

# Club gathers for March meeting

The Cheylin Booster Club meeting was held on March 9, in the Cheylin High School Library with the following members present: Jeri Antholz, Dixie Louderbaugh, Jan Busse, Loretta Rucker and Laurie Leonard. The minutes of the September meeting were read and approved.

Mrs. Busse reported \$1,800 as a current year profit and \$4,251.08 as the current fund balance. The Club made \$750 on the basketball concessions and did collect some additional dues. Outstanding bills are \$21 for Scholar's Bowl team ad, \$313 for state patches for current year cross-country and last year golf and scholars bowl. Mrs. Busse will order current year Scholar's Bowl state patches for six kids. They should cost \$150. Also, approved payment of \$330 for State Assessment award T-shirts.

Mrs. Busse read four thank you notes from T-shirt recipients and one thank you from school board for cost share on digital camera.

It was determined that the volleyball have not been replaced yet from homecoming ball auction. Mrs. Busse agreed to check with Jane Young on getting replacements.

The roasters that Mrs. Busse picked up were not what club wanted as they were too small, still on lookout for sale on larger size.

It was agreed to table the team towels for basketball until next year. Mrs. Louderbaugh reported that the school replaced the shower heads. Mrs. Leonard agreed to check with Jolene Reeh on the cost options for the track meet tent; the club approved \$400 for the tent cost.

Thursday, April 15 is the state music festival at Colby and the club agreed to send breakfast bur-

ritos, milk and juice for 60 kids. Members will meet in the Cheylin home economics room the evening of April 14 to assemble burritos. Mrs. Antholz agreed to bring two-32 ounce packages of hash browns, and Mrs. Louderbaugh will donate six pounds browned sausage. Mrs. Busse agreed to organize the work night.

Wednesday, May 12, is the awards banquet which is scheduled for 6:30 p.m. Mrs. Busse and Mrs. Antholz agreed to organize the potluck meal with the club providing meat, potato salad and the table service. Mrs. Louderbaugh agreed to contact People's State Bank to see if they would serve the beverages, Mrs. Busse will contact Rose Hengen to see if she would decorate the tables, and Loretta Rucker agreed to get advertising, flyers, calendar and marquee lined out.

Members discussed the need to have an early sign-up sheet for the fifth-quarter parties next year and for Booster Club to pay for the expenses rather than parents donating food. Each party averaged 20-25 kids. The need to elect next year's officers at the last meeting in May was addressed.

Plans for the after-prom party were discussed. It will be held at the Cheyenne Bowling Alley in St. Francis. It was decided not to ask for donations from the local businesses this year, a thank you letter for past support will be sent to all past donors on or before April 22. Mrs. Louderbaugh agreed to check with Anita Pochop on T-shirt information.

A special meeting for after-prom planning will be held on Tuesday, April 6, at 6:30 p.m., and the next regular meeting will be Monday April 19, at 6 p.m. in the Cheylin High School Library.



**JOSEPH AUGUSTA COMPETED** in the 4-H Club Food Show on Monday in St. Francis. He was among 13 contestants in the junior, intermediate, and senior divisions displaying foods on a variety of themes. A hint on his display-it involves his favorite day of the year.

Times staff photo by Linda Schneider

## Moments with Mila

### Cheyenne County Health Fair By Mila Bandel, RN County Health Nurse

Health fairs are excellent ways to offer screenings for some health problems like diabetes and high blood pressure, catching them early and thereby reducing the risks for costly complications. The Cheyenne County Health Fair will be held April 12 through April 16.

Lab draws offered will be a Chemistry Panel (with Thyroid Stimulating Hormone (TSH) and Lipid panel) and Prostate Specific Antigen (PSA).

The lab draws will be offered for three mornings in St. Francis (April 12, 13 and 14) from 7 to 10 a.m. in the basement of the Cheyenne County Clinic in St. Francis and one morning in Bird City (Tuesday, April 13) from 7 to 10 a.m. at the Bird City Clinic. No appointments are needed for the lab draws.

Please remember to not eat or drink except water after midnight the night before the lab draw. You can take your morning prescription medications with sips of water prior to the lab draws.

There will also be male and female exams available for the health fair on April 14, 15, and 16 in the St. Francis clinic as well as the Bird City Clinic. You must make an appointment by calling 785-332-2682 for the exam appointments. The exams will offer breast and pelvic exams, pap smears and the male exam will include a prostate check. The

fees for the labs and exams are at a much reduced price and will not be charged to your insurance.

There will also be an exhibit booth fair with health and safety information available on Thursday, April 15 from 6 to 7:30 p.m. at the St. Francis Grade School Gymnasium. This is a come and go fair for participants to walk through the exhibits.

