

Board hears about new procedures

By Norma Martinez
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Top items on the agenda during the Oct. 10, Cheylin School Board meeting provided information rather than items of discussion.

Nick Ketzner and Belinda Serrano reported on what they learned from attending the Kansas Association of School Board new board member workshop, at the same time Bruce Bolen, superintendent, attended the Fall Education Summit meeting held in Colby on Oct. 6.

Mr. Bolen explained the new procedures of accreditation which if they are passed will replace the present Adequate Yearly Progress means of testing. At the present time he was 99 percent sure they will be passed. (See separate article.)

Cheylin Foundation changes

An update was given on the Cheylin School Foundation with Century II as to changes being made. At the present time these funds were divided into separate categories. The decision was made to combine all the funds into sub accounts. This eliminates the fees for separate accounts, but they can still be tracked. The fund to remain as a separate account is the golf club account, because this fund is provided through fund raisers.

Moby bus repairs

Randy Miller, maintenance, worked on the Moby bus and has it up and running saving a great deal of money on repairs. MCI had ordered a compressor in the amount of \$7,000. After Randy checked on the internet and found the exact same compressor at a cost of \$2,000 the MCI order was canceled.

Audit report

Angela Ketteri and Brian Staats, from Adams, Brown, Beran and Ball, presented the audit report. They were pleased with the excellent job in keeping track of expenditures, reporting to the board each month, and keeping track of the money coming in, and where it is going. The audit report was unanimously approved.

Installations

People are urged to check out the school restrooms. New touch-free paper towel and soap dispensers have been installed in both the boys and girls restrooms. The supplier reloads the dispensers, as long as Cheylin purchases the soap and paper towels from them. Mr. Bolin believes the automatic dispensers will save on the waste of paper towels and soap making them more economical, and cut down on the liter more than the ones they presently used.



THE RECENT WEATHER has put the steel construction work at the dairy to a halt. Estimated date for completion and arrival of the cows is Thanksgiving Day.

Times staff photo by Norma Martinez

Moments with Mila By Mila Bandel

American Diabetes Month

November is American Diabetes month, a time to communicate the seriousness of

diabetes and the importance of diabetes prevention and control.

The term "diabetes mellitus" that you might here from medical staff, family members or on TV refers to a group of diseases that affect how your body uses blood glucose, commonly called blood sugar. Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. It's your brain's main source of fuel.

If you have diabetes, no matter what type, it means you have too much glucose in your blood, although the reasons may differ. Too much glucose can lead to serious health problems. Chronic diabetes conditions include type 1 diabetes and type 2 diabetes. Potentially reversible diabetes conditions include prediabetes – when your blood sugar levels are higher than normal, but not high enough to be classified as diabetes and gestational diabetes, which occurs during pregnancy.

Diabetes symptoms vary

depending on how high your blood sugar is elevated. Some people, especially those with prediabetes or type 2 diabetes, may not experience symptoms initially. In type 1 diabetes, however, symptoms tend to come on quickly and be more severe.

Some symptoms for type 1 and 2 include; increased thirst; frequent urination; extreme hunger; unexplained weight loss; fatigue; blurred vision; slow-healing sores; mild high blood pressure; frequent infections, such as gum or skin infections and vaginal or bladder infections. Although type 1 diabetes can develop at any age, it typically appears during childhood or adolescence.

Type 2 diabetes, the most common type, can develop at any age and is often preventable.

Treatments for all types of diabetes include;

Healthy eating. Contrary to popular beliefs, there's no diabetes diet. You won't be restricted to boring, bland foods. Instead, you'll

need plenty of fruits, vegetables and whole grains – foods that are high in nutrition and low in fat and calories and less sweets. It is the best eating plan for the entire family.

Physical activity. Everyone needs regular aerobic exercise, and people who have diabetes are no exception. Exercise lowers your blood sugar level by transporting sugar to your cells, where it's used for energy. Exercise also increases your sensitivity to insulin, which means your body needs less insulin to transport sugar to your cells. Walking is the easiest and cheapest activity to enjoy. Aim for at least 30 minutes most days of the week.

