

RUNNERS

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Beth had no intentions of ever running an event.

Wine and Dine half marathon

There is a half marathon in Disney World that caught my eye, Terry said. It is called the Wine and Dine and takes place in November. It's unique in that you run at night. After the 13.1 miles, runners and their families had EPCOT to themselves. The festival was wrapping up that day and we got to partake in all the food stands. There were 13 other countries represented above what was already at EPCOT.

Run 13 miles and eat and drink until 4 in the morning! That was great fun, Terry said.

At the health expo associated with this race, Mary Beth and I listened to former marathon Olympian and now motivational speaker, Jeff Galloway, talk about running. He was so good, Terry said, and he got Mary Beth fired up and she decided she'd like to run a half marathon. Terry looked into having Mary Beth run with Sheryl at the Disneyworld Half Marathon, but it was sold out. We tried every avenue, he said, and finally someone in a tour group had canceled so we were able to get her registered.

That gave Mary Beth two months to train, which isn't a lot, Terry said. We mainly trained on a treadmill since it had been so cold. Sheryl teaches fitness classes so there was no worry about her. Sara lives in Los Angeles and runs once in awhile. None of us really trained like you probably should.

Running a half marathon, Mary Beth said, is a challenge as it requires a commitment of physical endurance. But what I found is that the mental endurance and self discipline was even harder.

Sheryl and Mary Beth ran on Saturday and completed the race beating many other runners. There were around 60,000 runners in that race!

Sara and Terry ran on Sunday. It was 80+ degrees at the end of the race, Terry said, and I was not having fun. I had started getting a calf cramp at mile 15 so the last 7 miles were run 4 minutes and walk a minute. Sara was still fresh and ready to keep going, but she was a good daughter and waiting back for her flailing, old dad!

However, they crossed the finish line holding hands together, raised high in the air. I was wearing a KU shirt and the announcer at the finish line shouted out "Rock Chalk Jayhawks!" "I was young again!" he said.

I was incredibly happy I was able to cheer my dad and Sara on during one of life's greatest physical and mental challenges--a full marathon! Sheryl said. They made it look effortless, fun even.

"I've always loved running," Sara said, "but I'll admit, running my first race alone was tough. Having my family run with me is to have my best friends run with me, and it's so amazing to cross the finish line and have someone to share the joy and accomplishment with. I can't imagine ever running a race without them again."

"Although this was my first half marathon, I was never nervous because I knew the people I love and care about the most in this world would be cheering me on,"

Sheryl said. "It was great running with my mom. She is one of my best friends and I am glad we were able to share the experience."

The family has decided to run at least two more times. With Marvin, the real runner in the family on board now, they are going to run the Disneyland Half this year and then hit the east coast and run the Wine and Dine Half.

As with any challenge in life, Dr. Miller said, you find that you learn something from going through it. I was amazed by the myriad of others having this same experience. There were people of all shapes, sizes and ages out there. It was encouraging that in this age of obesity and poor health habits, there are large numbers of people embracing a healthier side of living.

"I thank God every day that I am blessed with such an amazing family," Sheryl said. "I can't wait until we can all run together again!"

Boys' basketball players honored

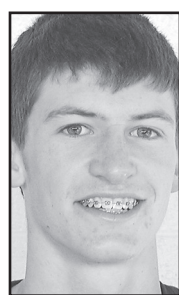
The Northwest Kansas League coaches have selected the All-League Boys Basketball Team for 2012-13. The edition consists of three teams of five players as well as several honorable mention players.

Two St. Francis Indians were selected for their performance during the past season. Junior Mason Schiltz received third team honors. Senior Dylan Peter was named honorable mention.

Those honored include: First team: Kade Spresser, Hoxie, junior; Eli Kuhlman, Wallace County, senior; Ryan Kuhlman, Dighton, senior; Chase Kennedy, Hoxie, junior; Gavin Mote, Wallace County, senior.

Second team: James Peterson, Rawlins County, junior; Stephen Llewellyn, Oakley, senior; Colton Corwin, Quinter, junior; Darius Herl, Oakley, junior; Isaac Alinor, Dighton, junior.

Third Team: Tyler Bruggeman, Decatur Community, senior; Jantz Budde, Wichita County, junior; Mason Schiltz, St. Francis,



Schiltz



Peter

junior; Austin Baalman, Oakley, junior; Neil Fletcher, Wichita County, senior.

