

Annual disc golf tournament set

By Karen Krien

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The Roadkill Rendezvous disc golf tournament will be held on Saturday, Sept. 15, at Roadside Disc Golf Course, south of the Cheyenne County Museum. Check in starts at 8 and the tournament will start at 9 a.m.

There has been quite a bit of interest shown in the sport, said Kary Zwegardt, organizer. We are hoping to have a good turnout.

There will be cash and merchandise prizes awarded to the top three finishers as well as prizes for the longest drive and longest putt on selected holes. Lunch, snacks and drinks will be available.

Entry fees are \$20 and the deadline to enter is Sept. 15. For more information, call 785-332-0308. All proceeds go to Zero's Youth Center, St. Francis.

The disc golf, also referred to as Frisbie golf, course was established a couple of years ago by Kary Zwegardt and his son, Jordan. The game is played much like traditional golf. Instead of balls and clubs, the players use a flying disc or Frisbie.

The object of golf is to complete each hole in the least number of strokes. In Frisbie golf, the player needs to put the disc in the basket

in the least amount of throws.

The 9-hole course is a series of baskets mounted on a pole. The disc is thrown from a tee area to the target.

The course has trees, shrubs and terrain changes which provides challenges for the player. When the disc lands in the basket, the hole is completed.

There are no green fees, players don't have to rent a cart and they never get stuck with a bad "tee time."

The roadside park, Mr. Zwegardt said, is better than most courses. There is not only rest room facilities, but there is a place for picnics and water.

All ages, from the young to the elderly, can enjoy the sport. Not only is it a fun sport but it is good recreational exercise. Frisbie golf provides upper and lower body conditioning, aerobic exercise and promotes a combination of physical and mental abilities. The upside, there is little risk of physical injuries.

Concentration skills are increased by mastering shots and negotiating obstacles.

Check out the course, watch the players or become one. For more information, talk to Mr. Zwegardt.



T-N-T CAR WASH in Bird City is ready to clean dirty vehicles.

Herald staff photos by Karen Krien

Area couple purchases Bird City businesses

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Several months ago, Todd and Tracy Neitzel became the new owners of a multi-business operation in Bird City. The property, located along U.S. 36 is now known as T-N-T Car Wash, Storage Units and RV Park.

The Neitzel's have spent the summer cleaning up the property and making improvements.

The car wash was first on their agenda. "Our goal was to have a quality car wash with all components in good working order," said Mrs. Neitzel.

The nine lot RV park was cleaned and landscaped. New hookups and solar lighting was installed. The RV park has sewer, water and electric hook ups and some sites have cement pads. There are new picnic tables and swings, for customers to use and enjoy.

"We have had some very pleased customers. We are looking forward to having many more customers during the fall harvest and hunting season," said Mrs. Neitzel.

Eight small storage units and 26 large storage units are also located on the property. The larger units are 8x20 with a garage door entrance. The small units are old motel rooms that have been renovated into storage facilities. Most of the units are full at this time.

The former Right Motel is currently being renovated into apartments, which have already been rented. A new roof is planned for the future.

"We are glad to be in Bird City and to keep these businesses going" Mrs. Neitzel said.

Todd and Tracy are 4th generation farmers in Cheyenne County and own a farm south of Wheeler. In addition to farming, they raise pheasants and have other ventures within the community. The recent purchase of a small feed yard will only add to their diversified life style.

Todd and Tracy have two boys, Colton and Cutter, who are in grade school in St. Francis.

For more information concerning T-N-T Car Wash, Storage Units and RV Park, call Tracy at 785-734-7100.



TRACY NEITZEL makes sure the bill changer is in working order.

Beecher reunion Starts Saturday

Lots of activities are planned for the annual Beecher Island reunion on Saturday and Sunday, Sept. 15 and 16, at the Beecher Island campgrounds on Yuma County county road KK.

Many people come for the entire weekend, as there is lots of room for campers. Food will be available throughout the weekend from The Idalia FCE Club, The Wray Lions and The Idalia Lions. Among the many things to enjoy on Saturday will be a black powder shoot, a pedal tractor pull, music by the Swinging Seniors, the Beecher Helping Hand Club quilt show, horseshoes, games and races for all ages.

At this years reunion local amateur radio enthusiast Ron Peterson will be hosting a special event radio broadcast. A broadcasting station will be set up on the grounds and radio operators from around the world will be able to take part in the reunion.

Visitors are encouraged to stop in at the broadcast trailer. They may have the opportunity to visit with people around the world. The special event broadcast call letters are NOB.

The Saturday evening entertainment will be Loose Cannon Bluegrass. A Denver-based band will be playing traditional bluegrass original songs, soft ballads, sweet harmonies and instrumental barn burners.

Sunday morning gets under way with the Idalia Lions pancake breakfast. Area Boy Scouts will lead the ceremonial flag raising.

Sunday service will feature speaker Phil Mitchell with music by Mike and Lorraine McCullough.

The afternoon show will feature Rex Rideout. Rex is a long-time student of music and songs of the 19th century American West. He has performed at many historic sites and museum across the west.

Rex plays mandolin, fiddle,

guitar and banjo, as well as other instruments. He will also be performing the traditional song "Arickaree."

The guest history speaker this year is John H Monnett. John is a professor of history at Metropolitan State College in Denver. He has written several books including *The Battle Of Beecher Island* and *The Indian War of 1867-1869*.

