



There is no such thing as a free federal lunch

Parents and students are astir about cutbacks in school lunches intended by our nanny government to fight teenage obesity: no more seconds on meat, no oil in the salad dressing, more fruits and vegetables, less of the carbs and meat kids sometimes crave.

Especially put out are the parents of kids in sports, who might need two to three times the calories each day that the average child could get by on. The new rules strike at the heart of this bunch: the football and volleyball players, runners and others who practice every day.

The no-seconds rule is the biggest visible change, but ever-tighter limits on salt and carbs, and increased servings of fruits and vegetables, may have more impact.

So, if the football players are still hungry? "They can always go back for another helping at the salad bar," one school official sniffed.

Or, they might, probably will, go load up on candy, chips and other unhealthy snacks between school and practice, then down a huge supper when a big lunch would have been better for them.

The reaction of administrators is something like, "Well, it's a federal decision, and we have to go along."

Which is both disingenuous and not exactly true. What's true is this is a decision by the Obama administration, and while they don't have to go along with it, they will — because they don't want to lose their federal lunch money.

Always the strings with that federal money. Our schools are addicted to federal money,

which can make up a big chunk of a district's budget, depending on what programs it's heavy into.

Obesity is an epidemic, no doubt. The only debate should be about whether it's something the federal government should try to fix, or whether it's best left to states, school districts and families.

Administrators should be much more concerned about the damage done by No Child Left Behind, Race to the Top and all these redundant and sometimes harmful tests our kids are taking.

But the lunch issue strikes to the heart of the matter when kids come home and say that they're hungry because of Obama's rules, or that they won't eat the salads because the oil-free dressing "tastes icky."

As John Schlageck of the Kansas Farm Bureau points out, kids don't come in one size, and one size of meal doesn't necessarily fit every one. It's also true that in small, rural schools, where most kids take part in some sports activity, obesity may not be the problem it is in the city.

However, the lunch ladies don't want to have to look at the kids and decide who's fat and who can have a second helping, either. One size is a lot easier to deal with.

As long as there's federal money involved, the do-gooders are going to win. Nanny knows best, and if we know what's good for our federal money, we'll go along.

There's an alternative, but no one wants to hear about it. — Steve Haynes



Casey's Comments

By Casey McCormick



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It's hard saying good bye to an old friend.

For years he stood tall and firm, practically as mighty as an oak. We always thought he would out last us and remain a fixture in St. Francis for years to come.

But it was not to be as he went from what appeared to be perfect health on the outside, yet riddled with rot within.

The first sign of trouble was when he lost a limb or two. Sure we were concerned, but we've

all seen others like him who could still function and live full lives. Yet a specialist was called in from out-of-town and his prognoses was not what we expected. The best course of action for our friend would be a quick end. That would be the humane thing to do, it was reasoned.

Oh well, at least we can rest content that it was a fast finish. Having the wonderful family, Kurt and Margaret Bucholtz and sons Trevor and Joe, there also helped with the clean up and dis-

posal of our old companion. We are being consoled by outsiders who say, "You can just buy a new one."

A new one indeed. We never considered ourselves as "tree huggers," but after having our majestic and lofty locust tree on the west side of the lawn suddenly disappear, we're having second thoughts.

Concerns for doctor answered

Letter to the Editor: This letter is in response to all of the recent comments regarding the concerns of Dr. Allard's leaving and the hospital's remarks regarding this rumor. Be reassured that our number one priority is and always has been the healthcare of the citizens of Cheyenne County and the surrounding area. Dr. Allard's contract remains intact and is not up for renewal until August 2013.

As with all employees of Cheyenne County Hospital and Clinic, sometimes our communication breaks down and misunderstandings arise. For that, we are focusing on improving this with all of our staff, which includes providers, administration and the employees of the hospital and clinic. When issues arise regarding an

Letters to the Editor

employee, we are held to the strictest confidence as not to damage or ruin our employees' reputation. Administration at Cheyenne County Hospital and Clinic supports the providers and believe in providing a safe and secure place for the providers to practice.

