

# Sports



**TAKING FIRST** in the 3,200-meters, Andrew Richards was out in front of the pack last Tuesday at a track meet in Quinter. Nolan Peters (behind) came in fifth.



**RUNNING** in the 3,200-meters, Elisha Jones (above) took fourth at a triangular track meet in Quinter last Tuesday. Kiah Blau (left) came in first in the 100-meter hurdles. — Herald photos by Patti Richards

## Girls win Quinter track meet

The Decatur Community High girls track team won its first meet last Tuesday, scoring 72 points in triangular meet at Quinter against the Bulldogs and the Rawlins County Buffaloes.

The Lady Red Devils did well in the running events, winning two of three relays, four distance races and a hurdle event.

While they didn't get many firsts in the throwing events, the Oberlin girls took almost everything else.

Here are results by event:

**Brandi Diederich**, Jordan Dreher, Tamara Ketterl and Tiffany Anderson took first in the 4x400-meter

relay in 4 minutes, 42.97 seconds.

**T. Anderson**, Diederich, Ketterl and Sara Kyte won the 4x800-meter relay in 11:38.76.

**Diederich**, Dreher, Kyte and Kiah Blau took second in the 4x100-meter relay in 56.53.

In other events:

**Shot Put:** Mary Olson, 26 feet, 1 inch, second; Farra McChesney, 24-8.75, third; Samantha Anderson, 23-11.75, fourth.; Stephanie Bruggeman, 23-5.50, fifth; Elisha Jones, 22-10, sixth.

**Discus:** Olson, 69-2, third; S. Anderson, 68-4, fourth; Brugge-

man, 68-2, fifth; Adrienne Pauls,

57-11, sixth.

**Javelin:** Dreher, 104-1, first; Jones, 87-2, fourth; S. Anderson, 81-9, sixth.

**Pole vault:** Diederich, 8-6, first.

**Triple jump:** Megan Huntley, 28-5.75, second; Pauls, 27-1.5, third; Kyte, 26-6.75, sixth.

**High jump:** Kyte, 4-2, tied for third; Megan Wentz, 4-2, tied for third.

**100-meter dash:** Dreher, 13.5, first; Blau, 13.64, second.

**100-meter hurdles:** Blau, 18.77, first.

**200-meter dash:** Blau, 29.87, third.

**800-meter run:** T. Anderson, 3:02.44, first.

**1,600-meter run:** Ketterl, 6:55.29, first.

**3,200-meter run:** Jessica Fredrickson, 14:13.71, first; Jones, 15:25.82, fourth.

The team's next meet will be at 3 p.m. Tuesday in Atwood.

Oberlin's golf team will attend its first meet at 2 p.m. Tuesday at the Sugar Hills Golf Club in Goodland.

The junior high track and field team will have its first outing at 3:30 p.m. Thursday in Smith Center.

### Hirsch & Pratt New Office Hours Norcatour - Jennings - Selden

Hirsch & Pratt, LLP is adding an office at Selden which will lead to changes in office hours at the law firm's offices in Jennings and Norcatour which have been open for 22 years.

The new hours on the 1st Thursday of each month are:

**Norcatour** - City Office - 9 a.m. to 11 a.m.  
**Jennings** - The Bank - 11:30 a.m. to 1:30 p.m.  
**Selden** - The Bank - 2 p.m. to 4 p.m.

## Boys come in second in meet

The Decatur Community High boys track team finish second last Tuesday in a triangular meet with Atwood and Quinter at Quinter, scoring 63 points, including top honors for two out of the three relay teams.

The Red Devils' 4x100-meter relay of Keithen Fortin, Logan Fortin, Daniel Jordan and Lucas Juenemann took first in 47.33 seconds.

The 4x800-meter team K. Fortin, Dalton Jones, Nolan Peter and Andrew Richards came in first in 9:12.34.

The 4x400-meter relay team of K. Fortin, L. Fortin, Jordan and Richards came in second in 3:56.67.

In other events:

**Shot Put:** Sam Stapp, 39 feet, 4.5 inches, second; Dakota Soderlund, 38-8, third.

**Discus:** Stapp, 96-7, third; Soderlund, 80-6, sixth.

**Javelin:** L. Fortin, 151-2, second; L. Juenemann, 129-4, third; Stapp, 98-8, sixth.

**Pole vault:** L. Fortin, 12, first.

**Long jump:** Derek Chambers, 16-9, sixth.

**Triple jump:** Chambers, 35-1, second; L. Juenemann, 34-5.5,

third; Nolan Wasson, 32-6.5, fourth; Jay Wessel, fifth, 31-11, fifth.

