Family

High school honors named for Bulldogs

School honor roll for the second er. quarter and first semester. Superintendent's honor roll is for those with a 4.0 grade average, while the principal's honor roll is for those with at least a 3.0 average.

> Superintendent's, second quarter

Seniors: Lucas Phillips, Devinn

Juniors: Trey Schwarz.

Sophomores: Angela Ritter. Freshmen: Jordan Christensen,

Leea Juenemann. Principal's, second quarter Seniors: McKayla Albertson, Laura Clapp, Randi Cressler, Aaron Emigh, Susana Galvan, Brady Ginther, Casey Gould, David Hunt, Marissa Mosier, Jacy Moss, Karina Munoz, Tate Preston, Yajaira Ramirez, Melissa Ritter, Avery Spresser, Rilee Spresser, Ari-

Juniors: Hannah Antholz, Jacquelyn Armstrong, Viridiana Beltran, Cole Christensen, Sandra Galvan, Katrina Griggs, Tyler Stevenson, Ethan Walter.

anna Valdez.

Sophomores: Andrew Luna, Colten Wachendorfer, Morgan

Chance Hoeting, Tristan Schwarz, Spresser.

Here is the Golden Plains High Hailee Spresser, Zachary Spress-

Superintendent's, first semester **Seniors:** Lucas Phillips, Devinn Ritter, Melissa Ritter.

Juniors: Trey Schwarz. Sophomores: Angela Ritter,

Freshmen: Jordan Christensen, Macayla Easton, Kylie Jones, Leea Juenemann, Tristan Schwarz, Hai-

lee Spresser, Zachary Spresser. Principal's, first semester

Seniors: McKayla Albertson, Macayla Easton, Kylie Jones, Rachel Bomba, Randi Cressler, Aaron Emigh, Susana Galvan, Brady Ginther, David Hunt, Marissa Mosier, Jacy Moss, Karina Munoz, Tate Preston, Yajaira Ramirez, Avery Spresser, Rilee Spresser.

> Juniors: Hannah Antholz, Jacquelyn Armstrong, Viridiana Beltran, Cole Christensen, Sandra Galvan, Katrina Griggs, Tyler Stevenson, Emily Wachendorfer, Ethan Walter.

Sophomores: Jose Bermudez, Andrew Luna, Chantee Luna, Colten Wachendorfer.

Freshmen: Jacob Antholz, Joshua Barnhart, Marshall Clapp, Emmy-Marie Fringer, Jacob Griffith, Tiffani Hapke, Chance Hoe-Freshmen: Clayton Bainter, ting, Cheyenne Miller, Jordan Joshua Barnhart, Jacob Griffith, Schutte, Caitlin Spresser, Grant

Not running can help running workouts

Whether you are training for the muscles, said Corboy. a marathon or just getting into (www.bcm.edu) say if you miss a workout, all is not lost. In fact, it can be beneficial.

"Rest days are important for runners to prevent injury as well as increase muscle strength," said Dr. Jane Corboy, associate professor of family and community medicine and certified sports medicine physician. "They allow the muscles to replenish glycogen - the energy source used during exercise – as well as allow the muscles to repair minor 'wear and

sore, does not weaken the muscles come more and more magnified as or joints, but it may not allow the leg muscles fatigue. If the core them to recover enough to adapt is "wobbly" so are the hips, knees to training as well, said Corboy.

Soreness is caused by microscopic tears to the muscle. It is part of adapting to a new activity and plays a role in eventually strengthening and conditioning are needed.

She adds that doing another shape, keeping a regular running hard workout during the peak schedule is important. But doctors soreness, usually 24 to 48 hours at Baylor College of Medicine after the workout that caused it, may prolong the pain. This could prevent gaining as much benefit as when the muscles had recovered

> Doing a lighter workout or run may help with soreness but if the muscle is especially stiff, it may be better to do an alternative activity such as swimming or cycling, or take a day off to allow recovery.

Corboy also suggests including strength training, particularly of core muscles, in order to avoid injury and improve performance. Having weak core muscles makes Running every day, even while the wear and tear of a long run beand ankles, she said.

Corboy suggests talking to your doctor to find out what workouts would be best to add to your running schedule and when rest times

What's New at the Kansas Country Store



4 Family CFP 1-10-11.indd 1

Embroidered t-shirts and sweatshirts with Kansas, Wizard of Oz, KU and KSU and much more!



PREPARING FOR COLLEGE MEANS

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Make a Difference - Please Recycle



runs through January

A postcard art contest, sponsored by the Kansas Foundation for Agriculture in the Classroom and the Kansas State University College of Agriculture is underway for students from kindergarten through sixth grade.

The theme for this year is "Celebrate Kansas: 150 Years of Agriculture." Entries will be judged on relevance to theme, creativity, originality, use of space and color, and clarity of idea and image.

Entry forms and information

Rexford's middle school names semester honors

second quarter and first semester. Snyder, Dawson Spresser. Superintendent's honor roll is for those with a 4.0 average, while the principal's honor roll is for those with at least a 3.0 average.

Eighth Bange.

Principal's, second quarter Eighth Grade: Shania Finlay, Lucas Hapke, Joseph Koerperich, Rachael Ritter, Taylor Todd,

Seventh Grade: Tayler Petersen, Brianna Stoll, Kade Wessel, Koi Wessel, Cole Ziegelmeier.

Arianna Camacho, Jessica Ko-

Middle School honor roll for the Rivera, Gabrielle Schiltz, Kellee

Superintendent's, first semester Eighth Grade:

Seventh Grade: Kami Miller, Tayler Petersen, Madison Walz.

