

# Student receives medal and cash

Robbie Parker of Idalia FFA Chapter was named the State Agri-Entrepreneurship Award Runner-up; at the 80th Colorado FFA Convention June 3 through June 5 in Sterling. Parker received a medal and a \$50 cash award in recognition of her accomplishments.

The Agri-Entrepreneurship awards recognize FFA members who identify market niches, develop a business plan and build a business to fill the niche. The Colorado FFA Foundation of Montrose sponsors this award at the state level. The national award sponsor is the United States Department of Agri-

culture Rural Development of Washington D.C.

"The department is pleased to sponsor FFA's National Agri-Entrepreneurship Award Program because investing in today's up-and-coming rural entrepreneurs helps build a bright future for them and their communities," said Tom Dorr, under secretary for Rural Development at the national department "The creativity and innovation that these young people bring to agriculture and rural America will make a difference in their lives and in their communities."

"Visions of Blue, Hearts of Gold" was the convention



Parker

theme. More than 1,600 FFA members, advisors, supporters and guests attended the convention at the Northeastern Junior College campus.

Robbie is the daughter of Brett and Sally Parker of Idalia. She is the granddaughter of Ward and Vaudie Wiley of Burlington, Colo., and Dan and Merideth Parker of Las Vegas, Nev.

# Deadline for nominees set

The Farm Service Agency County Committee election to select a person to represent Local Administrative Area (LAA) 3 will be held this year on Dec. 8. This area covers the northwest 2/3 of Cheyenne County. Eligible voters have the right to nominate candidate(s) of their choice. Blank Farm Service Agency-669's may be obtained at the County Office. Each 669A submitted must be:

- Limited to one nominee
- Signed by the nominee, indicating willingness to serve, if elected
- Postmarked or delivered to the Cheyenne County Agency Office no later than Aug. 1.

Person nominated should be currently engaged in the operation of a farm or ranch and be well qualified for committee work. A farmer is eligible to be a committee member if the farmer lives in area 3 and is an eligible voter. Committee members may not hold positions in certain farm and commodity organizations, if these positions pose a conflict of interest with Farm Service Agency duties. These positions include functional offices such

as president, vice president, secretary, and positions on boards or executive committees. Additional information of eligibility to hold office may be obtained at the county office.

The duties of County Committee member include:

- Informing farmers of the purpose and provisions of the agency's

# Sign-up ends July 18

Teresa Lasseter, administrator of the U.S. Department of Agriculture Farm Service Agency, has announced that livestock producers have until July 18 to enroll in the 2005-2007 Livestock Compensation Program and Livestock Indemnity Program. Sign up began on Sept. 10 for the two programs that provide aid to livestock producers who suffered eligible livestock or livestock feed losses between Jan. 1, 2005, and Dec. 30, 2007, because of a natural disaster.

"The deadline to enroll in the two programs is rapidly approaching," Ms. Lasseter said. "I encourage all eligible producers to enroll soon because

programs.

• Keeping the State Committee informed of Local Administrative Area conditions.

• Recommending needed changes in farm programs,

• Participating in county meetings as necessary,

• Performing other duties as assigned by the State Committee.

sign-up ends on July 18."

The Livestock Indemnity Program provides payments to eligible livestock owners and contract growers who incurred the death of livestock because of a natural disaster. The Livestock Compensation Program provides payments to eligible livestock owners and cash lessees who suffered feed losses or increased feed costs because of a natural disaster.

More information on the programs is available at [disaster.fsa.usda.gov](http://disaster.fsa.usda.gov); by visiting the local Farm Service Agency office or the agency's web site, [www.frsa.usda.gov](http://www.frsa.usda.gov).

# Plain Sense

## After a Hard Day's Work...

For some people, stress on the job often carries over into home, family and marriage. A recent report that appeared online in ScienceDaily describes the results of a study that compared marriage quality and satisfaction with cortisol levels, a key stress hormone produced by the body. Cortisol is often called the "stress hormone" as it is involved in the body's physical response to stress, such as increasing blood pressure. Long-term elevated levels of cortisol have been associated with a number of illnesses including depression, chronic fatigue, and burnout. When a person is actively stressed or busy, their levels of cortisol go up. As a person's day slows down and they have a chance to relax, the

