



**SARA HOUTMAN** gives a presentation on physical fitness to the ladies of the American Legion Auxiliary.

*Times staff photo by Linda Schneider*

## Exercise is topic at meeting

The American Auxiliary invited Sara Houtman, assistant physical therapist at Cheyenne County Hospital, to give a presentation on "Physical Guidelines for Americans."

To an audience of approximately 12 ladies, Ms. Houtman explained the various benefits of exercise and why anyone taking on an exercise routine should first discuss it with their personal physician, it is never too late to start.

She said everyone should do at least two hours and 30 minutes of aerobic activity each week and include strengthening exercise.

"You do not have to invest in expensive exercise equipment, you can use common grocery items, such as a bag of rice, soup cans or bottled water," said Ms. Houtman.

She told the group walking is good exercise as well as gardening. Some things to keep in mind are stretch-

ing beforehand to prepare for lifting, bending, pulls and lunges.

Ms. Houtman also suggested around the house exercises like using the table for knee bends and when standing to do dishes, use the sink to hold on to and do leg and knee lifts.

She concluded the presentation by demonstrating several simple stretching exercises and answering questions.

## Basketball tourney held in Sainty

A 3-on-3 basketball tournament, sponsored by the St. Francis Youth Recreational Basketball Program, was held in St. Francis on Saturday, March 28. There are plans to make this an annual affair.

Following are the results for the different age levels.

Second and under: first place: Shotgun, Cody Baxter, KC Krien, Timmy Lambert, Draven Houtman; second place: Cougar Cubs, Andrew Shields, Karly Bandel, Brady Dinkel; third place: Jayhawks, Lauren Johnson, Lindsey Johnson, Jessica Confer.

Third and fourth girls: first place: Flying Eagles, Matthisen Witzel, Jessica Pacheco, Reagan Beims, Mandi Cooks; second place: St. Francis Wildcats, Madison Tice, Emileigh Dinkel, Hanna Bracelin; third place: Bird City Wildcats, Rachel Keltz, Haleigh Rucker, Alex Hazuka, Arais Castillo.

Third through sixth grade boys: first place: Magic Lemons, Shelton McCain, Drew Yankas, Anthony Merida; second place: Red Dragons, Tate Busse, Taylor Rogers, Quinton Cravens; third place: Indians, Travis Rogers, Lane Hobrock, Phillip White.

Fifth and sixth grade girls: first

place: Sainty Sparks, Kyla Bandel, Brianna Cooks, Justice Wiley, Valerie Wurm; second place: Wray Team, Bailey Reed, Lauren Soehner, Alyssa Walko; third place: Kit Kats: Kayla Reed, Kylie Sherlock; Journey Lee; other teams include: Wild Nights: Sidney Sundstrom, Maggie Lambert, McKenzie Taylor; Bird City Cougars, Elizabeth Keltz, Deanna Garcia, Vanessa Castillo.

Sixth through eighth grade boys: first place: Wray Team, Austin Reed, Ryeder Centa, Jaden Walko; second place: Diamond Backs, Joshua Keltz,

Austin Cobb, Grant Shrader, Matthew Barnett; third place: Rockets, Cade Bracelin, Wyatt Landenberger, Mason Schiltz, Jakob Church.

Ninth and 10th grade boys: first place: Blue Thunder, Caleb Keltz, Chris Walden, Andrian Garcia; second place: Sainty Storm, Zach Zwegygart, Isaac Schiltz, Dylan Peter.

11th and 12th grade boys: Top Guns: Matt Raile, Trent Raile, Drew Zwegygart; second place: Air Express, Vance Churchwell, Jacob White, Justin Miller.

## Club Clips

### McDonald Senior Citizens

Twenty-four senior citizens and the nurse, Rose Whitehurst, met on Monday, April 6, for a potluck dinner and meeting. Pastor Mark Adams led the meal prayer.

The tables were decorated in an Easter theme. Each place setting had a clever bunny rabbit to be taken home and enjoyed. Phyllis Wingfield made the decorations which were appreciated.

Birthdays and anniversaries were acknowledged. After a delicious meal, bingo was played with Ilone Ketter winning the blackout prize.

In the absence of Joan Tongish, president, the business meeting was conducted by Mrs. Wingfield. She thanked everyone for all their good help with the meal. A drawing was held for the flower cart that was donated by Bill Schaff. Janice Antholz was the lucky winner.

