

Country singer performs at United Methodist Church

By Norma Martinez
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Last Sunday, United Methodist Church changed their customary church format and held a Western hoedown type service. The pews were almost full. Pastor Tom Bailey and several others came dressed in their western attire to welcome Michael Gracy and his wife Sandy.

Everyone in the audience was in tune during the Congregational sing-a-long, singing "I'll Fly Away", "Just a Closer Walk with Thee", and "I saw the Light", as Michael Gracy strummed his guitar.

During his sermon titled, "Hey, Jesus! Get in Our Boat!" Mr. Gracy told the story of Jesus walking on the water, and gave his testimony. After getting married he was a drunk spending time in the bars. Four days after his salvation he was a new man, and 30 days later he was a different man. He was reading the Bible instead of drinking Jack Daniels, and the Lord started teaching him "His" way of life. After hanging up his guitar for 31 years, he picked it up again and started attending church.

Here he just kept asking questions and telling himself these key words, "I can't and Jesus Can".

Eventually he felt the Lord had something going on to change his life. Four days later he got a call to contact a person in Nashville, Tenn. HMG in Nashville began promoting him and in 2004-2006 he had four hit songs on the charts after signing up with the Tate Music Group in Mustang, Okla. His first album titled, "He Writes the Song", was released in 2011. The studio was willing to split the cost of producing this album and take payments, they just asked that he stay on the road. The title song says, "It's all about him, and not about me."

After singing this song he gave his testimony singing, "Jack Daniels Met John 3:16" which tells how he poured the whiskey



MICHAEL GRACY performs Cowboy Church at the United Methodist Church.
Times staff photo by Norma Martinez

down on his knee and that night Jack Daniels met John 3:16, they tell me I'm different and I tell them what happened to me."

The most popular song to the men in the congregation was, one he wrote titled, "Sitting on the Seat of This Old John Deer Tractor."

For the offertory Michael Gracy sang two verses of "Amazing Grace" in English, and two verses in Cherokee.

Both Michael Gracy and his wife greeted every visitor in the

foyer where his tapes were on display. They graciously were giving these tapes to anyone who wanted one and couldn't afford to give a free will donation.

You can listen to his song "He Writes The Song", by going to Michael Gracy's website, <http://mikegracy.tmgartist.com>. If you missed him and would like to hear him he will be at Downs United Methodist Church in Downs, on Sept. 30, and Salina Church of the Cross in Salina on Oct. 3.

'Touch a Truck' event set for Sherman County

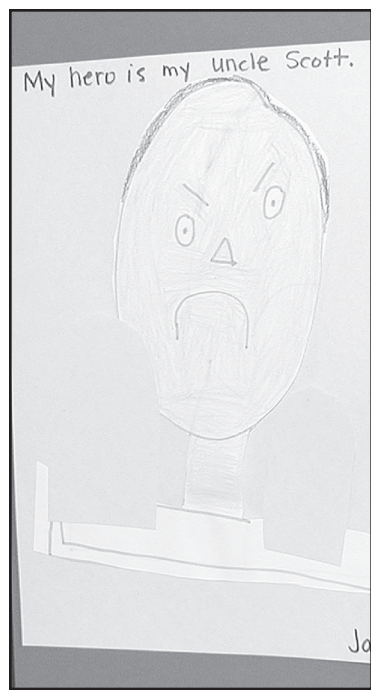
The annual Sherman County "Touch a Truck" will be held on Saturday, Oct 20, in the parking lot of the Goodland Walmart Super center. This is the second year for the event, after a successful opening year this year should be more exciting than in previous years.

This year's event features large construction vehicles and emergency vehicles from around the Northwest Kansas area along with some of the hard working individuals that operate these rigs.

From 10 a.m. to 2 p.m. adults and their children can get their picture taken with these mammoth

vehicles and even crawl inside. The first hour is horn and siren free for the little ones and all that is asked is a free-will donation of a non-perishable food item for Sherman County Genesis or a "new-in-the-box" toy for Toys for Tots.

Representatives from Sherman County Emergency Management will be on hand so Sherman County residents can sign up for the "Total Notify" systems which allows them to be notified in case of an emergency by telephone. Also on hand will be representatives from Northwest Kansas Technical College, American Implement and many others.



JACKSON BOYSON drew a picture of his hero for class.



GOODY BAGS containing pedometers and information on healthy eating were given to all the Cheylin students. Checking the bags were Anita Burton, left, and Deanna Nelson.

Pedometers given to students to promote an active lifestyle

Cheyenne County students from St. Francis and Bird City schools recently received goody bags which contained pedometers as well as nutrition and physical activity information.

The Cheyenne County Chronic Disease Risk Reduction Coalition, conducted through the Cheyenne County Health Department is focusing on school age nutrition and physical activity for the 2012-2013 school year. The coalition members furnished the bags with the walking pedometers and information to students in both school districts. The information provides everything they need to know to start a successful walking program, gives motivating reasons to be active, exercise tips, and tips for healthful nutrition.

School-age kids need 60 minutes of physical activity each day. But as kids get older, increasing demands on their time can make getting a full hour of exercise a challenge. Some kids get caught up in sedentary pursuits like watching television, video games, surfing the internet, face booking and other social media interests.

Being active is a key component of good health for all school-age kids. It will strengthen their muscles and bones and ensure

that their bodies are capable of doing normal kid stuff, like lifting a backpack, climbing on the jungle gym, running a race, or participating on a sports team. It also will help control their weight and decrease their risk of chronic illnesses, such as high blood pressure and type 2 diabetes.

Kids can be fit even if they're not the sports star of the team, said Mila Bandel, county health nurse. The key is finding activities they enjoy.

The options are many such as walking, biking, dancing, swimming, just to name some.

Finding an activity the entire family likes to do together is even better.

No matter what their fitness personalities, kids look to parents and guardians for guidance, support and encouragement. It is important to set a good example.

Set a goal as a family to make it a priority and look for chances to be physically active as a family. For more information about the Chronic Disease Risk Reduction coalition and/or nutrition and health call the Cheyenne County Health Department at 785-332-2381.

South of McDonald *By Sandy Binning*

Valeria Kramer's second birthday was celebrated Sept. 17 at the home of Dennis and Elda Kramer. Guests were Joe and Charlene Kramer, and Ryan and Diane Shay and family.

Lynn and Rita Officer attended the BBQ at Heartland Christian School Sunday.

Guests this week at the Binning Ranch were Vicki Binning of Limon, CO, Karen Mays of Leoti,

KS, Liz Binning and Bobby Connolly of Kunia, Hawaii, Sharon and Allen Vandegrift of Fairbury, NE, Chris and Mary Copeland of Hays, KS, and John Binning of Hays, KS.



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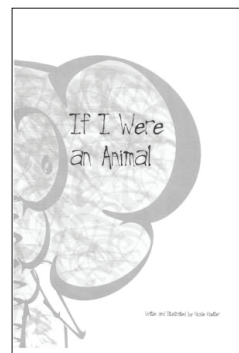
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