



LOGAN MCCARTY wrestles an opponent on his way to first place in the District 4 North sub-District tournament.

Photo courtesy of Shawna Blanka

Wrestlers place at tourney

Fourteen wrestlers participating in the District 4 North Sub-District held in Phillipsburg on Saturday. There were five champions; Logan McCarty, Shadryon Blanka, Tayton Weeter, Tyler Zweygardt and Shakotah Blanka, and all 14 qualified for the District 4 Championship Tournament Saturday in Goodland.

8 and under: Brady Ketzner, 55 pounds placed fourth. He won by fall; lost 8-10 overtime decision; won 8-4 decision; lost 0-7 decision "Brady lost a tough overtime match in the semi-finals to the kid that went ahead and won," said Coach Dylan Loyd.

Logan McCarty, 61 pounds, placed first. He won by fall; won a 10-2 major decision; won by fall. "Logan wrestled very tough and aggressive today," said Coach Shawn Blanka.

10 and under: Shadryon Blanka, 95 pounds, placed first. He won a 3-2 decision and won by fall.

Colton McCarty, 110 pounds, placed third. He lost 5-11 decision; lost a 0-11 decision; won by fall; lost a 5-9 decision.

Rylan Doyle, 150 pounds, placed second. He lost by fall, lost by fall.

12 and under: Connor Keller, 96 pounds, placed third. He won by fall, lost by fall, won a 9-7 decision and lost by fall.

Tayton Weeter, 100 pounds, placed first. He won by fall; won

a 2-0 decision overtime; won by fall; won 15-0 technical fall.

Cody Baxter, 130 pounds, placed second. He lost 5-15 decision; won 8-7 decision

14 and under: Luke Lampe, 135 pounds, placed second. He won 5-2 decision; won 6-4 decision overtime; won by fall; lost 0-8 major decision.

Trayton Doyle, 235 pounds, placed second. He lost by 0-2 decision, lost by fall.

High school: Garrett Brunk, 145 pounds, placed second. He

Residents urged to participate in survey

Health care services in rural Kansas are facing challenges on many fronts, and the Cheyenne County Rural Health Improvement Taskforce is working to develop new approaches to address these challenges and improve local health care.

To assure they are doing a thorough job, the health care and community leaders on the taskforce are seeking the help of area residents in defining the various problems, especially those that pertain to "health risk behaviors," said Carol Sloper, task force coordinator. The extent of those behaviors such as little exercise, poor diet, and smoking, as well as limited access to care caused by such issues as lack of health care insurance or distance factors, can shed light on the best steps the community should take to improve overall health and personal well-being.

"This project is important to our county so that our health care needs are not forced to be served by a model that is imposed by more urban areas that face far different challenges," Mrs. Sloper said.

Better Understanding of Area Needs

The taskforce has developed a survey based on the Centers for Disease Control and Prevention's (CDC) "Behavioral Risk Factor Surveillance System." However, Greg Bonk of HMS Associates, lead consultant for the project, pointed out that in rural areas such as Cheyenne County, the number of people surveyed is too small for reliable localized estimates and statistical analyses.

"We need to expand our knowledge about the community and better understand residents' concerns," he said, "then we will have the insight to target programs at the most pressing needs."

Mr. Bonk also explained this survey is particularly important because most data on a community's health is several years old and may really be more indicative of long-standing health problems and medical conditions rather than contemporary health risk behaviors which have been found to be of equal, if not greater, importance.

Survey Availability Near

The Risk Factor Survey will be conducted in late March through early April and many residents may receive the survey via email or paper copy through employers or other organizations. If possible, the survey should be completed online. Paper copies can be returned to Carol Sloper, CCH, 210 W 1st Street, St. Francis, KS 67756.

Anyone interested in participating in the survey can complete it online at <https://www.surveymonkey.com/s/CHY-HC> or contact Mrs. Sloper at 785-332-2104 for a paper copy. The survey will also be conducted at several area locations including: the Senior Center in St. Francis and the Cheyenne County Health Fair in St. Francis and Bird City the week of March 24.

The task force is conducting the survey in conjunction with its role as a pilot program of the Kansas

Rural Health System Improvement Project, organized by the United Methodist Health Ministry Fund, Hutchinson. The project, which also currently includes pilot programs in three other rural communities in western Kansas, is supported by funding from six not-for-profit foundations in Kansas.

Survey Results

Survey results will be available in December 2014 upon request from Mrs. Sloper at the Cheyenne County Hospital.

Musical set in Colby

There was a brief magical moment in the mid-60s when American youth migrated to California by the millions, and transformed pop culture forever. Well-groomed folk musicians grew out their hair, plugged in Fenders and Rickenbackers, and the radio sizzled with the tight harmonies and dreamy lyrics that stitched Malibu, Greenwich Village, and Haight-Ashbury together in an explosion of music that was dance-able, sing-able and oh, so romantic.

A musical journey through the California pop scene of the late 60s and early 70s will arrive at 3 p.m. on Sunday, March 23, at the Cultural Arts Center of Colby Community College. Join Western Plains Arts Association along with this group of young dream-

ers as they converge on the sunny Pacific shore to celebrate the harmonies of a new age.

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Admission to this event is with Western Plains Arts Association season ticket, or at the door.

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Local area seniors honored by university

By Amanda Miller

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The University of Kansas will be honoring 51 seniors from nine counties in northwest Kansas on Wednesday, April 2. The students from 16 different Kansas high schools will be honored by the University of Kansas Alumni Association and KU Endowment.

High school seniors in Cheyenne, Decatur, Gove, Logan, Rawlins, Sheridan, Sherman, Thomas, and Wallace counties will be recognized for their academic achievements and named Kansas Honor Scholars at a 7 p.m. dinner and program at the Colby Community College Student Union.

Students from Cheylin High School include Ty Carmichael and Walker Janicke. St. Francis Community High School seniors recognized will be Randee Grover and Bailey Merklin.

Community volunteers collect reservations, coordinate details, and serve as local contacts for the event. Mike and Brenda Day, of St. Francis, are the Cheyenne County coordinators. Charles and Connie Peckham, of Atwood, are the Rawlins County coordinators.

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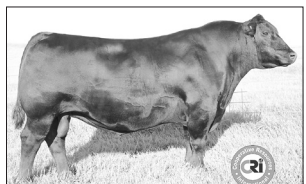
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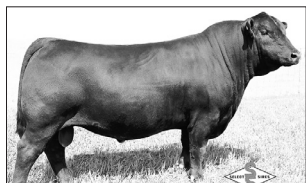
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