

## Royalty crowned at Homecoming game

By Linda Schneider  
dublinlms@gmail.com

In spite of the chill in the air, last Thursday drew a large crowd at the Cheylin football field to crown the 2012 Homecoming King and Queen, and to cheer our Cougar football and volleyball teams.

The event began with announcing the king and queen, Kenan Reeh and Nakita Schneider. Their court was the Cheylin first graders, Brady Ketzner, Oscar Granados, Pablo Bermudez, Victor Hernandez,

Taos Dale, Matthew Hendricks, and Hazy Tolentino, along with their teacher, Morgan Kauten.

Following the coronation, was a performance by the Cheylin junior and senior high marching band. And the seniors arriving on the field riding motorcycles and four-and three wheelers.

The rest of the evening was dedicated to introducing the football and volleyball players. Cristi Antholz, volleyball coach, after the introduction of the players, played for the crowd some taped interviews with some

local residents giving encouraging advice, both about the game and about life to the team.

After Max Keltz, football coach, introduced the team and briefly talked about the players, the pep rally began.

It was a fun evening with the theme, "Lumberjacks Chopping Down the Competition," and was filled with dancing, pancake eating, log sawing, and class skits. And finally, the lighting of the "C" to end the rally.



**HOMECOMING CORONATION:** (above) king, Kenan Reeh, queen, Nakita Schneider, Crown bearer, Brady Ketzner, escort Matthew Hendricks; Left, during the free meal sponsored by First National Bank and The Peoples State Bank, Kaylynn Hendricks spins the wheel for a prize while Joshua Keltz, Nakita Schneider and Grant Shrader stood by. Times staff photo by Linda Schneider

## Harvest crew out cutting

By Norma Martinez  
bc.times@nwkansan.com

Monday's beautiful fall weather brought Derick Burger with Studer Harvesting into Gary Seymour's corn fields driving a corn picker and corn truck with Studer Harvesting. He was driving one of two corn pickers and as the second picker finished off the strip he was preparing to drive the fourth truck load to the elevators.

Mr. Burger is in his fourth year of working with the harvest and comes from Cape Town, South Africa. He is an accountant by trade, and comes to America for the harvest just for a break from accounting.

"Today has been a good day of work for him and his other co-workers," he says, and they are just finishing off at the Seymour place. As for the harvest he says, "This year has been one of the worst year's he has seen for crops due to the unpredictable weather." In Africa they are just now starting to harvest their summer crops.

Farther down the road Rob Jenson was driving the corn picker and his father Chris Jenson was driving the grain truck to the elevators. They were making good progress and things were looking good for them to finish.



**BONNIE BURR** examines the cupboards at the Bird City Senior Estates during the open house held on Saturday afternoon.

Times staff photo by Tim Burr

## Program provides kids with healthy snacks

By Norma Martinez  
bc.times@nwkansan.com

As a means of introducing school children to healthy eating, the Fresh Fruit and Vegetable Program became a permanent program through the Food, Conservation and Energy Act of 2008 (Farm Bill). This program provides children with fresh fruit and vegetables throughout the school day as healthy snack options.

Cheylin received a grant from the Kansas State Department of Education for developing this program in kindergarten through sixth grades. This grant will reimburse the school \$50 per student for the cost of providing fresh fruits and vegetables for all the elementary school children. It is a grant that has to be applied for every year.

The goal of the food act is to create healthier school environments by providing healthier food choices of fresh fruits and vegetables for the elementary school children. These better choices will lead to a healthier diet that will affect their future health.

The grantees must provide these fruits and vegetables separately from the breakfast and lunch program throughout the school day.

Cheylin's fruits and vegetables are being served on Tuesday and Thursday of each week between 1:30 and 2:30 p.m. and are free to elementary school students. The student's teachers will issue handouts with these snacks listing the vitamins contained in each fresh fruit and vegetable item. They will also present instructions on the "what

and why?" of each snack item, listing what the vitamins minerals and such provide to the body function.

So far the teachers have had nothing but positive feedback on this program. The students enjoy the fresh fruits and vegetables being served. If there is an item they receive they don't like, they will exchange it with someone else who wants to trade with them. Very few snacks are going into the trash.

The month of October is "Farm to School Month." Oct. 24 is "Kansas Fruit Day."

The school children planted a garden and the honeydew, cantaloupe, watermelon and cucumbers have come from this garden. Other fruits that have been served are: pears, apples, peaches, oranges and fresh strawberries. Vegetables that have been served are cherry tomatoes, cauliflower, broccoli, red and green peppers, celery, baby and regular carrots.

The changes in the breakfast and lunch menu are being well received by the elementary school children, junior and senior high students are complaining about the ban on salt.

"Salt is an item that most people use out of habit," said Tina Sager.

In other words they just think they have to add it to their food, and don't even check the food to find out how it tastes without pouring in on.

"Salt has been proven to be a major cause of high blood pressure causing strokes," she said.

The cafeteria staff has been mixing various seasonings the students can use as a substitute for salt.