

# club news

## Glendale Livewires

Submitted by Kaleb Zwick

The regular monthly meeting of the Glendale Livewires 4-H Club was held Monday, Nov. 19 at the Sherman County 4-H Building. There were 13 members, one leader and one guest.

The meeting was opened by President Brennan Clouse at 7:05 p.m. and was followed by the Flag Salute. Secretary Michelle Cooper read the minutes of the previous meeting. There were no corrections to the minutes.

There were no items under communications.

Reports of officers, council members and leaders: The treasurer's report was read by Kaleb Zwick. There were no November birthdays. Council member Kaleb Zwick reported that our model meeting was scheduled for Monday, March 17 at 7 p.m. The Glendale Livewires will host two events this year. Those two events are the Appreciation BBQ and the 4-H Open House.

Leader Mary Beth Zwick announced that we will meet on Saturday, Dec. 1 at the Methodist Church Family Center at 9 for our December meeting. We will pick up food for the Genesis Food Drive. We will need parents and children to help with the event. The 4-H t-shirts that were ordered are here and available to pick up after the meeting.

Linsay Owens gave a demonstration talk on how to make Snicker Doodle cookies.

Gage Owens gave a project talk on how to make paper airplanes. Gage passed out paper for everyone to make one as he gave directions.

Hannah Sanderson brought a social studies display of the Zuni Tribe house and presented information about the tribe.

Carlee Cooper had members walk in a line with an egg on a spoon as our recreation. The first team finished was the winner.

The meeting was adjourned by Cooper Slough moving Michelle Cooper perform the Chicken Dance and the club put up their chairs. The motion was seconded by Ian Bonsall. Motion carried.

Michelle Cooper did an awesome Chicken Dance and the members put away their chairs.

The Michelle a/k/a "Chicken" Cooper and Bonsall families served refreshments.

## Ruleton Eager Beavers

January 2008

The regular monthly meeting of the Ruleton Eager Beavers was held on January 12th, 2008 at the 4-H building. President Devin Mangus called the meeting to order. Roll call was, "What is your favorite breakfast food?" and was answered by 15 members, three leaders, and four guests.

There was no unfinished business.

New business had discussion on the upcoming model meeting and members were to let Colleen know whether or not they would be participating in the program or doing something at model meeting.

The program had Dani Mangus, Nicole Sederstrom, and Devin leading the club in a song called "Clementine", except we changed 'Clementine' to valentine. Nicole gave a project talk on "Raising Kids."

Announcements were that KAAs are due at the extension office on January 25th, 2008, Model Meeting practice would be March 8th, and Model Meeting will be March 10th.

Refreshments were provided by the Keith family.

Submitted by Chelsea Gausman

February 2008

The regular monthly meeting of the Ruleton Eager Beavers was held on February 9th, 2008 at the 4-H building. President Devin Mangus called the meeting to order. Roll call was, "What is your favorite breakfast food?" and was answered by 15 members, three leaders, and four guests.

There was no unfinished business.

New business had discussion on the upcoming model meeting and members were to let Colleen know whether or not they would be participating in the program or doing something at model meeting.

The program had Dani Mangus, Nicole Sederstrom, and Devin leading the club in a song called "Clementine", except we changed 'Clementine' to valentine. Nicole gave a project talk on "Raising Kids."

Announcements were that a goat meeting would be held on March 1st, March 8th is the model meeting, February 27th is when KAAs are due, and members were to sign up if they wanted to participate in talent night.

The Sederstrom and Winston families provided refreshments.

Submitted by Chelsea Gausman

# Job stress may not go down when people go home at night

For some people, stress on the job often carries over into home, family and marriage.

A recent report that appeared on-line is *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 burn out.

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 thirty couples where both partners were working full time jobs and also raising children.

Arriving home following a hard



high plains  
mental health  
plain sense

ent 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 of High Plains Mental Health Center.

The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

## Classifieds work! 899-2338

**Puppies, Puppies, Puppies!**  
AKC registered 6 girls and 1 boy!

**Flushing Pheasant Russells**  
The "slightly longer than tall" Jack Russell Terrier  
[www.flushingpheasantrussells.com](http://www.flushingpheasantrussells.com)  
Jordie Mann at 719-342-7723 (days)

