

The “Good Old Days”

60 Years Ago
May 13, 1965

Dennis Braun of Downs is enrolled as an all-day student at North Central Kansas Area Vocational - Technical School at Beloit in the auto mechanics trade.

The raising of Shetland ponies has become popular in this area. Cute colts are the pets owned by Ann Garey and Susan Garey, daughters of Mr. and Mrs. Paul Garey.

Scoring 71 points, the Tipton track team won a triangular meet at Alton May 5. Alton scored 53 points and Natoma had 42.

Osborne County's 74 service establishments had total receipts of \$931 thousand in 1963, an increase of 80 percent from 1958.

A record 72 pound, 8 ounce flathead catfish has been caught and recorded in Kansas.

50 Years Ago
May 8, 1975

Debbie Hammerl, 14, daughter of Mrs. Maxcene Hammerl, became the second Downs Junior High School student to win the state spelling crown in five years.

The winner in the first chamber of commerce sponsored fishing contest this past week was a 17-

pound, 13 ounce channel catfish caught by Ernest Schneider of WaKeeney.

The Downs Junior High girls and boys track teams attended the Wilson Invitational track meet April 25 at Wilson. The teams did very well with the girls placing first and the boys taking a proud second.

A free bicycle safety check and safety tape for bicycles will be at Memorial Hall May 10 from 2-4 p.m. Bicycles need to be clean to be checked.

40 Years Ago
May 9, 1985

Downs won the first Twin Lakes League meet with a total of 131 points, followed by Tipton with 97, Gorham with 71, Lincoln with 64-1/2, Natoma with 62, Lucas-Luray with 58, Sylvan Grove with 24, and Waconda East with 19.

The Solomon Valley 4-H Club celebrated its 50th anniversary Sunday afternoon with around 70 members and guests present at the United Church.

The club was started May 6, 1935, with early meetings in the Oak Dale Schoolhouse, says John Stephan, who was instrumental in starting it and was its first leader.

20 Years Ago

May 5, 2005

Coe Weis, 12, son of Ginna and Brian Sharp, broke the house record at Strikers! Bowling Center recently during open bowling. Weis bowled a 253, but because it was not obtained during league play, it cannot be called the house record.

Pitchet “Palm” Qualskul, foreign exchange student attending Lakeside High School this year, and Sriphan Thakeow, foreign exchange teacher, both from Thailand, performed a Thai dance during the entertainment after the Thai dinner Saturday evening that Zach Steinshouer held as a fund raiser for his 2005-2006 AFS program trip in Thailand.

Helen Seaman announced her retirement from the Downs Carnegie Library. The library board accepted her resignation with regret and deep thanks for her years of service to the library and the community.

Kaylynne Bonneau narrated concerning the Bill of Rights during the “Proud to be American” spring musical Monday evening Lakeside Elementary at Downs. Lynn Koops is the vocal music director.

Continued from Page 1

Schaefer second. Motion carried.

Commissioners discussed Tax Exempt Value, KCCA meeting, website and 2026 budgets.

Johnston made a motion to recess to 1 p.m. for lunch at 12:12 p.m., Schaefer second. Motion carried.

Craig Poe, Kaley Conner, & Paul Gregory, High Plains Mental Health, met with commissioners to discuss annual report, 2026 budget request and services provided.

Pottberg made a motion to adjourn the meeting at 1:54 p.m., Johnston second. Motion carried.

Post Rock Extension District

Jamie Rathbun, Family and Community Wellness Agent



Step Into Better Health

Imagine if there was one action you could take daily to give you all these health benefits:

Maintain a healthy weight

Strengthen heart and lungs

Reduce risk of stroke and heart disease

Strengthen bones and muscles

Improve balance and coordination

Manage and prevent high blood pressure and high cholesterol levels

Ease joint pain

Improves mood

Would you make time each day to support your health? Knowing that this one action could support so many health factors, why would you not take a walk daily?

That's right, walking each day can elevate our health in so many ways! Let's meander through some facts about the amazing benefits of walking every day.

Walk More. Stress Less. Walking is one of the simplest ways to get and stay active.

Walking is the most popular form of exercise. For most people, it's safe, low-or no-cost, and easy to stick with.

Research has shown that walking can have a significant impact on your health by lowering your chances of heart disease.

Walking at a lively pace at least 150 minutes a week can help you think better, feel better, and sleep better.

Make a Move. One in

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four U.S. adults sits for longer than eight hour each day. Sitting for too long can hurt your physical and mental health.

A recent study found that swapping just 30 minutes of sitting with low-intensity physical activity reduced risk of death by 17%. If everyone increased their activity, even by a small amount, we would see an improvement in health and lower the cost of disease in the United States.

Sweet Dreams. Prioritize sleep and aim for seven to nine hours a night.

Getting a good night's sleep every night is vital to cardiovascular health. Too little (or too much) sleep is associated with heart disease, studies show. Good sleep improves mood, memory, and reasoning.

Check the Stress. Money, work and family responsibilities, and health concerns are top sources of stress.

Chronic stress can impact your emotional and physical health. Stress can increase your risk for heart attack and stroke.

Workplace stressors – such as long hours, finances, job security, and work-family conflict – are as harmful to your health as secondhand smoke.

Now that we know that walking isn't just good for our body – it's a simple and powerful way to care for our mind and soul, let's get out for a brisk walk to make a world of difference for our heart health and mental clarity.

Join Post Rock Extension District during May (National Walking Month) for some Walk at Lunch days. Check our website (www.postrock.ksu.edu) or our Facebook page (Post Rock Extension) for more details.

The Post Rock District of K-State Research and Extension serves Jewell, Lincoln, Mitchell, Osborne, and Smith Counties. Contact Jamie Rathbun at jrathbun@ksu.edu or by calling 785-524-4432. Stay connected with “Post Rock Extension” on Facebook, Twitter, Instagram, and YouTube. Our website is www.postrock.ksu.edu.

•Approves

2025 Special meeting with an addition, Johnston second. Motion carried.

Schaefer made a motion to accept the R&L Fire Security Specialist bid for a new fire panel for \$2,936, Pottberg second. Motion carried.

Betzold presented SVT Fundraiser Miles & Miles of Prizes Fundraiser information to commissioners.

Schaefer made a motion to approve payroll in the amount of \$168,444.58, Johnston second. Motion carried.

Schaefer made a motion to accept the Cost Allocation Plan for IVE-Foster

Care Legal Representative, Pottberg second. Motion carried.

Schaefer made a motion to approve transfer voucher 2025-18 for \$39,310.09; 2025-19 for \$925.46; 2025-20 for \$50.60; Johnston second. Motion carried.

Commissioners reviewed KCAMP loss Ratio Award and KNRC Prairie Chicken Overturn.

Pottberg made a motion to update GIS ownership and order 25 rural directories, Schaefer second. Motion carried.

Johnston made a motion to order 50 Veteran Grave Markers from Carrot Top,



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Downs News & Times Classifieds

Help Wanted

Glen Elder Senior Center is hiring a kitchen helper. Job includes helping in the kitchen and doing routine cleaning and maintenance. \$12/hour plus benefits. Contact Anna at 785-545-3444.

Help Wanted

Looking for Full Time and Part-Time Truck Drivers to pull End dump, tanker or belt trailers. Must be able to pass drug test! Willing to work, a must!!!! Home most nights. Based out of Russell, Pratt, Phillipsburg. Call 785-483-0575 for more information.

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