

Loving relationships vital

Valentine's Day has become a yearly reminder of 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 marriages; 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 is necessary.

Here are some other important components of a good relationship:

- Respect for each other and each others needs, as well as self-respect.



high plains mental health

- plain sense

- 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 heart-ache.

Here are some suggestions for recovery:

- Share feelings with others.
- Avoid isolation; stay involved with other people.
- Take care of yourself: get enough rest; eat nutritious foods; and exercise regularly.
- Seek professional help when needed.

Contributed by Karen D. Beery, Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to: High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 East Seventh, Hays, Kan. 67601. Internet site: www.highplainsmental-health.com.

Library has new books and cassettes

The Goodland Public Library has the following new books available:

In adult fiction: "Into the Woods," by V.C. Andrews; "Sons of Fortune," by Jeffrey Archer; "Hollywood Tough," by Stephen Cannell; "Prey," by Michael Crichton; "Hornet Flight," by Ken Follett; "A Place Called Rainwater," by Dorothy Garlock.

"Crossroads of Twilight," by Robert Jordan; "By the Light of the Moon," by Dean Koontz; "Light in the Shadow," by Jayne Ann Krentz; "This Time Love," by Elizabeth Lowell; "Fat Ollie's Book," by Ed McBain; "The Arraignment," by Steve Martini; "Dead Aim," by Thomas Perry; "Angel Watching Over Me," by Michael Phillips; "Whispers at Midnight," by Karen Robards; and "Jerusalem's Hope," by Bodie Thoen.

In adult non-fiction: "Who Moved My Cheese? For Teens," by Spencer Johnson; "Peterson's Annual Guide to Graduate and Professional Programs-2003 edition;" "The New Sugar Busters!" by H.L. Steward; "The Woman's Book of

Yoga and Health," by Linda Sparrowe; "A Natural Guide to Pregnancy and Postpartum Health," by Dean Raffelock; "Slow Burn Fitness Revolution," by Fredrick Hahn; "New Car and Truck Buying Guide-2003 edition;" "How to Fix (just about) Everything," by Bill Marken.

"Heloise Conquers Stinks and Stains;" "Small Business for Dummies," by Eric Tyson; "Leadership," by Rudolph Giuliani; "Woodall's 2003 North American Campground Directory; "Let's Go to Europe-2003 edition;" "Sea Hunters II," by Clive Cussler.

In children's books: "The Gingerbread Man," by Jim Aylesworth; "Old Bob's Brown Bear," by Niki Daly; "The Best Place to Read," by Debbie Bertram; "A Perfect Place — Joshua's Oregon Trail Diary," by Patricia Hermes; "More Pies!" by Robert Munsch; "Henry and Mudge and Mrs. Hopper's House," by Cynthia Rylant.

"Polar Bear Patrol," by Judith Stamper (Magic School Bus);

"Eloise Takes a Bawth," by Kay Thompson; "Bill Nye the Science Guy's Great Big Dinosaur Dig;" "The Children's Book of Home and Family;" "1001 Facts About Insects;" "Capitol! Washington from A to Z;" "Fields of Fury — The American Civil War;" and "Abraham Lincoln — the Boy Who Loved Books."

In audio cassettes: "Gentleman Rogue," by Matt Braun; "Winner Take All," by T. Davis Bunn; "Vagabond," by Bernard Cornwell; "Prey," by Michael Crichton (CD); "Hornet Flight," by Ken Follett (CD); "Law of the Mountain Man," by William Johnstone; "Light in the Shadow," by Jayne Ann Krentz; "This Time Love," by Elizabeth Lowell; "Fat Ollie's Book," by Ed McBain (CD).

"October's Horse," by Colleen McCullough (CD); "The Arraignment," by Steve Martini (CD); "Whispers at Midnight," by Karen Robards (CD); and "Runaway Stage — a Ralph Compton Novel," by Robert Vaughn.

matters of record

District Traffic

The following traffic cases were handled by the Sherman County District Court:

Jan. 23 — Zebulon Smith, 18, of Goodland was fined \$137 for speeding, 73/55.

