

Registration underway for Yukon Senior Games April 22-25

Yukon Parks & Recreation's annual Yukon Senior Games is seeking active adults age 50 years and older to compete in a fun and friendly atmosphere. The Games will be April 22-25; registration deadline is Thursday, April 9.

The Yukon Senior Games is an Olympic-style sporting event designed to promote healthy lifestyles for seniors through fitness, sports, an active lifestyle, and athletic competition.

Participants compete according to age: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-89, and 90 and up. Age is determined as of Dec. 31, 2009. Medals are awarded for first (gold), second (silver) and third (bronze) place finishes in each age category. Events will be at various Yukon Park & Recreation facilities and other athletic venues, including

Local residents age 50 years and above encouraged to participate in annual competition

Westbury Golf Course, AMF Yukon Lanes and Spanish Cove Retirement Village.

Participants can take advantage of a free massage at some of the sites provided by Maple Street Massage.

Events in the Yukon Senior Games are: Basketball (Free Throw, Three Pointers, Hot Shot, Three-on-Three, and Timed Dribbling), Bowling (Singles, Doubles and Mixed Doubles), Golf, Horseshoes, Pool (eight-ball), Table Tennis, Track (50m, 100m, 200m, 400m, 800m, 1600m) and Field (Discus, Shot Put, Javelin, High Jump, Running Long Jump, Standing Long Jump and Pole Vault), Washer Pitching,

Weightlifting, and Wellness Walk.

Registration fee is \$15. Registration forms are available at all Yukon Parks & Recreation facilities, including the Jackie Cooper Gym at 1024 E Main (350-8920) and the Yukon Community Center, 2200 S Holly (354-8442).

All entrants receive Yukon Senior Games' T-shirts and tickets to a Thursday evening social reception. For another \$2, participants can enjoy a soup and salad luncheon on Friday.

Those interested in a more leisurely competition may enter the rec series portion of the Yukon Senior Games. The rec series is a fun alternative in a recreational setting. Events in the rec series are: Wii Bowling, Miniature

Golf, Ladder Toss, Bocce Ball, Major League Beanbag Pitch, and a Domino Tournament.

Ribbons will be awarded to the top three finishers in these events. The fee for the rec series is only \$10 and includes an event T-shirt and ticket to the social reception.

A creative arts contest features creative writing and photography. Creative writing categories include Poetry, Short Story and Essay while Photography categories are Daily Life, Portrait and Nature. Fee for the creative arts category is \$5 for the first entry and \$3 for each additional entry. One entry per category is allowed.

The Yukon Senior Games social will be

Thursday, April 23 at the Robertson Activity Center, 1200 Lakeshore. The social will feature a tasty meal starting at 5 p.m. with background music by Joe Boucherie. Following the meal, Boucherie will provide music for dancing. Photography and creative writing entries will be on display for viewing.

The Yukon Senior Games are sponsored by the City of Yukon and Yukon Parks & Recreation. Title sponsor is Brookdale Living Center. Sponsor support helps keep cost of the Games low for participants.

Yukon Parks & Recreation also thanks its annual Festival Friends: Joe Cooper Ford, Canadian State Bank, Spanish Cove Retirement Village, and Integris Canadian Valley Regional Hospital.

Junior Olympics skills competition set Sunday

Local youngsters age 8-13 years this Sunday, March 8 are invited to participate in the U.S. Junior Olympic Skills Competition in Yukon.

Conducted by Yukon Parks & Recreation, this free grassroots youth participation program allows boys and girls, competing separately, the opportunity to showcase their athletic abilities.

Four athletic events will be offered: Basketball, tennis, soccer and track and field. The program is designed to encourage youth participation in sport while promoting

sportsmanship.

The basketball competition will be 1 p.m. at the Yukon Community Center; tennis will be 2 p.m., soccer at 3 p.m. and track and field at 4 p.m., all at Yukon City Park.

Champions from all local competitions will advance to one of the regional competitions across the country in hopes of advancing to the national finals. Pre-registration is preferred but entrants may enroll the day of the event.

