

Sherman County 4-Hers receive rewards

Sherman County 4-H Club recently received award at its achievement awards on Sunday, Nov. 2, at the United Methodist Church.

The club leaders for Beaver Valley are Jon and Tina Anderson and Amy Gilling, for Country Clovers Mike and Teresa Sieck and Jerry and Penny Nemechek, for Glendale Livewires Mary Beth Zwick and Jennifer House, for Prairie Dale Laura McClung and Jill Deeds, for Ruleton Eager Beavers Steve and Colleen Duell, Kevin and Barb Winston and Amy Sederstrom, for Sunflower Cris Wilson, for Junior Leader Club Barton and Ctaci Slovacek, for 4-H Ambassador Club Colleen Duell and the District Extension Agent Sunflower District Dana Belshe.

The best overall first year boy was Parker Nemechek and girl Sierra Vandiver with Chelsea Phillips as honorable mention.

Jonah McClung had the junior outstanding record book for a boy and Layne Goodwin for a girl. Devin Mangus was the senior outstanding boy and Sydney Winston girl. Jonah McClung had the best overall livestock.

Ruleton Eager Beavers had the best secretary's book, the best treasurer's book and the best historian's book. Sunflower had the best reporter's book.

Devin Mangus and Sydney Winston won the Farm Credit Association Trophy for overall record book for a boy and girl. Country Clovers won the Herdsman Award.

Awarded for visual arts and crafts were Kaitlyn Daise, Makayla Fitzgibbons, Jonah McClung, Dani Mangus, Sianna Miller, Chelsea Phillips, Paige Phillips and Saige Vandiver. Awarded in the performing arts was Devin Mangus, who was chosen for regional judging.

Awarded for woodworking were Jonah McClung, Cody Hooker and Joshua Smith. In photography were Kristina Stasser and Evan Peter. In horticulture was Saige Vandiver. In poultry and rabbits were Dani Mangus. In reading was Kaitlyn Daise. Gerrell Miller and Brooke Lockhart were in rocketery. Layne Goodwin in self determined. In sheep were Courtney Sheldon, Kris-

tina Stasser and Jamie Nemechek. In swine were Hope Cochran, Cody Hooker, Jonah McClung, Evan Peter, Saige Vandiver, Paige Phillips and Makayla Fitzgibbons.

In foods and nutrition were Jonah McClung, Saige Vandiver, Savannah Bassett, Kristina Stasser, Kaitlyn Daise, Cody Hooker, Tyler Neufeld and Brianna White. Jonah McClung and Saige Vandiver were in goats. Sydney Winston, Nichole Sederstrom and Layne Goodwin were in horse and in horseless horse Christopher Berls. In knitting and stitchery were Brooke Lockhart.

Ryan Irvin, Layne Goodwin, Jessica Johnson and Cody Hooker were in leadership. In aquarium pets was Austin Neufeld and Saige Vandiver in cats. In beef were Kayler Rietchek and Parker Nemechek and Layne Goodwin for bucket calf. In citizenship were Devin and Dani Mangus.

Layne Goodwin, Jonah McClung and Saige Vandiver were in clothing construction and in buymanship Dani Mangus and Jonah McClung. In dog care and training were Layne Goodwin, Jonah McClung, Tyler Neufeld, Paige Phillips and Austin Neufeld. In electricity was Jonah McClung. In entomology was Jessica Johnson and Ryan Volk. Ryan Volk and Austin Neufeld were in exploring 4-H.

Those awarded for perfect attendance were Peyton Sieck, Powell Sieck and Kaitlyn Daise, all of Country Clovers; Jonah McClung of Prairie Dale; Adam Duell, Cody Hooker, Dani Mangus, Devin Mangus and Sydney Winston, all of Ruleton Eager Beavers; and Dusti Chadwick, Makayla Fitzgibbons, Jessica Johnson and Sara Johnson, all of Sunflower.

Those who received camp recognition were Cassie Cooper, Jonathan McClung, Parker Sieck, Tamara West, Cris Wilson and Sydney Winston.

Members of the state fair photography judging team were Taolor Freeman, Mikail Freeman, Kade Sheldon and Tyler Fischer. The state livestock judging team was Jason Cowan, Josh Dorn, Kayler Rietchek and Sydney Winston. Sydney Winston won the senior family and consumer science award and

Saige Vandiver the junior award.

Brennan Clouse, Adam Duell, T. J. Freeman, Shelsea Gausman, Ryan Irvin, Jason Krayca, Devin Mangus, Jonathan McClung, BreAnna Nemechek, Michael Pettibone, Kayler Rietchek and Courtney Sheldon were recognized as ambassadors.

Those receiving membership pins were Christopher Berls of Sunflower; Jessi Duell of Ruleton Eager Beavers; Grace Greene of Sunflower; Nash Jarrett of Ruleton Eager Beavers; Parker Nemechek of Country Clovers; Austin Neufeld of Sunflower; Chelsea Phillips of Beaver Valley; Joshua and Shania Smith, both of Sunflower, Sierra Vandiver of Ruleton Eager Beavers, Ryan Volk of Sunflower, Berkley, Brianna and Kelsey White, all in Country Clovers.

