



ED MARIN, emergency medical technician, asks Foster Grant, right, a few questions which will help determine if he has a concussion if he has a hard hit on the football field. The local techs have been keeping these records for the last five years.

Herald staff photo by Karen Krien.

Concussions a growing concern for school sports

School will be starting in less than a week and with the new school year comes school sporting events.

A concussion is the most common form of head injury suffered by student athletes. Dr. MaryBeth Miller, Dr. Rebecca Allard, Tyler Raile and Kristle Raile, both physician assistants, will be working closely with the Cheyenne County Emergency Medical Service team members and school coaches to identify those student's with concussions while at school sporting events.

A concussion is a form of traumatic brain injury that occurs when the brain is violently jarred back and forth or rotated inside the skull as a result of a blow to the head or body. This can "stun" the brain cells or even result in their death. Students do not need to lose consciousness to suffer a concussion.

Any athlete in motion is at risk for a concussion. It does not matter what the sport is, whether football, volleyball, basketball, wrestling or track, a concussion can occur in any sport. Symptoms may appear immediately or develop over several days. They may last a few days to several months and interfere with schoolwork and

social life.

The medical providers will be making themselves available to discuss concussion recognition, management and return to play with the teachers during teacher in-service and parents during sports open house. The emergency medical service team will be screening the students during sports practice using a baseline concussion score card. If that student is at risk for a concussion, the score card will be administered by medical providers to compare with the baseline score card.

Careful management of a student athlete who sustained a concussion is critical to his/her recovery. Athletes who return to practice or play too soon risk persistent or permanent injury. This is especially true for youths because their brains are still developing. To avoid the risk of a second concussion, an athlete must take the time to rest the brain from all physical and cognitive exertion.

Once the athlete is completely symptom free from his/her injury, it is time to think about returning to play. It is a five-day step-by-step process supervised by the coach. The athlete must be seen by a medical provider during this

warm-up phase to return to play.

Here are some quick facts regarding concussions:

- Always remove an athlete immediately after suspecting a concussion. Do not allow him or her to return to play the same day.
- Athletes do not have to be knocked out to have a concussion. Statistics show that over 90 percent of concussions occur without a loss of consciousness.
- CT scans don't diagnose concussions.
- Kansas law requires a medical provider's signature for the athlete to return to play.
- Athletes who return to full contact too early risks Second Impact Syndrome, a rare but devastating brain injury that may result in death.

Concussions can affect driving, school work, sleep, emotions, relationships and self-worth.

The "game plan" is not just about returning an athlete to their sport - it is about returning the person back their life.

School board goes over federal changes to lunches

By Karen Krien
karen.k@mwkansas.com

The school lunch program was discussed when the St. Francis Board of Education met on Thursday, Aug. 9.

Rob Schiltz, superintendent, reported that, with the new regulations aimed at reducing obesity of school-aged children, they will no longer be able to serve seconds. Several of the board were concerned as for some, this is the only balanced meal they will get in the day and, often, they are hungry.

Kelly Gienger, board president, said students going straight from school into sports practices are already hungry and they need the extra nourishment.

What are we suppose to do with the extra food, he said, throw it away?

Dr. Mary Beth Miller, board member, asked, do we really need seconds?

It is just frustrating, Mr. Schiltz said. If they don't get enough to eat, they will either be hungry or will go to K-Store and buy chips, pop and candy bars.

There was the possibility of charging for another meal. Mr. Schiltz said he needed more information. The school doesn't want to lose government funding for not following the rules. He will have more information at a later meeting.

Coaching positions

Mr. Schiltz said two of the coaching positions had been filled. He said they had run an ad in The Saint Francis Herald and had only one application for the wrestling coach and none for the junior high assistant football coach. They also needed a part-time person to help in the cafeteria.

Dylan Loyd had applied for the wrestling coach position. Ted Busse, physical education teacher, had agreed to be the assistant junior high football coach. Both men's contracts were approved by the board.

Bus routes

The tentative bus routes were reviewed. Mr. Schiltz said Sean Straub, bus garage manager, had worked the routes so there was four routes, the same as last year. However, the routes are a little

different.

Mr. Schiltz said the district has 640 square miles. If necessary, Mr. Straub will drive a suburban on some of the days. The snow routes, Mr. Schiltz said, will remain the same as last year.

The routes. Mr. Schiltz said, could change once everyone is enrolled in school. If anyone has questions, they should call the bus garage or the superintendent's office.

Improvements

Mr. Schiltz went over the list of improvements made at the schools during the summer months. They included remodeling the kindergarten, first and second grade rooms and the music room. Renovations included drop ceilings (several of the rooms had new ceilings and lights installed last year), paint, carpet and lights. There was tile work done at the high school, a new water fountain installed with new tile behind it and the gym floors in both buildings were refinished.

The men with the company installing the new boilers were

working in the high school and would then go to the grade school.

Mr. Schiltz said that the row of trees in the front of the high school will be removed and the stumps ground out.

Board members toured the schools following the meeting to see the improvements.

In other business

• The board approved a 1,116-hour school year. They have the option of the 1,116 hour school year or a 186-day school year. Mr. Schiltz said he had been told that no schools take the 186-day school year but they are required to notify the Kansas State Department of Education as to which of the two options they are taking.

