

Golf team busy

Oberlin boys play in three tournaments

The Decatur Community High golfers have had a busy two weeks, with tournaments in Hill City, Hoxie and Hays.

On April 22, the Oberlin junior varsity boys were at the Prairie Trails Golf Course in Hill City for a windy day of play. Oberlin came in 11th out of 13 teams.

Norton took first with 343 strokes, followed by WaKeeney, 347; Hoxie, 347; Plainville, 352; Grinnell, 356; Stockton, 357; Phillipsburg, 360; Ellis, 368; Ness City, 381; Osborne, 385; Oberlin junior varsity, 392; Oakley, 436; and Brewster, 485.

Playing for the Red Devils were: Corey Cook, 46-42=88. Nolan May, 55-42=97. Andy Gilliam, 50-47=97. David Barth, 55-55=110. Gabe Moore, 69-53=122.

Last Tuesday, the Red Devils sent a split squad to Hoxie.

"We had a split squad with a couple varsity and a few junior varsity players," Coach Dick Ahlberg said. "Nolan May played better."

Even with the mixture of varsity and junior varsity, Oberlin was able to come in eighth out of 12 teams.

Colby was first at 318, followed by Hoxie, 329; WaKeeney, 336; Stockton, 348; Grinnell, 360;



SINKING A PUTT is Oberlin golfer Jonathon Richards, who has won several medals and attended meets all over northwest Kansas with the Red Devils.

Atwood, 364; Goodland with a split squad, 390; Oberlin, 393; Quinter, 393; Hill City, 394; Oakley, 394; and Sharon Springs, 425.

Playing for Oberlin were: Jonathon Richards, 42-45=87. May, 47-45=92. Gilliam, 57-46=103. Barth, 61-50=111. Jeremy Tally, 56-60=116. Seth Ritter, 70-67=137.

Last Monday, the team was in Hays for the Thomas More Prep Invitational tournament.

"This is a good experience to play such a fine golf course," Coach Ahlberg said. "Smoky Hills Country Club hosted a Class 5A state meet last year and will host the Class 3A state meet this year."

The Oberlin boys came in 10th. Colby took first with 324 strokes,

followed by Thomas More, 341; Scott City, 346; Goodland, 347; Norton, 349; WaKeeney, 364; Phillipsburg, 374; Ellis, 380; Hays junior varsity, 383; Oberlin, 384; Stockton, 384; and Russell, 395.

Oberlin players were: Breck Simonsson, 50-42=92. Cook, 49-48=97. ace Robinson, 51-46=97. Jobey Black, 54-44=98.

The boys will keep busy with three meets in the next week.

The team will tee off at 3 p.m. Thursday in Colby and be in Ulysses on Saturday for an unscheduled meet. Tee time will be 1 p.m. Monday at Phillipsburg for the last meet before the Northwest Kansas League competition in Goodland. The meet will start at 3 p.m. Friday, May 13, at Sugar Hills Golf Club.

Oberlin players take first

Youngsters win at Atwood 3 on 3 games

Oberlin students won several championships at the Atwood Swimming Pool and Park 3 on 3 Basketball tournament last month.

Rachelle Scott, Jordan Dreher and Carissa Wentz won the fifth- and sixth-grade girls division.

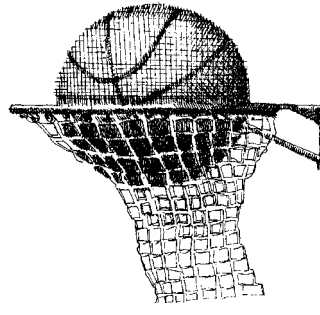
The championship was determined using a points tie-breaker after round-robin play among three pool winners.

Officials said they thought this division was one of the most-balanced and toughest in the tourney.

The Oberlin team of Troy Juenemann, Kaine Fredrickson and Kelden Breth won the first- and second-grade boys division.

Also playing in the championship game were Regent Erickson, Ganon Henningson and Kelly Brown.

Winning the third- and fourth-grade boys division were Ryan May, Kade Brown, and Zach May.



Fruits, vegetables keep people healthy

That old saying, eat your vegetables and fruits, is still good advice.

Nutrition and health research indicate eating fruits and vegetables can help lower blood pressure and reduce risk from illness.

These include pulmonary and other diseases such as diabetes and macular degeneration, the leading cause of blindness in older adults, as well as some cancers. Plant foods are thought to reduce wrinkling.