Jan. 24 — Gary Orin Penny, 48, of Burlington was fined \$125 for speeding, 71/55.

Real Estate

The following real estate transactions were reported by the Sherman County Register of Deeds:

Gene and Iris Britt of Phillips County to Gene and Iris Britt, trustees of the Britt Family Living Trust, 1/3 interest in the SW/4 of Sec. 22, T6S, R40W.

Raymond F. Boll conveys and warrants to Laverne W. and Donna E. Boll, trustees of the L and D Boll Family Trust, 1/2 interest in and to the SW/4 of Sec. 3, T6S, R41W.

Jenke Inc., a Kansas Corp., conveys and warrants to William H. Jenkins, trustee of the William H. Jenkins Trust, Lots 9, 10, 11 and 12 in Block 24, Beahm's Addition to the City of Goodland; Lot 3, Block 23, Beahm's Addition; and the E/2 of Lots 1 and 2, Block 23, Beahm's Addition and an easement for sewer, natural gas and other utilities across the W/2 of Lots 1 and 2, Block 23, Beahm's Addition.

John H. and Marcia L. Golden convey and warrant to Charles A. Denton and Shad J. Denton 1/2 interest and Shad J. and Joni C. Denton the other 1/2 interest in the NE/4 of Sec. 14, T10S, R42W.

Howard E. Carney and Patricia K. Carney, formerly Patricia K. Armstrong, conveys and warrants to Clay and Michelle Carney the SSE/4 of Sec. 14, T7S, R39W.

American General Finance Inc., a Delaware corporation, to Jason C. Galli Lots 1 and 2, Block 18, Rule's Addition to the City of Kanorado.

Wayne D. and Irma D. Deeds convey and warrant to Ronald P. Busse and Shirley E. Pearson the NE/4 and the W/2 of Sec. 7, T6S, R37W; and the E/2 of the E/4 of Sec. 12, T6S, R38W.

Kermit L. and Claudette A. Bear of Cheyenne County to James J. and Marshall L. Kennedy Lots 22 and 23, Block 25, First Addition to the City of Goodland.

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Troy Ramirez
Sales Representative
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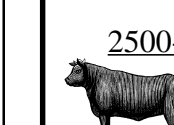

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Saturday, February 15, 2003

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Early Consignments Include:

DARBY CREEK RANCH (FILSINGER AND JOHNSON)- (790) 180- Choice Red Angus Stockcows, coming 4 years old. 180-Choice Red Angus Stockcows, coming 5 years old. 150-Choice Red Angus Stockcows, coming 6 years old. 150-Choice Red Angus and Black Angus Stockcows, 7-9 years old. 130-Choice Red Angus and Black Angus Stockcows 10-12 years old. Bred to Red Angus Bulls, son of Robinhood, No Equal Barney, Kingrobb and Make My Day. Due to start calving March 10th, 75 days. **Complete Dispersion.** Todd Johnson 970-522-2153.

MARTIN FLAMING (280) 220 Choice Angus Angus and Blackwhite face Stockcows, 8-10 years old. **60** Choice Red and Redwhite face 8-10 years old. Bred to Black and Red Angus Bulls, start calving March 1st.

KENNETH MOST- 150-Choice Blackwhite face Stockcows, 4-9 years old, bred to Scott's Black Simm Bulls, due to start calving Feb. 15th, 60 days. **DISPERSION.**

HOWARD McCORMICK (150) 110- Choice Angus Stockcows, 7-9 years old. 40- Choice Blackwhite face Stockcows, 7-9 years old. Bred to Toyne Angus Bulls, start calving March 1st. **COMPLETE DISPERSION.**

FISHCREEK CATTLE COMPANY-(150) 75-Choice Angus and Blackwhite face Stockcows, 4-9 years old. Bred to French Black Angus Bulls, start calving March 1st, 60 days.

