

The Western Times

October 12, 2017

\$1.00

"Published in an Area of Clean Air, Clean Surroundings, and Fine People"

Volume No. 143 • Published Weekly Since 1874 • Sharon Springs, KS 67758

Issue 17

Local Weather Forecast

Wednesday Night
Mostly clear with a low around 43



Thursday Sunny with a high near 82



Thursday Night
Mostly clear with a low around 47



Friday Sunny with a high near 69



Friday Night
Partly cloudy with a low around 45



Saturday Mostly sunny with a high near 63



Saturday Night
30% chance of showers with a low around 41



Sunday Sunny with high near 62



Sunday Night
Mostly clear with a low around 40



Monday Mostly sunny with a high near 73



Monday Night
Mostly clear with a low around 40



Tuesday Partly sunny with a high near 76



Tuesday Night
Partly cloudy with a low around 40



Wednesday Mostly sunny with a high near 74



Wednesday Night
Partly cloudy with a low around 46



Cats win League Cross Country

By: Yesenia Juarez
Broadside reporter

Winning league is always the goal for the Wildcat Cross Country team and Thursday they accomplished that goal. Both the girls and the boys won first at the meet in Hoxie.

The team members take pride in running their hardest all season long. Even when they don't have practice, most of them run on the weekend to achieve these goals. Waking up at five in the morning pays off in the long run and they are ready to take on the challenge of the few remaining meets to make it to State.

This meet the girls ran better than they did at the meet before. Senior Robyn Selzer came in first with a time of 21:02. Freshman Alyssa Pierce came in sixth with the time of 24:46. Junior Gabrielle Hammer came in seventh with the time of 24:50. Junior Janaeha Dinkel came in 12th with the time of 26:30, junior Hayley

Pierce came in 15th with the time of 27:00 and freshman Brooklyn Bussen came in 19th with the time of 31:05. All those placings were important to the team as they took first place.

The boys also placed first as team. Junior Trevor Fischer continued to dominate with another first place finish and a time of 17:45. Several placed in the top 10 with junior Chandler Van Allen placing second with the time of 18:35, junior Richard Kaiser in fifth with the time of 18:47, and junior Trevor Medina in sixth with the time of 19:15. Junior Andrew Noone came in 12th with the time of 20:20 and freshman Dominic Penka came in 18th with the time of 21:44.

Fischer said, "We have all been working hard and improving each other to win Regional and hopefully take State this year."



The WCHS Cross Country team took 1st place at the League meet last Thursday in Hoxie. Front row- Chandler Van Allen, Richard Kaiser, Dominic Penka, 2nd row- Brooklyn Bussen, Janaeha Dinkel, Hayley Pierce, Robyn Selzer, Maria Escamilla, Gabrielle Hammer, Alyssa Pierce; 3rd row- Andrew Noone, Trevor Fischer, Trevor Medina.

Wallace County receives grant for NeuroNurture program

Nurture does not come naturally to all parents. When a family faces extreme financial and emotional adversity, parents can struggle to provide the comfort and care their babies and toddlers require.

A growing body of research on brain development is connecting these adverse childhood experiences to toxic levels of the "stress hormone" cortisol, which can have devastating effects on a young child's growth and development—including cycles of behavior challenges, school struggles, and troubled adulthood. Now a pilot program called Project NeuroNurture is implementing a proven early intervention to help regulate elevated infant/toddler cortisol levels—in just 10 weekly home visits.

Aimed at new parents and caregivers of 6-to-24-month-old children in adverse family

circumstances, the Attachment and Bio-behavioral Catch-up (ABC) intervention method consists of home visits by a parent coach. These sessions help parents learn play-based strategies that build attachment—and in turn, regulate cortisol levels in infants and toddlers.

"We've known for years that very early interventions pay dividends in the long term," said Sue Evans, Executive Director of Northwest Kansas Council on Substance Abuse, based in Colby. "Our challenge now is to find the most effective way to achieve the greatest outcome, and ABC is an excellent example of a science-based, proven program that is very short in duration, yet very powerful in results."

In partnership with Northwest Kansas Council on Substance Abuse, the Project NeuroNurture grant aims to serve disadvantaged families over a three-year period across most of twelve Northwest Kansas counties including Cheyenne, Rawlins, Decatur, Sherman, Thomas, Sheridan, Graham, Wallace, Logan, Gove, Trego, and Norton. The \$304,000 investment is underwritten by United Methodist Health Ministry Fund (UMHMF).

