



At the Game

Indians attend meets

By Betty Jean Winston
betty.w@nwks.com

The Triplains High School Invitational track meet was held on Tuesday, April 6, with 16 teams in attendance. The midway point of the season is fast approaching with competitors preparing to increase their skills before league, Regional and the State meets in May.

With a total of 60 points, the Sainty boys team placed third out of the teams attending. The first-place team was Wallace County with 89 points while Triplains came in second with 64 points.

Individual first place finishers for St. Francis in the boys division included Ted Crabtree in the pole vault and Trent Kinen in the 110 high hurdles.

The Sainty Ladies earned 44 points for a fourth place finish. Weskan with 108 points out distanced the rest of the field. Oakley had 74 points to earn second place while Triplains had 70 points.

Sidnee Crabtree placed first in the discus in the girls division.

"They did a good job," said Tim Lambert, Indian coach.

The first six placers earned points for the teams.

Boys

Team standings: Wallace County 89, Triplains 64, St. Francis 60, Oakley 54, Golden Plains 51, Greeley County 36, Quinter 35, Palco 30, Weskan 30, Northern Valley 28, Cheylin 22, Western Plains 20, Wheatland/Grinnell 20, Brewster 8, Healy 8, Natoma 2.

4x400m relay: (2) St. Francis (Trent Raile, Kinen, Matt Raile, Gavin Smull), 3:41.62.

Pole vault: (1) Crabtree, 13-0.

Shot put: (4) Shawn Warren, 43-2.

Long jump: (4) Crabtree, 19-6.

110m high hurdles: (1) Kinen,



ALY MARIN (above), a freshman, competed in the 9-10 meet in Goodland on April 7. She is involved in field events and placed in the discus. She is pictured practicing her shot put form. **Ted Crabtree** (right) a senior, has been placing in meets this year. Besides doing well in the shot put he runs a leg in the 4x100m relay.

Herald staff photos by Betty Jean Winston

15.96; (3) Sam Sowers, 16.76.

Triple jump: (3) M. Raile, 40-1.50.

300m hurdles: (2) Kinen, 43.00; (5) Smull, 44.72.

4x100m relay: (5) St. Francis (Sowers, Crabtree, T. Raile, M. Raile), 47.89.

Girls

Team standings: Weskan 108, Oakley 74, Triplains 70, St. Francis 44, Greeley County 36, Wallace County 36, Northern Valley 35, Western Plains 34, Healy 28, Wheatland/Grinnell 25, Cheylin 22, Natoma 21, Palco 16, Brewster 7, Quinter 2, Golden Plains 0.

100m hurdles: (5) Holly Keller, 18.87.

Javelin: (2) Crabtree, 103-4.

Shot put: (5) Crabtree, 31-11.

800m run: (3) Jami Pevler, 2:43.61.

400m dash: (2) Elizabeth Gienger, 1:05.39.

Discus: (1) Crabtree, 117-11.50.

Additional information not listed on the girls results will be printed next week.

Goodland 9-10 meet

The Goodland 9-10 track meet held on Monday, April 7, gave a number of the younger Indian tracksters the opportunity to gain experience against other ninth and 10th grade athletes.

Freshman and sophomore tracksters from nine schools, including some 4A schools competed in the boys division



while seven teams were entered in the girls division.

Winning the girls competition was Colby with 104 points. Tying for first place in the boys division were Limon, Colo., and St. Francis with 115 points each.

The St. Francis girls placed fourth with a total of 78 points.

Aubree Schlepp placed first in the triple jump for the Lady Indians, while Aly Marin was first in the javelin and the shot put, and Mikaela Grace was first in the 300m low hurdles.

In the boys division, placed first

Competitors in the top six places received team points.

Girls

Team standings: Colby 104,

Ulysses 84, Burlington 81.5, St. Francis 78, Goodland 60, Oakley 33, Hoxie 16.5.

Triple jump: (1) Schlepp, 28-3.

Long jump: (5) Schlepp, 13-4.

Javelin: (1) Marin, 73-6; Sarah Trembly, 69-6.

