

Ladies prepare for substate tourney

By Betty Jean Winston
betty.w@nwkans.com

Cheylin played Rawlins County and Wallace County the week of Feb. 21 and found themselves on the short end of the score in both games. Rawlins County won the Tuesday game 55-38 and Wallace County the Friday game 53-41.

Following the Wallace County game, the Ladies began finishing their preparations for the substate tournament the week of March 7.

Vs Rawlins County

The Rawlins County Lady Buffs defeated Cheylin on Tuesday, Feb. 22, in Atwood. The final score was Rawlins County 55, Cheylin 38.

The Lady Cougars had trouble scoring during the first three quarters of the game, having only 20 points at the end of three compared to 43 for the Lady Buffs. The final period saw Cheylin almost double their score but by then Rawlins County had the win secured.

"We played a big, tough Rawlins County team in front of their home crowd," Coach Greg Jones said. "The girls fought hard from the beginning to the end but we found it difficult to match up to Rawlins County's size advantage and we lost the rebounding battle."

Stephanie Busse put 15 points through the hoop for the Lady Cougars. This included 3-of-3 from the free-throw line.

The team had 13 rebounds with Busse having five of them. Only three steals were recorded with Whitney Churchwell have three of them and she also had the only

block of the game.

"I continue to see improvement as we move toward sub-state play," Coach Jones said.

C 08 08 04 18 38
R 14 17 12 12 55

Scoring: Busse 15, Shayla Hubbard 9, Susannah Jones 6, Teryn Carmichael 4, Forrest Burr 4.

Rebounding: Busse 5, Burr 3, Churchwell 2, Jones 2, Carmichael 1.

Vs Golden Plains

The scoring for the Golden Plains/Cheylin game held on Feb. 18 was published in the Feb. 24 issue of the Times. Golden Plains won this game 58-34.

Coach Jones said the Lady Cougars came out and took control of the game early on, but went into a slump in the second quarter.

"We were able to rally back to within three points at the end of the third quarter but foul trouble really hurt us in the fourth quarter," he said.

The rebounding in this game was led by Busse with six. Other rebounding stats include Burr, five, Churchwell, four, and Carmichael, Jones, and Hubbard, one each, for a total of 18.

Vs Wallace County

After a slow first quarter the two teams picked up their scoring with Cheylin ahead by one point at half-time. It was during the second half of the game that the Lady Wildcats moved ahead of the Lady Cougars and at the end had the 53-41 victory.

"We got off to a really good



TERYN CARMICHAEL (14), plays defense on a Sharon Springs player. Also pictured playing defense is Forrest Burr (14).

Times photo by Darci Schields

start and were up by double digits in the first half," Coach Jones said. "Wallace County fought back and we led by one at the half."

"Toward the end of the third quarter, Wallace County's full court pressure wore us down and they came out on top."

Carmichael with 14 points and Hubbard with 13 led the scoring for the Lady Cougars. The team was 3-of-6 from the free throw line for 50 percent and 17-of-43 in the field for 40 percent.

Busse was the leading rebound-

er with six and she and Churchwell each had a blocked shot. The team had 10 steals with Busse having three.

"I think that we have a great opportunity to be successful in sub-state play if we can play with confidence and mental toughness," Coach Jones said.

C 06 15 10 10 41

W 06 14 18 15 53

Scoring: Carmichael 14, Hubbard 13, Busse 6, Burr 6, Jones 2.

Rebounding: Busse 6, Burr 5, Churchwell 2, Jones 1, Hubbard 1.

Football player offered scholarship



Jared Cahoj

For the last four years, Jared Cahoj has been an outstanding football player for the Cheylin Cougars. After a successful football season as team captain he was offered a Division II football scholarship to Oklahoma Panhandle State University in Goodwell. Along with the football scholarship, Jared was also offered an academic scholarship, and plans to major in agriculture. Jared is the son of James and Kendal Cahoj.

In Jared's sophomore year he won honorable mention with the Western Kansas/Liberty League as a linebacker.

During his junior year, he was named to the second team, Western Kansas/Liberty League as a linebacker.

This year he was named to the league's team as first team linebacker and honorable mention as a running back.

Jared participates in track during the spring. Here he is involved in the long jump and sprints.

"I think my biggest contribution to the Cougars football team was by getting the needed first downs or touchdowns. I was a team captain of a winning team, and voted most valuable player for three years," Jared said.

Jared's senior year he was the team captain that led the Cheylin Cougars to a 10-1 overall record and a 6-0 record in the Western Kansas/Liberty League. They defeated Victoria 56-6 in the first round of the playoffs, and lost to Otis Bison 51-6 in the quarterfinals.

