

Cougar Sports By Bru and the Crew

The Cheylin sports teams had a rough week last week. The ladies traveled to Atwood for the annual triangular and the boys hosted Rawlins County at Cougar field. Let's take a look at last week's performances...

The ladies put forth a valiant effort but dropped their first match to Rawlins County. They lost the first set by a score of 12- 25 and the second 11-25.

They dropped their second game to Dundy County as well. The ladies seem to have hit a bit of a rut, but they are a resilient team and I'm sure they'll make a comeback.

The girls will play their next set of matches next Tuesday when they head to Rexford for a four-team quad tournament. Best of luck to our ladies in this set of matches.

Football

The football men hit a rough patch as well.

The Cougars welcomed the Rawlins County Buffaloes to Bird City. The Cougar men took the field at home for the first time this year, but the results were less than ideal.

This game seemed to be lopsided from the first snap. The Cougars struggled to move the ball and the defense couldn't get a stop.

This was a game that saw lots of laundry on the field as both teams were penalized quite heavily. There were times when the flags

seemed countless.

Despite the penalties, the Buffs were still able to amass a 49-0 lead by halftime. The game was then called due to the 45 point mercy rule.

The Buffaloes look to be a strong team this year and will likely make a run at state honors. My only question is: "Why does a team with 30-plus players compete in an 8-man division?"

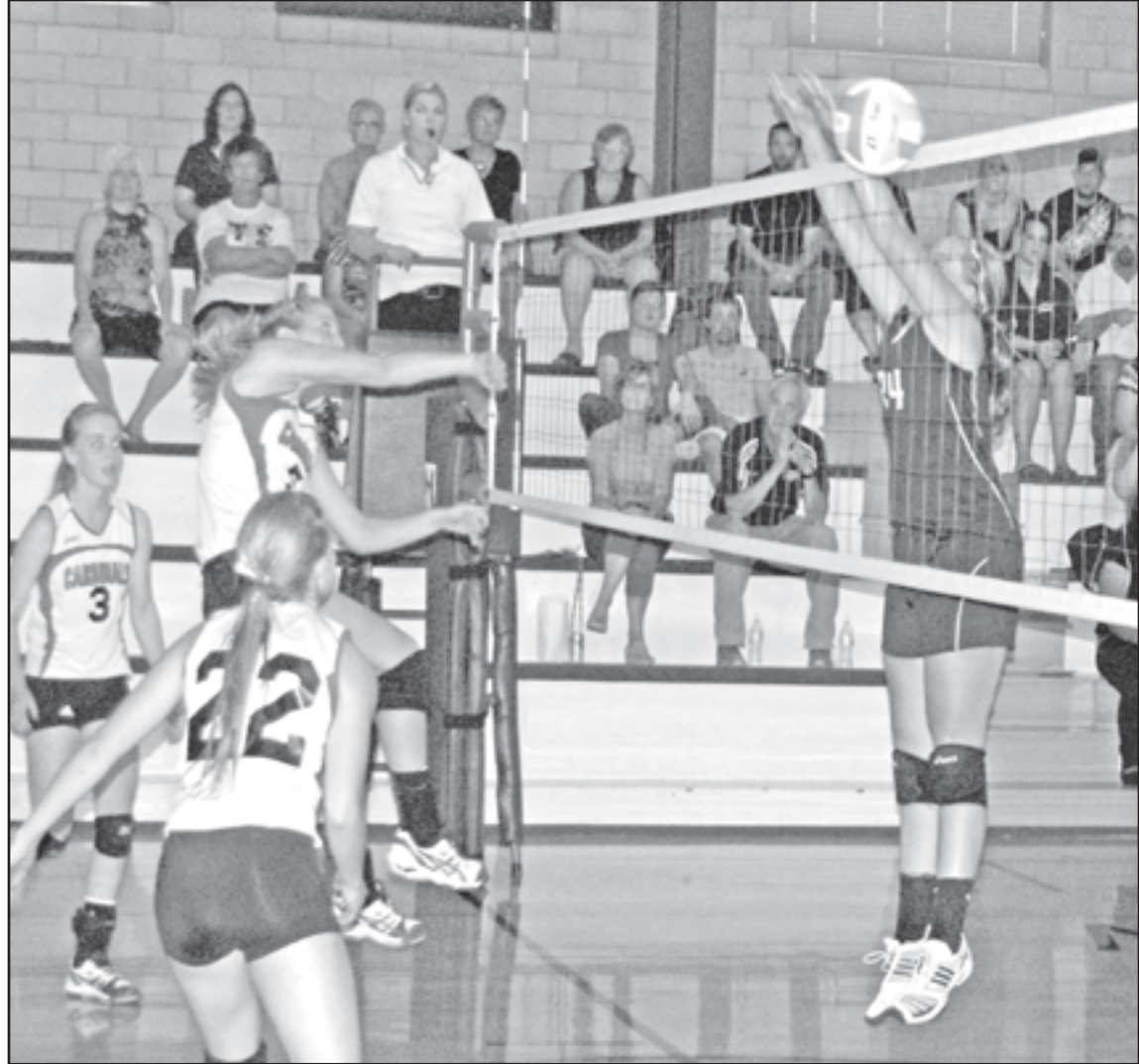
At any rate, this week's game

has the Cougars headed to Grinnell for their first Western Kansas Liberty League game of the season. The Cougars will face off against the Grinnell/Wheatland Thunderhawks. Head on down to Grinnell to show your support!!!!