Diabetes is a serious disease. Follow your diabetes treatment plan your medical provider has implemented for you. Every effort is worthwhile and careful management of diabetes can reduce your risk of serious-even life-threatening complications.

McDonald News By Sandy Binning

Laddie Kacirek was a respected member from one of the founding families of our community. Laddie was so proud of his fine herd of Registered Hereford cattle and Nattily tended all farming operations.

Encouragement comes to mind when we visualize a visit with Laddie and that strength was also passed on to his beloved family.

Sympathy is being extended to his wife Vera, and his children, grandchildren, and remaining sibling, Phyllis Wilkinson.

Stan and Dana Palmer and children of Corunna, Ind. were Monday through Thursday guests of Kenneth and Phyllis Wilkinson.

Monday evening Trick or Treaters of Kenneth and Phyllis Wilkinson were Josh and Sami Johnson and Ballerina Lacy.

Additional Wednesday evening and supper guests of Kenneth and Phyllis Wilkinson and their guests were Greg and Cheryl Wilkinson, Rod and Lisa Johnson, and Shawn Wilkinson.

Deloris Reeh and Iris McIntosh attended the funeral of Laddie Kacirek in Atwood Tuesday morning then had lunch at River

Bottom.

Jan Antholz, Becky and Cristy Antholz, Jeri and Mindy Antholz, and Megan Antholz met Janet and Crystal Griffith in Denver, Colo. Saturday and attended "Lion King Live". They all returned home Sunday.

Friday evening, Karlyne Atchison visited Amelia Banister in the Good Samaritan Home in Atwood. While there she also visited with Aunt Marie Holzwarth, Lanny DeGood,

and Dave Robertson.

Fred and Lavina Waters and Jeanna Penny traveled to the home of Blake Waters in Basehor, Thursday. They greeted their grandson and nephew, Captain Nathan Waters who had just returned from 'Tour of Duty in Afganistan. Fred, Lavina, and Jeanna all returned home Saturday.

Thad Lewis of Santa Maria, Calif. is spending the weekend with his mother, Betty Lewis.

South of McDonald

Monday evening, Dennis and Elda Kramer and girls, Charlene Kramer, and Andrew Pratt of Mexico attended the Fall Festival at the 4-H Building in St. Francis that was sponsored by three area churches.

Kathy Banister coached the Brewster High School Scholars

Bowl team Tuesday at Rawlins County High School.

George Banister attended the Bi-District Football game Tuesday evening in Bird City. Cheylin lost to Victoria.

Kathy Banister attended the McDonald American Legion Benefit dinner Sunday.

Man celebrates last birthday in Colorado

On Sept. 17, a birthday party was held at the Lakewood, Colo., home of Gloria and Kenny Riemer for Junior Cress's 81st birthday. Those present were Pat and Vicki Cress, St. Francis, Dan and Linda Cress and family, Aurora, Colo., John and Jeanelle Alden, Highland Ranch, Colo., Joyce and Rusty Schuyler and Wren, and John Scott Alden, Littleton, Colo. as well as Junior and Jerry Cress.

Junior couldn't walk anymore because of a muscle-wasting

disease. But his most important question of the day was, "What are we having to eat?" Everyone brought food and Gloria and Kenny made homemade ice cream. It was a good day!

Junior and Jerry were able to celebrate their 63rd anniversary on Oct. 3. Junior died on Oct. 8 after pneumonia hit him suddenly.

Bird City News

Hulda Dorsch recently went to Ellis to spend the night with her sister, Edna, on her way to Louisburg to visit her son, Jim and wife Lorri. While in Louisburg, after church, Barbara Sweazy of Gardner met Hulda for lunch then they returned to Barbara's home where Barbara's daughters, Michelle of Lyndon, Kirsten and Stacy of Gardner came to visit. It was a good time of sharing memories. Hulda returned home the following week after an overnight stay again at Ellis.

