

Wellness and aging expo held for two days in Goodland

To learn more about wellness and aging, plan to attend Full Circle. An Aging Expo on Thursday, April 27, in Goodland, or Friday, April 28 in Osborne. For more information, please contact the Cheyenne County Extension Office at (785) 332-3171. Even though wellness is a well-known term, it is also a relatively recent term. A century ago, people considered themselves lucky just to survive to adulthood. A child born in the 1900s, for example could expect to live only 45 years. Many people died as a result of common infectious diseases and poor environmental conditions (unrefrigerated food, poor sanitation, air and water pollution.) However, over the last 106 years, the average life span has nearly doubled,

thanks largely to the development of vaccines and antibiotics to prevent and fight infectious diseases, and to public health campaigns to improve living condition.

A different set of diseases have now emerged as major health threats. Diseases such as heart disease, cancer and stroke are now the top causes of death in the United States. Treating these diseases has proven to be enormously expensive and extremely difficult. It has become clear from the extensive research on this subject that these diseases are preventative. Yes, Preventative!

Once people become aware of their health problem(s), they need to make a conscious decision to change. Unfortunately, that deci-

sion can only be a personal decision from self-motivation. Everyone needs to devise some sort of plan which will help them in their quest for wellness.

One popular plan is to first choose a target behavior that you need to change. Your second step would be to monitor that particular behavior through a journal. The third step in changing your health behavior would be to set a specific attainable goal. This stage should be some sort of goal that can be easily obtained in a couple of weeks. Your last stage should be a reward system for reaching that goal (your reward should be unrelated to your behavior change.)

Using this simple process is a good start to improving your health and increasing your quality of life.



ARBOR DAY CELEBRATION was held with the Garden Club handing back the Cheylin fourth graders environmental posters. Awards were presented to the students.

Times staff photo by Melinda Basnett

Honor Roll

New and renewed Times subscriptions: Hal Sager, Bird City; Stanley Lamb, St. Francis; Tyler Knapp, Colby; Mark Loop, St. Francis; Ted Partch, Bird City; Doug Flemming, Bird City; Marvin Dowdy, Bird City; Dave Hickert, Bird City; Barbara Krantz, McDonald. Gary Leach, Bird City; Duane Dapron, Broken Arrow, Okla.; Donita Clausen, South Haven, Kan.; Leon Brethower, Bird City; Judy Castle, Aurora, Colo.; Lily Ruth Edmonston, Bird City; Verna Cormack, Bird City; Sally Hudson, Benkelman, Neb; Stephen Meyers, Medford Ore; George Fishel, Layton, UT.



WOW! ANOTHER EGG! Guinevere Burr was one of many children that enjoyed the Easter Egg Hunt last Saturday.

Times staff photo by Melinda Basnett

One athlete places at the track meet

By Melinda Basnett

There were only five students who attended last weeks track meet hosted by Triplains. The rest of the Cheylin team were attending the FCCLA Conference in Wichita. Brandon Gordon was the only competitor that placed in events on Tuesday. He placed fourth in the 300 meter hurdles, and fifth in the 110 meter high hurdles.

Club Clips

McDonald Area Development

McDonald Area Development (MAD) was organized in 1977. The organization was to be similar to PRIDE to help new businesses get established, to support existing businesses, and to make McDonald a desirable place to live and to do business.

Members could be a business or individual members who wanted to promote McDonald. Every new business was given a welcome and advertising in the newspapers to help them get started.

Activities that have been done every year since organization include the Easter Egg Hunt, Christmas Bingo, and the patriotic July program and ice cream social.

Many FUN DAYS with games,

and races for the kids were held. Sunday dinners were held with funds going to help individuals with medical expenses. Every May the McDonald Area Development sponsors a City Clean-up with McDonald Area Development members picking up items to be taken to the dump. Because of this McDonald is clean and free of junk.

Members work at the Highway 36 park included the building of the restrooms, the painting of the playground equipment and care of the trees.

In the city park, members contributed to the building of the Gazebo and the establishing of the park. Contributions to the building of the directory in the cemetery.

Each year new Christmas lights and decorations are added. The barrels for street planters were also purchased.

McDonald Area Development has worked with McDonald Lions and the City for several projects, the last being the purchase of new flags for the flag pole.

These are only some of the projects done by McDonald Area Development in the last 29 years. Members are willing and happy to support McDonald in all these ways, and they welcome anyone wishing to be a member.

Remember, this is the original MAD and they will continue doing anything that is good for McDonald.

New Dealer Announcement



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You're Invited

Overland Pass Pipeline is hosting open houses to introduce a potential project in your county. Overland Pass is a proposed 750-mile pipeline that is designed to carry natural gas liquids such as propane from southwestern Wyoming to central Kansas.

Please plan to attend one of the open houses listed below to learn more about the proposal. We're also happy to answer questions about the permitting process, engineering, construction and steps that are being taken to protect environmental and cultural resources along the proposed route.

SCHEDULE

Monday, April 24
 Time: 4-7 p.m.
 Location: WaKeeney, KS – Eagle's Club (80 Barclay Avenue)

Tuesday, April 25
 Time: 4-7 p.m.
 Location: St. Francis, KS – Cheyenne County Fairgrounds (Fair Building)

Wednesday, April 26
 Time: 4-7 p.m.
 Location: Akron, CO – Akron Event Center (150 Ash Avenue)

Thursday, April 27
 Time: 4-7 p.m.
 Location: Laramie, WY – University of Wyoming (Medicine Bow Room, 1731 Fraternity Row)



www.overlandpass.com