

At the Game

Moments With Mila

By Mila Bandel, County Health Nurse

Gear Up Properly For Safe Winter Sports

Winter time in Cheyenne County is upon us and kids need to be safe while participating in winter sports. Whether the county is covered in snow or not, kids need to be dressed appropriately, take lessons, be actively supervised and stick to safe terrain. For many activities, protective headgear is recommended.

The U.S. Consumer Product Safety Commission recommends that ski helmets could prevent or reduce the effects of 50 percent of the head injuries suffered by children less than 15 years of age while skiing or snowboarding. Helmets should also be worn when they sled, and play ice hockey. There are different helmets for different activities. Use a helmet that meets federal safety standards and have an expert make sure it fits correctly so it won't come loose at a critical moment.

Basic health and comfort precautions can go a long way in preventing injuries. Along with wearing a helmet, here are some other useful tips for staying safe when doing outdoor activities this winter season:

- Always wear sport-specific, properly fitting safety gear when participating in winter sports.
- Dress in layers and wear warm, close-fitting clothes. Make sure that long scarves are tucked in so they don't get entangled in lifts, ski poles or other equipment.
- Stay hydrated.
- Wear sunscreen with an SPF of

15 or higher.

• Kids or caregivers who become distracted or irritable, or begin to hyperventilate, may be suffering from hypothermia or altitude sickness, or they may be too tired to participate safely in winter sports. They need to go indoors, rest and warm up.

Have fun this winter in your sporting activities, but play it safe with these tips.

Money available for scholarships

The board of directors of Farm Credit of Western Kansas will continue the Farm Credit Scholarship program. Each year, the directors chooses one student to receive a \$500 per year scholarship which is renewable for up to four years of post-secondary education. Eligible applicants are area high school seniors who are the children or grandchildren of Farm Credit Western of Kansas members.

Interested applicants should contact their high school counselor or Cathy Hawk at the Farm Credit administrative office in Colby, 785-462-2382 for an application or visit their website at www.farmcred-itkansas.com. Applications are due by Feb. 16.

The office is located in Colby and can be reached by calling 1-800-657-6048.



CODY SHERLOCK pinned Schamberger on Friday night at the high school. St. Francis won the league dual by the score of 36-30. Herald photo by Kristi Guthmiller

Wrestlers prevail over Oberlin

By Betty Jean Winston
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The holiday break is over and the high school gym is again busy with sporting action.

On Friday night, the Hoxie Indians and the St. Francis Indians met in a league wrestling dual. Sainty scored a 36-30 victory, a good way to begin the second portion of the season.

From now until the end of February, wrestlers will be having weekly and sometimes bi-weekly competition.

"We didn't wrestle too bad for the first meet after Christmas," Coach Mike Frewen said.

"Hoxie has a young squad but they have some good kids. Their heavyweight, Dillion Salmans, placed fifth at state last year.

"Jesse Pacheco didn't wrestle due to an injury and Hoxie had two kids out with injuries.

"Overall we wrestled well but there were a number of open weights."

Of the wrestlers that competed Freddy Pacheco, Cody Sherlock, Terrence Lamb, Darris Keller and

Grady Brunk earned points for Sainty. Pacheco, Sherlock and Brunk pinned their opponent.

Individual results: 103: St. Francis open to Jones; 112: David Leibbrandt lost by a fall to Schippers; 119: Pacheco won by a fall over Hiem; 125: Sherlock won by a fall over Schamberger; 130: T. Lamb won by a 9-2 de-

cision over Spresser; 135: Both teams open; 140: Keller won by a 5-2 decision over Taylor; 145: St. Francis open to Bainter; 152: St. Francis open to Schamberger; 160: Brunk won by a fall over Shaw; 171: Scott Ford won by forfeit; 189: Adam Guthmiller won by forfeit; 215: Both teams open; 285: Nathan Lamb lost by

a fall to Salmans.

Junior varsity

Two St. Francis and Hoxie wrestlers were involved in junior varsity competition on Friday night. At 112 pounds, Logan Whitmore lost by a fall to Jones and at 125 pounds, Ross Nicklos lost by a fall to Spresser.

Junior High Sports

By Betty Jean Winston
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The junior high girls basketball teams will open their season today (Thursday) on the home court. Game time is 4:30 and the competition will be from Colby.

This year the Sainty Ladies will only play at home on two other occasions. On Jan. 29 they will entertain Rawlins County and on Feb. 5, Oakley will be in town.

Most junior high basketball games are played on Thursdays. The exceptions will be a Monday game in Goodland and the first round of the league tournament which takes place on a Monday in February. Game time depends on the home team. Check the school calendar for specific times, usually 4:30 or 4 p.m.

The rosters, especially the seventh grade one, are small this year. The students will be playing on the A-team or the B-team. With only 11 players, everyone will be seeing floor time.