• At the last meeting, the position of Kary Zwegardt on the St. Francis Recreation Commission still needed to be filled. Dylan Loyd had agreed to accept the appointment.

• Mr. Schiltz said the financial and workman comp audit had gone OK and gave the credit to Traci Neitzel, secretary.

Clinic changes system

Cheyenne County Clinic has made changes to their phone system.

Part of the initiative at the clinic to better serve patients, said Stacy Kaup, clinic manager, is restructuring of the staff to allow more efficient work flow.

Each staff member has a streamlined job description. This doesn't mean we don't all float around and help each other out, Mrs. Kaup said. It does mean we try to have one person answering phones which is Jackie Butler.

Our clinic actually has four phone lines, which can be a bit

overwhelming for one person so we have made changes to our system and added an answering system to help accommodate this.

If you call during business hours, and you get our answering system, Mrs. Kaup said. Please, don't hang up!

The caller can select one of four options to put their call through to the person they are looking for. The caller can also leave a message and a staff member will call them back.

As always, Mrs. Kaup said, we welcome feedback and we appreciate your patience with us during this change.



Back To School Time

ATTENTION St. Francis School Students, faculty and staff, pick up your FREE instant DISCOUNT card at the Uptown Market. Receive a 15% discount on all your purchases of snacks, drinks, sub sandwiches, soup, fresh fruit and fried chicken meals. Valid for the 2012-2013 School Year. Simple to use, simple to save.

Uptown customers, be sure to save all your Land-O-Lakes Gallon Milk jug caps for the St. Francis PTA and schools. Each cap is worth 5¢ and benefits our local schools directly. In addition, you will love the great taste and quality of Land-O-Lakes products. Whole and 2% gallon milk is \$3.99 at Uptown.

Enjoy the new school year and welcome back. Your friends at Uptown Market downtown St. Francis.

Uptown Meat Market & Deli

413 E. Washington, St. Francis
785-332-2774

Happy 60th Wedding Anniversary
Floyd and Janice Neitzel
on Aug. 24

Cards may be sent to
2415 Herrington,
Wichita, KS. 67210

I would like to thank everyone for your support in the primary election. All of your positive comments and phone calls were very encouraging to me. I look forward to your continued support in November.

Senator Ralph Ostmyer

Ad paid for by Ostmyer for Senate, Lori Edwards

Thank You

I'd like to Thank the voters of Cheyenne County who voted for me during the Primary Election. Your confidence in me means a lot. I want to thank all the voters who voted and the poll workers who worked this busy Primary Election where the new Voter ID Law was in place. Your cooperation and understanding helped the election run smooth. As witnessed during this election, every vote counts, especially at our local level. Thanks for voting! Terry Miller

Get your St. Francis Indian Flag today and fly them proudly on game day to show your support of SFCHS teams! We want to COLOR the town with them.

Contact a Class of 2016 Freshman student at flags@sfchsclassof2016.vpweb.com or fill out the order form at www.sfchsclassof2016.vpweb.com/ and get your flag delivered today!

VISION SOURCE WELCOMES DR. JORDAN HAGLER

(L-R) Jordan Hagler OD, Danielle McAtee OD, Mark Wahlmeier OD, and Jeff Morrison OD
Serving you in three locations - call for appointment today

VISION SOURCE
COLBY • GOODLAND • BURLINGTON

Colby - 785-462-8231 www.eyeclinic.com
Goodland - 785-899-3654 Burlington - 719-346-8415

We Now Carry - In Stock Now Mach II Sprinkler Tires

Made from Hi-Grade Polyethylene with a UV inhibitor

- Wear better than rubber
- Never go flat
- Greatly improved flotation
- Less strain on drive line components
- Priced right

Station
785-332-2421

Equity Exchange
Owned by the farmers and ranchers of this community since 1913

320 ACRES IRRIGATED & DRYLAND CROPLAND, CRP, FEEDLOT & IMPROVEMENTS
CHEYENNE COUNTY, KS LAND AUCTION
TUESDAY, AUG 21, 2012 @ 10:30AM, CDT

AUCTION LOCATION:
RIVERSIDE RECREATION - located West of St. Francis, KS on Hwy 36

SELLERS: MCATEE BROTHERS, LLC.

LEGAL DESCRIPTION: N/2 of 11-4-39
TRACT 1: 146.0± Irrigated & dryland cropland acres
TRACT 2: 100.0± CRP acres
TRACT 3: 74.0 ± Feedlot & improvement acres

Tract 1 has a center pivot sprinkler nozzled at 550 GPM. Tract 2 is 100± acres CRP. Tract 3 has a permitted 800 head feedlot, modern home & outbuildings

INTERNET BIDDING AVAILABLE! Call for details!

For a virtual tour visit
www.farmandranchrealty.com

FARM & RANCH REALTY, INC.
1420 W. 4th • Colby, KS 67701
Toll Free: (800-247-7863)
Donald L. Hazlett, Broker/Auctioneer

"When you list with Farm & Ranch, it's as good as SOLD!!"