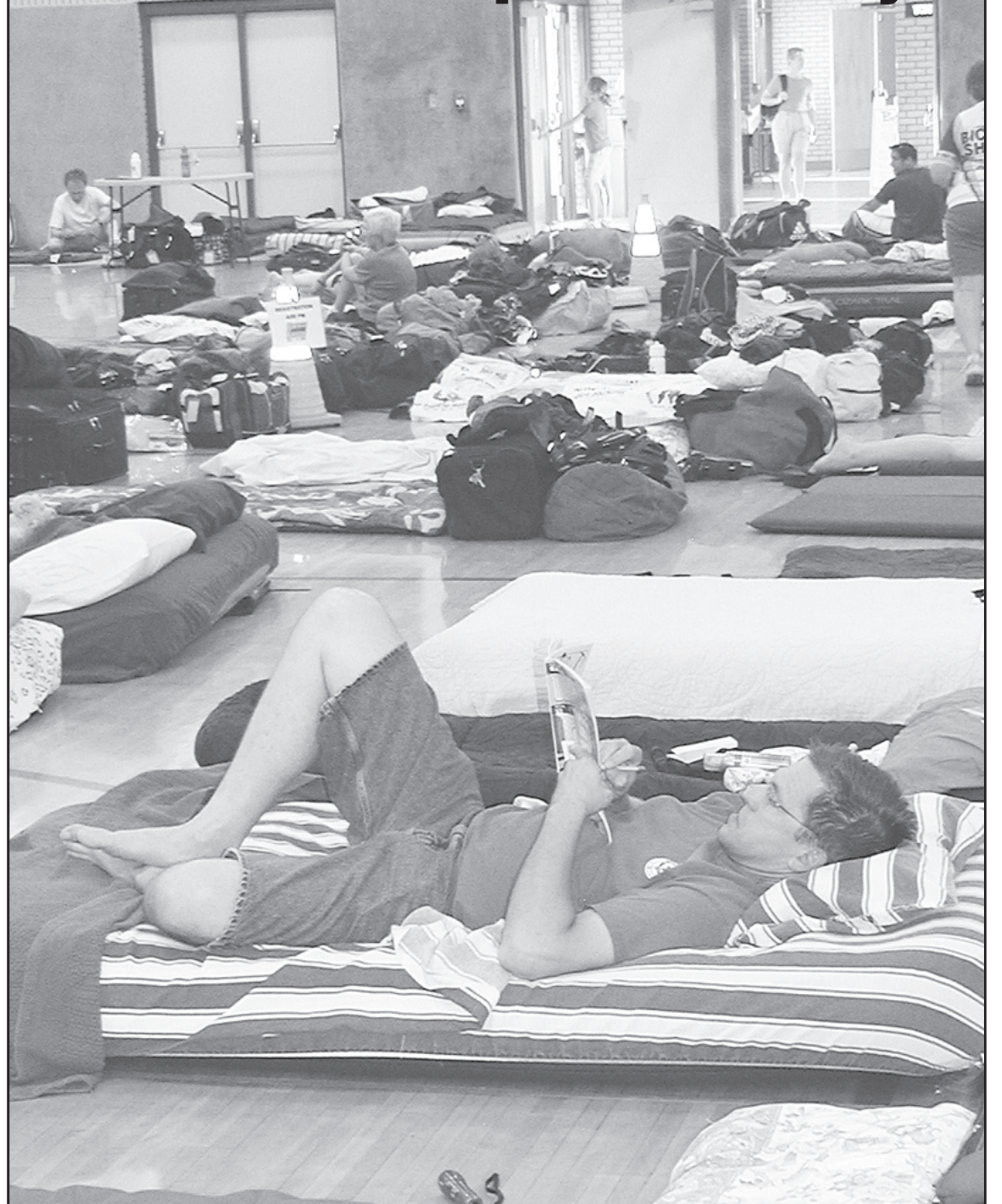
levels go down.

This study tracked levels of cortisol in 30 couples where both partners were working full time jobs and also raising children. Arriving home following a hard day at work, the expectation would be that their stress level, and thus their cortisol level, would lower due to no longer being on the job. For the men in the study, their cortisol levels showed a significant decline, regardless of how they described the quality of their marriages. It appears that just coming home from work results in a significant decrease in stress levels for men. However, only the women who described their marriage as "happy" showed a significant decline in their cortisol level once they returned home after a challenging day at work.

The implications of this study still require further analysis, but it is important to recognize the inherent benefits of having a strong relationship. Women who are happily married identify how important it is to have a partner who will equally share the demands of raising children and running a household. Past research has also found that men generally live healthier and longer when married as opposed to being single or divorced. Therefore, if you want a "sure fire" way to decrease work related stress, having a satisfying marriage is a key factor.

Contributed by Ken Loos, MS, LMLP, LCP Prevention, Education and Outreach Department. Mail questions to High Plains Mental Health Center, 208 East 7th, Hays, KS 67601.

# Bikers stop in Sainty



IT MAY NOT BE THE RITZ, but this cyclist found the St. Francis high school gym a nice place to relax and get his mind off the road.



CYCLISTS TAKE A BREAK to check over their equipment to make sure everything is in good working order before setting out on the next leg of their journey.

Herald staff photos by Casey McCormick

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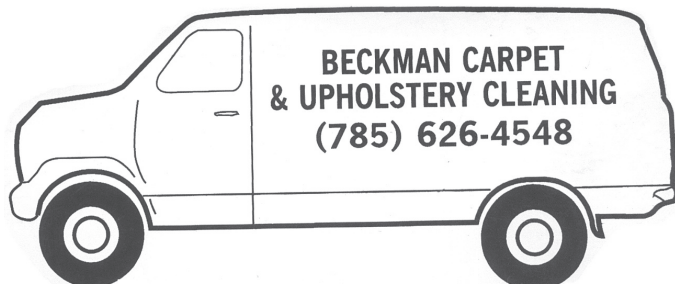
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