

# Tour of High Plains Food Co-Op to show off producer-consumer network

Kansas Farmers Union and High Plains Food Co-op are holding a tour of the High Plains Food Cooperative Thursday in the St. Francis area.

The group will leave Atwood for St. Francis at 7 a.m.

Once in St. Francis, the tour will start at Becky's Bierocks, 306 S. College, where the Food Co-op producers gather every third Thursday to take their products to Denver. Tour attendees will have the opportunity to witness the co-op in action and network with the co-op's members.

The rest of the morning will be filled with other co-op tours including Prairie House Herbs, Rattlesnake Ridge Ranch and RJ Klie Organics. A list of all the co-op producers and their stories can be found at [highplainsfood.org/shop/prdr\\_list.php](http://highplainsfood.org/shop/prdr_list.php).

The tour will end with lunch in Atwood with time to network and socialize.

The tour follows a beginning farmer workshop from 10 a.m. to 4 p.m. Wednesday in Atwood, held by the co-op, Kansas Farmers Union and Rawlins County Economic Development.

The tour is open to the public. Registration is free, including meals.

For information go to [kansasfarmersunion.org](http://kansasfarmersunion.org). To sign up, call Nick Levendofsky at (785) 527-0941 or e-mail [kfu.nick@gmail.com](mailto:kfu.nick@gmail.com).

## High Plains Food Co-op

The High Plains Food Co-op acts as a venue for producers and consumers to buy and sell food. It has 160 members and about 60 to 80 orders each month.

Consumer members, who live in the Denver area, order online early each month from each producer's list of products.

According to [highplainsfood.org](http://highplainsfood.org), the On-line Food Market is intended to "bring fresh, healthy, locally grown and produced food to the buyer in a cost-effective and easy manner."

After the orders close, producers bring the filled orders on the third Thursday of every month to one of the drop points (Kansas producers meet in Atwood or St. Francis) and one member takes the orders to Denver, stopping along the way to pick up more orders in Colorado.

Once in Denver, the food is organized and each members' order is sent to one of 10 pick-up points in the Denver area.

# New lunch guidelines get mixed reviews

By Michael Hill

Associated Press

ROTTERDAM, N.Y. (AP) — One student complains because this cafeteria no longer serves chicken nuggets. Another gripes that her school lunch just isn't filling. A third student says he's happy to eat an extra apple with this lunch, even as he's noshing on this own sub.

Leaner, greener school lunches served under new federal standards are getting mixed grades from students piling more carrots, more apples and fewer fatty foods on their trays.

"Now they're kind of forcing all the students to get the vegetables and fruit with their lunch, and they took out chicken nuggets this year, which I'm not too happy about," said Chris Cimino, a senior at Mohonasen High School in upstate New York.

Lunch lines at schools across the country cut through the garden now, under new U.S. Department of Agriculture nutrition standards. Mohonasen students selecting pizza sticks this week also had to choose something from the lunch line's cornucopia of apples, bananas, fresh spinach and grape tomatoes, under the standards. Calorie counts are capped, too.

Most students interviewed in this suburban district near Schenectady seemed to accept the new lunch rules, reactions in line with what federal officials say they're hearing elsewhere. Still, some active teens complain the meals are too skimpy. And while you can give a kid a whole-wheat pita, you can't make him like it.

"I was just trying to eat it so I wouldn't be hungry later on," Marecas Wilson said of his pita sandwich served this week at Eastside Elementary in Clinton, Miss.

Though the fifth-grader judged

his pita "nasty," he conceded: "The plum was very good."

Kim Gagnon, food service director in the Mohonasen district, said while students generally have been receptive to the fruits and vegetables, "we have noticed that kids are throwing it out or giving it to friends, leaving it on counters, so we haven't quite gotten there yet."

The guidelines approved by the USDA earlier this year set limits on calories and salt and phase in whole grains. Schools must offer at least one vegetable or fruit per meal. They can still serve chocolate milk, but it has to be nonfat.

The biggest update to federal school-food guidelines in 15 years might please parents who recall washing down cheeseburgers and tater tots with full-fat chocolate milk. In Pueblo, Colo., Megan Murillo said she feels more comfortable letting her first-grader, Sophie, eat cafeteria-prepared lunches knowing there are more vegetable and whole grains.

Reactions in schools so far this fall have been positive, according to Kevin Concannon, the USDA's undersecretary for Food, Nutrition and Consumer Services.

"I don't mind it because I always got the extra apple and fruit and veggies and all that," said Anthony Sicilia, a senior at Mohonasen, who nonetheless was eating a Subway sub for lunch. "But I think it's good because it actually forces kids to eat healthy."