Following John's presentation will be the raffle drawing for the Helping Hand Club baskets and quilt.

Check ad in this week's Herald for more information on the times of the events.

History

The reunion has long and deep roots in the tri-state region. In September of 1868 after weeks of pursuing a band of Dog Soldiers, a company of scouts led by Major George Forsythe and Lt. Fred Beecher made camp on the banks of the Arickaree River.

On the morning of the 17th they were attacked by the Indians. Making their way to a sandbar island in the creek bed, they were able to hold off their attackers.

With all of their horses killed and many wounded men, they had to remain on the island for nine days until the 10th Calvary Buffalo Soldiers came to their rescue. This became known as the battle of Beecher Island in honor of Lt. Beecher who was killed in the fight.

In September of 1898, several of the scouts came to the area to find the location of the battle. After erecting a primitive marker they began making plans for a reunion of the remaining scouts.

The first reunion took place in 1899. The reunion has taken place every year since.

These men felt the need to preserve the battle ground and their memories of these events. They created The Beecher Island Battle Memorial Association in 1905.

Massage therapist provides services

A massage therapist will be providing services at All Health... A Journey to Wellness.

Jamie Stramel, niece of Betty and Skip Petersen, will be opening up the massage business in the former Capstone Counseling building at 212 East Spencer St., behind The Spencer House Bed and Breakfast. Capstone was purchased by Kris Rice, LSCSW, who provides counseling service. Mrs. Rice plans to expand services in the new business to include other forms of alternative health for the community.

Methods used by Jamie with her massage are deep tissue massage, cupping, hot stones and myofascial release.

A deep tissue massage, she said, goes beyond the superficial area of the muscles into a deeper layer where most of the chronic pain lies.

Massage cupping is the combination of massage movements and negative pressure with the use of a suction device on the skin. A cup is positioned at the area to be treated and, depending on the type of cups being used, a vacuum is created within the cup to draw the skin and underlying tissue into the cup. The produced vacuum creates a suction effect that increases blood and lymphatic circulation systemically and to the local area, relaxes muscle tissue and support, draws stagnation, pathogenic factors and toxins out of the body and releases a myriad of pain-causing factors.

The premise behind hot stone massage therapy is that the direct heat of the stones relaxes muscles, allowing the therapist access to their deeper muscle layers.

Myofascial release is a type of treatment used to treat chronic

pain from the following: back, neck, menstrual, jaw, headaches and others.

Jamie is a 2004 graduate of Oakley High School and a 2012 graduate of Colby Community College where she completed her studies for massage therapy. She currently lives in Oakley and works as a medication aid at Logan County Manor. One day a week, she does massage in Colby at The Movement Connection.

She plans to be in St. Francis from 10 a.m. to 5 p.m. on Wednesdays. To make an appointment, call 785-672-0271. Once established with scheduled clients, Jamie will be accepting walk-ins.

Enthusiastic, Jamie is looking forward to contributing to the wellness of the community.

Those having questions about All Health and the services that will be offered there can call Mrs. Rice at 785-772-5041.



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1998 Chevy Tahoe 4-WD, #T0869C	\$4,900
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2003 Buick Lesabre, Leather, #T8153	\$5,600
2004 Toyota Scion XB, Great student car, #T5284B	\$4,995
2004 Volkswagon Touareg, low miles, #T1726C	\$16,825
2005 Ford F-250 XLT, Super Cab, #T1920A	\$16,500
2005 Chevy Silverado, K2500 HD, #50842B	\$13,900
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2007 Chevy K-2500 HD, gas, Crew, L. box, #T4551A	\$24,995
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2011 Chevy Impala LT, 34K, #06614B	\$21,000
2012 Ford Edge Limited, AWD, Leather	\$30,660

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Come & Go Bridal Shower for Melissa Tabor
(Bride-elect of AJ McAtee)
Sunday, Sept. 16 ~ 2 p.m.
Cheyenne Manor
St. Francis
Bride is registered at Bed, Bath & Beyond

BEGINNING FARMER WORKSHOP
SEPTEMBER 19 10AM-4PM
ATWOOD AMERICAN LEGION

Topics include: Financial Aspect of Farm Transition, Bridging the Gap between Beginning and Retiring Farmers, internship programs and a farmer panel.

HIGH PLAINS FOOD CO-OP TOUR
SEPTEMBER 20 7AM-1PM
ST. FRANCIS

Witness the co-op in action!
Farm stops: Becky's Bierocks, Prairie House Herbs and Rattlesnake Ridge Ranch

High Plains Food Coop
785-527-0941
www.kansasfarmersunion.org
Registration is free and Open to the public

Both events are made possible by Kansas Farmers Union, Farm Aid, Rawlins County Economic Development and HPFC

Bridal Shower for Brandi Barnhart
Bride-elect of Jeff Meyer
Saturday, Sept. 15
2-4 p.m.
Please bring a favorite recipe to share with Brandi.
St. Francis Equity Banquet Room.
Bride is registered at Owen's and Wal-Mart.

Help Wanted
The Cub's Den in Idalia, CO is now accepting applications for a full-time Director position. Applicants must hold current Director qualifications for the Director, as per the State of Colorado Rules & Regulations. Applications will be accepted until the positions are filled. Please inquire at (970)354-7587 for further details.