The push for healthier foods in the St. Francis Schools has been evident over the past year. In order to comply with the government mandate that all schools should have a "Wellness Policy" in place by July 1, the school administration, along with a committee of teachers, coaches, individuals and parents, developed guidelines.

On the list was to install dispensing machines for both buildings which would be stocked with healthy foods such as those with natural grains, raisins, fruits, nuts, cheese, milks, juices and bottled water. The foods were also low in sugar and fat.

Scott Carmichael, principal, and Rob Schiltz, assistant principal, worked with Alice Kinen, food manager, to decide what they would put in the machines. They also talked with the food distributors who come to the school. With the demand for healthy foods, distributors are stocking more nutritious snacks.

When school started, the Pepsi machines were gone and new refrigerated dispenser were in place. Students are now allowed to take the foods to class (if the teacher approves but, so far, Carl Warner, superintendent, said teachers are allowing the snacks). Students are not allowed to quently, there is no pop or candy bars machines.

allowed in school.

Mr. Werner said most of the students are using the machines. Mr. Carmichael said it keeps him busy keeping the machines full and he has found it interesting to see what sells the best. So far, most popular appears to be raspberry water, fruit gushers, chocolate milk and jerky.

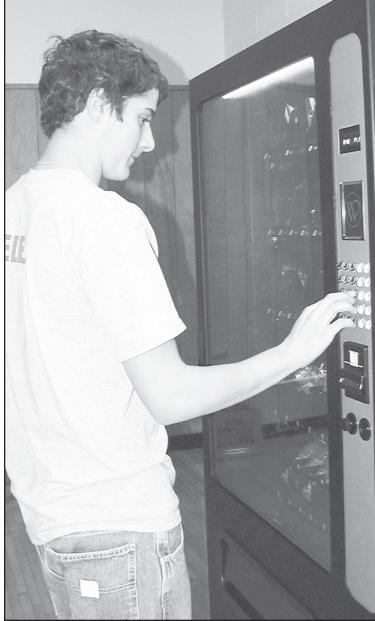
Jerky is one of the latest items to be added. As the demand arises, different items will be added. Right now, jerky is among breakfast bars, yogurt bars, flavored juices, string cheese, baked chips and milks.

The student's cost for items is set just above the actual cost but is being kept reasonable so students can afford them. Mr. Carmichael said he is now aware of the price of items in convenience stores and knows the school's cost is much lower.

The dispensers cost \$4,500 each which seemed like quite an investment when the school board agreed to buy them. Mr. Werner said that, with proceeds, the machines should be paid for in about a year.

People can check out the items when coming into the cafeteria but, during breakfast, lunch and home games, the snack machines will be shut down. This is to encourage students to eat a wholesome meal in the cafeteria and people to buy from the concession stands at games.

Check out what some of the stubring food into the school. Consedents had to say about the new snack



SNACKS NOW AVAILABLE at the schools. Jacob Riedel, sophomore, says he likes the new snack dispensers at the high school. His favorite is chocolate milk but he does miss the pop which used to be Herald staff photo by Karen Krien

Junior high coach position filled at board meeting

By Karen Krien

Basketball season is still a month or so away and, until the Monday meeting of the St. Francis Board of Education, there was still a vacancy for a junior high boys basketball coach. Jeff Beims had resigned from the position earlier.

Larry Flemming had indicated that he would accept the coaching assignment. The board agreed to hire him. The other junior high boys basketball coach is Kent Kechter.

Health insurance costs

Carl Werner, superintendent, said the school's Blue Cross-Blue Schield premiums were going up as of Nov. 1. The increase was .3 and .9 percent. That would add \$1.07 to the single premium and \$7.23 to the family plan.

Mr. Werner had several options for the board to consider and a decision will be made at the October meeting.

The current insurance cost paid by the school is \$145 per month for a single plan; \$290 for a family plan. This costs the school \$66,120.

For the past couple of years, the board has increased the payment made toward insurance \$30 per month per single plan and \$60 per month per family plan. This additional cost will increase the school's cost by \$13,680. The total for this plan would be \$79,800.

This figures are estimates because the school could possibly add more people to the plan or some who are presently using the insurance could

The board pays only a certain amount on a premium. If all of the eligible employees were to participate in the school's insurance plan, it could cost \$140,700 but Mr. Werner thought that was probably not likely.

Pay increases

The school employees have not had a permanent pay increase for several years. At the end of the school year, if there was sufficient money left, bonuses were awarded.

The administration recommended that it was time to consider giving pay increases starting with the base pay which would be raised from \$30,000 to \$31,000. This would result in an increase of \$40,689 in total high school. dollars for teacher salaries.

The non-certified personnel would also receive pay increases which would be a total of \$28,975. There will be variation among personnel.

The board and administration will continue to study the matter and the final approval will be given at the October meeting.

