

Local People. Local Stories.

PCM EXPLORER

PRAIRIE CITY



PC Fitness Center owner Todd Downing talks about what is available in the new space during an open house. The center is located at 103 W. Jefferson St. in Prairie City. Jamee A. Pierson/PCM Explorer

Getting fit

PC Fitness Center opens in downtown Prairie City

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Prairie City residents now have a place to work out close to home. PC Fitness Center is now open at 103 W. Jefferson St. and owner Todd Downing is ready to get people moving.

"We live here so everywhere we live we try to give back to the community. We wanted to help," Downing said. "Every individu-

al in every community deserves to have a gym.

The facility offers a variety of workout equipment along with daily and weekly classes. It also has 24-hour membership giving members the chance to use the space when it works best for their schedule.

Downing had a focus on functional fitness along with helping people grow in specific areas.

"The term functional fitness

means in my mind the things we do on a daily basis, it prepares us for that. Shoveling, hanging drywall, vacuuming, moving a couch, carrying groceries or a car seat, painting, gardening all of those things aren't in one plain of motion," Downing said. "When we're trying to stay healthy, functional fitness is taking all of the tasks we do on a

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COLFAX

FIRST-RATE SHOW!

Rilyn Titus earns Champion Showman title at first contest appearance

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Rilyn Titus, 15, of Kellogg made her very first appearance to the Brice Leonard Supreme Showmanship Contest this year at the Jasper County Fair and managed to secure the top prize against six other competitors, three of which were returning reserve champions looking for a chance to win it all.

Cadie Horn, Luci Kucera and Lauren Zaabel earned high points this year and have all been named the reserve champion at least once in the past three years, with the latter competitor earning the title once again this past week. Rylee DeHaai, Alyssa Machin and Avery Meyer also competed in the contest this year.

Titus entered the contest as the senior swine showman. She and her fellow competitors took turns showing horses, pigs, dairy and beef cows, sheep, goats and llamas. Following her victory at the Supreme Showmanship Contest, Titus credited

all the hard work she put in at home. Still, she was surprised by the win.

"The dairy cow was a struggle for me, but I stepped in and I put the work in the two days after I found out that I was going to be competing in the Supreme Showmanship," Titus said. "I worked with the sheep and the llamas and the dairy cow. I've shown cattle and goats before, and pigs obviously."

Zaabel earned the reserve champion showman title for the first time in 2020. Back then, she said, the difference in scores between first and second place was by only one point. The same thing occurred this year when the former Jasper County Fair Queen finished the contest. Still, she kept a positive attitude.

"I'm feeling a lot of excitement and I'm really excited for Rilyn," Zaabel said. "She's worked really hard these past couple of days in practicing with her animals. She has a lot of background on her livestock, too. So I'm very proud of her and

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PCM

PCM Athletic Boosters looking to grow

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The PCM Athletic Boosters is gearing up to get members during its membership drive July 27 through Sept. 15. The organization which helps to fund athletic pro-

grams in the school district is looking to grow and serve for the upcoming year.

"The athletic boosters support all 7th through 12th grade athletes including dance and cheer. We provide uniforms for all athletes at no cost,"

booster vice president Kim Wilson said. "We fulfill coach requests as needed and we help keep the PCM facilities updated. Our school district does not have the funds to help with our athletes/coaches needs so that's where the boosters

come in to fulfill their requests."

The boosters are kicking off the 2023-2024 year with its membership drive, specifically the Mustang Membership Stampede Aug. 8. At the stampede, student athletes will enjoy pizza after

their practice and then team of athletes will visit the PCM communities to collect membership forms and payments.

"Student athletes will also be at our elementary open houses on Aug. 21 for pictures with your favorite athlete and we will

have a raffle available for elementary students to win a fall game experience," Wilson said.

From Aug. 10 through 24, an online auction will be available from the boosters. The auction will

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Organization working to help fund district athletic through memberships, sponsorships

Pedal through the Prairie

Prairie Days 2023



WELCOME TO THE JUNGLE

Jasper County Fair Parade goes wild

