

Area offers variety of things to do

Anyone who wants to get active in Decatur County has several opportunities to choose from.

Whether you are young or a little older there are ways to participate in sports or organizations in the area.

Decatur Community Junior/Senior High School offers sports and every kind of extra curricular activity possible for students.

In the fall students can play football or volleyball, in the winter basketball and wrestling and in the spring track and golf.

Don't forget that cheer leading is also available most of the year.

For younger kids there is basketball, football and quite often kid football.

Outside of the school kids have the opportunity to take gymnastics through Creative Movements which meets at the Bohemian Hall at the museum every Friday afternoon.

There is also a large group of kids who travel to McCook in the winter to take part in their swim team.

A lot of those participants form the Oberlin Swim Club in the summer, who meet twice a day at the Oberlin City Pool for practice and have weekly meets.

The pool which stays open from Memorial Day to Labor Day offers two kiddie pools as well as a large pool. Families can buy season tickets for \$60 or individuals can join for \$30.

Youngsters aren't the only ones using the pool from 11 a.m. to noon, as there is also ladies swim. From 6 to 6:30 p.m. there is adult lap swim during weekdays.

In the summer the county sponsors a recreation program with everything from T-ball for the little tikes to adult softball. Games are held all week long keeping the ball field buzzing with people and vehicles.

Throughout the school year adult basketball and volleyball are played. The group is semi organized, but basically meets on a certain night and play ball for fun.

There is a small gym and weight room at Decatur County Health Systems that people can join for \$20 a month.

The Gateway offers a walking track, some exercise equipment and basketball courts.

There's plenty of places to beat the path outside including the newly made walking trails at Sappa Park a few miles east of town.

At the Park there is also frisbee golf and a regular nine-hole golf course.

Seniors can take part in an exercise class offered from 9 a.m. to 11 a.m. Monday, Wednesday and Friday at the Golden Age Center.

Kids can take part in one of the five 4-H groups. They take part in numerous projects from animals, rocketry, cooking to electricity.

The program focuses on youth, but is family oriented and parents are encouraged to get in-

involved.

Each year the youth show their work during the Decatur County Fair.

Anyone interested in getting involved with 4-H can contact the extension office at 475-8121.

Teenagers gather on Sunday nights for the Teens for Christ meeting at 118 S. Rodehaver from 6 to 8 p.m. The group learns about God, plays games, reads from the Bible, sings and has a good time.

Anyone interested should contact Pastor

Doug Mason and his wife Johanna.

For adults 21 to 40 there is the Oberlin Jaycees, which is a volunteer group that helps raise money to send kids to the Kansas Cerebral Palsy Ranch, sponsors the Angel Tree, gives scholarships for seniors and operates the porkburger stand at the Decatur County Fair.

Area residents can also become active in the chamber, Oberlin Rotary, Lions Club, American Legion, women's clubs, various gardening clubs, the Seeds of Hope Telethon, Relay for Life and much more.



DURING THE FAIR Brandi Diederich took her cat to the Decatur County Good Samaritan Center as part of the pet parade.

— Herald file photo

Keep Safety in Sight This 4th of July

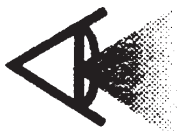
FIREWORKS

The sights and sounds of a fireworks display are a traditional part of the 4th of July celebration. Unfortunately, fireworks can also lead to another annual tradition - a trip to the emergency room. According to the Center for Disease Control, approximately 6,400 Americans are treated annually for fireworks related injuries during the 4th of July holiday period. And of those, almost 1,300 are treated for injuries to the eye. Here are some more eye-opening statistics about fireworks and their danger to your vision:

- Each year, as many as 400 Americans lose sight in one or both eyes due to fireworks.
- Children under the age of 16 account for 60% of fireworks related eye injuries.
- Almost half of fireworks injuries happen to bystanders.
- The fireworks that cause the most injuries are bottle rockets, firecrackers and sparklers.

What can you and your child do to celebrate 4th of July safely?

- Consider attending an authorized public fireworks display conducted by licensed operators.
- If fireworks are legal where you live, and your family purchases fireworks, follow these safety guidelines:
 - **Adults** who ignite the fireworks should wear eye protection. **Never** allow children to play with or ignite fireworks. **Read** and follow all warnings and instructions. **Be sure** other people are out of range before lighting fireworks. **Only** light fireworks on a smooth, flat surface away from the house, dry leaves, and flammable materials.
 - **Never** try to relight fireworks that have not fully functioned. **Keep** a bucket of water in case of a malfunction or fire.



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