But new guidelines or no, many kids are still picky eaters.

In Clinton, Miss., the elementary students served flatbread roast beef sandwiches with grated cheese ate most of the meat but left large chunks of whole-wheat pita. Most plums were gnawed to the pits, and several salads were half eaten.

"I liked the meat but not this,"

fifth-grader Kenmari Williams said, pointing to his pita. "Every time you eat it, you get something white on your hands."

One thornier complaint is that the new lunches are too little for active teens now that the calorie range for high school lunches is 750 to 850. Rachelle Chinn, a freshman from Clarence, Mo., who plays softball, said school lunches are now so slight it once left her with a headache.

"The fruits and vegetables are good at first but once they wear off, I get hungry," she said. "It's just not enough to get me through the day."

Her mom, Chris Chinn, now packs her protein-heavy snacks like peanut butter crackers and granola bars. Chinn, a critic of what she calls the "one size fits all" standards, said many athletes aren't getting enough to eat. Similarly, Katie Pinke in Wishek, N.D., gave up on school lunches for her strapping freshman son Hunter and packs him meaty sandwiches.

Hunter is a 6-foot-5-inch, 210-pound football player who, based on his size and active lifestyle, needs more than 4,700 calories daily to maintain his weight. He said lunches topping out at 850

calories aren't enough.

"I think it's kind of ridiculous that people say how much we get to eat when there are a lot of kids that are big," Hunter said. "When we can't have our meat and bread, for a guy especially, it's not fun."

Concannon noted the calorie ranges are adjusted for age, increasing as students move from elementary to middle to high school. If some children need more, Concannon said, schools have the option of offering an afternoon snack or parents can send snacks from home.

"If you look at colleges in the United States, if you've ever looked at the tables where they're feeding just the football players. Good God ... If you emulated that, we'd all be wearing size 48 suits by our 20s," he said. "You have to use common sense."

And just weeks into the school year, it's probably too early for final grades. In Mississippi, Keba Laird, child nutrition supervisor for the Clinton district, said she is phasing in the nutritional changes to help children grow accustomed to eating healthier.

"We don't want a revolt on our hands," she said. "We want them to enjoy eating with us."

# Top flight eater wins

BUFFALO, N.Y. (AP) — Organizers of the National Buffalo Wing Festival say competitive eater Joey Chestnut has devoured a record 191 chicken wings in 12 minutes.

Chestnut set the record Sunday during a wing-eating contest at the annual festival in Buffalo. He

beat the old record of 183 wings, set last year by Sonya Thomas, the Black Widow.

Earlier this year, the San Jose, Calif., resident won his sixth straight Fourth of July hot dog-eating contest at Coney Island with 68 dogs in 10 minutes.

# Agent recognized for customer service

Rita Peters of Colby, an American Family Insurance agent, has been recognized for providing outstanding customer experience under the J.D. Power and Associates Distinguished Insurance Agency Program.

Only agencies that perform in the top 20 percent of all insurance agencies nationwide, based on customer satisfaction surveys, are eligible, the firm said.

"This is a very prestigious award and I'm honored to receive it," said Peters. "A lot of other agents and competitors don't have this distinction because it's difficult to get and is based on client reviews. I'm especially grateful and thankful

for my clients for giving such positive feedback about my customer services."

Peters said this isn't the first time she's received this award and trophy, which she has on display in her office. She has been an agent with the company, serving clients of Colby and the surrounding area, since April 1992.

"Consumers expect value from insurance agents, as they do from any other service providers," said Dan Schultz, American Family president and chief operating officer. "This award helps consumers identify the best of the best, with respect to customer service and customer satisfaction."



Rita Peters

# Chicken stuffing busted

By Yinka Ibukun

Associated Press

LAGOS, Nigeria (AP) — The roasted chickens had an unusual stuffing — \$150,000 worth of cocaine, according to Nigerian police.

A Nigerian mechanic who struggled in Brazil for more than six years had hoped the drugs would buy him a life of luxury in his native land, Nigerian authorities said Monday.

"This was like a retirement plan for him," said Mitchell Ofoyeju, spokesman for the National Drug Law Enforcement Agency.

The accused was arrested at the airport in Lagos after he came in from Sao Paulo with 2.6 kilograms (5.7 pounds) of cocaine, Ofoyeju said. Photos from the agency showed egg-shaped packages wrapped in gold aluminum foil and tucked into the browned chickens.

The suspect, Vincent Chegini Chinweuwa, could not immediately be reached for comment as

he remained in custody.