Seventh Grade: Kaycie Clapp, KeAnn Jacobs, Brianna Stoll, Kade Wessel, Koi Wessel, Cole Ziegelmeier.

Arianna Camacho, Jessica Koerperich, Morgan Ritter, Austin Rivera, Gabrielle Schiltz, Kellee Snyder, Dawson Spresser.

pounds of fish per day, and wild-

life center staffer Kristen Beck

tells The Repository of Canton the

small fish, dead or alive, as long as

So, it's asking people to bring in

facility has a limited budget.

the heads are still intact.

Markets

Fish sought for ailing bird

Ohio wildlife center is fishing for special donations to satisfy an injured bird's appetite through the

be healthy again before April.

Corrections

maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

Ernest Schielke

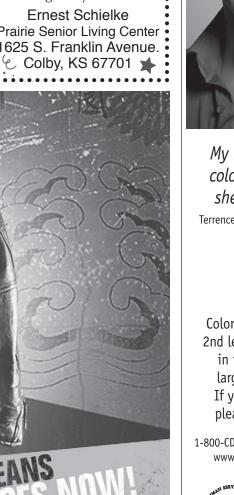
☆ is turning 95 on

January 12th o

Please help us honor this special day with * a card shower.

Greetings may be sent to:

Ernest Schielke Prairie Senior Living Center 1625 S. Franklin Avenue.



Ag postcard contest

One winner from each grade and one grand prize winner will receive a U.S. Savings Bond. Each winner, plus their teacher and parents, will be invited to an awards ceremony during the State Ag Day celebration in March, in Topeka at the state Department of Agriculture of-

are available at www.ksagclassroom.org. Entries must be postmarked by Jan. 31.

Here is the Golden Plains erperich, Morgan Ritter, Austin

Superintendent's, second quarter

Grade: Rebecca Seventh Grade: Kami Miller,

Madison Walz.

Brooke Wark.

Sixth Grade: Nicholas Brown,

Rebecca

Principal's, first semester Eighth Grade: Ana Bermudez, Shania Finlay, Lucas Hapke, Joseph Koerperich, Rachael Ritter, Taylor Todd, Brooke Wark.

Sixth Grade: Nicholas Brown,

The cormorant eats up to 2

CANTON, Ohio (AP) - An

The Sanders Wildlife Rehabilitation Center near Canton in northeast Ohio is caring for a double-crested cormorant found on a road with broken wing bones. The bird isn't able to fly south for the winter, since it's not expected to

Quotes as of close of previous business day **Hi-Plains Co-op**

Wheat (bushel) Corn (bushel) \$5.29 Soybeans (bushel) \$12.32



My mother died of colon cancer when she was only 56.

Terrence Howard, actor/musician



Colorectal cancer is the 2nd leading cancer killer in the U.S., but it's largely preventable. If you're 50 or older, please get screened.

1-800-CDC-INFO (1-800-232-4636) www.cdc.gov/screenforlife





National Colorectal Cancer

Movie time's great; Rexford sees change

This month's free family movie, 'Spider Man," is geared more toward kids, but anyone who wants to come is welcome. The movie will start at 3 p.m. Sunday in the Hall on Main Street. And, of course, there will be concessions available.

A big thank you to Tim and Gwen Griffith for taking the time to show a movie each month for the public.

Saturday, the Shepherd's Staff hosted two groups. The Gideons held their monthly meeting at the Main Center. Over in the Ranch House, around 60 Teens for Christ kids enjoyed burgers, fries and homemade shakes before heading to the Hall to watch "The Climb' on the big screen.

Our thoughts and prayers are with Nancy Dahl and her family during her hospitalization in Denver and when she returns home.

At the Dec. 8 City Council meeting, Mayor Dennis Allison told the council he would be resigning the end of the year, which he did. He has moved to Hutchinson. (Dennis and I have separated; if anyone would like to inquire as to the reason, contact me).

Dave Williams has become acting mayor and someone will have to be appointed to fill his vacancy on the council. Also at that meeting, Bill Scott and Jolene Hansen were given a \$200 bonus each and



Vicki Allison

Rexford Correspondent

a 2 percent pay increase.

Tanya Schwarz and Vicki Allison, Rexford; Kim Moss, Menlo; Bev Vaughn, Colby; and Sally Jones, Hays, spent Dec. 17 to 20 in Las Vegas. The gals shared lots of laughs and new experiences, including gambling for some of us. I had beginner's luck at the Black Jack table.

We enjoyed limousine service, walking the strip and touring the casinos, Fremont Street, dinner at Margaritaville with Jimmy Buffet on the big screen, the Blue Man Group and other activities.

Judy and Steve Rogers of Golden Plains High School sponsored the Snowball Dance on Saturday for the students.

Saturday a birthday celebration for Brenda Kinderkenecht, Colby, was held at my home. Other guests were Bev Vaughn and Vala Mosier, Colby.

I would like to wish everyone a very blessed, healthy and prosperous 2011 as you cherish family and friends.

Until next time, make your week full of valuable memories.

Call-in program starts season with discussion on diabetes

Diabetes will be the topic for the scheduled for 3:30 p.m. Sunday. opening program of the sixth season of *Doctors on Call* on Smoky Hills Public Television.

Dr. Timothy Crater and Dr. this live viewer call-in program at 7 p.m. Tuesday, with a repeat

This week's program will feature video segments on gestational diabetes and diabetic diet.

Smoky Hills, a nonprofit orga-James Siler, internal medicine nization, provides programs and specialists from the Hutchinson services for 71 counties in central Clinic, will answer questions in and western Kansas. For information, visit www.smokyhillstv.org.

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Lilac Lane 25% off

Open

January 12 - 15 9 a.m. - 5 p.m. **Last Week!**

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(NAPA)

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