

## Cougar Tales

As I write my article for this month, I have to wonder where the year has gone. It does not seem possible that April will be here before we know it. We had a very successful winter season but are ready for the warmer weather of spring. Please bring on the rain for our parched soil and to help our farmers!

We are beginning one of the most important academic times of the year for our teachers and our students. This is the beginning of Kansas State Assessment Testing for grades third through eighth and selected grades in high school. It is also a stressful time for our students and staff and we need the help of every parent, grandparent and community member to make this a successful venture for our school. Plenty of rest, good meals and nutrition, coming to school each and every day, and completing homework and assignments will help insure a successful testing experience for our students.

The budget news from Topeka continues to be negative and not positive for our school district as well as others in the state. We were able to make many cuts this year that were not that harmful to our staff and students but that will not be the case for the remainder of this year and next. According to our latest figures, we stand to lose \$25,000 this year and will lose approximately \$52,000 for next year for a total of \$77,000. At this time we are looking at not hiring a teacher to re-

place one of our retirees. Now we must begin to make decisions that are detrimental to our staff, students and community. If budget trends continue, this may mean a loss of more teachers in the future as well as some of our programs and activity offerings.

To help with our financial crisis, our board of education is sponsoring a community fund-raising dinner on Sunday, April 10, from 11:30 a.m. to 1:30 p.m. in the Bird City American Legion. There will be prizes auctioned off, drawings, student entertainment and, of course, delicious food provided by donations and the board, faculty and staff. Please join us and help us raise money to keep our quality education at Cheylin Schools.

We had a successful basketball season for our teams. Our Lady Cougars, under the leadership of seniors, Teryn Carmichael and Whitney Churchwell, and our other team members earned runner-up honors at the substate tournament in Palco. Congratulations to our ladies and coaches, Greg Jones and Audrey Vap for their hard work and success this season.

Our boys team with 26 members was also successful even though they did not make it past Logan at substate. They had the No. 1 seed, but fell to a great defensive effort by Logan. We want to thank our seniors Mitchell Jensen, Craig Busse, Caleb Keltz, Adrian Garcia, Chris Walden, and Health Antholz for their work and efforts this year.

Also, thanks to Anthony Blair and Dennis Hengen for working with all our male athletes.

It was great for our teams to have the parent and fan support we had this season. Without the many sacrifices made by our fans we could not enjoy the success we do. Basketball is a long season, I always tell folks it seems like it lasts a year and a half. Two other groups that have a great impact on our school are our cheerleaders, of which Shayla Hubbard was the lone one to finish the season, and our awesome pep band. Tammi Carmichael and Amy Hendricks worked with our cheer and dance team and Mrs. Hengen directed the pep-band.

At our last board of education meeting, we accepted the retirement resignations of two fine teachers in our district with many years of experience. Kathy Weber has taught for 40 years in public education with 30 of those at Cheylin Schools. Ken Hankins has taught 39 years with a total of 23 years at Cheylin Schools. Combined these two teachers have given 52 years of service to our district and we wish them the very best in their retirement years. Yes, I am somewhat envious of them!

If you have any questions about our school or more specifically about our expenses and budget feel free to stop by the office anytime of call 785-734-2341.

Until next time  
Bruce Bolen  
Superintendent/Principal

## Club Clip

### Kanred Family, Community and Education Unit

Family, Community and Education - Kanred, met on Monday, March 4, at the Lebow Manor. There were four members present: Dorothy Mast, Colleen Catic, Treva Henry and Wanda Dowdy.

Treva gave the lesson at the meeting, it was "Seasoning with Herbs and Spices." This was really an interesting lesson. She began the lesson, by passing out slips of paper with different kinds of food listed and the members were to pick the type of seasonings they would use to cook these. Then each received the fact sheets that were prepared by the K-State Research and Extension Service. These gave lots of ideas about the different seasoning that could be used to enhance the flavors of beef, chicken, fish, lamb, pork, veal, carrots, corn, green beans, greens, peas, potatoes, summer squash, tomatoes and winter squash.

Some seasonings are used to give food unique cultural flavors. For Italian cooking, use oregano, for Indian cooking, use curry, for Mexican recipes, use cilantro and cumin, for Chinese recipes, use ginger and for French cooking, use marjoram.

Herbs and spices have long been used to reduce the growth of bacteria in foods. For example, certain herbs and spices...including cloves, cinnamon, thyme, oregano and rosemary...can function as antibacterial agents. Before there was refrigeration, food spoilage was a significant problem, especially in countries with hot climates. According to researchers, people who began adding spices to their meat in those times were reducing the risk of food borne illnesses without realizing it.