Nigeria is a major transit point for drugs coming from Latin America and going to Europe or the United States but recent security improvements are cutting into that dubious distinction.

After a Nigerian man allegedly attempted to blow up a Detroit-bound airliner in 2009, Nigeria started installing airport scanners and sought training for its agents. Ofoyeju says the scanners helped authorities identify more than 100 drug carriers last year, leading to the seizure of about 410 kilograms (904 pounds) of cocaine, among other illicit drugs.

Authorities have found drugs sandwiched inside the fabric of suitcases, sewn into wigs worn by passengers, tucked into underwear or in phone chargers and even in a stethoscope, Ofoyeju said.

"The list is endless," he said.

The seizure may even redeem the agency's image after the controversial arrest last year of a Nigerian comedian.

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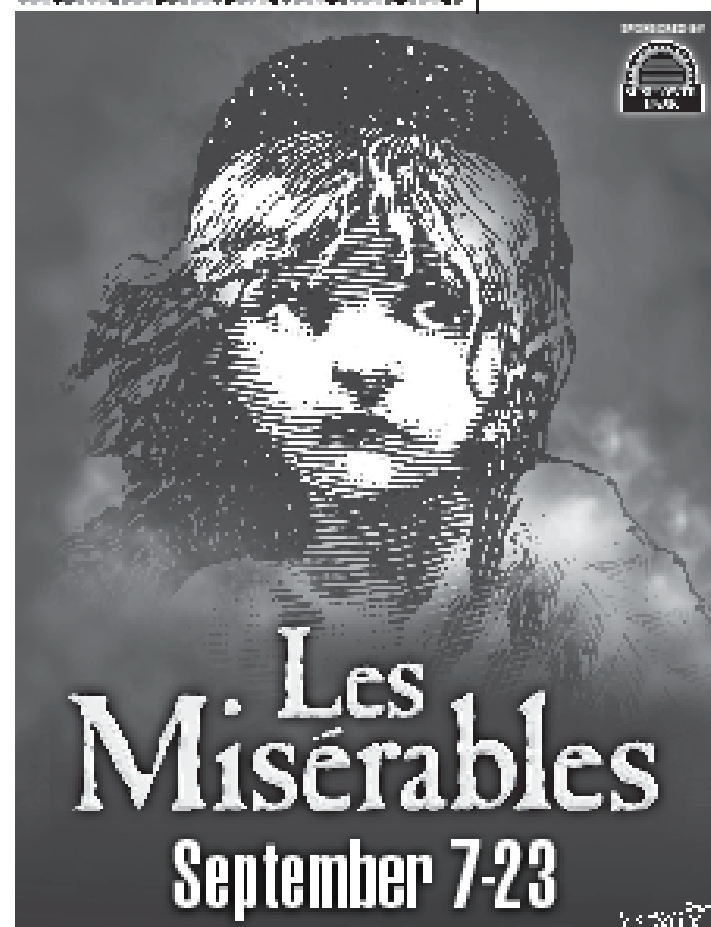
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# Rider aims for fattest cities

LANSING, Mich. (AP) — A central Michigan man who shed about 130 pounds over the past year by riding a bike has embarked on an 8,500-mile ride to visit U.S. cities that are battling obesity.

Jerry Smith began his trip Sept. 2 from Trinity Church in Lansing. By afternoon, he'd stopped in Milford and at the Founders Sports Park in Farmington Hills.

Smith will be joined by another rider and followed by a driver carrying supplies. They'll visit the fattest cities on the Men's Fitness magazine "Fittest and Fattest Cities in America" list. Smith is passing out information about nutrition and exercise with a message aimed especially at youths.

Smith estimates he'll ride 114

days before ending in Los Angeles.

A Facebook page titled "2012 Catch On Tour" will track the ride.

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9	10 Ultrasound Cardio Pulm	11	12 Dr. Fredrick C. Miller Surgery	13	14 Ultrasound Cardio Pulm Diabetes Clinic	15
16	17 Ultrasound Cardio Pulm	18 Dr. Fredrick C. Miller Cardiology	19 Ultrasound Cardio Pulm Diabetes Clinic	20 Dietitian	21 Cardio Pulm MRI	22
23	24 Ultrasound Cardio Pulm	25 Dr. Fredrick C. Miller Cardiology	26 Ultrasound Cardio Pulm Diabetes Clinic	27	28 Ultrasound Cardio Pulm MRI	29
30	1 (October) Dr. Fredrick C. Miller Cardiology	To schedule an appointment with a visiting physician, PLEASE CALL (785) 626-3211 Cheryl Banister, RN Specialty Clinic Director				

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