Shot put: (3) Trembly, 25-4.

Discus: (2) Trembly, 85-7; (3) Marin, 78-0.

100m high hurdles: (2) Grace, 19.31.

300m low hurdles: (1) Grace, 55.61.

Boys

Team standings:

Long jump: (2) Drew Zwegardt, 17-7; (3) Alex Long, 16-8.

Pole vault: (2) Cody Killingsworth, 9-0; (3) Trevor Reed, 8-6.

Triple jump: (2) Zwegardt, 36-9 3/4.

Javelin: (2) Long, 132-7.

Discus: (6) Adam Guthmiller, 100-2.

4x800m relay: (2) St. Francis (Brendan Finley, Braden Schmid, Marvin Miller, Michael Adams), 10:31.9.

110m high hurdles: (4) Garrett Figgins, 19.03; (5) Long, 19.59.

200m run: (2) Cody Sherlock, 26.46.

1600m run: (1) Finley; (2) Miller.

4x100m relay: (1) St. Francis (Guthmiller, Long, Zwegardt, Sherlock).

300m hurdles: (3) Sherlock; (4) Figgins.

800m run: (1) Miller.

Basketball players do well at 3-on-3 ball competitions

Lakyn Pettijohn of Kensington recently participated with her team, the Junior Longhorns, at several area 3-on-3 basketball tournaments.

On April 5, they played in the Phillipsburg 3-on-3 and earned fourth place.

On April 11, they competed in their home town of Kensington at the Chet Kuhlman Memorial Tournament and placed second.

The following day the team traveled to Oberlin to the Sappa Valley Shootout where they were awarded champion T-shirts and medals for their first place win.

Others members of the team are Jordan Wagenblast and Andrea Seemann. They were coached by Chad Wagenblast and Darrell Pettijohn.

Lakyn is the daughter of Tammy and Darrell Pettijohn, Kensington, and the granddaughter of Pat and Vicki Cress, St. Francis.



Pettijohn

Bowling News

Monday Night Mixed 4-7

Team standings: Neitzel Insurance 37.5-18.5, Majestic 31-25, Monday Night Hustlers 29.5-26.5, Earl's Gals 26.5-29.5, Ringneck Country 26.5-29.5, P and L Meat Market 17-39.

High game (scratch): Sally Baird 204, Janice Krien 189, Lee Zimbelman 180, Tammy Zimbelman 178, Erica Harlan 178, Richard Richardson 175; (handicap): Baird 254, Krien 232, L. Zimbelman 231, Chase Grice 229, Richardson 228, Harlan 225.

High series (scratch): Baird 521, L. Zimbelman 492, Kale Zimbelman 483, Harlan 475, Bud Erskin 475, Krien 468; (handicap): Baird 671, L.

Zimbelman 645, Richardson 623, Harlan 616, Grice 608, Trisha Harkness 604

Ladies Nite Out 4-10

Team standings: Mel's Gals 33-23, Wray Meat Packing 31.5-20.5, Dundy Ag 28-24, Wright Carpet 27-25, Bankwest Alley Kats 26.5-25.5, Stockman's Strikers 26-26, Jersey Maids 23-33, Western State Bank 21-35

High game (scratch): Pat Confer 197, Jeanne Dunn 187, Jenny Wright 175; (handicap): Confer 235, Jennifer Hoffman 222, Pat Rose 217, Dunn 217

High series (scratch): Wright 488, Confer 478, Rose 465; (handicap): Hoffman 615, Wright 605, Rose 600

Book Review

Book review from St. Francis Public Library

Potshot

By Robert Parker
Boston P.I. Spenser returns — heading west to the rich man's haven of Potshot, Arizona, a former mining town reborn as a paradise for Los Angeles millionaires looking for a place to escape the pressures of their high-flying lifestyles. Potshot overcame its rough reputation as a rendezvous for old-time mountain men who lived off the land, thanks to a healthy infusion of new blood and even newer money. But when this western idyll is threatened by a local gang — a twenty-first-century posse of desert rats, misfits, drunks and scavengers — the local police seem powerless. Led by a charismatic individual known only as The Preacher, this motley band of thieves

selectively exploits the town, nurturing it as a source of wealth while systematically robbing the residents blind.

