

# Junior high wrestling—



CLAYTON CASSAW wins his match by a fall during the Rawlins County wrestling dual.

# Man posts concert on YouTube site

Ole Cram, 1980 St. Francis Community High School graduate, performed a concert of his original compositions for the St. Francis Music Club in 1992. He performed 14 songs and also demonstrated a drum solo using drum sounds on a keyboard.

Mr. Cram recently found a VHS recording of the concert and has digitized each of these 15 performances separately as electronic movie files. These 15 small movies have been posted to his YouTube site at [www.YouTube.com/olecrammusic](http://www.YouTube.com/olecrammusic) where anyone with Internet access can view them for free.

Mr. Cram composes his own original music using electronic keyboards and synthesizers. These keyboards play a variety of musical instruments including piano, drums, trumpets, orchestra strings, and a vocal chorus.

He uses a sequencer, a device that records his key strokes on the keyboards. The sequencer is used to record a drum track, base track, and background chords through the keyboards.

"Once the main structure of a song is complete, I like to play



Cram

the melody track in my concerts to fully complete the song," Mr. Cram said. "I also compose songs that only require a piano sound."

Mr. Cram plans to continue adding new music compositions to his YouTube site and has also created a fan page on Facebook at [www.facebook.com/olecrammusic](http://www.facebook.com/olecrammusic).

"I am really having fun exploring many of the Internet tools available to share my music with the world."

# Kids wrestle in Norton tournament

Two wrestlers competed in the Norton Tournament Saturday and both came home as Champions. In the 8 and under, 80 lbs Shadryon Blanka and 10 and under 82 lbs Tayten Weeter.

Blanka won his first match by a fall, his second match by fall and won the next match 7-4 to win first.

Weeter had a bye first round, won his second match by fall and won by fall to take first.

There were 9 kid wrestlers that had matches Thursday at the Atwood dual.

Dawson Rose won over Draven Sayre by a technical fall 16-0

Nathan Leibbrandt won 11-0 over Tommy McFee and lost 6-10 to Bryan Monterio

Javier Yanez won over Bryan Monterio by default and won by fall over McFee

Perla Yanez lost by fall to Jayden Ashford

Chris Leibbrandt lost a 1-7 decision to Drew Withington

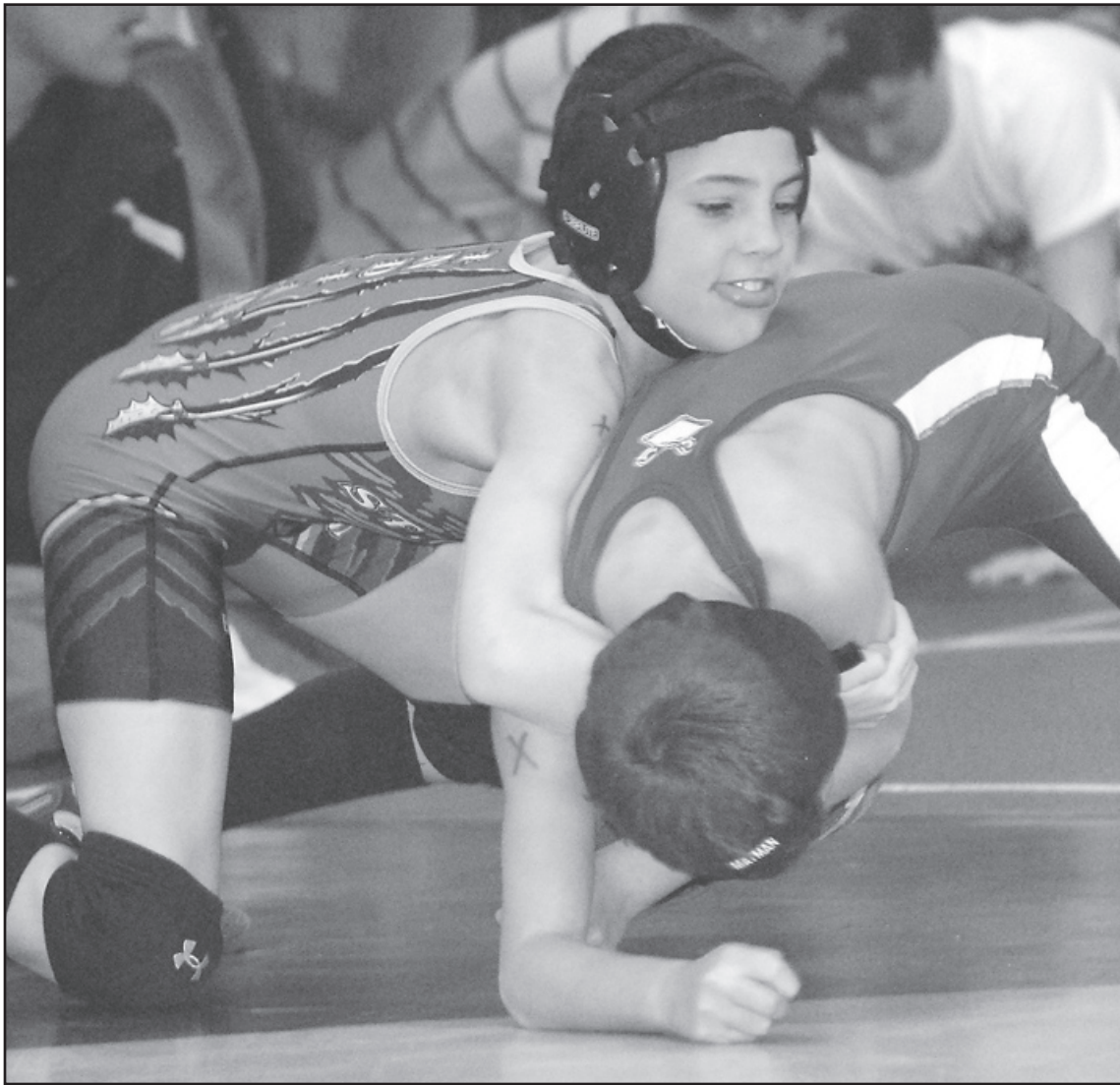
Tayten Weeter won by fall over Tanner Hayes

