



**THE CHEYLIN BOYS** basketball players wait to rebound after Caleb Keltz takes his free-throw shot. *Times staff photo by Linda Schneider*

## Boys play some close games

The Cheylin Cougars played the Dighton Hornets in a recent January game. The boys played hard which resulted in two very close, exciting games. In the end, the Cougars were victorious in both the junior varsity and varsity games.

### Junior varsity team

The Cheylin junior varsity boys defeated Dighton, 36-31.

Scoring for the Cougars were Heath Antholz with nine points, Ethan Young with seven points, Hudson Louderbaugh and Adrian Garcia added six points each, Chris Walden and Jeremiah White had three points each and Lance Leonard had two points.

"It was a tough win. The boys fought hard and stuck with it to pull out a victory," commented Coach Stefan.

### Varsity

The Cheylin varsity boys came out and defeated Dighton, 70-59. Leading in points were Jacob White with 22 points, Walden with 17 points, Young with 11 points, Caleb Keltz with seven points, Antholz with six points, Vance Churchwell with three points, and

Garcia and Sam Hengen added two points each.

Young added eight rebounds, four assists and one steal, Walden had seven rebounds, three assists and two steals; Keltz had seven rebounds, one assist and one steal; Jacob White and Antholz added two assists and one steal each, and Garcia had one steal.

"It was an up and down battle throughout the game. In the end we hit the free throws, and played the defense needed to pull away with the game," said Coach Stefan. "We are improving each day and this victory only emphasizes that."

### December junior varsity games

Friday, Dec. 19, Cheylin went down to Triplains where the junior varsity team played a half game against the Vikings. The Cougars marked up a win by defeating them, 24-17.

Scoring for the Cougars was Garcia with eight points, Antholz, Craig Busse and Young added four points each; Leonard and Louderbaugh had two points each.

Then on Saturday, Dec. 20, the junior varsity team traveled to Colby to play in the "Christmas Classic."

The Cougars met up with the Triplains Vikings again in the first round of the tournament. This time they played them in a full game, and the Cougars came away with a 44-35 victory.

Lead scorer was Garcia with 22 points, Louderbaugh had 10 points, Busse, Jeremiah White and Danny Frisbie each added four points.

The only defeat for the weekend came at the hands of the Heartland Crusaders, when the Cougars met up with them the second round of the tournament. The Cougars lost this one, 26-65.

Young led with 16 points, Jeremiah White had eight points, and Louderbaugh had two points.

"It was good to go 3-1 for our total record this weekend. The junior varsity squad got a few games in and won two of them. I hope the effort continues through (Christmas) break," commented Coach Stefan.

## Club Clips

### McDonald Garden Club

It was a bitter cold day on Jan. 14, but it did not stop 11 members from attend the first Garden Club meeting of 2009.

Betty Knapp read about new beginnings, and then led everyone in prayer. Roll call was "Name a winter visitor to your yard." the minutes and treasurer's reports were accepted as read. Several members paid their 2009 dues.

Other reports were the McDonald Area Development report and the Yearbook Committee reported on the New Year books. The new books were passed out, they were lovely and everyone thanked Margie Hubbard for all her work. A motion was made to allow \$50 for Margie's expense in making the yearbooks. Joan Tongish gave the "Growing Green" report.

Bill Schaff has given a wooden flower cart, pulled by a cow, to the Club to be used as a fund raiser. Members will decide at the next meeting exactly how to do a fund raiser.

Posters from Cheylin fourth and fifth grade students were judged. There were some really good posters. First place posters from each grade will be mailed to the State Poster Chairman. They were Eddie Frisbie from the fourth grade and Reese Leonard from the fifth grade. Second and third placings

were named. Prizes will be given to the students at the Arbor Day program in April. The Club presented a beautiful arrangement of flowers to Vera Kacirek for her over 30 years as State Poster Chairman.

The arrangement for the month "A Specimen of a Berry Bearing Shrub" was made by Betty Knapp. It also tied in with the lesson for the day, "Bird Watching as a Hob-

by." It featured a bird house with welcome signs on a base of green shrubbery with holly berries. Her lesson was very interesting and brought back many memories of watching the birds in yards.

A delicious lunch was served by hostess, LaVina Waters, and co-hostess, Betty Knapp.

The February meeting will be a Valentine Salad Luncheon with all members as hosts.

### Red Hat Mamas

Just one week past the 12th day of Christmas on Jan. 13, the Red Hat Mamas visited the home of Agnes Burk to see her spectacular display of 132 nativity scenes. Members were in wonderment as they viewed the various scenes and listened intently while Agnes revealed the history of the various nativity scenes.

The artifices of the Bethlehem wooden set, the unusual usages of natural materials, the Alaska set depicting the five fish, and the one she purchased herself during a vacation to Italy made the morning such a rewarding and inspiring way to end the Christmas season.

Agnes ended the amazing morning by showing an icon created by her daughter using egg yolks for the paint.

Nine more miles and it was time for lunch at Captain Hook's Fine Dining in Wheeler. The groups queen, Phyllis Wingfield, found Santa's britches and filled them with a red hat calendar and a crocheted hat for favors. The afternoon was spent playing dominoes and more visiting.

Red hatters attending were: Ana Antholz, Florence Antholz, Sandra Antholz, Frieda Black, Bonnie Burr, Linda Carroll, Bethel Goltl, Vermetta Haack, Bev Higgins, Diane Kribs, Iris McIntosh, Carol Mears, Lois Morelock, Connie Rooney, Edna Roesener, Margaret Voorhies, LaVina Waters, Phyllis Wingfield and Marlene Young.

The Feb. 17 gathering will be a tour of Ross Manufacturing in St. Francis.

## Weight management classes offered by health department

"Do your clothes feel snug," said Mila Bandel, Cheyenne County Health Nurse. "Do you get short of breath when you walk. The doctor has just diagnosed you with type 2 diabetes. You don't have the energy to play with the children, grandchildren or the pets.

"Chances are no one has to tell you...you know when you need to lose some weight. But how do you start. You start by making changes. The Cheyenne County Health Department wants to help you start making those changes. There will be a weight-control management class starting in February. This is a group weight-management program that combines goal-setting, low-fat meal planning and adding activity to

your daily routine to make lasting lifestyle changes."

The weight-management class will run for eight weeks then participants will work on a self-directed weight maintenance program for three weeks solely on their own.

After the three weeks, participants will join back together for an additional four week maintenance program.

The classes will be held on Thursdays beginning Feb. 5 and

run through March 26. Two different class times are available on Thursdays for the participants to choose from. They can choose either 12:15 p.m. to 12:45 p.m. or 5:10 p.m. to 5:40 p.m. for their time frame for the classes.

This program is free of charge and sponsored by the Cheyenne County Health Department. For more information and to sign up, please contact Mila Bandel, RN, county health nurse at 332-2381

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