Enrollment

The official enrollment count for the state is Sept. 20 and Superintendent Werner said that, surprisingly, the enrollment was slightly up. The full-time enrollment count is 311.5 (a kindergarten student and child who is younger counts only as a half-time student). Last year's enrollment on

Sept. 20 was 311 students. Mr. Werner said that, on the first day of school, there were 11 new students.

Bus sale Assistant principal Rob Schiltz reported on the 1996 bus which the school had listed for sale on the Internet, Letters had been sent to dealers who had bid on St. Francis buses before, telling them that the bus had been listed so they could also bid.

Mr. Schiltz said that he had set a reserve price at \$4,000 on the bus which had 142,000 miles on it. Throughout the seven-day auction, there had been bids under that price. On the last day, a businessman from Baileyville won the bid, paying the \$4,000 price.

Mr. Schiltz said that the man had told him that, had the bus been put up for sale in the summer months, it would have sold better and that he would have paid more for it. Mr. Schiltz said it is a tip which the administration will need to remember for the next time they sell a bus.

Snack machines

Scott Carmichael, principal, reported that the snack machines which have been installed in both schools have been well accepted and, according to the number of items which are being reordered, well used. See re-

lated article for more information. **Next meeting**

The next meeting of the St. Francis Board of Education will be held at 7:30 p.m. on Oct. 10 at the

Kids voice opinions on new snacks Sarah Guthmiller Scott Warren Lauren Zweygardt Scott Warren, sixth grader,

The new snack dispensers are in and it is interesting to hear what the students had to say. Most of the kids like having a variety but there were a few who would just as soon seen the Pepsi machines back. The prices are low; jerky is the highest priced at \$1.20 and the cheapest snack are the baked chips.

Aly Schlepp

Aly Schlepp, sixth grader, likes

the new snack machine at the grade school. She said at least they have a variety of things choose from and the prices are lower than in some places.



are her favorite and she does like the string cheese. She also said that she doesn't miss the pop. John Weems

John Weems likes the food and

drinks in the new dispenser. He said they were good and likes most health foods. His favorites are water and jerky and says he doesn't

miss pop.



R.L. Walz Not all students like the new snack machine.

R.L. Walz, junior, said he doesn't think there enough fat kids in the schools to justify a dispenser that doesn't serve pop. He likes the chololate



milk and the jerky but does miss having a Pepsi and a candy bar.

Lauren Zweygardt, junior, likes

the food in the new machine, espeically the string cheese. However, she wouldn't mind seeing the machine stocked with some sunflower seeds.



there will probably never be sunflower seeds because they are too

Sarah Guthmiller, sophomore, was getting a

bottle of water when she was asked if she liked the new snack dispensers. "Yes, now I can take water or other food to class,' she said. Her



favorite snacks are water and the gushers. She would like to see yogurt added to the selection foods.

chine uses it whenever he has money. He likes the water and apple juice and said he doesn't miss being able to buy pop.

said he really

likes the new

snack



Applications are being accepted by Gerber

The William H. Gerber and city of Idalia, Colo., or within a 35-Velma C. Gerber Charitable Trust mile radius of Idalia. is now accepting applications to William H. Gerber to provide financial aid for public, educational, charitable and benevolent projects, and Brett Parker of Idalia, Colo., as defined by the Internal Revenue and First National Bank, Goodland. Service, which are located in the

To request an application, please disburse funds to charitable organi- do so in writing by contacting the zations. William H. Gerber, during First National Bank, P.O. Box 570, his lifetime, established the Will-Goodland, KS 67735. Applications iam H. Gerber and Velma C. Gerber must be completed and submitted to Charitable Trust. It was the intent of the First National Bank, Goodland, no later than Nov. 1.

The trustees are Glenn Wudtke

Student News -

Garden City Community College

among the students who has been nity College dean's honor roll for 3.2 to 3.999.

Tanner Kinen of St. Francis is the spring 2006 semester.

The dan's honor roll includes added to the Garden City Commuthose wht a grade poiny average of



Dee and Jim Epperson were the home of Elaine Owens. Sunday afternoon visitors of Donna

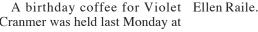
and Norvin Northrup.

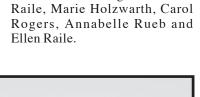
Saturday, Sept. 30 in Sterling Colorado.

Those attending were Nina

GETTING READY TO PERFORM — Colleen Gardner, Sarah Guthmiller and Carol

Ross prepare for the production of *I love*, *I love*, *I love* my *Calender Girl* to be presented on









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Need Some Extra Help? Come to the St. Francis Indian Pep Rally Friday @ 2:30 and purchase a "SLAVE"

Homecoming Candidates will be auctioned for 6 **HOURS OF WORK!** Proceeds will go to the Chamber of Commerce Playground Fund.

Jordan Gienger Joel McAtee **Russell Rogers Brandon Rueb** Levi Weeden **Andrea Blair** Mindy Cooper **Danielle Flemming Lauren Ross** Alecia Zimbelman

Good Luck Indians!!!