May Committees are: Bingo, Leonard Vyzourek; Prizes, Phyllis Wingfield; Poem and Prayer, Marlene Johnson and Kitchen Help, Joan Tongish, Annie Antholz and Phyllis Wingfield.



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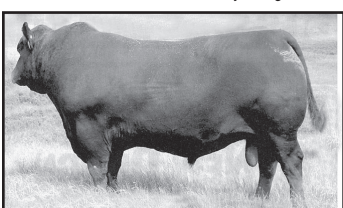
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# Track squad participates at invitational track meet

By Betty Jean Winston  
betty.w@nwkanssas.com

The Cheylin track squad participated in the Hoxie Invitational track and field meet on Friday in Hoxie. The boys placed fifth in the meet and the girls fourth.

Naomi Reeh was a first place finisher in the 3200-meter run. She had a winning time of 14:16.13.

Oberlin won both the boys and girls divisions.

### Boys

Team standings: Oberlin 162, Palco 120.5, St. Francis 115.5, Hoxie 61, Cheylin 51.

300-meter hurdles: (5) Chris Walden, 50.50.

3200-meter run: (5) Vance Churchwell, 12:55.49.

200-meter dash: (5) Jeremiah White, 26.76; (6) Sean Smith, 26.96.

Discus: (4) Ethan Young, 107-10.

1600-meter run: (3) Churchwell, 5:25.63.

Shot put: (5) Young, 35-0.5.

Long jump: (3) White, 16-3.

Javelin: (5) Caleb Keltz, 110-9.

4x400-meter relay: (4) Cheylin, 4:41.26.

Triple jump: (4) Dalton Magnani, 35-4.5; (5) Churchwell, 34-11.5.

4x100-meter relay: (4) Cheylin, 50.78.

110-meter hurdles: (4) Walden, 16.50.



**ERIK ESTRADA** throws the javelin during the track meet held in Bird City.

*Times staff photo by Linda Schneider*

### Girls

Team standing: Oberlin 144; St. Francis 137; Hoxie 119; Cheylin 42; Palco 26.

3200-meter run: (1) Reeh, 14:16.13.

1600-meter run: (3) Teryn Carmichael, 6:49.89.

100-meter hurdles: (2) Reeh, 19.58.

800-meter run: (5) Carmichael, 16.50.

3:17.01.

Discus: (5) Forrest Burr, 85-9.5.

Triple jump: (3) Carmichael, 26-3.

300-meter hurdles: (2) Reeh, 55.90.

Other members of the Cougar team who participated were Craig Busse, Heath Antholz, Adrien Garcia and Erick Estrada,

## Members discuss finances

Once again, the Bird City Council members tackled the subject of how handle the finances to run the public swimming pool for the summer season.

With just about two months to go before the pool is to open, the council members looked over a draft agreement from Kari Gilliland, county attorney, to the Recreation Commission regarding the management of the pool.

"I am still not certain that we can receive the money legally without it being budgeted to the city," said Mayor Troy Burr.

He had received a check from the Recreation Commission and felt the city is not ready to accept without it being budgeted into the city funds.

Councilman Wade Carmichael expressed some distress with

Mayor Burr's concern and said he did not believe moving forward with getting the pool finances should be so difficult to obtain. Phyllis Carson, treasurer, said that it could be done with an amended budget.

"Then let's do it," said Councilman Carmichael.

Discussion followed noting that the city's budget as it stands now, cannot fund the pool this year; however, it will be budgeted in for next year.

Mayor Burr concluded the discussion by saying that he was not satisfied with the wording of the agreement and suggested that Mrs. Gilliland, councilman Ray Magnani, Councilman Carmichael, Jane Young, Mrs. Carson and himself set up a special meeting with the Recreation Commis-

sion to work on the agreement.

During time for the public to come forward and speak, Tina Sager asked for the council's approval in assisting her in paying lifeguards for her water aerobics class.

Mrs. Sager said she had, on the average, three people attend her class last year. This year she hopes to see an increase in attendance and a longer class period.

She also told the council that if lifeguards needed to be certified, there is a class coming up in Colby sponsored by the Red Cross on the weekends. In addition, Meredith Knodel would be holding recertification classes in St. Francis.

Mayor Burr told her the council would get back to her regarding her request when the matter of the pool is settled.



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