Recent evidence points to another benefit of using herbs and spices when grilling. Marinades containing certain antioxidant spices, such as rosemary and oregano, have been shown to reduce production of potentially harmful heat-formed compounds associated with grilling meat.

There was also information about the storing of herbs and spices. Most people keep seasonings too long for the best quality. To determine a flavoring's quality, crush or rub a small amount in your hand to see if it smells strong and flavorful. Generally, you should keep

herbs and ground spices about a year or less. Keep whole spices up to two years or less. Write the date on the seasoning container when you bring it home from the store.

There are also healthier seasonings that can help with sugar or salt or even fat. If you eat 100 fewer calories than needed a day it can lead to a 10-pound weight loss in a year. Adding spices such as allspice, anise, cardamom, or cinnamon will add flavor and allow you to reduce the amount of sugar in some preparations. Try sweetening oatmeal, sweet potatoes, or squash with a mixture of cinnamon and sugar.

Replace salt in savory preparations with black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger, coriander, or onion powder. Be sure to check the ingredient label of seasoning mixes to ensure that salt is not the first ingredient. To reduce sodium, you can also purchase garlic or onion powder instead of garlic salt or onion salt.

Eating lower-fat preparations can reduce calories and decrease the risks of heart disease and some cancers. Using herbs and spices for flavoring...instead of breadings, batters, gravies, or sauces... is a healthier preparation method. Grilling foods seasoned with herbs and spices, instead of frying, is another way to reduce fat.

Studies show that many popular herbs and spices are sources of natural antioxidants, the compounds of natural antioxidants, the compounds that play an im-

portant role in neutralizing free radicals and reducing cancer risk. The most promising research shows the following results:

Cinnamon has one of the highest anti-oxidant levels of any spice...as much as 1 teaspoon as in a cup of pomegranate juice or a half cup of blueberries. Also, components in cinnamon can act like insulin in the body and may help regulate blood sugar levels.

Hot or cayenne pepper has potential to suppress certain cancer cells.

Sage may protect brain cells and help preserve memory and thinking.

Studies have shown that turmeric may be useful in treating Alzheimer's disease, cancer and cystic fibrosis.

Cloves can help ease a toothache and have been used for years to sweeten bad breath.

Rosemary may help reduce headaches and prevent damage that could lead to strokes and Alzheimer's disease.

Remember to follow good eating guidelines based on the dietary guidelines for Americans. Talk with your doctor before basing nutrition and health decisions on yet-to-be-proven information.

The next Kanred meeting will be at 2 p.m. on April 4 at the LeBow Manor. Dorothy Mast will present the lesson on "Vitamin D From Sunshine and Supplements." Colleen Catic will be the hostess. Anyone who would like to join the group are welcome to come and join the members for this lesson.

## McDonald News By Vera Kacirek

### April events

Monday, April 4: McDonald Senior Citizens potluck and meeting, noon.

Wednesday, April 6: McDonald Area Development meeting, noon.

Wednesday, April 13: McDonald Garden Club Arbor Day tree planting, 1:30 at the Highway 36 Park. Program following at the Senior Center.

Sunday, April 17: Palm Sunday.

Friday, April 22: Good Friday.

Sunday, April 24: Easter Sunday.

Raymond and Marlene Johnson appreciated all their friends and family who visited them last week. They were Brian and Connie Sabatka, Di-

xie Bethell, Phyllis Wingfield, Annie Antholz, Rita Officer, Dana Howard and children, Pastor Mark Adams, Rod and Lisa Johnson, Helen Johnson, Agnes Sabatka, Janice Antholz, Twila Miller, Joan Tongish, Les and Tish Loker, Angela Brooks, Gail and Kay Miller, Mr. and Mrs. Gary Johnson and John, Sylvia Hubbard, Debi Banister, Brent, Deanna and Dylan Johnson and Carrie and Danea Magnani.

Amelia Banister was discharged from the Cheyenne County Hospital last week and on Thursday she became a resident of the Atwood Good Samaritan Home.

On March 8, family members and friends of Kenny and Phyllis Wilkin-

son celebrated March birthdays at Montana Mikes in Colby

Last Thursday Jerry and Betty Knapp visited Vernon and Roberta Davis in a nursing home in Ellsworth.

Jerry and Betty Knapp spent from Thursday to Sunday in Hutchinson visiting Travis Knapp.

Last Thursday Betty Knapp and Barb Krantz had supper at Park Hill in St. Francis.

Brenda Knapp of Colby spent from Sunday to Wednesday visiting her parents, Jerry and Betty Knapp.

Jerry and Betty Knapp were last Friday visitors of Stan and Becky Purvis and children in Goodland.

