

New fitness business opens on Main Street

By Karen Krien

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The newest business on St. Francis' Main Street is 'nBalance - The Way of Wellness. Natalie Knodel recently received her associate's degree in Occupational Personal Training and wanted to contribute something back to the community.

Her personal training studio is located at 122 W. Washington. People entering need to use the west door.

The concept of 'nBalance is to keep physical, mental and spiritual balance. If everything is balanced, Mrs. Knodel said, then the person will be healthy and well.

I focus on physical health and encourage mental wellness for men, women and children, she said.

On her wall at the studio, there is information including supplements, exercises and health tips such as drinking plenty of water. There are also inspirational quotes. Mrs. Knodel's favorite quote is from Ralph Waldo Emerson, "The first wealth is health."

Mrs. Knodel gives out encouragement to those coming to the studio and also hands out

articles and meaningful reading. During the workouts, there is uplifting music.

The training sessions are semi private, generally three people at a time. This keeps the cost low and provides camaraderie. Those participating are trained in flexibility, cardio vascular, strength, endurance and how to move properly through the day, thus getting the body back into alignment. Mrs. Knodel also addresses imbalance and dysfunction.

New trainees will start by answering health questions. Some assessments will be done including functional movement screening which shows what work needs to be done to correct imbalances. It is important, she said, not to build strength on improper movement.

At that time, trainees will set goals which can include weight loss, feeling better, building strength and/or flexibility.

Each workout is personalized and will help the person meet his or her goals.

The training is six-week programs with trainees meeting two to three times a week, depending on how fast they want to meet their goals. Sessions last

50 minutes.

At the end of the six weeks, Mrs. Knodel will meet with the person and they will reassess their goals to see if they are meeting them.

Mrs. Knodel said the training doesn't require a lot of equipment. She has a rowing machine along with medicine balls, stability balls, kettlebells, resistance bands, barbells and dumbbells.

I want the atmosphere to feel like a play area for adults, she said. There is a variety of activities in the training.

"I want the training to be fun, not drudgery," she said.

Mrs. Knodel said she had always exercised and enjoyed it. In the past, she taught aerobics.

When her daughters left home, she wanted to do something. She attended Heritage College in Denver where she earned her Occupational Personal Training degree as well as certifying in American Council of Exercise, (ACE), Functional Movement Screen and cardio-pulmonary resuscitation (CPR).

After the Village fire in October, she realized how dependent people are on nursing homes, which she said, when a person needs them, they are good to have.



LIFTING WEIGHT — Natalie Knodel, personal trainer, works with Vickie Killingsworth at the training studio.

Herald staff photo by Karen Krien

Sometimes, she said, people are content to just retire, sit and grow old.

"We need to keep healthy as long as possible," she said, adding that people can do that by being

active, mentally and physically. They need to eat properly and be spiritually fit.

Natalie and her husband, John, who owns and operates Knodel Funeral Home, live in St. Francis.

They have three daughters, Mallory, Meredith and Madeline.

For more information on 'nBalance and how it can help individuals, call Natalie at 785-332-0191.

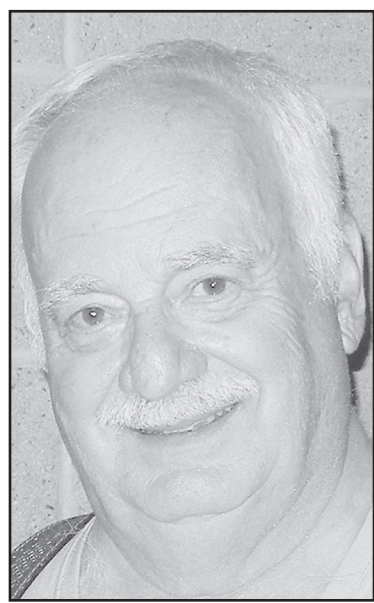
Society to host program centered around Ice Age

The public is welcome to attend a special presentation sponsored by the Cheyenne County Historical Society at 4 p.m. on Sunday at the old country church next to the museum on west U.S. 36 in St. Francis.

The program will be presented by Rod Laird who will speak about one of the longest-lived weapons technologies in human history, the atlatl, and how primitive hunters in Cheyenne County used this weapon to hunt the large animals of the Pleistocene Era (Ice Age). According to Mr. Laird, almost everybody's ancestors used atlatls at some time in the past.

Mr. Laird became interested in this technology in the 1960s while watching archaeologists uncover a Clovis site in New Mexico. At the site he saw surviving traces of a weapon system which had killed a mammoth with a precision crafted Clovis point. At the time, he wondered what ancient hunting weapon Ice Age hunters had used to bring down such a large animal.