Free Medical Testing will be available in the following areas: blood pressure, pulse, oxygen, glucose /blood sugar, vision, body mass index score just to name a

few. There will also be numerous organizations on hand to visit with you regarding health and safety for you and your family. This event is free of charge to attend.

Preventing or delaying the onset of chronic health problems like diabetes, heart disease and stroke can produce significant savings for any insured employee group or individual. Regular physical activity helps people temporarily or in some cases, permanently, prevent having diabetes if they also lose 7 percent of their body weight.

In addition, regular physical

activity helps people manage their diabetes, high blood pressure and cholesterol better, thereby reducing their short and long term health care costs. People who walk at least 30 minutes, five days a week, lower their stress, and risks for heart disease, stroke, hospitalizations, osteoporosis, fractures, depression, gall bladder disease, Alzheimer's Disease, and many other conditions, thereby lowering health care costs.

Don't miss out on this great opportunity to take part in all aspects of the upcoming health fair.

# Summer activities discussed by group

The Cheylin Recreation Commission met on March 17, and members discussed the summer activities that will soon begin. Members discussed ads going out for baseball coaches and a baseball commissioner.

There will also be a flyer sent out to the kids to see how many would be interested in participating in baseball. The commission is also interested in seeing how many girls would be interested in C-team softball.

The commission talked about the need to coordinate with the City of Bird City in regards to the summer swim activities and discussions should be completed at the next meeting.

There was also discussion of improvements that need to be made at the McDonald baseball field. Brenda Montiero will attend the next McDonald City Council meeting to get their input.

Randy Miller reported that Dan and Margie Hubbard have agreed to manage the baseball concessions for 2010.

A review of community service

scholarship application forms, flyers and procedures were finalized. Mrs. Montiero will handle the applications and acknowledgment paperwork for the scholarships, as well as getting information out to local organizations.

The aerobics class in Bird City has been successful and discussion was made to try to get one started in McDonald. The members talked about asking residents in McDonald who might be interested in leading the class or even participating. They can contact Mrs. Montiero at 626-6267.

Two benches for the swimming pool have been completed and are ready to be delivered. This should be completed by the next meeting as well.

Next meeting is scheduled for Wednesday, April 21, at 5 p.m. in the Cheylin High School Library.



## CHEYLIN HONOR ROLL

THIRD NINE WEEKS ♦ 2009-2010

### Honor Roll

|                    |                     |                      |                                  |
|--------------------|---------------------|----------------------|----------------------------------|
| <b>Senior</b>      | Kenan Reeh          | Ty Carmichael        | Mary Anne Orten<br>Jaime Davison |
| <b>Junior</b>      | Adam Orten          | Susannah Jones       |                                  |
| Christopher Walden | <b>Eighth grade</b> | <b>Seventh grade</b> |                                  |
| <b>Freshman</b>    | Walker Janicke      | Jacob Brubaker       |                                  |
| Stephanie Busse    | Shayla Hubbard      | Anna Frisbie         |                                  |

### Honorable Mention

|                    |                  |                     |                      |
|--------------------|------------------|---------------------|----------------------|
| <b>Senior</b>      | Craig Busse      | <b>Freshman</b>     | Luis Solis           |
| Maxwell Hengen     | David Burns      | Jessie Smith        | Casey Vandike        |
| Naomi Reeh         | Mitchel Jensen   | Nakita Schneider    | Blaine Burns         |
| Ana Ponce          | Adrian Garcia    | Josh Keltz          | Edward Frisbie       |
| Hudson Louderbaugh | <b>Sophomore</b> | <b>Eighth grade</b> | Alece Rosales        |
| Lance Leonard      | Wilhelm Orten    | Elizabeth Pochop    | <b>Seventh grade</b> |
| <b>Junior</b>      | Roberto Ponce    | Justin Culwell      | Anamarie Crespino    |
| Caleb Keltz        | Ethan Young      | Connor Hazuka       |                      |

### Keep up the good work

- |                                 |                            |  |
|---------------------------------|----------------------------|--|
| Bird City Times                 | Leach Insurance Agency     | Smith Farms                                |
| Bressler-Young Aviation         | Hometown Market            | Brad and Linda Schneider                   |
| Doug & Karen Flemming           | Hot Brush                  | Tri-State Antique Engine & Thresher Assoc. |
| Deeds Farms - John & Darla      | Joan Banister Agency       | Walden Farms - Eldon & Laura               |
| First National Bank - Bird City | Casey & Lezie McCormick    | Bradley & Barbara Waters                   |
| Frontier Ag                     | McDonald Grocery           | Wright Insurance Agency                    |
| Hendricks Farms                 | Peoples State Bank         | Radean & Velda Wright                      |
|                                 | Portraits By Darci Shields |  |
|                                 | Prairie Land Electric      |  |

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- Free School Lunch Program
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