APACHE RANCH- 104 Choice Angus 1st calf heifers, AI'd 3 days to Angus Bull, Bon View, New Design 878, followed by Angus Bulls, son of Bon View New Design 878, start calving March 14th, 60 days, 1st Scourguard, home raised.

KENT FICKEN- 95 Choice Angus 2nd calf heifers, bred to Angus Maine Anjou Power Genetic Bulls. Start calving March 10th, 60 days.

BERKE LAND AND CATTLE- 89 Choice Red Angus Cross Stockcows, 7-9 years old. Bred to Schuler Red Angus Bulls and Composite Bulls, start calving March 18th, 60 days.

EAKINS AND SNYDER- 80 Choice Angus 1st calf heifers, synchronized and AI'd to Angus Bull Fame followed by easy calving Angus Bulls. Start calving March 1st, 23 days. 1st Scourguard.

EARNEST MARTIN-124 Choice Angus 1st calf heifers, synchronized AI'd for 3 days to Angus Bull, HAR 829 followed by light birth weight Angus Bulls. Sons of Fame to start calving March 10th, 60 days.

Several other consignment from 10 to 80 head.

For Complete Listing & Sale Information, Contact:

Ogallala Livestock • 308-284-2071

Internet Address: www.ogallalalive.com

Stems can be forced into bloom


Stems of a number of woody plants can be forced into bloom for indoor display. Of course, some are easier to force than others. Three of the easiest are forsythia, pussy willow and flowering quince.

These plants have now gone through enough cold weather to satisfy their chilling requirement and should bloom if given the right conditions. Remember that the flower buds on forsythia are killed as temperatures reach minus 10 degrees Fahrenheit. If your area has gotten temperatures this far below zero, use one of the other woody plants.

Choose a day that is above freezing for collecting branches for blooming. Keep the stem length to 3 feet or less. As you cut, place the stems in a bucket of water.

Once you have all the branches you want, bring them into the house and soak them in warm water for several hours. A bathtub works well for this. This ensures that the stems and buds are fully hydrated.

Next, place them in a container



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that has a warm, preservative solution and place them in an environment with high humidity and plenty of light.

Make your preservative solution by dissolving packets of floral preservative in water. These packets can often be obtained from your local florist. You can also make your own preservative by adding a tablespoon of Listerine per gallon of water.

Floral preservatives accomplish two functions; they prevent bacterial growth in your water and provide nutrients and energy for the life processes of the plants.

Many times our houses have a very low relative humidity during the winter. Low humidity can lead

to dehydration of flower buds and blossoms. To raise the humidity around your plants, mist the plants or drape a dry cleaner's bag over your stems.

If a dry cleaner's bag is too small, use a painter's clear plastic drop cloth. Humidifiers can also help raise humidity levels.

Normally, forsythia will take about nine days to flower, quince will require 12 to 20, and pussy willow needs from five to 15 days. The time required will vary depending on your indoor conditions and how late in the winter the branches were collected with less time being required for later collections.

Most woody plants should be in flower within three weeks of collection and will remain in flower for about a week before the blooms start to fade.

College president announces honor roll

Kenneth Clouse, Northwest Kansas Technical College president, has announced the names of students on the honor roll from the departments of auto tech, communications tech, cosmetology, engineering tech, business tech, and welding.

Students receive honor roll status for achieving a grade point average of 3.5 or above, Clouse said.

Honor roll students are:

Goodland: Justin Lohr, auto technology; Lee Salmans, auto technology; Thomas Tompkins, auto technology and Brian Bauman, auto technology.

Colby: Jason Bowers, engineering technology and Cole Mazanec, welding

St. Francis: David Rose, auto technology; Ben Lacy engineering technology; Lorielle Gohl, business technology and Iris Mastin, cosmetology

Bird City: Kyle Underwood,

auto technology and Anne Hickert, business technology

McDonald: Andrew Johnson, welding

Burlington: Cory Franz, auto

technology

Oakley: Nikki Uhrich, cosmetology

Rexford: Paul Bruggeman, engineering technology

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