

Club Clip

Plum Creek 4-H club January

The meeting of the Plum Creek 4-H club was called to order by President Kari Gienger on Jan. 13 at 7 p.m. Roll call was answered by 19 members.

In new business, the club decided to have a money-making project. They also had some discussion on what to do for 4-H Days. It was decided that the club would do a model meeting and skit.

The program was announced by Dennon Zimbelman. Mikaela Grace did a talk on "What is A Horse," and Dennon did a special talk on leadership.

The Havel family led the group in singing *Old McDonald*. Recreation was by the Grace family. The meeting was adjourned.

February

The meeting of the Plum Creek

4-H club was called to order by President Kari Gienger. Roll call was answered by 23 members and one leader. The Pledge of Allegiance was recited.

Dennon Zimbelman gave a 4-H Council report and told everybody some dates and changes to remember.

The Junior Leader report was that the pizzas had been made and delivered. The leaders report was given by Sue Zimbelman and she talked about our money-making project and the fact that we need to do some community service work.

For the program Amber Havel did a special talk on alcohol and C.J. Douthit did a project talk.

The song was led by the Douthit family and recreation was a balloon game led by the Raile family. The meeting was adjourned.

There were 67 at Sunday school with Jeff Hurlburt giving the special number and John Osmus giving his birthday offering.

Mr. and Mrs. Bill Strangways spent Saturday in Campbell, Neb., to attend the open house in honor of Doug Zuellner's 80th birthday.

Mr. and Mrs. Robert Simmons and Amber met Robin and Randy Neergaard in Fort Morgan Wednesday for Amber to return home with the Neergaards. She had spent several day visiting at the Simmons.

Mr. and Mrs. Chuck Cutforth spent Saturday evening with Gwen Cranmer.

Mr. and Mrs. Larry Allen visited Mr. and Mrs. Pete Allen Friday evening.

Harold Kamla was a Sunday dinner guest of Melvin and Louise Schlepp.

Mrs. Todd Novak, Cade and Britany and Jill Mansfield spent the weekend with Mr. and Mrs. Gary Mansfield. They all visited Mr. and

Mrs. Bill Mansfield Saturday afternoon.

Visitors of Mr. and Mrs. Berl Allen this past week were Mr. and Mrs. Greg Devlin and boys, Mr. and Mrs. Harvey Allen, Mrs. Jeff Hurlburt and children, Mrs. Don Oestman and Kyle and Mr. and Mrs. Pete Allen.

Violet Brown, Donna Dodge and Robin were McCook visitors Tuesday.

Austin Willard was a Saturday overnight guests of Jacque Ekberg. Karen Willard and family and Vickie Hull returned home Thursday after spending 10 days in the Nashville, Tenn., area. Karen and children visited Kathy Pollard and family. Vickie visited her sister.

Mr. and Mrs. Bill Strangways spent Monday and Tuesday in Denver visiting Mr. and Mrs. Bill Arrington.

Mr. and Mrs. Rick Gardner visited June Richers Saturday. Suzy Richards had lunch with June

Thursday.

Mr. and Mrs. Kenny Rose and girls attended the basketball game at Bethune Saturday in which Mallory was one of the players.

Mr. and Mrs. Robert Simmons and Amber visited Mr. and Mrs. Richard Wall last Monday evening.

Mr. and Mrs. Phil Heath took Mr. and Mrs. Bill Strangways to the Scout breakfast Sunday morning.

Violet Brown called on Gwen Cranmer Monday.

Visitors of Norma Ekberg this past week were Joyce Brown, the Clint Wisdom children, Bessie Dent and Riley Brown.

By Bessie Dent



Monte Mansfield visited Mr. and Mrs. Bill Mansfield Friday.

Diana Bowker took Violet Brown out to supper at the LaFamilia Saturday.

Mr. and Mrs. Paul Dent and Riley Brown visited Grant Brown in Garden City Saturday.

Mr. and Mrs. Richard Wall visited Mr. and Mrs. Robert Simmons Sunday afternoon.

Norma Ekberg visited Hillcrest Care Center Tuesday.

Plain Sense

from High Plains Mental Health Center

Good Relationships

Valentine's Day has become a yearly reminder about the importance of loving relationships. Research indicates that people in caring relationships are healthier, happier, and live longer than those who are not. Such relationships are not limited to only couples or marriage; good relationships with friends, family members and co-workers also contribute to those feelings of well-being.