The Northwest Kansas Council on Substance Abuse is one of five organizations statewide selected for the NeuroNurture pilot project. Statewide, the project will invest \$2.4 million total over three years. Other sites include the following:

Horizons Mental Health Center: Reno County
Rainbows United: Sedgwick and Butler Counties
Russell Child Development Center (Southwest Kan-

sas): Greeley, Wichita, Scott, Lane, Ness, Hamilton, Kearny, Finney, Hodgeman, Stanton, Haskell, Gray, Ford, Morton, Stevens, Seward, Meade, and Clark Counties

Project Eagle – University of Kansas Medical Center: Wyandotte County

For more information on Project NeuroNurture, the

ABC program, or how to get involved, visit www.neuronurtureks.org. If you are interested in learning more about the project in your county or would like to be a project participant, call Lisa Dewees, Project Director for Home Visiting, Smart Start, 785-460-9103 or email lisad@nwksprevention.com.

The Randy Boys to perform at Ft. Wallace Museum

Western Plains Arts Association has teamed up with High Plains Public Radio to present The Randy Boys will be in concert at the Fort Wallace Museum on Tuesday, Oct. 24th, 7 PM MDT as part of the HPPR Living Room Concert series. Admission is free, but the hat will be passed for free will donations! Come enjoy an evening of family-friendly live music in Wallace County!

This show is made possible by northwest Kansas area foundations, businesses and individuals, and High Plains Public Radio, serving western Kansas, eastern Colorado, and the panhandles of Oklahoma and Texas.

From the Panhandle High Plains and East Texas Tall Pines, the RandyBoys brings to its audiences original folk and Americana music with a sense of place. Two award-winning songwriters join forces creating expertly crafted songs with heart and mind, delivered with soul, grit and honesty.

Randy Palmer of Amarillo, Texas and Randy Brown of Mineola, Texas met a couple years ago. Their first co-written work was titled High Plains. Palmer's down home, family focused songwriting blends perfectly with Brown's philosophical and poetic approach.

Palmer has performed folk and country for 50 years, focusing on songwriting, guitar and solo and band projects.

He received a degree in radio, television and film from Baylor University and is a member of the Texas Folk Music Alliance and the Folk Alliance. He has won numerous songwriting awards and officers workshops for professional songwriters. He has produced three albums.

Brown is an award-winning singer, songwriter, storyteller and a self-proclaimed "performing philosopher" bent on deciphering the intersection of spirit, faith and science with a sense of wonder. His whimsical lyrics delve into off-beat topics as quantum mechanics, talking to extraterrestrials and testosterone poisoning. Brown, who accompanies himself on guitar and mandolin, describes his music as "Charles Darwin meets Guy Clark and Van Morrison at an MIT barbecue in honor of Albert Einstein's birthday." Chew on that image for awhile.

Smoky Valley 4-Hers clean up Courthouse Grounds

Smoky Valley 4-H Club members met at the Wallace County Courthouse on Saturday, October 7th, 2017, to clean up the courthouse grounds for National 4-H Week's 48 Hours of Service weekend.

They shoveled dirt, encroaching grass, and leaves off of sidewalks and around seat-

ing areas, pulled many weeds, picked up trash, raked, and swept.

"It's work but it's fun!" said Addison Aldridge, a third grader. Carsyn Wright, Ayden Aldridge, and Eli Aldridge wielded the wheelbarrow and shovels. Everyone pitched in, and filled many bags with trash and leaves.



Pictured L-R are Addison Aldridge, Maggie Aldridge, Marja Kimberly, Claire Walker-Helsel, Brylee Aldridge, Ayden Aldridge, Carsyn Wright, and Eli Aldridge in front of Wallace County Courthouse, October 7, 2017.

4-Hers Carsyn Wright (son of Brynne and Derek Wright), Claire Walker-Helsel (daughter of Etta Walker & John Helsel), Brylee, Blakely, Aiden and Addison Aldridge (children of Shayne & Christina Aldridge), friends Eli and Maggie Aldridge and Marja Kimberly (children and exchange student of Aaron and Julie Aldridge, and parents Brynne Wright, Christina Aldridge, Etta Walker and John Helsel participated.

"4-H reaches almost six million young people through [a national] community of 100 public universities. Programs are delivered by 3,500 4-H professionals and 500,000 volunteers. Young people experience 4-H through school and community clubs, in-school and after-school programs and 4-H camps." www.4-H.org.

Call the Extension Office at 852-4285 for more information about how to participate in 4-H in Wallace County.

Front Page Notices

As required by section 4 of ordinance No. 266A City of Sharon Springs in preparation for application for license, I am hereby giving notice of the intent to maintain a salvage operation within the city limits. Michael Cowles DBA Cowles Motor Company. 17-1tc

Last Weeks Weather

Date	High	Low	Precip.
10/3	68	48	.17
10/4	65	53	
10/5	74	61	T
10/6	70	43	.45
10/7	78	42	
10/8	69	39	
10/9	42	33	