

# Tracksters go to Tribune meet

The Cheylin middle school track meet was held on Saturday at Tribune. Once again, the Cheylin athletes showed they are a team to watch as they continue to improve.

There were nine personal bests, Stephanie Busse in the hurdles, Eddie Frisbie in the triple jump, Kenan Reeh in the long jump, 75-meter hurdles and 400-meter run, Grant Shrader in the long jump, Forrest Burr in the discus, and Ethan Young in the discus and shot put.

In addition, Dalton Magnani tied the 1981 school record triple jump.

### Sixth and seventh grade girls

Long jump: (4) Busse, 12'8"  
(6) Shayla Hubbard, 11'8½"  
High jump: (3) Busse, 4'  
75-meter hurdles: (1) Busse, 14.68  
400-meter run: (2) Busse, 1:15

### Sixth and seventh grade boys

Triple jump: (5) Frisbie, 28'7"  
Shot put: (6) Josh Keltz, 26'8¾"  
Long jump: (3) Reeh, 13'6½"; (6) Shrader, 13'¼"  
75-meter hurdles: (3) Reeh, 14.28  
100-meter dash: (5) Frisbie,

15.02  
200-meter dash: (6) Shrader, 33.46  
400-meter run: (3) Reeh, 01:09.4  
1600-meter run: (3) Heath Churchwell, 06:18.9

### Eighth grade girls

Discus: (1) Burr, 72'3"  
Shot put: (4) Burr, 29'7"

### Eighth grade boys

Triple jump: (1) Magnani, 34'10"  
Long jump: (3) Jeremiah White, 14'11"  
High jump: (3) Magnani, 5'  
Discus: (1) Young, 131'01"  
Shot put: (1) Young, 38'7½"  
75-meter hurdles: (4) Young, 14.21

100-meter dash: (3) Magnani, 13.47; (4) White, 13.59

200-meter dash: (4) White, 28.86

400-meter run: (3) Young, 1:12.42

1600-meter run: (6) Roberto Ponce, 06:40.9

3200-meter run: (2) Wil Orten, 14:43.1

4 x 100-meter relay: (2) Reeh, Magnani, Fernando Muniz, White, 56.24

4 x 200-meter relay: (4) Ty Carmichael, Walker Janicke, Churchwell, White, 02:38.3

Medley relay: (6) Frisbie, Adam Orten, Shrader, Caleb

Frink, 02:22.1

Shot put: (4) Pochop, 44'5 ½"

Discus: (5) Pochop, 106'9"; (6) Jayden Cahoj, 103'3"

1600-meter run: (6) Vance Churchwell, 5.22

3200-meter run: (6) Churchwell, 12.34.2

High school boys

Javelin: (1) Lincoln Pochop, 181'1"

High school girls

Shot put: (5) Tia Sager, 31'8 ½"



**CINTIA NAVARRO competes for Cheylin. at the St. Francis track meet.**

*Times staff photo by Casey McCormick*

our athletics as they continue to prove themselves on the track," said Jolene Reeh, track coach.

Next junior high track meet will be held May 1 in Sharon Springs.

Next junior high track meet will be held May 1 in Sharon Springs.

Next junior high track meet will be held May 1 in Sharon Springs.

Next junior high track meet will be held May 1 in Sharon Springs.

Next junior high track meet will be held May 1 in Sharon Springs.

Next junior high track meet will be held May 1 in Sharon Springs.

Next junior high track meet will be held May 1 in Sharon Springs.

Next junior high track meet will be held May 1 in Sharon Springs.

Next junior high track meet will be held May 1 in Sharon Springs.

Next junior high track meet will be held May 1 in Sharon Springs.

Next junior high track meet will be held May 1 in Sharon Springs.

## Club Clip

### Red Hat Mamas

On a beautiful spring day, 10 Red Hat Mamas traveled to Nebraska with a destination being Beaver Buckets in the rustic log house of Vintage Cooper, James Gaster, south of Indianola. A history lesson and learning the unique craft of coopering was soon to be embarked upon.

In searching for a home-based business, Mr. Gaster's interest in coopering was sparked and the craft of making wooden buckets became a reality in 1989. Being self-taught and realizing many tools used in the 1800s were necessary, presented another challenge to create the replicas of that era.

The time consuming art of constructing these buckets begins with saplings from the tree stumps of willow and locust trees after the beavers clear the trees – thus the name "Beaver Buckets."

Internet contacts keep the entire family busy fielding calls from museums, movie sets, as well as states that re-enact the Civil and Revolutionary Wars. The Smithsonian Institute displays Mr. Gaster's wooden buckets, butter

churns, washtubs and washboards in an interactive exhibit depicting early American life.

The largest coopered item Mr. Gaster created was a wooden water tower erected at The Littleton Historic Museum in Littleton, Colo. It holds 1,100 gallons and is 5-feet high and 7-feet across.

Other precise creations from the 1800s include, but not limited to, canteens, wine buckets, water buckets and on handed piggins buckets for feeding the animals. These require the usage of the tree types of wet, dry and white coopering.

