



Bulletin Board

Casey's Comments

By Casey McCormick
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Good & bad, happy & sad, bitter & sweet. These are examples of the emotional spectrum our home is going through. For last Thursday was the day for our daughter Lexi to fly from the nest.

We are so very proud of what she has done to become a freshman at Washburn University in Topeka. The young woman she is becoming could be the envy of any parents, yet I know I'm a bit biased on this account.

The world is her oyster and she's ready to swallow it whole! Those are the bright emotions. Although optimism fills a part of us the other portion is filled with the dread and forboding of let-

ting go. It should be easier with her three older brothers paving the way to independence. But it isn't.

Knowing that she'll have at least two of those brothers with in an hour's drive ought to make us check our reservations. But it doesn't.

Realizing that as parents our job is to prepare our children to enter society and assume their roles as productive members would make one think that there is nothing to worry about. But that doesn't help much either.

Lexi has been, and will continue to be, such an amazing gift and blessing to us. Though time will soften the blow she will remain our little girl forever.

School Menu

Monday

Breakfast: Aloha muffins squares, cereal, smoothie, cantaloupe and milk.

Lunch: Sausage pizza, green beans, carrot and celery slices, romaine salad, pears, citrus applesauce.

Tuesday

Breakfast: Sausage biscuit and gravy, juice and milk.

Lunch: Italian pasta bake, green pepper strips, mixed vegetables, wheat roll with jelly, garden spinach salad, cantaloupe, watermelon and milk.

Wednesday

Breakfast: Blueberry bubble

bread, sausage links, fresh sliced peaches and milk.

Lunch: Chicken and noodles, mashed potatoes, California blend vegetables, orange and apple slices, gelatin with fruit, applesauce, mandarin oranges and milk.

Thursday

Breakfast: Baked French toast, mandarin oranges and milk.

Lunch: Hot ham and cheese sandwich, potato wedge, cantaloupe and watermelon, broccoli salad, chocolate chip cookie, peaches, pineapple chunks and milk.



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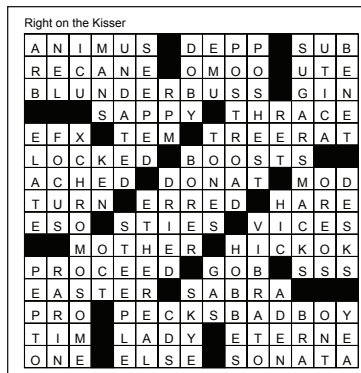
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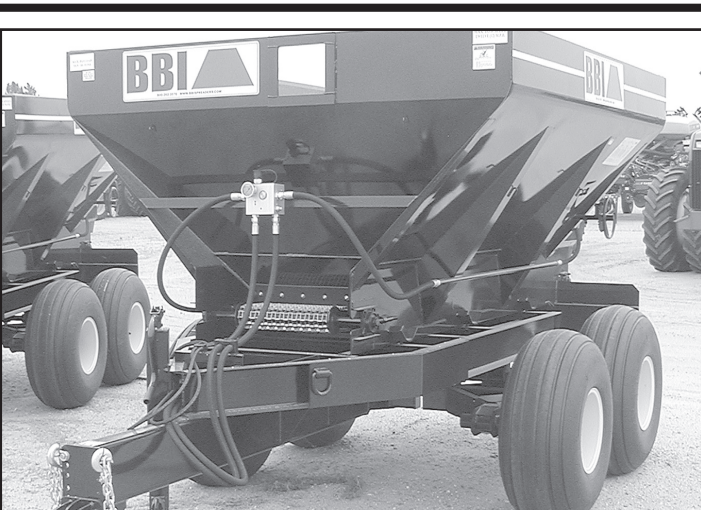
PG (for some rude humor)

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northwest Kansas area. For information or in need of assistance, please call the toll-free number 1-800-794-4624

Correction

Casey Vandike, Heath Churchwell and Derek Vandike were the servers for the ladies luncheon on August 11.

Cougar Activities

By Bru and the Crew

The Cheylin Cougar football team took the first steps toward the state championship on Monday Aug. 15, as they began the first day of their famed two-a-day practices. The Cougar men woke up bright and squirrely Monday morning as they headed to the football field for their 6 a.m. practice session and headed back again that day at 4 p.m. This intense practice schedule continued through the week.

The Cougars, who have captured the Northwest Kansas Liberty League title the last two years, will be looking to make a deep playoff this season. But, do they have the weapons to do it? Here's a look at what to expect;

The Cougars will have to find a way to make up for the holes left in their offense by all-star running back Jeremiah White (2,006 rushing yards) and all-star end Ethan Young (14 pancake blocks). The defense will be hurting as well at the loss of its leading tackler, linebacker Noah Jones and the loss of White, who was anchor safety for a pass defense that tied the school interceptions record. Other graduating notables are safety/full back Austin Manners and end Wil Orten.

The gaps left in offense will have to be filled, but the team is perfectly capable of coming together to do it. The Cougars will be returning three offensive starters and five defensive starters.

Among these starters are Josh Keltz, Kenan Reeh, Adam Orten, Walker Janicke and Reuben Razo. One key to the offense will be the play of returning starting quarterback Kenan Reeh. Reeh led the offense all of last season and was a strong passer, however if the Cougars are to be successful Reeh will have to have a strong running game as well.

He will be assisted in the running game by running back Adam Orten, who will be the second key. Orten was a regular defensive starter last season and was the regular junior varsity quarterback, so he has no lack of game experience.

With great vision and help from his line, Orten has the potential to be the best back in the league. The third and final key could be junior end Walker Janicke. Janicke is a strong blocker with good hands and has many qualities comparable to Ethan Young. He saw lots of quality time last season. Therefore, Janicke has the ability to be one of the Cougar's most dangerous offensive weapons.

Other offensive starters should include junior fullback Ty Carmichael, who will have to step up as a blocker with the loss of Manners, sophomore center Shawn Pochop, junior guard Luis Solis, senior guard Reuben Razo, and senior end Joshua Keltz. With a combined team

effort the Cougars should have a moderately good to strong offense.

Now to the defense, seniors Heath Churchwell and Kenan Reeh will take over starting safety positions. Reeh saw considerable time last year and will be stellar at the position. Churchwell is an extremely intelligent player and will fit in perfectly opposite Reeh. This safety duo, coupled with the three-man pass rush of linemen Carmichael and Solis and nose guard Razo should give the Cougars the same tough pass defense that they've been known for the last few years. The outside edges will be contained by Janicke and Keltz at the defensive ends.

Coach Max Keltz has stated that staying healthy will be the key this season. The Cougars will have a decent defense but still must put up points if they hope to win games. Other players seeing Varsity playing time should include Special teamers junior Eddie Frisbee and senior Austin Cobb.

Please keep in mind that these starting lineups are projections based on my own personal opinions and observations from talking to the team. To see the Cougars opening day starting lineup come out to Cougar field at 7 p.m. on Friday, Aug. 31, and watch the boys take on the Hitchcock County Falcons!

Help Wanted

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Periodicals postage paid
at Bird City, Kansas 67731-0220
Phone (785) 734-7031
Fax (785) 332-3001
Or Phone (785) 332-3162
E-Mail bc.times@nwkansas.com
Published every Thursday
\$33 per year in Cheyenne
and surrounding counties; other
in-state \$36 and all out-of-state
subscriptions, \$40
(strictly in advance).

Postmaster: Send address
correction to P.O. Box 220
Bird City, Kansas 67731-0220

Official City Newspaper
Published Weekly By
Nor'West Newspapers,
Incorporated
Bird City, KS 67731

