 p.m.

Several exhibitors from various services and organizations have already spoken for booth space such as the St. Francis Fire Department and Emergency Medical Service, Farm Workers program, Early Detection Works Program, Parents As Teachers, Hospital's Nutritional Services, County Health, Health Start Home Visitors Program, Social Rehabilitation Services (SRS), Big Brothers and Big Sisters Program of Cheyenne County, Unicare/Healthwave, Regional Prevention Center. More booth space is available.

There will be hands-on learning at this family event. Everyone is encouraged to attend the booth displays. The fair will be held at the St. Francis Grade School gymnasium.

Medical provider(s) on hand for one-on-one lab consultation free of charge.



CHEYLIN JUNIOR, Naomi Reeh is excited about being part of the Books for Life drive. Her fondest memories are of her parents reading her favorite storybooks at bedtime. Time staff photo by Linda Schneider

Youth coordinates book drive for Africa

This month, Books for Life, the educational branch of Trees for Life, a non-profit organization based in Wichita, is hoping to collect 100,000 gently-used children's books for children in Liberia, Africa.

Books for Life is joining forces with youth across Kansas and encouraging them to promote the book drive in their communities.

In Liberia, there is only one book for every 27 children. Many have never even seen a book. Books that may be gathering dust in Kansas at-

tics can become treasures for these kids. The picture books will introduce Liberian children to the joy of reading and learning.

Naomi Reeh, a junior at Cheylin, is coordinating the project at the Cheylin schools. There will be drop boxes set up in both the elementary school and the high school. Bring gently-used books that are in good condition with no religious or political content. The collection boxes will be up until Feb. 23.

Learn more by going online at LoveInYourAttic.org

Board discusses online lesson plans

By Linda Schneider
dublins@hotmail.com

The February meeting showed to be an evening of much discussion concerning a few issues.

It was only after a long and sometimes heated discussion that the Cheylin School Board was able to make a decision. The discussion was over whether to require the teachers to follow the teacher's handbook on the guidelines or to give teachers the option of putting their lesson plans online.

The members were split on their opinions. Don Orten, member, felt that the lesson plans should be put on the website, saying it is a convenience and students should be able to have access to them.

Doyle Bock, member, spoke out by saying it should be the teacher's option to put the lesson plans on the website. Both members expressed the feelings of the board members.

Superintendent Bill Porter said he had talked to Kirby Krien, technology coordinator, and reported that Mr. Krien said there was no problem with the lesson plan program and the teachers had been instructed on how to use it.

However, a valid argument to allow teachers the option of posting the lesson plans was the unforeseen schedule change that could come up and invalidate the lesson plan for the week. This was more of a concern with the high school than with the elementary school.

Belinda Serrano, member, read from the teacher's handbook stating the lesson plans must be on the website by 4:20 p.m. on Thursday. Discussion followed suggested changing the time and having the teachers try it out until the March board meeting. Motion carried, 5-1, to change the time for the lesson plans to be online by 8 a.m. each Monday.

Motion carried to approve the appointment of Mr. Orten to the Technology Committee.

Selling cake tickets during game time

Dave Frisbie, president, re-

ported to the members that he had been approached several times concerning the sale of the cake tickets in the grandstands. He said many people had told him they did not like to be asked to buy tickets during the game. In addition, on numerous occasions, these persons were asked by several different students.

Discussion followed concerning the issues of how to get the tickets sold, since it is money for the students and their class events.

"We tell them to get out there and sell the tickets then tell them not to, it doesn't make sense," said Lori Janicke, member. "It sends them mixed messages about good entrepreneurship."

Mr. Orten said that with the cake table in the far corner of the dining area, it is difficult to get tickets sold. The general consensus of the members was that if a person does not want to buy a ticket, just say no thanks. However, several members also added that there should be some rules such as no selling during game time and have designated students. No decision was made.

Insulating elementary school

The board heard a report from Randy Miller, staff, that the lower floor in the elementary school, specifically the first and second grade classrooms, and the cafeteria, were in need of insulation.

The members walked over to the elementary school to inspect the area. Upon returning, they discussed the fact that there was in fact no insulation in the space between the ceiling and the roof. Motion carried to purchase \$4,368.10 of insulation.

Junior high girl's uniforms

Mrs. Serrano thought it should be discussed that the junior high girl's uniforms are the same for both basketball and volleyball events, and it may be time to purchase new ones.

Mrs. Janicke suggested at least get some prices on uniforms and Mr. Frisbie added look into the prices of warm up sweat suits. No further discussion.