Jared said he felt excited and

overjoyed that a Division II out-of-state football team wanted someone from an eight-man football team.

The Oklahoma Panhandle State Aggies finished the 2010 season 6-5. In football, they belong to the National Collegiate Athletic Association (NCAA) Division II Independent Schools.

Jared feels he will contribute the most to his college team by helping out the defense side as a tailback on the offense.

As a fullback and linebacker for the Cougars, coach Max Keltz says, "Jared was a team leader who loved the game and should do well at Panhandle State University." The coach went on to add that Jared was an unselfish player for Cheylin and should be as good for this school. "I am excited to see how he progresses and look forward to watching him continue to grow as a player and person."

Moments With Mila By Mila Bandel, RN

Is Obesity an Issue in Your House?

Did you know that one-third of all American children are overweight and 17 percent are obese? And the number of overweight adolescents has doubled over the past three decades? What about your child? Follow these steps and help your kids avoid our nation's unhealthy trend.

Step 1: Know your child's Body Mass Index (BMI) number. Call the Cheyenne County Health Department and your child's number can be figured. All you need is your child's height and weight and we can calculate the Body Mass Index.

If your child's number is above the 85th percentile he or she is likely overweight.

If above the 95th percentile then he or she is considered obese. Talk with your family medical provider about the next steps to take.

Step 2: It's time for a metabolism makeover: Convert unhealthy food choices to a sensible eating plan!

Change your frame of mind. "Diets" are all about rules, requirements and limitations. Instead of focusing on what you "shouldn't" or "can't" do, emphasize what you can do, like choosing to eat healthy foods and increase your physical activity level.

The simplest changes count. Just skipping one or two cookies a day and adding 30 extra minutes of play time can make a difference.

Try to eat more foods that are

focused on by the U.S. Department of Agriculture's "MyPyramid." Make half of your grains whole, vary your veggies with a variety of different vegetables, focus on fruits, get your calcium rich foods in the milk group, and go lean with protein in the meat and beans group.

Step 3: Make it a family affair. When the whole family is involved in making healthy changes you boost your odds in the battle against childhood obesity.

Studies have shown that children whose families eat dinner together are less likely to be obese. Also, kids who get adequate sleep and limit television time to two hours a day are less likely to be obese. Watch the computer and video game usage as well.

Be a sensible role model for your children; they will do what they see you do. Learn more about how to help your child develop healthy habits.

Practice what you preach; avoid that cookie and join your kids in

their play time.

Take a family walk after dinner, go to the park and spend an hour playing with your kids, or go swimming at the pool!

Step 4: Don't make it hard for kids to make healthy decisions!

Build a healthy environment at home. Keep fruits and vegetables within arm's reach. Leave the junk food behind on the grocery store shelves.

Weight can be a touchy topic between children and parents. Avoid criticizing their eating habits. Instead, educate them about being healthy and benefits that come with it. Make sure to praise them for making healthy choices too!

Keep these tips in mind when making your family grocery list or planning a family vacation! Soon these steps will be part of your routine.

For more information regarding Body Mass Index calculating and or nutritional information, contact the Cheyenne County Health Department at 785-332-2381.

McDonald News By Vera Kacirek

March Events in McDonald
Wednesday, March 2 -- McDonald Area Development meeting noon.

Monday, March 7 -- McDonald senior citizens potluck and meeting, noon.

Wednesday, March 9 -- McDonald Garden Club -- Noon luncheon.

Wednesday, March 9 -- Ash Wednesday -- Lent begins.

Thursday, March 17 -- St. Patrick's Day.

Susie Sabatka spent from Thursday to Tuesday in Manhattan help-

ing Rachel Mallett with her family. One of the twins has pneumonia.

The McDonald Area Development valentine drawing was held on Valentine's Day. The winners of certificates were Tunney Loker, and Levi Pochop. The certificates can be used at the grocery store or any other place of business. No certificate was issued to Two Lee's restaurant, and it is now closed.

Mrs. Brandon Sabatka and children of Colby and Danea Magnani were Saturday morning visitors of Ray and Marlene Johnson.

Last Saturday Kay Miller drove

to Imperial, Neb., to visit her cousins there.

Rod Klepper was a Saturday morning visitor of Gail and Kay Miller.

Kenny and Phyllis Wilkinson attended the Cheylin -- St. Francis basketball game last Tuesday.

Phyllis Wilkinson and Lisa Johnson went to McCook on Thursday and had lunch with John and Rachel Miller and Naomi Thadker.

On Saturday evening Kenny and Phyllis Wilkinson attended the birthday supper for Father Nicholas at St. John's Hall.

Upcoming Promotions

For more information contact Allen Edgington at:



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