### SHERMAN COUNTY KANSAS TREASURER'S QUARTERLY REPORT

January 31, 2008

Total Cash in the Treasury as at the above date \$11,503,788.05

FUND	FUND BALANCE
APPRAISER'S COST	\$82,879.24
MOTOR VEHICLE OPERATING FUND	\$40,916.60
BOND & INTEREST	\$89,257.73
NO FUND WARRANTS	\$132.66
CITY-CO RECREATION	-\$45.58
COUNTY HEALTH	\$53,642.17
DIRECT ELECTION	\$54,832.54
TRASH HAULING	\$352,893.94
EMPLOYEE BENEFITS	\$441,875.77
EMPLOYEE BENEFITS HEALTH RESERVE	\$170,582.81
FREE FAIR	-\$37.83
GENERAL FUND	\$1,068,125.10
HISTORICAL SOCIETY	-\$17.88
HOME MAINTENANCE	\$20,606.92
HOSPITAL MAINTENANCE	-\$479.49
POST CLOSURE ACCT-LANDFILL	\$225,000.00
NEIGHBORHOOD REVITALIZATION	\$171.03
LANDFILL EXCAVATION	\$275,434.00
NOXIOUS WEED	\$56,365.25
REGISTER OF DEEDS TECHNOL	\$1,367.08
OUT-DISTRICT TUITION	\$21,824.59
OVER & UNDER	\$36.15
PROGRAM FOR ELDERLY	\$20,802.63
PROS ATTY (TRAINING FUND)	\$275.58
PROS ATTY (DIVERSION)	\$6,586.67
ROAD AND BRIDGE	\$781,051.64
SALES TAX	\$15,621.80
SC RURAL FIRE DIST #1	\$203,849.90
SOLDIERS MEMORIAL PARK	\$27,764.28
SOLID WASTE FUND	\$618,743.12
CAPITOL IMPROVEMENT FUND	\$103,848.75
SPECIAL MACHINERY FUND	\$255,414.15
TORT LIABILITY	-\$5,111.22
CONCEALED WEAPONS	\$1,073.33
JAIL COMMISSARY	\$13,724.00
DRIVER'S LICENSE	\$92.00
NOXIOUS WEED CAPITAL OUTLAY	\$437.47
SPECIAL PRAIRIE DOG	\$7,833.94
SC RFD #1 EQUIP RESERVE	\$99,383.66
HERITAGE TRUST FUND	\$198.56
SHERIFF DRUG SEIZURE FUND	\$8,608.74
COUNTY HEALTH CAPITAL OUTLAY	\$24,042.10
AUTO MOTOR STATE	\$1,771.00
HEALTH CARE SERVICES	\$109,837.06
COUNTY REDEMPTION	\$30,866.46
CURRENT TAX	\$92,361.39
DELINQUENT PERSONAL TAX	\$1,308.00
RECREATIONAL VEHICLE TAX	\$266.71
MOTOR VEHICLE TAX	\$13,679.61
MICRO LOANS	\$5,864.80
SHERIFF REWARD DONATION FUND	\$438.63
SOIL CONSERVATION	-\$28.35
911 WIRELESS	\$20,202.48
CEMETERY FUND	-\$83.14
LIBRARY FUND	-\$18.87
SCRFD #1 SPECIAL FUND	\$4,423.50
911 TELEPHONE SERVICE	\$78,493.59
SUSPENSE FUND	\$26,152.97
ECONOMIC DEVELOPMENT	\$136,098.07
GOODLAND/GEN	-\$2,746.61
GOODLAND/EMP BENEFITS	-\$419.95
GOODLAND/LIBRARY EMPLOYEE	-\$32.85
GOODLAND/LIBRARY	-\$458.23
GOODLAND/BOND & INTEREST	-\$677.71

  

TOWNSHIPS	
KANORADO/GENERAL	
GRANT/GENERAL	\$0.00
IOWA/GENERAL	\$2.79
LLANOS/GENERAL	\$0.00
LOGAN/GENERAL	\$0.00
MCPHERSON/GENERAL	\$0.00
SHERMANVILLE/GENERAL	\$90.48
STATELINE/GENERAL	\$0.00
WASHINGTON/GENERAL	\$0.00
CDBG GRANT	\$100.36
USD #352/GENERAL	-\$679.28
USD #314/GENERAL	-\$8.21
PROJECT FUND-GO ROAD PROJECT	\$5,074,521.44
LOCAL 1% SALES TAX FOR ROAD PROJECT	\$762,758.21
<b>TOTAL ALL FUNDS</b>	<b>\$11,503,788.05</b>

  

STATE OF KANSAS  
SHERMAN COUNTY ss.

I do solemnly swear that the above statement is complete, true, and correct to the best of my knowledge and belief, so help me God.

*David M. Schlegel*  
County Treasurer, Sherman County, Kansas

Subscribed and sworn to before me this 13th day of Feb., 2008.

*James R. Rasmussen*  
County Clerk - Notary Public

My commission expires Jan 10th, 2009

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