Honorable mention: A.J. Govert, Greeley County, senior; Brett Crist, Quinter, sophomore; Dylan Peter, St. Francis, senior; Cayle Hubert, Oakley, senior; Cayden Daily Wallace County, junior; Kyle Breth, Decatur Community, junior; Bryce Nickelson, Wichita County, senior; Troy Wineinge, Greeley County, senior; Nate Klinge, Wallace County, sophomore; Dylan Tiemeyer, Rawlins County, junior.



SPRING IS HERE – Time to take down the Christmas lights. The weather has kept the city crew from taking the lights down earlier.

Herald staff photo by Tim Burr

LANDFILL

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agreement that it's utility lines can be moved if necessary when the bridge is being put in, but the county will pay for the expenses. AT&T has also signed such an agreement.

Grants and development plans

Steve Hansen, representing Pioneer Country Development, Hill City, and Corina Cox, economic development coordinator with Northwest Kansas Planning and Development Corporation, talked to the commissioners about opportunities they might want to pursue for getting grants.

There were two areas of obvious interest: bridges and an assisted living facility. Supervisor Flemming was interested in getting help with bridge building especially the bridge north of St. Francis by the River Walk. He said this bridge needs to be replaced but half of it belongs to the county and the other half belongs to the city of St. Francis.

The assisted living facility is also needed. Ways for financing including grants and community tax credits were discussed.

They noted that Cheyenne County, specifically St. Francis, has not been active in pursuing grants, even though they are members of the of the organizations.

In other business

In other business: Mr. Flemming said he had a disgruntled employee because he still had not received his "cafeteria insurance" health expense check. He requested that the checks not be mailed to employees when they can be picked up. Mr. Patton suggested that the employees not wanting their checks mailed, come to the clerk's office and sign a waiver stating that a certain person will be picking up the check. That person will need to sign for the check before taking it.

Commissioner Brett Poling brought up having a back tax sale.

Mr. Patton said that, because it costs the county so much to have it, it needs to be budgeted for the year it is planned.

The Solid Rock Baptist Women Fellowship group provided cookies as a thank you for all the commissioners do.

County Attorney Thadani was appointed to the Northwest Kansas Juvenile Service Governing Board. He said he had attended his first meeting on Thursday.

The commissioners signed a resolution objecting to making the lesser prairie chicken an endangered species. If the lesser prairie chicken is determined to be an endangered species, it would stop all gas and oil production, just to name one reason for not wanting it on the list.

Next meeting

The next commissioners meeting has been set for 8 a.m. on Friday, March 29, in the commissioners' room in the courthouse.

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8508A \$3,400



2001 FORD TAURUS SE

8658B \$2,950



1997 BUICK PARK AVENUE

8387C \$1,995



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CrewCab, SLT, 4x4, Duramax

8535A \$48,800



2007 CHEVY SILVERADO HD3500
CrewCab, LTZ, 4x4, Duramax

8734B \$31,900



2006 CHEVY SILVERADO HD2500
X-Cab, LT, 4x4, Only 58,000 Miles

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2003 CHEVY SILVERADO HD2500
CrewCab, LT, 4x4, Duramax

8393A \$16,600



2003 CHEVY SILVERADO HD2500
4x4, Duramax

8743A \$11,750



2002 FORD F250
SuperCab, XLT, 4x4, Only 68,000 Miles

8467B \$11,350



2005 CHEVY SILVERADO 1500
4x4

\$10,500



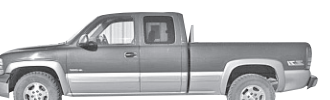
1999 FORD F250
SuperCab, XLT, 4x4, 7.3L Powerstroke

8740A \$9,900



1999 CHEVY SILVERADO 1500
X-Cab, Z71, 4x4, Low Miles

8324A \$8,950



2000 CHEVY SILVERADO 1500
X-Cab, LS-Z71, 4x4, Low Miles

8178B \$8,750



2001 CHEVY SILVERADO 2500
4x4

8602A \$7,400



1998 CHEVY SILVERADO 2500
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8054B \$5,500



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LT, 4x4

\$7,950



2005 DODGE GRAND CARAVAN
83,000 Miles

1104 \$6,900



2001 CHEVY TAHOE
LT, 4x4, Sunroof

8455B \$6,950



2000 JEEP GRAND CHEROKEE
Limited, AWD, Sunroof

8667C \$5,500



1999 GMC SUBURBAN
SLT, 4x4

7890B \$4,750



2003 CHEVROLET TRAILBLAZER
LS, 4x4

8703B \$4,995



2001 FORD EXPEDITION
Eddie Bauer, 4x4

7858C \$3,990



2000 MERCURY VILLAGER

7785B \$2,500



1997 FORD EXPLORER
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8370B \$2,495



1984 GMC SUBURBAN
4x4

8574C \$1,500

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