**High jump:** L. Juenemann, 5-8, first; Brent Juenemann, 5-2, second.

**300-meter hurdles:** B. Juenemann, 47.98, second.

**100-meter dash:** Jordan, 11.86, third; K. Fortin, 11.93, fourth.

**200-meter dash:** Jordan, 24.68, second.

**400-meter run:** Nolan Henningson, 1:01.56, fourth; Shay McChesney, 1:05.91, sixth.

**800-meter run:** Dalton Jones, 2:20.03, fourth; Tyler Shields,

2:41.02, sixth.

**1,600-meter run:** Henningson, 6:26.56, fifth.

**3,200-meter run:** Richards, 1:26.46, first; Nolan Peters, 1:33.35, second; Shields, 2:55.36, fifth.

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### GENERAL NOTICE

#### TO CONTROL NOXIOUS WEEDS

The Kansas Noxious Weed Law K.S.A. 2-1314 et seq requires all persons who own or supervise land in Kansas to control and eradicate all weeds declared noxious by legislative action. The weeds declared noxious are: Field Bindweed, Musk Thistle, Serica Lespedeza, Johnson Grass, Canada Thistle, Bur Ragweed, Leafy Spurge, Hoary Cress, Quack Grass, Russian Knapweed, Kudzu, & Pignut. Multi-flora Rose is a County Option Noxious Weed declared noxious by the Board of County Commissioners of Decatur County. Notice is hereby given pursuant to the Kansas Noxious Weed Law to every person who owns or supervises land in Decatur County that noxious weeds growing or found on such land shall be controlled and eradicated. Control is defined as preventing the production of viable seeds and the vegetative spread of the plant.

Failure to observe this notice may result in the County:

1. Serving a legal notice requiring control of the noxious weeds within a minimum of 5 days. Failure to control the noxious weeds within the time period allowed may result in the county treating the noxious weeds at the landowners expense and placing a lien on the property if the bill is not paid within 30 days or,
2. Filing criminal charges for non compliance. Conviction for non compliance may result in a fine of \$100 per day of non compliance with a maximum fine of \$1500.

The public is also hereby notified that it is a violation of Kansas Noxious Weed law to barter, sell, or give away infested nursery stock or livestock feed unless the feed is fed on the farm where grown or sold to a commercial processor that will destroy the viability of the noxious weed seed. Custom harvesting machines must be labeled with a label provided by the Kansas Dept. of Agriculture and must be free of all weed seed and litter when entering the State and when leaving a field infested with noxious weeds. Additional information may be obtained from the Decatur County Noxious Weed Department or by contacting the Kansas Dept. of Ag, 109 S.W. 9th, Topeka, Kansas 66612.

## 3 DAY HEALTH EXPO

Free Continental Breakfast!

Join Community Hospital and healthcare partners in a 3-day community-wide health expo! We'll offer a variety of health screenings, free or at a reduced rate.

**Wednesday, April 15 • 7 - 9 a.m.**  
**Thursday, April 16 • 7 - 9 a.m.**  
**Friday, April 17 • 7 - 9 a.m.**

McCook City Auditorium  
West 5th and C Street

### FREE SCREENINGS

- ♥ Blood Pressure – Community Hospital
- ♥ Spinal Screening – Hinze Chiropractic
- ♥ Ear Canal Exam – Stevens Hearing Center
- ♥ Foot Screening – High Plains Podiatry
- ♥ BIA (body fat % analysis) – Southwest Nebraska Public Health Department
- ♥ Wellness Screening – Wellness 4 Life
- ♥ Skin Scope – Southwest Nebraska Public Health Department
- ♥ Hearing Screening – Community Hospital Speech Therapy
- ♥ Digital Foot Scanning with iStep Integration Technology – Currier Drug of Atwood

### EXHIBITS

♥ Community Hospital Services and other McCook and area healthcare providers and businesses.

### 3 BLOOD TESTS

**Comprehensive Metabolic Profile plus Lipid Profile ... \$25**

This blood draw gives 22 results including:

- ♥ Cholesterol (LDL and HDL)
- ♥ Electrolytes
- ♥ Blood Sugar
- ♥ Liver Health
- ♥ Kidney Function
- ♥ Triglycerides (blood fats)

**Fasting is required** (no food or drink other than water) 12 hours before test.

**Thyroid Stimulating Hormone... \$15** (to check for thyroid gland problems)

**Prostate Specific Antigen... \$20** (prostate cancer screening)

♥ Payment is accepted at the event prior to blood draw. Insurance/Medicare will not be billed.  
♥ Appointments are not necessary.  
♥ Blood test results will be mailed to individuals within three weeks.



McCook, Nebraska  
308.344.2650 • www.chmccook.org