Coaches are Ted Busse and David Morrow.

The St. Francis roster includes the following seventh and eighth graders:

Eighth grade: Laura Brunk, Jandy Dunn, Nariah Hamilton, Krissy Harris, Katie Lambert, Aubrey Mills, Clarice Neitzel, Ally Northrup.

Seventh grade: Aly Schlepp, Rande Grover, Bailey Merklin. Manager: Taylor Archibald.

Schedule

Thursday, Jan. 15: Colby, here; Thursday, Jan. 22: Hoxie, there; Monday, Jan. 26: Goodland, there;

Thursday, Jan. 29: Rawlins County, here;

Thursday, Feb. 5: Oakley, here; Thursday, Feb. 12: Quinter, there;

Thursday, Feb. 19: Oberlin, there;

Monday, Feb. 23: Northwest Kansas League Tournament, round one

Thursday, Feb. 26: Northwest Kansas League Tournament, round two, B-team at Goodland; A-team at Atwood.



10-AND-UNDER - Taylor Rogers placed second at 79 pounds in his division. Herald photo by Shawna Blanka

Thirteen St. Francis youth attend Atwood tournament

The St. Francis kids wrestling club took 13 wrestlers to the Atwood kids tournament on Saturday. They competed with around 225 other wrestlers from the area.

Those taking first place were Shadryon Blanka, Luke Lampe and Garrett Brunk.

Individual results for St. Francis wrestlers are as follows:

Six and under: Shadryon Blanka, 58 pounds, first; Rylan Doyle, 64 pounds, participated; Seth Hilt, 64 pounds, fourth; and Jesse Baxter, 67 pounds, fourth.

Eight and under: Cody Baxter, 61 pounds, third; Luke Lampe, 73 pounds, first; Wyatt Hilt, 76 pounds, fifth. Trayton Doyle was moved up to the 10 and under for

this tournament and he placed fifth.

10 and under: Taylor Rogers, 79 pounds, second; Travis Rogers, 85 pounds, participated; Garrett Brunk, 95pounds, first.

12 and under: Justin Pacheco, 92 pounds, participated. Shakotah Blanka did not have anyone else in his bracket.

School Menu

Monday

Breakfast: pancakes, syrup, juice, cereal assortment, milk.

Lunch: chicken noodle soup, crackers, relish sticks, cheese biscuits, mandarin oranges, milk.

Tuesday

Breakfast: scrambled eggs, toast, juice, cereal assortment, milk.

Lunch: cheeseburger, lettuce, tomato, onions and pickles, potato chips, baked beans, sliced

pears, milk.

Wednesday

Breakfast: oatmeal, muffins, juice, cereal assortment, milk.

Lunch: taco salad with beef, cheese, lettuce, tomato, salsa and chips, corn, cherry strudels, milk.

Thursday

Breakfast: fruit turnovers, juice, cereal assortment, milk.

Lunch: spaghetti with meat sauce, green beans, garlic toast,

ice cream sandwich, sliced peaches, milk.

Friday

Breakfast: breakfast casserole, toast, juice, cereal assortment, milk.

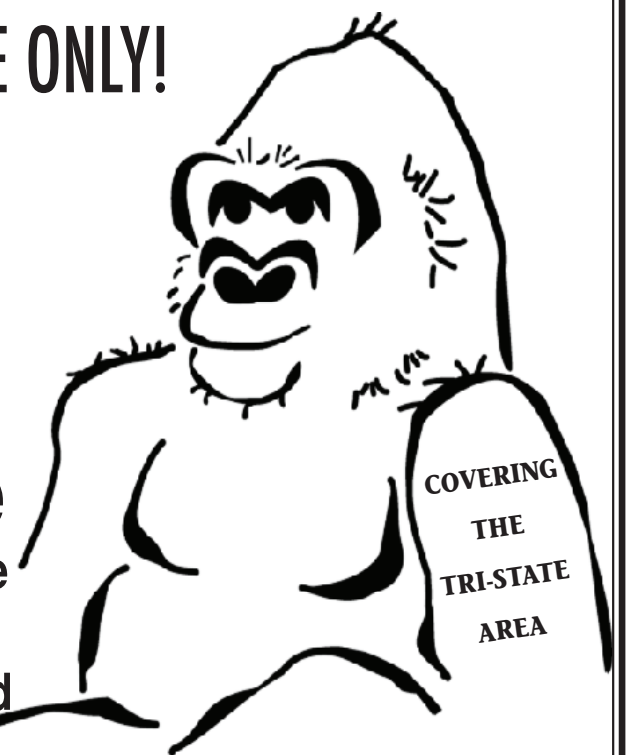
Lunch: turkey bacon wrap, lettuce, tomato, cheese, tator tots, dill pickle spears, apple slices with caramel sauce, milk.

• Salad bar is offered at noon daily in the junior/senior high school.

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