Those receiving bronze pins are Ashley Anderson and Jake Anderson, both of Beaver Valley; Kaitlyn Daise of Country Clovers; Layne Goodwin of Prairie Dale; Erica Hernandez of Beaver Valley; Shianna Miller of Prairie Dale; Jamie Neme-

chek of Country Clovers; Austin Neufeld of Sunflower; Evan Peter of Prairie Dale; Blaine Sederstrom of Ruleton Eager Beaver, Peyton and Powell Sieck and Jordan Siruta, all of Country Clovers; Kinsey Volk and Sophia Williams, both of Sunflower; and Kate Zelfer of Country Clovers.

Clover pins went to Savannah and Simon Bassett of Glendale Livewires, Makayla Fitzgibbons of Sunflower, Miranda Hernandez of Beaver Valley, Gerrell Miller of Prairie Dale and Megan Siruta of Country Clovers.

Emerald pins went to Sarah Johnson of Sunflower, Dani Mangus of Ruleton Eager Beavers, Tyler Neufeld of Sunflower, Nicole Sederstrom of Ruleton Eager Beavers, Kristina Stasser of Glendale Livewires and Saige Vandiver of Ruleton Eager Beavers.

Silver pins went to Jessica Johnson of Sunflower, Jarod Lake of Country Clovers, Jonah McClung of Prairie Dale and Garrett Nemechek of Country Clovers.

Silver guards went to Hope Cochran of Country Clovers, Mikail and Taolor Freeman of Glendale Livewires, Cody Hooker and Michael Johnson of Ruleton Eager Beavers, Brooke Lockhart of Prairie Dale, BreAnna Nemechek of Country Covers and Paige Phillips of Beaver Valley.

A Leadership pin went to Sydney Winston of Ruleton Eager Beavers.

Gold pins went to Chadwick and Kendra Promise of Sunflower and Kayler Rietchek of Ruleton Eager Beavers.

Gold guards went to Chadwick and Ryan Irving, both of Sunflower.

Key awards went to Adam Duell and Devin Mangus of Ruleton Eager Beavers and Courtney Sheldon of Glendale Livewires.

People participating the record book were Ashley Anderson, Jake Anderson, Savannah Bassett, Simon Bassett, Christopher Berls, Chadwick, Cochran, Kaitlyn Daise, Adam Duell, Jessi Duell, Makayla

Fitzgibbons, Makail Freeman, Taolor Freeman, Layne Goodwin, Grace Greene, Erica Hernandez, Miranda Hernandez, Cody Hooker, Ryan Irvin, Nash Jarrett, Jessica Johnson, Michael Johnson, Sarah Johnson, Jarod Lake, Brooke Lockhart, Jonah McClung, Dani Mangus, Devin Mangus, Gerrell Miller, Shayley Miller, Sianna Miller, BreAnna Nemechek, Garrett Nemechek, Jamie Nemechek, Parker Nemechek, Austin Neufeld, Tyler Neufeld, Evan Peter, Chelsea Phillips, Paige Phillips, Kendra Promise, Kayler Rietchek, Blaine Sederstrom, Nicole Sederstrom, Courtney Sheldon, Parker Sieck, Peyton Sieck, Powell Sieck, Jordan Siruta, Megan Siruta, Joshua Smith, Shania Smith, Kristina Stasser, Saige Vandiver, Sierra Vandiver, Kinsey Volk, Ryan Volk, Dayne Webring, Berkley White, Brianna White, Kelsey White, Holly Wilkening, Sophie Williams, Sydney Winston and Kate Zelfer.



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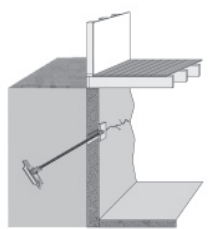
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"It wakes you up in a hurry."

Dianna Havard, CNA, Hanston Quadruple Bypass Surgery

A certified nurse's aide by profession, Dianna Havard knew that something was definitely wrong when she began experiencing extremely high blood pressure while resting. Her family physician referred her to the local DeBakey Heart Institute cardiac outreach clinic and interventional cardiologist Dr. Christine Fisher.

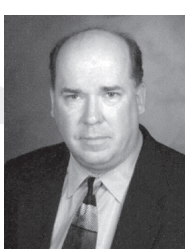
"She comes down here in an outreach for Jetmore and she wanted me in Hays for a couple of tests," Dianna said. "The tests revealed that I needed surgery." Having discovered severe blockages in several arteries, Dr. Fisher and cardiothoracic surgeon Dr. Gary Benton scheduled quadruple bypass surgery the next day.

"When you find out, it wakes you up and it wakes you up in a hurry," she said.

Following her recovery, Dianna was able to return to her hometown and make the short drive to the Hodgeman County Health Center in Jetmore where she completed six weeks of cardiac rehabilitation exercises and physical therapy. She continues follow-up with Dr. Fisher when the cardiologist comes to the outreach clinic in Jetmore.



Dr. Christine Fisher
Interventional
Cardiologist



Dr. Gary Benton,
Cardiovascular Surgeon

Dianna urges women to talk to their doctors about heart disease. "I think that women kind of overthink themselves, they really do," she said. "They go get checked for cancer. They need to check their heart, too."

"If I hadn't had the surgery, I'd have had a massive heart attack," she said. "The surgery's what saved me."

DeBakey Heart Institute regularly brings specialists in heart surgery and cardiovascular diagnosis and treatment to a location near you. For information about dates and times, call Toll Free 1-888-625-4699, or ask your primary care physician.



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