club news

Glendale Livewires

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

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.

Submitted by Kaleb Zwick

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 pop?" and was answered by 13 members ness. and three leaders.

There was no unfinished busi-

New business had discussion on the upcoming model meeting and dates we will practice for it. It was also announced that Spring Show will be May 9th for beef, and May 10th for swine, sheep, and goats.

The program had Dani Mangus and Sage Vandiver leading the club in a song called "Get Up." Dani Mangus read an essay entitled "Why I Love Kansas.'

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

Refreshments were provided by the Keith family.

Submitted by Chelsea Gausman

February 2008

The regular monthly meeting of The regular monthly meeting of **Ruleton Eager Beavers** 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

There was no unfinished busi-

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 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

and also raising children.

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

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 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

Arriving home following a hard



their marriages.

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

from work results in a significant de-

crease in stress levels for men. How-

ever, only the women who described their marriage as "happy" showed a

significant decline in their cortisol

level once they returned home after

The implications of this study

still require further analysis, but it

is important to recognize the inher-

a challenging day at work.

It appears that just coming home

high plains mental health

plain sense

having a strong relationship. Women who

are happily married identify how important it is to have a partner who will equally

day at work, the expectation would 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

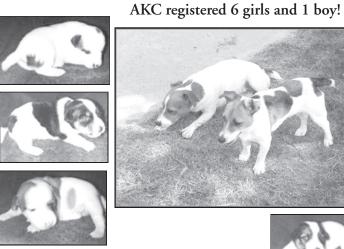
fire" way to decrease work related stress, having a satisfying marriage is a key factor.

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

Classifieds work! 899-2338

Puppies, Puppies, Puppies!







Flushing Pheasant Russells

The "slightly longer than tall" Jack Russell Terrier www.flushingpheasantrussells.com Jordie Mann at 719-342-7723 (days)





3 Month Internet Upgrade* for Eagle Customers

> without **Contracts - Commitments** or Appointments



SHERMAN COUNTY KANSAS TREASURER'S QUARTERLY REPORT

January 31, 2008

\$170,582.81

\$1,068,125.10

-\$17.68

\$171.03

\$1,367.08

\$21,824.59

\$20,902.63

\$6,586.67

\$781,051.64

\$15.621.80

\$203,849.50

\$618,743.12

\$103,848.75 \$255,414.15 \$1,073.33

\$13,724.00

\$7,833.94

\$99.383.66

\$198.56

\$8,608.74

\$24,042.10

\$30,866.46

\$92,361.39

\$1,308.00

\$13,679.61

\$5,864.80

\$20,202.48

\$438.63

-\$28.35

-\$83.14

-\$18.87

\$4,423.50

\$78,493.59

\$26,152.97

-\$2,746,61

-\$419.95

-\$32.85

-\$458.23

-\$677.71

\$2.79

\$0.00 \$0.00

\$0.00

\$0.00 \$100.36

-\$679.28

\$5,074,521.44

\$762,758,21 \$11,503,788.05

\$136,098,07

\$266.71

\$1,771.00 \$109,837.06

\$20,606.92

-\$479.49 \$225,000.00

\$275,434.00

\$11,503,788.05 Total Cash in the Treasury as at the above date **FUND BALANCE** APPRAISER'S COST

MOTOR VEHICLE OPERATING FUND BOND & INTEREST NO FUND WARRANTS CITY-CO RECREATION COUNTY HEALTH DIRECT ELECTION TRASH HAULING **EMPLOYEE BENEFITS** EMPLOYEE BENEFITS HEALTH RESERVE GENERAL FUND HISTORICAL SOCIETY HOME MAINTENANCE HOSPITAL MAINTENANCE POST CLOSURE ACCT-LANDFILL **NEIGHBORHOOD REVITILIZATION** LANDFILL EXCAVATION **NOXIOUS WEED** REGISTER OF DEEDS TECHNOL **OUT-DISTRICT TUITION** PROGRAM FOR ELDERLY PROS ATTY (TRAINING FUND) PROS ATTY (DIVERSION) ROAD AND BRIDGE SALES TAX SC RURAL FIRE DIST #1 SOLDIERS MEMORIAL PARK SOLID WASTE FUND CAPITOL IMPROVEMENT FUND

CONCEALED WEAPONS JAIL COMMISSARY DRIVER'S LICENSE SPECIAL PRAIRIE DOG SC RFD #1 EQUIP RESERVE HERITAGE TRUST FUND SHERIFF DRUG SEIZURE FUND COUNTY HEALTH CAPITAL OUTLAY AUTO MOTOR STATE **HEALTH CARE SERVICES** COUNTY REDEMPTION **CURRENT TAX DELINQUENT PERSONAL TAX** RECREATIONAL VEHICLE TAX MOTOR VEHICLE TAX MICRO LOANS SHERIFF REWARD DONATION FUND SOIL CONSERVATION 911 WIRELESS **CEMETERY FUND** LIBRARY FUND SCRFD #1 SPECIAL FUND 911 TELEPHONE SERVICE SUSPENSE FUND **ECONOMIC DEVELOPMENT** GOODLAND/GEN GOODLAND/EMP BENEFITS GOODLAND/LIBRARY EMPLOYEE GOODLAND/LIBRARY GOODLAND/BOND & INTEREST

TOWNSHIPS

KANORADO/GENERAL **GRANT/GENERAL**

IOWA/GENERAL LLANOS/GENERAL LOGAN/GENERAL MCPHERSON/GENERAL SHERMANVILLE/GENERAL STATELINE/GENERAL WASHINGTON/GENERAL CDBG GRANT USD #352/GENERAL USD #314/GENERAL

PROJECT FUND-GO ROAD PROJECT

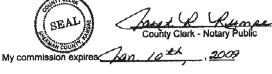
LOCAL 1% SALES TAX FOR ROAD PROJECT

TOTAL ALL FUNDS

STATE OF KANSAS SHERMAN COUNTY

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.

Subscribed and sworn to before me this 13th day of 101. 2008.



Published in The Goodland Star-News Friday, February 15, 2008.