



**PERFECTING FORM - Natalie Knodel, personal trainer, works with Vicki Killingsworth at 'nBalance in St. Francis.**

*Times photo by Karen Krien*

## New fitness studio in Sainty

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 inspiration 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 par-

ticipating 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 disfunction.

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, disability balls, kettle bells, 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.

Sometimes, she said, people are content just to 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, Malory, Meredith and Madeline.

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

## Council discussed drain flies

The problem of drain flies was discussed at the Sept. 6 Bird City City Council meeting.

City clerk DeAnza Ambrosier reported that she had received another resident complaint concerning a drain fly (gnat) infestation. She said she has checked into what other cities are doing. She would also see what Bird City has done in the past as far as maintenance of their sewer lines.

She had found that the pipelines should be flushed at least twice a year in order to remove grease and other buildup that can be a breeding area for the gnats.

She said that in the past, certain degreaser and/or enzyme chemicals were routinely pumped into the lines from three locations. This may have helped keep the lines clear of buildup.

Frank Serrano, councilman, asked if the city received complaints of the gnats prior to the last two years and asked why not. Mayor Troy Burr said the gnats had gotten out of balance possibly because the city had gotten out of rhythm when it came to flushing.

Brad Schneider, city maintenance, said he makes every attempt to flush the system twice a year. Mayor Burr said the city needs to be more diligent and get the job done. He instructed Ms. Ambrosier to find out what chemicals have been used in the past.

### City insurance

Donna Wright, Wright Insurance Agency, submitted the annual municipal insurance proposal. Council members reviewed items, equipment and structures covered under the policy and discussed any items that may need added or deleted from the list.

Councilman Hal Sager asked about inventory at the maintenance shop that may not be considered equipment, such as back-up water meters and valves, etc. Due to the high cost of these items, he said it would be a good idea to do an inventory to determine what the city has on hand.

Mrs. Wright reported that the values of all items in the proposal have increased by 5 percent and that the annual 2012 premium will be \$14,849.

The insurance proposal was approved.

### Building permit application

Nick Ketzner submitted a building permit application for new construction of a fence. The question arose concerning the distance a fence must be from the actual property line.

City attorney, Kevin Berens, said the city code does not specify as to a distance. Approval of the application was given upon the inspection and approval of Mr. Schneider, maintenance supervisor.

However, Mr. Schneider, asked if he was responsible for marking property lines when residents request it through the city. He said he felt that would be a job for actual surveyors, as he is not trained in that area. Mayor Burr agreed that he should not be responsible for property line marking.

### Water rates

Mayor Burr told the council that he has given a lot of thought to the city's water rates but is still unsure as to what level the city should take it to. He commented on the value of clean, available water and his hope that residents realize the benefit of having water available to them.

Mayor Burr stated that his concern is to generate enough funds to pay the city's expenses. He said a 40-percent increase would cover the current expenses, however, he thought the council owes it to the community to give the issue of rate increases a lot of thought.

Mr. Sager moved that a public forum be held in order to hear input, answer questions, and address concerns from the community concerning a proposed water rate increase.

### Request for funds

Ms. Ambrosier submitted Request for Funds No. 9 in the amount of \$18,900. The request was to make payment to North Central Regional Planning Commission for rehab inspections and to Joe Felton for final payment for rehab completion on the Haack home. Sager moved to approve draw No. 9 in the amount of \$18,900, seconded by Serrano. Motion carried 5-0.

### Request for waiver letter

Ms. Ambrosier explained that one of the current rehab projects has been bid above the \$18,000 grant limit; therefore, she would

like to send a "high-cost waiver request" to field representative, Linda Hunsicker. If approved, the city can proceed with all the repairs needed. If the request is denied, she explained, there would be enough funds to proceed but several of the items listed needing repair would have to be omitted. Ms. Ambrosier's request was approved.

### Unsafe structure

Kevin Berens, city attorney, reported that he had discovered that once a structure has been condemned by an entity, it is always condemned. Therefore, the city is still liable for any issues that may arise with the old theater building.

He said the city has a duty to ensure the building is safe. Councilman Carmichael said that if the city does nothing, it is only going to get worse.

Mr. Berens suggested letting the demolition project out for bids and then evaluate the options. Contractors will need to be licensed and be required to carry their own insurance and/or be bonded so if they were to cause more damage they would be liable. Mayor Burr asked Mr. Berens if he will get with the clerk to come up with a request for bids for the project.

### In other business

• Clerk Ambrosier was given permission to attend Year 3 of the City Clerk Institute Nov. 7 through 11.

• Mayor Burr said he had met with representatives of the Connecting Links grant program concerning the intersection of U.S. 36 and Bird Ave. He thinks the city's chance of receiving a grant is very slim based on the amount of work that needs to be done.

• After a leaf blower was left at the park and later found in an alley, the council asked that Mr. Schneider mark all city tools and equipment identifying them as the city's.

• Dennis Wright, councilman, said he had received complaints concerning washed out gutters on some of the dirt streets.

• Deb Smith, councilwoman and housing authority director, reported that Bill Martinez' term as board member had expired. Rosanna Underwood was appointed to serve a two-year term on the board.

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