



AUSTIN COBB participates in the 300 meter hurdles during the league track meet in Scott City last Friday.

Times photo by Darci Shields

## Graduate awarded \$1,000 scholarship

Ethan Young, a 2012 graduate of Cheylin High School, has been awarded a \$1,000 scholarship by Yost Ford Mercury and Ford Motor Company. Young is the son of Rod and Jane Young. Young plans to study at the University of Nebraska - Kearney.

The Built Ford Tough Trucks FFA Scholarship Program is designed to recognize FFA members' talents and accomplishments while encouraging their future academic achievements.

The scholarship is one of 529 scholarships awarded by Ford Division, Ford Motor company

Fund and Ford dealers to FFA members who are high school seniors planning to attend college in the fall of 2012, as well as current collegiate students. This program is a part of Ford's overall commitment to the National FFA Foundation.

Additionally, five National \$1,000 Built Ford Tough scholarships are being awarded on behalf of Ford Motor Company. Ford Truck sponsors these five scholarships as a special project of the National FFA Foundation.

Ford has supported the National FFA Foundation since the first F-Series truck was introduced in



Young

1948, and has sponsored the Built Ford Tough collegiate scholarship program since 1997. To date, the program has awarded more than \$7,113,000 in scholarships to more than 7,113 FFA members throughout the country.

Ford knows the value of hard work and believes that hard work should be rewarded. Educating aspiring young people to become the leaders of tomorrow is just another way of ensuring a successful future.

The National FFA organization, formerly known as the Future Farmers of American, is a national youth organization of 540,379 student members as part of 7,489 local FFA Chapters in all 50 states. The FFA mission is to make a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education.

A scholarship was also given to Allison Grice, a St. Francis Community High School graduate.

## Cougar Activities

By Bru and the Crew

Attention ladies and gentlemen. Cheylin schools are officially out for the summer.

The year has ended and the entire oppressed are free from their oppressors. However, even though school is over, sports are in the heat of the season. Let's take a look at the latest golf meet.

The Cougar golf team hosted the final regular season golf meet of the season last Friday at their very own golf course, which is located just north of town. Some claim this was the first time a high school golf meet had been hosted at Bird City's golf course. However whether there has ever been a meet or not at Bird City's course was undetermined. At any rate this was the first meet that had been hosted at Bird City in an extremely long time. The course had to be prepared for the golf meet and there were many hours of work to be done. The boys did an excellent job of banding together to prepare the course. An excellent meal was provided by the booster club. A special thanks to all that made this meet possible.

The results for the meet are as follows: (Varsity scores are based on 18 holes, junior varsity scores are based on nine holes) On junior varsity, Tristan Archer placed fourth and shot a 68, Jacob Brubaker placed third and shot a 62, and Connor Hazuka placed first and shot a 50. On varsity, Wil Orten received fourth and shot an 86, Kenan Reeh got third and shot an 83, Eddie Frisbie earned second and shot a 81, and Casey Vandike was the big winner of the day, placing first and shooting a 77. The varsity team received the first place team medal. Junior varsity teams do not keep team scores

A fun time was had by the grade school last Sunday as the youngsters headed out to the diamond for the Cheylin recreation commission baseball



CASEY VANDIKE lines up his shot. Casey took first at the golf meet.

Times photo by Jacob Brubaker

This camp has been held the last two Sundays and will be held this Sunday as well for anyone who wishes to come participate. The camp is for kids kindergarten to entering sixth grade. The idea behind the camp is to place the kids for the upcoming summer baseball

season. If your child wishes to play summer baseball contact Kale Shields at 785-734-7173 or Jacob Brubaker at 785-734-7217. Check out next week's article for info on the league track meet and regional golf.

## Moments With Mila

By Mila Bandel, County Health Nurse

### National Women's Health Week

Cheyenne County Health Department along with the Kansas Department of Health and Environment, are celebrating National Women's Health Week May 13-19. Women's Health Week empowers women to make their health a top priority.

The Cheyenne County Health Department, and Kansas Department of Health and Environment, comes together during this week to raise awareness of women's health issues and educate women about simple steps they can take for longer, healthier and happier lives. Those steps include:

- Getting at least two hours and 30 minutes of moderate physical activity, one hour and 15 minutes of vigorous physical activity, or a combination of both, each week.
- Eating a nutritious diet that includes fruits, vegetables, whole grains, low-fat dairy products, lean proteins and nuts, and is low in saturated fats, trans fats, cholesterol, salt and added sugars.
- Maintaining a healthy weight.
- Visiting a health care professional to receive regular

checkups and preventive screenings.

- Always wearing a seatbelt.
- Quitting tobacco use. The Kansas Tobacco Quitline - www.QuitNow.net/Kansas or 1-800-QUIT-NOW provides free help.

• Paying attention to mental health, including getting enough sleep and managing stress.

"Regular checkups are vital to the early detection of heart disease, diabetes, cancer, mental health illnesses, infections and other conditions," said Robert Moser, M.D., Kansas Department of Health and Environment secretary

and state health officer. "Screening tests can find diseases early, when they are easier to treat."

The Cheyenne County Health Department would like to encourage women to visit their health care professionals to receive or schedule checkups, and to promote regular checkups as vital to early detection. Learn which screenings and immunizations you need and at what age at www.womenshealth.gov/whw/activity-planning/materials/screening-chart.pdf.

For more information contact the Cheyenne County Health Department at 785-332-2381.

## I-70 construction to alter traffic pattern

Significant changes to the normal I-70 traffic pattern will once again occur tomorrow as contracting crews will place travelers in a head-to-head configuration in the Westbound lanes.

At the Sherman/Thomas County line, I-70 traffic will be reduced to two lanes (one lane in each direction) for approximately one mile as construction crews reconstruct the curve at the Sherman/Thomas County line. The curve is being reconstructed to current standards; and at the same time contractors will lower the road to increase the clearance under the bridge

This I-70 project spans from Edson (Exit 27) east eight miles to the Sherman/Thomas County line.

Work to re-pave this section of I-70 will also begin tomorrow. Crews will mill two inches of the existing asphalt and then place 3.5 inches of new asphalt material along the eight-mile section of the roadway.

I-70 traffic will be reduced to one lane in the construction zone, during daylight hours. Please use caution, pay attention to the work zone signs, and respect workers when driving through any road construction zone. Slow down and "Give 'Em A Brake".

The Kansas Department of Transportation awarded this construction contract - totaling \$7,080,225 - to APAC, Kansas Inc. of Hays.

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**Thank you to all the people who have helped us to this point!**

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## NOTICE • NOTICE

The St. Francis Herald and Bird City Times will be closed on Memorial Day, Monday, May 28th.

Ads and copy DEADLINE for the May 31 issue will be Tues., May 29 at 5 p.m.

Newspapers will be delivered a day later.



**Crooked Creek Angus**  
**Open House**  
**Saturday, May 26**  
**10 a.m. - 4 p.m.**  
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