Gus Hesper won by fall over Dominic Cassaw

Luke Lampe won a 2-1 dec over Maverick Green

Shadryon Blanka won a 16-3 dec over Dayln McFee

This Thursday the Kid Wrestlers will be in action after the Jr. High wrestling and before the High School against kid wrestlers from Hoxie.



TRAYTON WEETER works to get his opponent on his back at the Norton tournament. Weeter took first place.

# Clinic receives money from insurance group

The Cheyenne County Clinic in St. Francis has received \$1,650 from the Blue Cross and Blue Shield of Kansas Foundation.

The clinic was among 28 primary care and community health centers providing care for underserved Kansans to share \$46,200 in year-end grants from the Kansas Foundation. Each clinic received a grant of \$1,650.

These clinics have stretched their budgets to the maximum in order to assure that the growing number of uninsured and underinsured Kansans have access to quality health care, said Marlou Wegener, chief operating officer of the Foundation.

In recognition of the important work these clinics do in the communities they serve, the Foundation is providing each with these funds in the hope that the funds will help

them continue to provide crucial health care services to the Kansans who rely on them.

"This money will be used to help break the cost of service to the un- and under- insured people without resources to cover their own cost of care," said Les Lacy, Cheyenne County Hospital administrator. "In 2011, we provided \$89,894 in charity care. In addition to this, we had an expense of \$230,019 related to uncollectible accounts. Our Primary Care Clinic Grant also provides money to help cover this expense, but tax dollars are also needed to cover these expenses."

Besides the Cheyenne County Clinic, others receiving money in this area were: Greeley County Health Services, Sharon Springs; and Rawlins County Dental Clinic, Atwood.

# Energy assistance now available

The Kansas Department of Social and Rehabilitation Services (SRS) will be accepting applications for the Low Income Energy Assistance Program (LIEAP) from Wednesday, Jan. 18 through Friday, March 30.

The program provides an annual benefit to help qualifying households pay winter heating bills. Individuals with disabilities, elderly

people, and families with children are the primary groups assisted. An average benefit of \$262.88 was provided to 62,000 households in 2011.

To qualify, applicants must be responsible for direct payment of their heating bills. Income eligibility guidelines are set at 130 percent of the federal poverty level. Persons

with incomes within the following guidelines may receive LIEAP benefits:

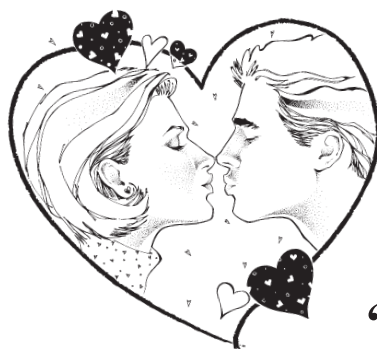
One person with a monthly income of \$1,180; two people with a monthly income of \$1,594; three people with a monthly income of \$2,008; four people, \$2,422; and five people, \$2,836. Add \$414 for each additional person.

# Coming Soon: WORKING WOMEN'S SECTION



Coming in February!

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# WRESTLING AND BASKETBALL



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For more details, contact

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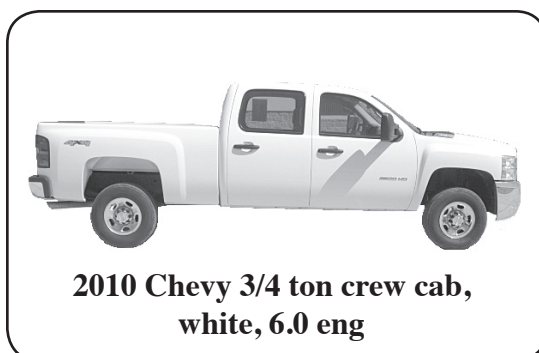
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thought to ponder.....Why do we say something is out of whack? what is a whack, anyway?

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