But no relationship is perfect. In almost all there are conflicts and arguments. Women tend to want to verbalize and discuss problems, while many men would rather handle those silently, even preferring to avoid the issue. Thus, good communication becomes a necessary factor in a healthy relationship; being able to confront and discuss problems without attacking each other. Here are some other important components of a good relationship:

- Respect for each other and each others needs, as well as self-respect
- Commitment to the relationship
- Honesty and truth
- Helping and supporting each other

- Discussing mistakes or problems early, before those become overwhelming
- Recognizing and appreciating each other's differences
- Laughing together; creating happy memories
- Maintaining and building relationships with friends and family

When relationships break down or end, some or all of those involved will probably experience some deterioration in physical and emotional well-being, depending on the length and intensity of their involvement. It often takes two to three years to adjust after the end of a long-term, close relationship. And can take up to five years to fully get over the heartache.

Some suggestions for recovery;

- share feelings with others,
- avoid isolation, stay involved with other people,
- take care of yourself, get enough rest, eat nutritiously, exercise regularly, and
- seek professional help when needed.

Contributed by Karen D. Beery, LCPC, Consultation and Education Department

Bowling News

Ladies Nite Out 1/23

Team standings: First National Bank 9-2; Wright Carpet 9-3; Great Plains Co-Op 8-3; Cheyenne Bowl 6-6; Jake's 5-7; Troy's Alley Cat 5-7; Jersey Maids 4-8; Dundy Ag 1-11

High game (scratch): Jenny Wright 214; Tammy Zimbelman 202; Jenny Wright 199

High series (scratch): Wright 601, Pat Confer 518, Zimbelman 504

Beecher Island News

Country farmers saluted at Food Day

Food in America is affordable. In fact, between Jan. 1 and Feb. 6, the average American will have earned enough income to pay for his or her family's entire 2003 food supply, according to the Cheyenne County Farm Bureau.

As a result, the Cheyenne County Farm Bureau is celebrated Feb. 6 as Farm Bureau's Food Check-Out Day. According to the latest statistics compiled by the Agriculture Department's economic research

service, American families and individuals currently spend, on average, just 10.5 percent of their disposable personal income on food.

Applying the current 10 percent statistic to the calendar year, it means the average household will have earned enough disposable income — that portion of income available for spending or saving — to pay for its annual food supply in just 37 days.

"Not only is America's food sup-

ply the world's safest, but it is also the most affordable," said Jeanne Dunn, Farm Bureau Women's Committee chairperson. "It speaks well of our nation's increasing standard of living, which would certainly be reduced without the safe, abundant and affordable domestic food supply produced by America's farmers and ranchers."

The percent of disposable personal income spent on food has declined over the last 25 years. In

1970, Food Check-Out Day would have been 14 days later - Feb. 21. According to the United States Department of Agriculture, food is more affordable today due to a widening gap between growth in per-capita incomes and the amount of money we spend for food.

This overall decrease is made more notable by the fact that trends indicate Americans are buying more expensive convenience food items for preparation at home as well as food away from home.

The Agriculture Department's latest statistic compiled for 2001 includes food and non-alcoholic beverages consumed at home and away from home. This includes food purchases from grocery stores and other retail outlets, including food purchases with food stamps and vouchers for the Women, Infant and Children's (WIC) program. The statistic also includes away-from-home meals and snacks purchased by families and individuals, as well as food furnished to employees.

"Food Check-Out Day tracks the amount of income needed by Americans to purchase food on an annual basis," Mrs. Dunn said. "It should be useful over time to measure fluctuations in the affordability of food."

In a drawing held on Food Check-Out Day, Sam Miller won a \$50 gift certificate at Saintry Super Foods.

Busy weekend of basketball

By Betty Jean Winston

The junior varsity boys basketball team split their games with Goodland and Cheylin over the weekend. They defeated Cheylin 55-22 and lost to Goodland 80-36.

Goodland 80, St. Francis 36

"There isn't much to explain about this game in terms of why we lost," Coach David Morrow said. "Goodland is a lot better, a little older, and they play harder."

"From the beginning of the game it was apparent that we were outgunned. On top of that, we didn't play a very sharp game. We did manage to play a little better defense in the second half, however."

"Trevor Henderson, Jon Zwegardt and Nick Raile were our leading scorers."

Goodland started out strong and St. Francis found themselves trailing by 22 points early in the game.

Henderson had 10 points to lead the Indians. He was scoreless in the first quarter but then put points on the scoreboard in the final three periods.

SF 04 12 09 11 36
G 26 16 20 18 80

Scoring: Henderson 10, N. Raile 6, Zwegardt 6, Tyler Voorhies 4, Chase Collier 4, Jonathan Roelfs 3, Heath Kibel 2, Andrew Feikert 1.

St. Francis 55, Cheylin 22

St. Francis overpowered Cheylin Saturday night as the Cougars had a limited offensive production, especially in the first half.