Mr. Laird began research and later pioneered teaching programs and tools that would bring this history alive for students. In 1990, he was named Wyoming's



Laird

Teacher of the Year. One of the classroom learning activities he developed for students in a Wyoming Middle School became a worldwide sport. As a result, in May of 2011, he was recognized as the "Grandfather of the modern rebirth of atlatl use." (www.WorldAtlatl.org)

He plans to bring a Clovis biface found by his uncle, Chase Dunn, on the South Fork of the



LITTLE ERIC, a mammoth target, is used by atlatl throwers. Rod Laird will be speaking about atlatls and other history at the Cheyenne County Museum at 4 p.m. on Sunday.

Photo courtesy of Fence Post and Noel V. Hayes Jr.

Republican River after the 1935 flood. He will show many other artifacts, including an atlatl.

Those interested can bring any stone artifacts that may have been found in the area and compare

them with Rod's teaching set of Paleo-American points to see how old they might be.

Rod Laird is the son of the late Lorence and Dorothy Dunn Laird. Lorence taught in the St. Francis

and Bird City schools and later owned and published the *Bird City Times*.



Ludowese

Introducing

Taysen Ludowese

Taysen Lynn Ludowese was born on Wednesday, Aug. 10, 2011, in Denver. He weighed 9 pounds and was 20 1/4-inches long.

His parents are Travis and Crystal Ludowese of Goodland and his grandparents are Rex and Sandi Murray of St. Francis and Glen and Janell Ludowese of Scott City.

Great-grandparents are Milton and Twila Murray of St. Francis, Donna Ruddell of Goodland and the late Richard Ruddell, Rosetta Tuzicka of Scott City and the late George Tuzicka and the late Jack and Vivian Ludowese.

Thank You!

For our 60th Anniversary we want to thank our family and friends. To our children and grandchildren Royce, Cloene, Jesse, Clint, Kayla, Natalyn and Andy, a special thank you for all the work and love you did for Saturday for Saturdays luncheon and Cajun boil dinner with all the trimmings. Sunday, pizza and dessert; dinner grilled steaks. To all our neighbors and friends who helped and attended, for cards and gifts. This memorable occasion will never be forgotten.

Dick and Delores Bursch

A Baby Shower for

Alicia Beeson

Saturday, Sept. 24

2 p.m.

St. Joseph Catholic Church
Bird City



Many Thanks To All

We would like to thank all our neighbors who sent cards, flowers, food, good wishes and prayers for our mother while she was in the hospital. We would also like to send a special thank you to Ray Johnson, Gary and Mary Moore, Kris Burns and Jim Melton for all your extra help taking care of things. And not to be forgotten the Cheyenne County EMTs, our United Methodist Church family for all the wonderful meals and Pastor Tom and Debbie Bailey for all your special care and help with everything.

With love, the family of
Belinda Boyson

St. Francis Auction

Market

St. Francis, Kansas

Cattle Sale Every Wednesday

12:30 — Weigh Cows

Contact: Jerry Fortin 785-475-8203

Jay Fortin 785-475-8303

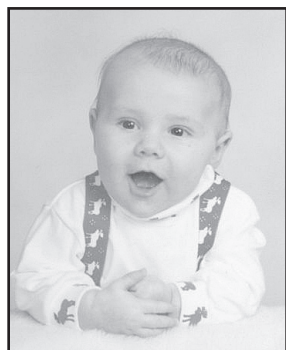
Darren Fortin 785-470-7156

Cafe Will be open

September 12, 1993

On this day in history

Someone extraordinary was born!!



Happy 18th
Birthday
Logan!

We love you very much!

Mom, Dad,
Matt and Sarah

Vap Construction, Inc.

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Post Frame Buildings in Your Area

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High Plains Ag Profit Workshop – Goodland, KS

Thurs. Sept. 29 thru Sat. Oct. 1

Explore the possibilities, benefits and profits of grass-fed beef production, the bison advantage, rangeland hair sheep, species co-grazing and more.

Farm ground segment will cover no-till, cover-cropping, poly-culture, natural fertility strategies and the mixing of livestock with farming for greater benefits. See how a modern weed-wiper and crop-roller can help.

Key note educator and internationally renowned Certified Holistic Management Educator Kirk Gadzia will teach basic HM principles and hands-on rangeland monitoring.

\$160/person/day (lunch included) or

\$500 for all three days (lunches and dinners included)

Call 855-330-1493 for more info or to sign up! (Book by Sept 21)