McDonald remodeling project

The board has decided to cut

back on the remodeling of the McDonald cafeteria and focus on getting the essentials done, which would include the electrical wiring in the kitchen and insulation.

Superintendent Porter said the project was going to take on a more conservative approach. George Louderbaugh, vice president, will be drawing up the electrical wiring plans.

Mr. Louderbaugh told the members that Jan Busse, concession coordinator, had done a great job in cleaning up the kitchen area, but it does need to be rewired.

Everyone was in agreement on cutting back and doing what is most important. W Design will over see the wall project and bids will be taken for both the wall project and electrical work.

School items

The board tabled Superintendent Porter's job descriptions on teachers and staff because not all positions were included.

Motion carried to accept Bobbi Walden's resignation as assistant track coach citing personal reasons.

The board agreed to sell the 1989 Chevy, 21-passenger Bluebird bus, as well as the 1999 Chevy Suburban on e-bay, but not until the end of the school year.

Formally commended by the board were Sydney Busse and Amanda Walden to the Western Kansas Liberty League All League Academic Team.

Cheylin will be getting 15 new laptop computers at the cost of \$573 each, which the board members thought was a good deal.

Superintendent reports

Superintendent Porter reported the senior trip would be to Anaheim, Calif., with more information on preparations forthcoming.

He told the board that he had received four responses to the survey letters he had sent out. The responders had complaints about the educators and did not favor the four-day school week.

Meeting adjourned for a 15 minute executive session. Meeting resumed with no action taken.

Next meeting March 11.



ADAM ORTEN takes his turn at the spelling bee.

Students compete in contest

It was a quick four rounds for the Cheyenne County Spelling Bee held on Feb. 4 in the Cheylin High School gymnasium. Students in grades four through eight from St. Francis and Cheylin competed in the contest.

The winner was St. Francis fifth grader Austin Patton, son of Jami Patton. He correctly spelled the final word challenge "elite."

Austin is now qualified to attend the State Spelling Bee at Barton County Community College in Great Bend on March 14.

Learn to stretch grocery dollars

Farm Bureau's Food Check-Out Week, Feb. 15-21 is devoted to helping teach Americans how to stretch their grocery dollars with healthy, nutritious food. America's farmers and ranchers are committed to producing safe, healthy and abundant food. And they share a common concern with consumers when it comes to putting nutritious meals on the table while sticking to a tight budget.

With the continuing economic squeeze, many Americans are concerned that the cost of a healthy diet is out of reach. However, according to an Agriculture Department study, the cost of eating healthy hasn't changed as much as less-healthy alternatives. Eating healthy food within a budget does require smart shopping.

The good news: a March 2008 United States Department of Agriculture report favorably supports the economics of healthier eating. Recent food price data show that prices for unprepared, readily available fresh fruits and vegetables have remained stable relative to dessert and snack foods, such as chips, ice cream and cola. Therefore, as defined by foods in the study, the price of a "healthier" diet has not changed compared to an "unhealthy" diet.

Farm Bureau's Food Check-Out Week is aimed at helping American consumers learn how to shop effectively to put nutritious meals on the table with fewer dollars. "Learning to use your grocery dollars wisely ensures that nutrition isn't neglected," according to Shawna Blanka, Cheyenne County Farm Bureau president.

"Fruits and vegetables - along with whole grains, low-fat dairy products, lean meats, fish, beans, eggs and nuts - are an important

part of a healthy diet. Buying fresh produce when it's in season and costs less, while buying frozen fruits and vegetables when they're not in season, is a smart way to stretch that dollar," says President Blanka.

Farm Bureau has developed Food Check-Out Week educational materials dedicated to helping consumers make healthier food purchases. Information on several topics including "Tips for Better Nutrition on a Tight Budget," "How Much Should I Eat?," "Understanding Food Labels" and "Understanding What My Pyramid Means" is available.

In honor of Food Check-Out Week Cheyenne County Farm Bureau is sponsoring a drawing at Sainty Supers, Bird City Home Town Market and P&L Market. Be sure to sign up for \$15 worth of free groceries at these stores. Additionally, at Hilltop General Store, there will be a cart full of groceries and shoppers are encouraged to try and guess the dollar amount in the basket. The individual closest to the correct dollar amount will win a \$30 gift certificate to Hilltop General Store. The cart full of groceries will then be donated to the Community Food Bank on behalf of Farm Bureau and Hilltop General Store.

Now in its 11th year, Food Check-Out Week also highlights America's safe, abundant and affordable food supply, made possible largely by America's productive farmers and ranchers. According to the most recent information from the USDA's Economic Research Service, American families and individuals spend, on average, less than 10 percent of their disposable personal income for food.