Good luck to all our Cougar sports teams in their contests in the upcoming week. You can catch up with Cheylin sports and activates anytime at www.cheylincougars.com. GO COUGARS!!!!



COACH SCHIELDS discusses a play with #50, Jacob Serano, and his Junior High teammates.



ELIZABETH KELTZ goes up for a block against the Cardinals.

Moments with Mila By Mila Bandel

Influenza Season Facts

Flu seasons are unpredictable in a number of ways. Although epidemics of flu happen every year, the timing, severity, and length of the season varies from one year to another.

Flu viruses are constantly changing so it's not unusual for new flu virus strains to appear each year. This year's flu vaccine is designed to protect against the influenza viruses that experts predict will be the most common during the upcoming season.

Three kinds of influenza viruses commonly circulate among people today: Influenza A (H1N1) viruses, influenza A (H3N2) viruses, and influenza B viruses. Each year, these viruses are used to produce seasonal influenza vaccine.

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

Signs and symptoms of the flu include: fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue and some people may have vomiting and diarrhea, though this is more common in children than adults. Please note that not everyone with flu will have a fever.

Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These

droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

The single best way to prevent the flu is to get a flu vaccine each season. There are two types of flu vaccine: 1) inactivated vaccine (containing killed virus) that are given with a needle. The inactivated vaccine is approved for use in people 6 months of age and older, including healthy people, people with chronic medical conditions and pregnant women. 2) The nasal-spray flu vaccine – a vaccine made with live, weakened flu virus that is given as a nasal spray. The viruses in the nasal spray vaccine do not cause the flu. The nasal spray is for use in healthy people 2 to 49 years of age who are not pregnant

and have no respiratory problems. Some people should not get vaccinated without first consulting a medical provider. They include: people who have severe allergy to chicken eggs, people who have had a severe reaction to an influenza vaccination in the past.

Children younger than 6 months of age. People who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen.

People with a history of Guillain-Barre Syndrome (a severe paralytic illness) that occurred after receiving an influenza vaccine should not generally receive the vaccine.

Please remember hand hygiene is one of the most important ways to prevent the spread of viruses and infections. For more information regarding the flu vaccine, contact the Cheyenne County Health Department at 785-332-2381.



Commissioners say no to beer garden at fair

By Karen Krien

karen.k@nwkansas.com

The commissioners, at the Friday meeting, were approached about allowing a beer garden at the 2014 fair. In the end, they agreed to continue the policy that there would be no alcohol allowed – that it would continue to be a family-oriented fair.

Dick Bursch, fair board president, said he had been asked by the board to ask the commissioners if they would approve a beer garden during the Cheyenne County Fair. The fair board wanted to have a beer garden in the pit area where the derby is held as well as other events. Their thoughts were that, if the alcohol was kept in a designated area, it would be easier to control.

Mr. Bursch had called to area towns to see if there were beer gardens at their fairs. Atwood had a beer garden this year but, Mr. Bursch was told there would not be a beer garden at the next fair.

He was told that the Thomas County Fair had never had any real problem with alcohol. If someone looked like they had been drinking, they had been kicked off the grounds. Similar answers were given when he

contacted officials in Burlington, Colo., Benkelman, Neb., Sherman County and Sharon Springs.

Hoxie, Mr. Bursch said, does have a beer garden.

Ernie Ketzner, commissioner, said he had talked to both Mr. Bursch and Cody Beeson, sheriff. It is my opinion, he said, that the board should not have to enforce the law on the grounds – that should be up to the law officers.

If we allow drinking on the fairgrounds, said Brett Poling, commissioner, I think that we are opening ourselves up to liability.

It is against the law to drink on public land, said Dale Patton, commissioner. And, it is posted that no alcohol is allowed.

The commissioners all agreed that they did not want a beer garden on the fairgrounds. They thought that law officers could handle any drinking problems if they were constantly seen on the grounds, especially in the pit area and at the mud volleyball games. If an officer sees or questions what is in a cup or can, there is no reason why the officer can't approach the person and ask.

Mr. Bursch said he would take the commissioners' decision back to the fair board.

Helpful Hints

Conditioner

Use your hair conditioner to shave your legs. It's a lot cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it in your hair...

Good-bye Fruit Flies

To get rid of pesky fruit flies, take a small glass fill it 1/2" with Apple Cider Vinegar and 2 drops of dishwashing liquid, mix well. You will find those flies drawn to the cup and gone forever!

Get Rid of Ants

Put small piles of cornmeal where you see ants. They eat it, take it "home," & can't digest it so it kills them. It may take a week or so, esp. if it rains, but it works & you don't have the worry about pets or small children being harmed!

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Approx 560 acres in 4 Tracts
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W/2 NE/4 & W/2 SE/4 5-5-37

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