"Things worked better for us on Feb. 8 than they did on Feb. 7," Coach Morrow said. "We were able to run

the floor, hit a few shots, and play better defense.

"Overall, it was a much better outing than we've had in a while."

"Our freshmen got a lot of playing time and showed some improvement. J.D. Hawkins had a career night with 16 points. He shot the ball very well and ran the floor when the fast break was available. Nick Raile also shot well, hitting two three-pointers and ending with 10 points total."

"It was a fun game to be a part of. I'm proud of the boys and the way they played."

SF 18 18 08 11 55
C 00 03 12 07 22

Scoring: Hawkins 16, N. Raile 10, Roelfs 8, Voorhies 6, Feikert 4, Kibel 4, Heath Owens 3, Tanner Kinen 2, Henderson 2

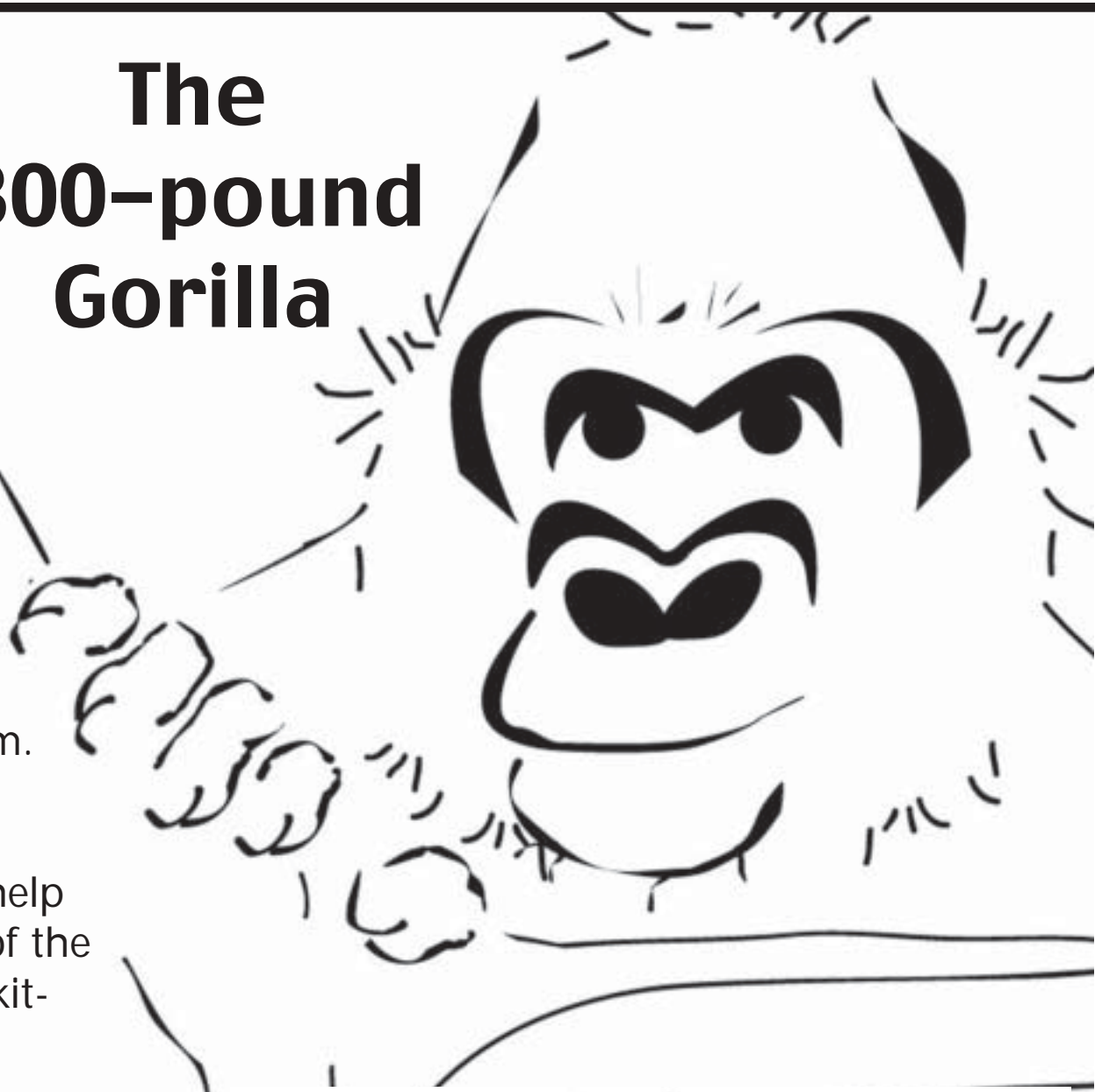
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