

# PINOCHLE

By JAKE DURHAM

The faithful seemed to be in a jolly mood for the February Pinochle tourney

As usual the conversation turned to the weather, as for some reason it seemed more like spring than winter. Some were sure it was global warming but the old timers were sure normal weather would return with frozen pipes, snow-packed roads and killing frosts. The clock struck 7 and the gong sounded to begin.

Defending champions, Todd and Doyle Brooks, declared they were on a crusade for the 800-point game as round one got underway but the attention immediately fell upon the team of Coy Christy and John Hildebrand as they captured the honors and the initial lead.

The Brothers Gallentine captured the honors on round two but the team of Christy and Hildebrand prevailed with the lead and now declared they were on course for the championship.

Stan Miller and Larry Smith captured the honors on round three but once again the score board showed the team of Christy and Hildebrand in the lead and the only team now with a 100-point average.

The halfway point was near with round four and as the scores were posted, the team of Eldon Billips and Billy Keiswetter took the honors but it was the team of Julia Roeder and Larry Harman who moved into the lead.

The team of Billips and Keiswetter were in second place, the Gallentines, third; Coy Christy and John Hildebrand, fourth; and Donna Millan and Barbara McKie, fifth.

Everyone began planning strategy for the second half.

For those low on the board, bolder action was going to be necessary and for those in the upper half, they would have to bid 'em or fade away.

The fifth round got underway with renewed intensity.

The team of Darren McMullen

and Jason Amlong took the honors on round five but it was the team of Donna Millan and Barbara McKie who set the pace in round six with the highest single-round honors of the evening as they moved from fifth into the lead.

The crucial seventh round was coming up and everyone took notice as bidders refused to give in.

The team of Dee and Thelma Bushnell captured the honors but the team of Millan and McKie were still on top with a 25-point lead.

A short break was declared to allow everyone to start the final round together

The bidding was intense and the results were profound, and as the scores were posted, the lead changed several times but as the scoring came to an end, the team of Coy Christy and John Hildebrand had taken the honors for the only double of the evening, but the team of Donna Millan and Barbara McKie had prevailed for their first championship. The newly crowned champions vowed to return to defend their title.

Top ten teams were: 1. Donna Millan and Barbara McKie; 2. Brett and Doug Gallentine; Dee and Thelma Bushnell; 4. Stan Miller and Larry Smith; 5. Coy Christy and John Hildebrand. 6. Darren McMullen and Jason Amlong; 7. R.D. Thornton and Bill Glennemeier; 8. Todd and Doyle Brooks; 9. June Jolly and Margaret Magers; 10. Eldon Billips and Bill Keiswetter. Winning score by Millan and McKie was 765 points for an average of 95 points per round.

Highest single round score was 143 points by Millan and McKie.

Teams not previously mentioned were: Jordan and Jake Durham; Jack Mechsner and Dave Sheley; Elden Vincent and Myron Veh; Duane McEwen and J.D. Daffer; Arnold and Dorothy Zillinger; Eleanor Jensen and Joyce Summer; Mary Jane Wahlmeier and Norman Walter.

Now is a good time to work on that New Year's resolution to get healthier by exercising more and eating more fruits and vegetables. Even people who don't consider themselves athletes can improve their health with physical activities they enjoy. Regular exercise can reduce the risk of some cancers, diabetes, heart disease, and a long list of other diseases.

Health researchers, who recommend 30 or more minutes of moderate exercise—like walking—four or more days a week, report that activity can be cumulative. For example walking the dog, using the stairs instead of the elevator, weeding a flower bed, and running errands can add up to better health.

It's possible to improve health and fitness, even if your present lifestyle is relatively inactive. Here are some step-by-step tips:

- Talk about increasing physical activity with your healthcare professional. This step can be particularly important for men who are age 40 or older, women who are age 50 and older, and people who suffer from chronic diseases, such as heart disease, diabetes, asthma, high blood pressure, or arthritis.

- Start slowly. For example, if inactive, begin by walking short distances; increase the distance walked gradually.

- Dress appropriately — comfort is key. While weather will determine clothing choices during indoor and outdoor activity, investing in appropriate shoes can reduce the risk of injury.

- Evaluate conditions. If exercising inside, try to choose a time when the gym or other facility is less crowded. Some school gyms open early for walkers, as an example.

- If exercising outside, consider the season and watch the weather. The threat of a spring storm, or snow on the ground which can make sidewalks slippery, should be evaluated before heading outdoors. If necessary, postpone exercise or move it indoors.

## Home ed Tranda Watts, Extension specialist



• If exercising alone, carry identification in case of accident or injury.

• Allow time to warm up. Before exercise, invest a few minutes in gentle stretching. Begin walking slowly, then pick up the pace.

• Watch where you're going. Keep an eye on the surface ahead of you and minimize distractions such as wearing headsets, which can make walkers and runners oblivious to the sounds around

them (like traffic or others who are exercising).

• Vary activities to exercise different muscles and improve flexibility. Boredom often is cited as a reason people lose interest in exercise.

• Allow time to cool down — slow down; inhale and exhale regularly, and repeat some gentle stretches at the end of exercise sessions.