We are very proud of the care that all of our providers give to the community. They work very hard and put in many sleepless nights to make sure that our patients receive the care they deserve. We practice as a team at Cheyenne County Hospital and Clinic as we all believe that this provides a solid foundation for healthcare here in Cheyenne County. We are not perfect but we will continue to

strive to work collaboratively to meet and exceed the community's health care needs.

We hope that this helps in squelching rumors that Dr. Allard is leaving or that her contract may not be renewed. It is in neither of our interests to create strife or division in the community. We invite you as a community to work with us to support not only Dr. Allard but all off our providers and the entire Cheyenne County Hospital and Clinic staff in doing what we do best, taking care of our patients and providing the best care in Northwest Kansas.

Dr. Rebecca Allard
Les Lacy
St. Francis

Reader pays tribute to deceased

A tribute to Terry Rueb

Letter to the Editor: All Terry Rueb ever wanted was his VW Beetle collection. He was so much smarter than society, but he could not get so many thoughts and words out in one coherent sentence that most people would still find incomprehensible.

All Terry wanted, a Don Quixote, was for his own people, he

thought, was to understand. He worked, travelled, read, talked and listened about the universe, religion, the world, self definition and independence. He dared to go where most of us will never venture.

Terry, above many misinformed, misguided people, has won. If I cry, it is only because he no

longer graces this Main Street. If I applaud, it is only how smartly, independently, he has made it to the other side.

I wish this town would save and memorialize his last VW. Maybe that is not so important now.

Love to Terry,
Ellen Wellman
St. Francis

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GOD SAYS

Remember the former things of old: for I am God, and there is none else; I am God, and there is none like me.

Isaiah 46:9

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Hangin' With Marge

By Margaret Bucholtz



I am not sure where I have been all my life but I didn't know that you could take a picture into a store and have it made into a poster-size picture. Maybe it is because I live out in the sticks but I sure was surprised this summer.

Last year when the family and friends met at Wilson Lake I was having fun playing in the water with the little kids (and the older kids). When I got tired I crawled upon a rock and laid down.

It wasn't long until Brooke Hilt started taking pictures with her water camera. I was really pretty far away so I wasn't worried. I lay on my side and propped up on my elbow and really acted like a model in a swimming suit. Everyone there was laughing and having fun.

This year I didn't get into the water on the first day. I was busy getting things around and people comfortable. It was sometime in the afternoon when everyone seemed to be sitting in chairs around our camper. I wasn't paying attention to what was going on; after all I was just there to

Posters

enjoying the weekend.

Finally one of the granddaughters said, "Do you always paint pictures on your camper?" I looked at her and said, "What are you talking about?" Then I saw it! It was this huge poster of me in my swimming suit modeling from last year. My mouth dropped open and Tucker, one of the grandsons said, "Grandma did someone put your face on that person? I know you wouldn't have posed like that."

I couldn't tell him that I didn't do it, so I just said "No, Tucker, Grandma made a mistake last year."

Someone said they bet that the Walmart store in Kansas City

was probably wondering what kind of person would want a picture like that. More than that, what kind of contest was that old lady in?

When we got home I was cleaning out the camper and there was the poster. I brought it in and hung it on the ceiling over Kurt's side of the bed. I wondered how long it would take him to notice. I waited about a week and then I took him in the room and told him to look up. Sure enough he hadn't seen it, but his excuse was that I always go to bed first and he doesn't turn any lights on so he won't wake me.

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Sunday Mass 10:30 a.m.
Weekday Mass 8:00 a.m.
Confessions Sat. 4-4:30

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Morning Worship 11 a.m.
Communion 3rd Sunday

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Church 332-2254,
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Sunday School 9:30 a.m.
Worship 10:30 a.m.

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Church Service 10:15 a.m.

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J.W. Glidewell, Pastor
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Worship 10:30 a.m.
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Wed. AWANA Club 6:30 - 8:00 p.m.

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332-3150
204 N. Quincy Street
www.sfccfamily.com
Pastor: David Butler
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Potluck & Communion - Every 2nd Sunday
Wednesday Bible Study 7 p.m.

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Pastor Randy Nelson
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