For more information, stop by or call the Jackie Cooper Gym at 350-8920.



'Rose Day'

State Rep. Colby Schwartz (right), R-Yukon, visits with students from Southwest Covenant School in Yukon during the recent "Rose Day" celebration at the State Capitol in Oklahoma City.



Central Play

Performing "Kittens and Mittens," a play in Mrs. Reynolds' afternoon class at Central Elementary, are students Anna Munier, Savana Ritter, Dalton Rhoden, Trinity Reed, Cameron Martin, Camdyn Terry, and Travis Meyers.

Local entertainer Matthew Cowell off to good start by arranging trumpet score on 'Oklahoma Love Journey'

Arranging a trumpet score for the recently released "Oklahoma Love Journey" CD was a good start for local entertainer and Mustang High School junior **Matthew Cowell**.

Matt sings at Yukon's Methodist Church of the Good Shepherd in the

youth band, Oklahoma's all-state choir and is making the state festival circuit this summer with the "Journey USA" troupe.

He's also been tapped to perform the national anthem for MHS soccer games this year.

"There is a line between amateur, or even semi-professional voices and the real thing," said **Fred Imel**, Matt's executive producer on the CD. "They are in our schools and churches, and if we are lucky, we get to hear them cut loose every now and then outside.

"If we are really lucky, Matt will be using both his voice and trumpet for 'The Star Spangled Banner' this season.

Imel is the executive producer of Oklahoma Love Journey, a two-hour concert of love songs by Oklahoma's top church vocalists. He is also the author of *Oklahoma's Film & Music Credit Act* and CEO of Entertainment Investment Producers LLC in Yukon.

Jung Jargon: Take-out food still requires proper handling

By **Donna Stangl-Jung**

It is no secret that families are busier than ever. Between soccer practice, Girl Scouts, PTA or school sports, sitting down to eat together as a family can be hard to do. Some families may opt for take-out food occasionally as a way to still enjoy a family meal together, but also to save precious time.

Some foods are hot or cold when purchased. Foods from fast food restaurants usually are consumed immediately. Other foods may be picked up to be consumed later in the day. No matter what the scenario, the food must be handled properly to ensure safety.

No matter what type of take-out food you get, it's important that you maintain it at the proper temperature. Hot foods should be kept at 140 degrees Fahrenheit or above or quickly refrigerated if they are to be eaten later and cold foods must be kept at 40 degrees Fahrenheit or below.

Bacteria grow rapidly between 40 degrees and 140 degrees and any foods that aren't kept at proper temperature for more than two hours should be discarded. Foods that are kept in air temperature of 90 degrees or above should be discarded after an hour.

If you are not eating hot take-out or delivered food immediately you have two choices - either keep the food at 140 degrees or higher or chill it for storage. Using a food thermometer makes it easy to determine internal temperature of the food.

Cold take-out foods should be kept at 40 degrees or below. If the food has not been eaten it needs to be refrigerated within two hours of pickup or delivery. If the air temperature is above 90 degrees, refrigerate within an hour.

Cold foods on a buffet can be kept cold longer by nesting the serving bowl in bowls of ice. Using small platters and replacing them

with fresh refrigerated platters of food instead of adding fresh food to a serving dish already on the table.

When it comes to leftovers, anything that has been out for two hours or more should be thrown away. When storing whole roasts, hams or turkeys, slice the meat into small pieces before putting in the refrigerator or freezer.

It's a good idea to store foods such as soups, stews or casseroles in shallow containers.

This allows the food to cool off much quicker in the refrigerator or freezer. Cooked meat and poultry stored in the refrigerator should be consumed within three or four days. If you're unsure of the safety of a particular food, err on the side of caution and throw it away.

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- Photo by Jim Powell

Essay Winner

Seventh grader Josh Bedell reads an essay Monday night to the Yukon School Board that earned him first place in the Delta Kappa Gamma Essay Contest on "Why it is Important for All American Citizens to Vote." His essay was titled, "True Citizenship."

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