• Keep the body hydrated. Drink six or more eight-ounce glasses of water daily, and drink more before and after exercise. Drinking water during extended workouts is recommended as well; in fact, carrying a water bottle with you, either in a waist pack or water pouch, can be a good idea.

• Get plenty of rest. Accidents

are more likely to occur when people are tired. It's important to let the body rest, rather than add undue stress. If illness like a cold or the flu is suspected, postpone exercise. When you resume, do so gradually.

While research about the health benefits of exercise is ongoing, results to date suggest that even little changes can produce significant results.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail [twatts@oznet.ksu.edu](mailto:twatts@oznet.ksu.edu). For more information, contact the county extension office, 877-5755.

# Farmers may benefit from growing dryland sunflowers

## About ag Brian Olson, K-State agronomist



As we approach planting time, some farmers are not sure what they are going to plant. For those acres where there was no fall atrazine application, sunflowers may be a good fit.

Here are the dryland and irrigated yields from K-State Research Centers at Colby and Tribune.

At Colby, Kaystar 9501 had the highest dryland yield with 1,810 lbs/A. Other top contenders were Fontanelle 902 NS at 1,723, Mycogen 8N510 at 1,693, Mycogen 8D310, and Mycogen 8488NS at 1,604 pounds to the acre. There were 20 hybrids in the study with an average yield of 1,509 pounds per acre.

The other dryland site was at Tribune, where Triumph 645 topped the test with 1,642 pounds per acre. The rest of the top five were Seeds 2000 Blazer at 1,583, Garst IS 4049 at 1,545, Mycogen 8N510 at 1,537, and DeKalb DKF

3880 NS at 1,414. The average yield for 22 hybrids tested was 1,228.

Under irrigation, sunflowers may be a good option for farmers who have pivots with marginal wells. Mycogen 8N352 had the most production of 3,235 pounds per acre at Colby.

Of the 37 hybrids tested, the average for the study was 2,572. Other high-yielding hybrids were Kaystar 9501 at 3,049, Triumph 645 at 2,903, Triumph TRX 4342 CL at 2,888, and Mycogen 8377NS at 2,878.

At Tribune, the average irri-

gated yield for the 23 hybrids evaluated was 2,159 pounds per acre. The top hybrid was Mycogen 8377NS at 2,909, with the rest of the top five being Pioneer 63M80 at 2,573, Garst IS 4049 at 2,521, DeKalb DKF 3333NS at 2,487, and Garst Hysun 424 at 2,454 lbs/A.

To view a complete list of the hybrids, go to [www.oznet.ksu.edu/agronomy-block2/](http://www.oznet.ksu.edu/agronomy-block2/) and click on the Kansas Crop Performance icon or visit your county extension office to pick up a copy.

Brian Olson is Kansas State University extension agronomist for Decatur, Gove, Norton, Sheridan, and Trego counties. E-mail [bolson@oznet.ksu.edu](mailto:bolson@oznet.ksu.edu) if you have any questions or would like to see a newspaper article on a specific crop production topic. For more information, contact the county extension office, 877-5755.

# USD 212 NORTHERN VALLEY HONOR ROLL

## NORTHERN VALLEY HIGH SCHOOL

### Third Nine Weeks

#### HIGHEST:

**Freshmen:** Hannah Ponstein, Stephanie Tubbs

**Sophomores:** Ashley Kingham, Andrea Lowry, Abigail Ponstein

**Juniors:** Joey Copper, Emily Zillinger

**Seniors:** Kristin Hardy

#### HONORS I

**Freshmen:** Kylene Hager, Joni Hilburn, Kelsey Kinderknecht, Jessica Zillinger

**Sophomores:** Kelli Cole, Jessica Holmes, Jena Jessup

**Juniors:** Cody Hardy, Clarke Nelson, Serena Woodside

**Seniors:** Janelle Fritz, Lindsey Graham, Julie Griffin, Jesse Hilburn, Chris Lee, Thomas Ostmeyer

#### HONORS II

**Freshmen:** David Harris, Amanda Hopkins, Jessica Largent, Justin Lee, Bryce Marble

**Sophomores:** Henry Griffiths, Jessica King, Melody Miller, Jessica Wenzl

**Juniors:** Tom Bartley, Casey Dole, Braden Kersch, Cole Kinderknecht, Johannes Laubscher, Josey Shearer, Andrew Sheley, Avery Thalheim

**Seniors:** Mercedes Hays

## NORTHERN VALLEY JUNIOR HIGH SCHOOL

### Third Nine Weeks

#### HONOR ROLL

**Eighth Grade:** Drew Britt, Cody Callaway, Drew Eagleburger, Taylor Hammond, Hannah Hawks, Ethan Hays, Stanton Nelson

**Seventh Grade:** Alison Cole, Megan Cole, Samuel Field, Miriah Florence, Amber Sheley, Karen Wenzl

#### HONORABLE MENTION

**Eighth Grade:** Brittney Braun, Nathaniel Graham, Amanda Lowther, Chaim McMillin, Travis Redeker, Eric Woodside

**Seventh Grade:** Christina Anderson, Jacob Gallentine, Hutch Gehrke, Jordan Herman, Brandon Towery

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**First National Bank & Trust**

Long Island — Member FDIC

**Long Island Grain Co., Inc., Long Island**

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Frank and Pauline Kaiser - Shane Baird

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