Adding health-promoting fruit and vegetable servings each day need not be difficult.

I will be teaching a program, "Color Me Healthy — Enjoying Fruits and Vegetables," at 5:30 p.m. next Wednesday at The Gateway in Oberlin. The program also will be given at 10 a.m. Tuesday at the Norton 4-H Building and at 1 p.m.



Home Time

By Tranda Watts
Multi-county Extension Agent

next Wednesday at the Hoxie 4-H Building;

Call the county extension office at 475-3121 to register no later than Monday, May 9. This program will only be given if five people pre-register, but those who have signed up will be notified of any cancellations.

The program will include an update on recommended servings for optimum health, serving sizes, and reference lists of health-promoting

fruits and vegetables and phytochemicals. Taste tests will be offered.

If you are wondering whether you need to attend, try answering these true-or-false statements:

- Oranges and some yellow vegetables — yellow peppers and corn, for example — contain high amounts of the pigment lutein, which helps maintain vision.
- The green pigment chlorophyll

masks the orange-yellow carotenoid pigments in some green foods. Many green vegetables contain lutein and zeaxanthin that can help protect against vision loss.

• Folic acid, a B vitamin found in dark green, leafy vegetables, helps prevent birth defects and reduces risk of heart disease.

Each of the above statements is true. To learn more about the relationship between fruits and vegetables and your health, plan now to attend.

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. For more information, contact the county extension office, 475-8121.

Senior Profile

Lance Fortin



Name: Lance William Fortin
Parents: Jamie and Lisa Fortin
Age: 17
Activities: Football, basketball and track.
Plans after high school: Go to college and major in athletic training.

Do you plan on returning to this area, to do what? Probably not.

10 years from now I see myself: Married, living and working in a bigger city than Oberlin.

Favorite movie, book, music, game: "Old Fears," movie; hard rock, music; "Van Helsing," movie and basketball.

How do you want the community/school to remember you? As an athlete and a student.

Best advice ever received or what advice would you give someone younger than you: Work hard while you are in high school because it goes by so fast.

Favorite Quote: "Impossible is nothing."



Senior Profile

Kelsey Gallentine



Name: Kelsey Gallentine
Parents: Gene and Kristi Gallentine
Age: 17
Activities: Secretary of Kayettes, FFA and volleyball statistics.
Plans after high school: Going to Colby Community College for my first two years and then I plan to major in

family law. I'm not sure what college I will attend after Colby.

Do you plan on returning to this area, to do what? No, but maybe somewhere close.

10 years from now I see myself: Starting my career, married and starting a family.

Favorite movie, book, music, game: "A Door Near Here"; country rock and pop, music; "Sweet Home Alabama" and "Under the Tuscan Sun," movies.

How do you want the community/school to remember you? I was the girl who worked hard for everything knowing that nothing is given to you.

Best advice ever received or what advice would you give someone younger than you: Enjoy life to the fullest, it goes by fast. Always try to keep your head up.

Favorite Quote: "If you don't stand for something, you'll fall for anything."



Senior Profile

Tyler Witt



Name: Tyler Witt
Parents: James and Kimberly Witt
Age: 17
Activities: Farming, ranching and automotive.
Plans after high school: To attend North Platte Automotive Technology.

Do you plan on returning to this area, to do what? Yes, to work on a farm.

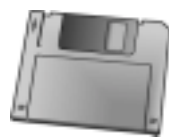
10 years from now I see myself: Living in this general area with a family.

Favorite book, music, movie and game: "Where the Red Fern Grows," book; classic rock, music; "Con Air," movie and football.

How do you want the community/school to remember you? I want to be remembered as a hardworking, outgoing person.

Best advice ever received or what advice would you give someone younger than you: Don't pass any chances up. Do anything and everything you want to do with nothing holding you back.

Favorite Quote: "Git R Done."



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You're Invited

The public is invited to the annual Cottonwood Ranch Sheep Dog Trials. The event will be held at Cottonwood Ranch, State Historic Site near Studley on May 7 and 8. The competition will begin at 8 a.m., both days, and run until approximately 5 p.m., so come and go as it fits your schedule.

Food and refreshments will be available on-site. This event is sanctioned by the American Border Collie Association and is co-sponsored by the Kansas State Historical Society and the Friends of Cottonwood Ranch.

Admission is Free

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