Returning to McCook, Neb., lunch was enjoyed at the Schnert's Bakery and Bieroc Café on Norris Avenue. A tour of the bakery surprised the group with the range of baked goods and services provided. You can bring your laptop and enjoy a working lunch here.

Their German ancestry has made this café unique with the famous Holiday Stollen Bread and the Bieroc Apple Planter sandwich. Schnert's also handles catering and ships pre-baked pizza crusts throughout the Midwest.

## Bird City News

On Monday, the Bird City Fire Department responded to a weed and stubble fire located at the junction of Road 25 and Road M. The alarm went off at approximately 10:30 a.m. and the fire was contained within 30 minutes of the arrival of the fire trucks. St. Francis Fire Department was on stand-by.

The Cheylin Elementary School held their "Girls Night Out" on Monday evening. About 15 fourth through eighth grade girls at-

tended. Many of the moms were also there along with other community women. The movie "Mean Girls" was shown and pizza provided. Anita Burton, and Wendy Wellmann, community prevention consultant from Goodland, provided the girls and their moms the opportunity to ask questions about social issues that concerns girls and how to handle them.



# Cheylin has medal winners at meet

The high school track team came home with some medals from Friday's track meet hosted at Colby.

The girls placed seventh overall with 21 points and the boys placed 11th with 19 points.

Coach Morgan Grippin said, "I was proud of all the athletes for doing well at such large meets

and look forward to the meets to come," said Coach Morgan Grippin.

The track team traveled to St. Francis earlier this week and will be at Logan next Tuesday.

The medal winners included:

### High school boys

Javelin: (1) Lincoln Pochop, 181'1"

### High school girls

Shot put: (5) Tia Sager, 31'8 ½"

## Plain Sense

Plain Sense from High Plains Mental Health Center

### After a Hard Day's Work...

For some people, stress on the job often carries over into home, family and marriage. A recent report that appeared on-line in ScienceDaily describes the results of a study that compared marriage quality and satisfaction with cortisol levels, a key stress hormone produced by the body. Cortisol is often called the "stress hormone" as it is involved in the body's physical response to stress, such as increasing blood pressure. Long-term elevated levels of cortisol have been associated with a number of illnesses including depression, chronic fatigue, and burn-out. When a person is actively stressed or busy, their levels of cortisol go up. As a person's day slows down and they have a chance to relax, the levels go down.

This study tracked levels of cortisol in 30 couples where both partners were working full time jobs and also raising children. Arriving home following a hard day at work, the expectation would be that their stress level, and thus their cortisol level, would lower due to no longer being on the job. For the men in the study, their cortisol levels showed a significant decline, regardless of how they described the quality of their marriages. It appears that just coming home from work results in a significant decrease in stress levels for men. However, only the women who described their marriage as "happy" showed a significant decline in their cortisol level once they returned home after a challenging day at work.

The implications of this study still require further analysis, but it is important to recognize the inherent benefits of having a strong relationship. Women who are happily married identify how important it is to have a partner who will equally share the demands of raising children and running a household. Past research has also found that men generally live healthier and longer when married as opposed to being single or divorced. Therefore, if you want a "sure fire" way to decrease work related stress, having a satisfying marriage is a key factor.

Contributed by Ken Loos, MS, LMLP, LCP Prevention, Education and Outreach Department. Mail questions to High Plains Mental Health Center, 208 East 7th, Hays, KS 67601.

# Volume & Variety-Finley Motors

## 6 Vehicles You Won't Find Anywhere

**2002 Nissan Xterra XE,**  
72,365 miles,  
black,  
ONLY \$7,900



**2003 GMC Sierra Crew Cab,**  
69,614 miles,  
white,  
ONLY \$17,900



**2003 Jeep Wrangler, 45,011 miles,**  
yellow,  
ONLY \$14,995



**2004 Chevrolet Suburban,**  
35,961 miles, maroon,  
ONLY \$23,900



**2008 GMC Acadia FWD,**  
7,162 miles,  
silver,  
ONLY \$31,900



**2008 GMC Yukon Denali,**  
7,162 miles, stealth gray...  
ONLY \$43,900



## 3 Like-New Buicks

**2005 Buick Lacrosse,**  
17,375 miles, beige,  
ONLY \$13,900



**2007 Buick Lucerne,**  
18,000 miles, silver,  
ONLY \$21,900



**2005 Buick Le Sabre,**  
49,379 miles, white,  
ONLY \$12,800



## 3 2WD Pickups

**2007 Chevrolet Sierra Ext. Cab,**  
22,254 miles, silver,  
black,  
ONLY \$20,500



**2004 Chevrolet Silverado Crew Cab,**  
74,523 miles,  
ONLY \$14,900



**2005 Chevrolet Silverado Crew Cab 2WD,**  
34,658 miles,  
charcoal,  
ONLY \$18,900



## 3 Luxurious Cadillacs

**2005 Cadillac CTS,**  
30,450 miles, black,  
ONLY \$22,900



**2004 Cadillac DeVille,**  
57,483 miles, white, ONLY \$15,900



**2007 Cadillac DTS,**  
12,977 miles, red, ONLY \$32,500



[www.finleymotorsinc.com](http://www.finleymotorsinc.com)

800-525-3701