

Healthy initiative grant awarded

The Northwest Kansas Healthy Communities Initiative (NWKS HCI) just received \$25,000 from the Kansas Health Foundation (KHF) for a grant that will work to improve the health of Cheyenne and Rawlins County residents. The grant will fund efforts to increase institutional access, procurement and consumption of locally sourced healthy food in both counties.

The NWKS HCI is a partnership between Cheyenne and Rawlins counties dedicated to improving the overall health of their communities. In 2013, the coalition received its first grant from the KHF to begin a year of planning on how to help the two counties become healthier places to live. From a larger group of citizens committed to healthier living, a core team was formed which met monthly throughout the year. An Ogallala Commons intern joined the team last sum-

mer to gather information and conduct surveys within the two counties. The results of their planning work provided the focus for this next year of implementation.

"Kansas has fallen from the eighth to the twenty-seventh healthiest state in a very short time," said Steve Coen, President and CEO of the KHF. "We want Kansas to be the healthiest, most livable, most productive state in the nation. To accomplish this, working together, we must improve opportunities for healthier eating, active living and decreased tobacco use."

This grant is part of KHF's Healthy Communities Initiative, a statewide effort to support more than 20 counties across Kansas to the health and wellness of all citizens, with the ultimate goal of using policy change to improve each community.

Home garden kits available for free

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The Cheyenne County Conservation District is sponsoring the Cheyenne County Home Garden Program to assist county residents in establishing their own small, home gardens. Applicants will be provided with plans to build a 4- by 8-foot raised bed and 10 complimentary packets of seeds to grow in their garden.

The objective of the program is to encourage people to grow some of their own fresh produce. Participants will also be asked to share some of their harvest by bringing it into the conservation office where it will be weighed and donated to the local food pantry. There will be a prize awarded to the participant that donates the most produce at the end of the season.

Last year, Brian Holzwarth won the Cheyenne County Conservation District Home Garden

Award. With the packets provided, he and Dani grew an impressive 1,525 pounds of produce. Brian grew tomatoes, cucumbers, cantaloupe, watermelon, carrots, corn, squash and zucchini.

This is the third year for the Home Garden Program to take place. Last year, donations from all participants in the county totaled to 1,987 pounds. Donations were given to the Senior Center, Good Samaritan Village in St. Francis and in Goodland, the schools, and to some individuals.

There were eight participants last year, but the Conservation District hopes for even more this year!

For an application, please stop into the conservation office; call Dani at 332-2341, extension 101 or go to the website at www.cheyennecountycd.com. Seeds will be available on a first come, first served basis.



LUIS SOLIS No.7, rounds third base during the Cheylin vs St. Francis C-Team game last Thursday. Cheylin defeated St. Francis 5-1. Photo courtesy of Darci Shields

Meeting scheduled about water usage

State and local water officials will host an informational meeting and forum for discussion for water users and others interested in the water supply of the South Fork Republican River. The meeting will start at 9 a.m. on Tuesday, June 24, at the St. Francis Community High School cafeteria, 100 College Street, St. Francis.

State water officials charged with protecting and conserving Kansas' water supplies need to understand the interests and concerns of local water users in the face of depleted river flows and the draining of Bonny Reservoir. How could the region benefit from increased streamflow?

Kansas Secretary of Agriculture Jackie McClaskey expressed her interest in serving the needs of Kansans. "KDA needs to hear from water users in the area. We want to make sure that we fully understand their concerns and are working to make sure that we are responsive to the situation."

Water officials will also provide an update on Republican River Compact issues that affect the basin's water supply.

For more information on the meeting, please contact the Kansas Department of Agriculture - Division of Water Resources, Chris Beightel, 785-608-6542 or chris.beightel@kda.ks.gov.

Summer reading program underway

We began our Summer Reading Program today. Such excitement under the direction of Tish Havel and her helpers!

There were 18 children. The theme is Fizz, Boom, Read. Each child got a library card and several books to read. June 17, 27, and July 1 are the next three Tuesdays we are offering this program. If you haven't come, please drop by, it really is a lot of fun.

The Cheylin Rec is sponsoring an Art Clinic. We will be showing their art work. Come inside and view what they have creatively done!

There are many new and helpful books for teacher, parents,

and grandparents of children up through second grade. There are a variety of games, rhyming, and painting for infants through toddlers. We have others on screen free parenting, lists of fabulous books for elementary and teens, and how to work with picky eaters. More are on playtime, generation extra-large, and child development.

Come in. We can help you find books for your Kindles or other reading devices that are free through Sunflower-eLibrary, also magazines through Zinio digital magazines.

Come in and broaden your horizons!

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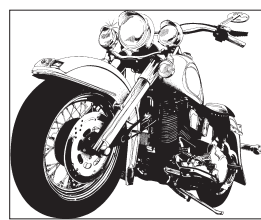
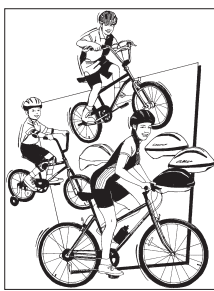
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Celebration Starts
June 25th - 28th

Free Event

Let's Do Tea
 National Iced Tea Month
 All Teas 10% OFF
 Buy one, get one
 Teapots



Bike Blessing
 Noon June 28th
 Featuring lunch, blessing, scavenger hunt and ride.
 Prizes and Prayers

Check us out on

Newlife
 212 Norris Ave.
 McCook, Ne



Welcome to
 Bird City, Kansas
 We are excited to host the
 4th annual
Cheyenne County
July 4th Celebration
Friday, July 4
 A day to celebrate America's
 Birthday with events &
 activities for all ages!

- Be inspired by the large city-wide American Flag display
- Enjoy seeing the patriotic-decorated yards, homes, churches & businesses
- Cheer on your favorite contestant at the Hot Dog Eating Contest
- Let a smile come to your face as you watch the red, white & blue kid's parade
- Raise your voice as we all sing our favorite songs at the patriotic sing-a-long
- Meet your family & friends at the thresher grounds to enjoy food, drinks, music & rides as we wait for a spectacular fireworks display set to patriotic music.

See 1,000 red & blue LED finger lights light up the grounds.