TREASURER'S QUARTERLY STATEMENT

ENDING OCTOBER 31, 2011

Published in The St Francis Herald, St Francis, KS & Bird City Times, Bird City, KS Thursday, Nov 10, 2011 (45)

Fund	Balance
GENERAL	-91,711.13
ROAD & BRIDGE	532,498.09
SPECIAL MACHINERY	206,646.00
BRIDGE BUILDING	54,058.00
NOXIOUS WEED	2,320.40
NOXIOUS WEED SPECIAL	8,731.70
CAFETERIA PLAN	6,672.98
RURAL FIRE	6,115.14
DIVERSION	3,097.93
CO ATT'Y BAD CHECK	981.25
REG OF DEEDS TECH	19,470.96
PROSECUTION	2,858.73
RECREATIONAL VEHICLE	464.62
SPECIAL PARKS & REC	5,422.13
E-911	12,220.73
AMBULANCE MEMORIAL	6,033.36
ADVANCED TAX	15,290.95
SPECIAL FIRE EQUIP	15,899.00
MOTOR VEHICLE TAX	34,898.27
MOTOR VEHICLE	8,221.78
STATE SALES TAX	45,300.54
ATTORNEY	866.00
FISH & GAME	67.50
STATE GENERAL	10.61
MAPS	80.00
BENKELMAN TOWNSHIP	620.45
CALHOUN TOWNSHIP	7,122.97
JAUQA TOWNSHIP	7,307.57
HANDICAP EQUIPMENT	875.00
EQUIPMENT RESERVE	338,612.41
CCH/COUNTY HEALTH	27,823.84
PRAIRIE DOG	8,768.30
GIFT ANNUITY	13,336.59
CAPITAL IMPROVEMENT	108,604.05
	1,409,586.72



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Friday

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Black Friday savings are here NOW!

<p>20% off Special!</p> <p>RESTONIC MODEL ComfortCare® Belmonte Pillowtop</p> <p>Queen Set \$799</p> <table border="1"> <tr><td>Twin set</td><td>WAS \$699</td><td>SALE \$539</td></tr> <tr><td>Full set</td><td>\$849</td><td>\$679</td></tr> <tr><td>Queen set</td><td>\$999</td><td>\$799</td></tr> <tr><td>King set</td><td>\$1299</td><td>\$1039</td></tr> </table>	Twin set	WAS \$699	SALE \$539	Full set	\$849	\$679	Queen set	\$999	\$799	King set	\$1299	\$1039	<p>20% off Special!</p> <p>RESTONIC MODEL ComfortCare® Atlantis Firm</p> <p>Queen Set \$699</p> <table border="1"> <tr><td>Twin set</td><td>WAS \$649</td><td>SALE \$479</td></tr> <tr><td>Full set</td><td>\$799</td><td>\$599</td></tr> <tr><td>Queen set</td><td>\$899</td><td>\$699</td></tr> <tr><td>King set</td><td>\$1099</td><td>\$879</td></tr> </table>	Twin set	WAS \$649	SALE \$479	Full set	\$799	\$599	Queen set	\$899	\$699	King set	\$1099	\$879	<p>20% off Special!</p> <p>RESTONIC MODEL Cambridge Pillowtop</p> <p>Queen Set \$479</p> <table border="1"> <tr><td>Twin set</td><td>WAS \$499</td><td>SALE \$399</td></tr> <tr><td>Full set</td><td>\$569</td><td>\$449</td></tr> <tr><td>Queen set</td><td>\$599</td><td>\$479</td></tr> <tr><td>King set</td><td>\$1399</td><td>\$1099</td></tr> </table>	Twin set	WAS \$499	SALE \$399	Full set	\$569	\$449	Queen set	\$599	\$479	King set	\$1399	\$1099
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