## Introducing

Andrew and Jennifer Nolan announce the birth of their daughter, Nora Elizabeth Nolan on Feb. 12, 2011, at 1:05 p.m. in Dodge City. She weighed 7 pounds, 11.5 ounces and measured 19-inches long.

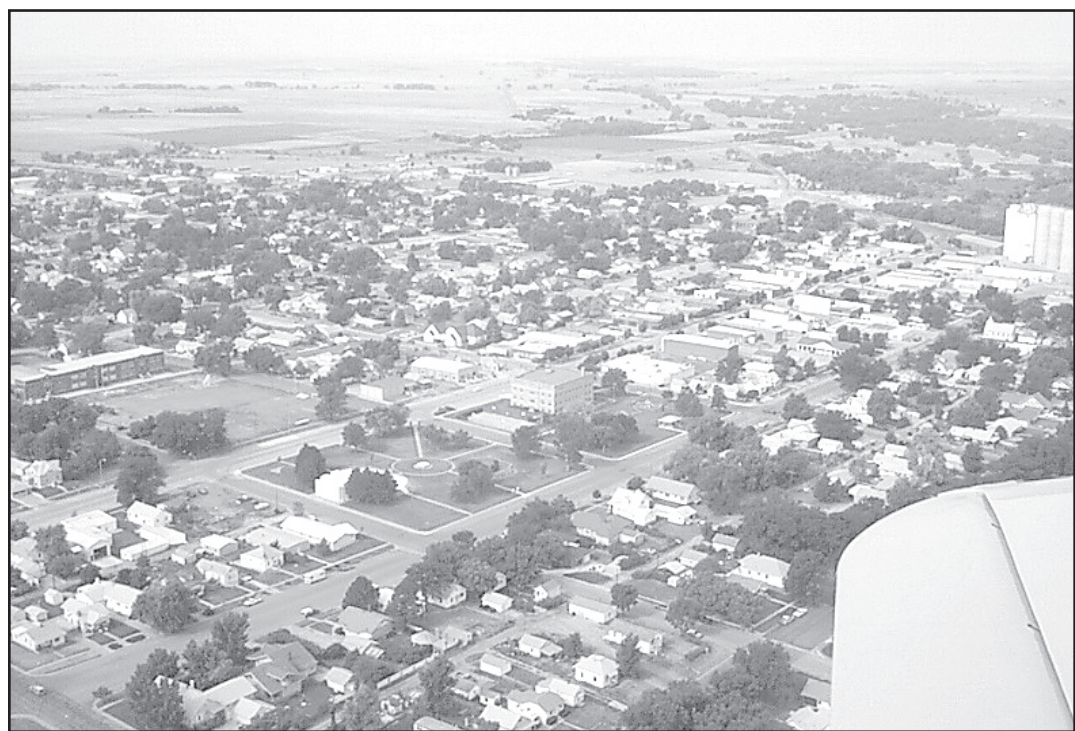
She was welcomed by her grandparents, Steven and Lynnette Nolan of St. Francis, Dale and Barbara Mettlen of Sylvan Grove and great-grandparents, Harold and Eilene Nolan of St. Francis.



Nolan



## Make Cheyenne County a Destination as you enjoy your Travels along U.S. 36



### Don't Miss This Upcoming Special Section Promoting U.S. 36!

Covering Northwest Kansas from Cheyenne to Smith County. Allen Edgington, ad manager, will be contacting area businesses in this grand opportunity to promote St. Francis, Bird City & U.S. 36.

If interested in purchasing advertising space in this section, give us a call at The Saint Francis Herald!

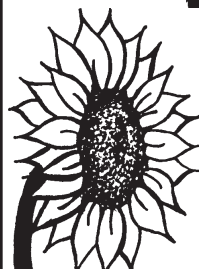
YOU WON'T WANT TO MISS THIS ONE!

## The Saint Francis Herald

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— and —

## Bird City Times



## Upcoming Promotions

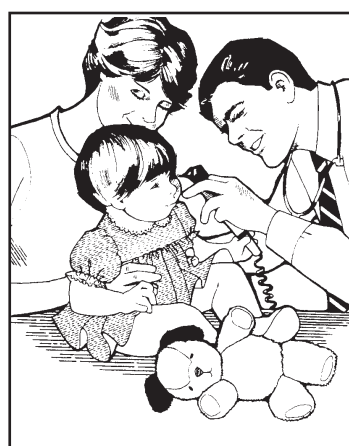
For more information contact Allen Edgington at:

## The Saint Francis Herald

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## Spring School Section

Featuring students involved in sports, vocal, band, drama, honor society and journalism



## Rural Health Section

This section is packed full of information on hospitals, physicians and medical services available in the area