Enter Spenser, who had been hired by the comely Mary Lou Buckman to investigate the murder of her husband. The Buckmans, a pair of L.A. transplants, moved to Potshot and started a modest outdoor tour service. It is Mary Lou's belief that when her husband refused to pay The Preacher and his men protection money, he was killed. Without any witnesses, Spenser has little to go on, and it's clear the local police chief won't be doing much help. Calling on his own cadre of tried-and-true cohorts, including Vinnie Morris, Bobby Horse, Chollo, Bernard J. Fortunato, Tedy Sapp and the redoubtable Hawk, Spenser must find a way to beat the gang at their own dangerous game.

Plain Sense

Plain Sense from High Plains Mental Health Center

Healthy Sleep Habits

Most adults need seven to eight straight hours of sleep each day, including those who work a night shift and sleep during the daylight hours. Stress, worry and anxiety can contribute to insomnia and interfere with getting a good night of rest. Thus it is important to know and practice healthy habits in regards to sleep.

Maintaining a regular bedtime makes a big difference; go to bed and get up at about the same time no matter how tired you are. Avoid taking naps or dozing off near bedtime. Watch what you eat; heavy or spicy foods can keep you awake, as will caffeine products. Peanut butter, dairy products and apples can help increase sleepiness.

Perform only relaxing mental or physical activities right before bedtime. Watching television or working and playing games on the computer can be extra stimulation for the brain, which interferes with falling asleep, so turn those off at least an hour or more before bedtime.

The bedroom environment is also a factor in getting to sleep. Be sure the mattress is adequately firm and comfortable. A dark quiet cool location is

best; overly warm bedrooms are not conducive to quality sleep. In addition, learn to associate the bedroom with a place for relaxation and sleep. Do not work on the computer or watch television in bed. Try not to lie in bed worrying about problems or challenges of the upcoming day, and avoid discussing problems on the phone in bed because this can result in that location becoming associated with anxiety and arousal.

If possible avoid medications that can cause arousal and interfere with sleep including many over-the-counter remedies and herbal products. Read product labels well and learn more by discussing those medications with your doctor; psychiatrist or pharmacist. If you practice healthy sleep habits yet are still excessively tired, or your sleep is still poor and fragmented, it may indicate a sleep disorder. Talk with your medical or mental health professional about these difficulties; sleep disorders are fairly common and very treatable.

Contributed by Karen D. Schueler, MS, LCPC, Prevention, Education and Outreach Department. Mail questions to High Plains Mental Health Center, 208 East 7th, Hays, KS 67601.

School Menu

Monday 21

Breakfast: early raisers: potato, egg, bacon, and cheese bar, juice, cereal assortment, milk

Lunch: beef and bean enchilada, lettuce, tomato, corn, applesauce, milk

Tuesday 22

Breakfast: biscuits with sausage gravy, juice, cereal assortment, milk

Lunch: hamburger on a bun, baked beans, potato chips, peaches, milk

Wednesday 23

Breakfast: coffee cake, orange Julius, juice, cereal assortment, milk

Lunch: chicken and noodles, mashed potatoes peas, hot rolls, orange, milk

Thursday 24

Breakfast: frosted donuts, juice, cereal assortment, milk

Lunch: pork fritter sandwich, curly fries, hominy, tropical fruit, snickerdoodle cookie, milk

Friday 25

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

Lunch: cheeseburger, macaroni, green beans, garlic toast, sliced pears, milk

Regional 4-H results told

Regional 4-H Day was held Friday, April 4, in Brewster. Cheyenne County 4-H'ers were among those attending from eight other counties.

Kyla Bandel earned a blue in her project talk. Valerie Wurm, a blue in demonstrations/

illustrations. Katelyn Jones had a blue for a vocal solo, instrumental solo and in a reading.

The Pleasant Hill Club 4-H'ers also had a blue for their model meeting.