



Some of the Sunflower 4-H Club who received awards.

Sunflower 4-H members win achievement awards

Four parents and six members of the Sunflower 4-H Club met on Oct. 28, at the United Methodist Church Fellowship Hall for the annual 4-H Achievement Awards program. Awards for the 2011-2012 4-H year were presented.

The Sunflower 4-H club was awarded a purple seal. Ashley Anderson, Jake Anderson, Ryan Berls, Makayla Fitzgibbons, Sean Sains, Kinsey Volk and Ryan Volk were awarded the perfect attendance pin. Achievement Pins presented were: Clover - Ryan Berls; Silver - Christopher Berls and Ryan Volk; Silver

Guard - Kinsey Volk. Members who received County Project Awards included Kinsey Volk, Ryan Berls, Christopher Berls and Ryan Volk. Sunflower 4-H Club also received an award for best reporter's book.

Ryan Berls, Reporter

Home office challenges include time management

Having a home office is great, but it has its challenges. Here are some things I've learned as a home office worker:

- Keep the TV off. It's amazing how distracting that thing can be. You sit down to watch just a few minutes of Law and Order, and the next thing you know, an entire hour has passed.
- Guard your time. Many people who would never interrupt you at an "office" don't think twice about interrupting you at "home." If being upfront about your time doesn't



jamie morphew

• business tips

work, don't be afraid to pretend you're not "home."

- End your work day. I struggle with this one, but I know it's important. It's not healthy to work around the clock. You have to know when to call it a day.

• Don't forget to network. When you're not surrounded with your peers, it's easy to become isolated and grow stale. Meet with people. Go to lunch. Get fresh ideas.

This tip was brought to you by Western Kansas Business Consulting sponsored in part by Sherman County. For more information or to set up an appointment, contact Jamie Morphey at (620) 874-0771 or e-mail wkbc@wbsnet.org.

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FUN BY THE NUMBERS

2			6	8	
7				9	4
	9			5	6
				5	
3			7		
	7			6	8
1	7				4
	4			1	
8	5	3			

Level: Advanced

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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GHS Cowboys of the Week

Based on positive academic performance, attendance improvement, positive attitude or random acts of kindness, the student nominees this week are:

Gerell Miller

Holton Witman

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Reader Recipes

Taco Stew

Ingredients

- 1 lb. ground beef
- 1 can Rotel tomatoes
- 1 can tomato soup
- 1 can diced tomatoes
- 1 medium onion, chopped
- 1 can chili beans with gravy
- 1 cup water
- 1 can corn, undrained
- 1 package taco seasoning
- 1 can kidney beans

Brown ground beef, add onion and cook till onion is transparent. Combine all ingredients and simmer for 1 hour. Top with crumbled tortilla chips and sprinkle with cheese.

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Crossword Puzzle

ACROSS

- Cattail's locale
- Belfry critters
- Warmed the bench
- Oil-yielding rock
- Netman Arthur
- Cher's ex Sonny
- Middle Ages invader
- Caboose's place
- Black, to bards
- Carpentry joint scandal?
- Right-hand person
- Tip of a wing tip
- Caught in a trap
- Railway car problem
- Thresher's tool
- Two-time Indy champ Luyendyk
- Prefix with lateral
- Strung along
- Turf occupier
- Catches a wave
- In ___ (within a living organism)
- Villain's look
- Genesis victim
- Times to call, in ads
- Grid great Bradshaw
- Main highway
- Model T, e.g.
- ___-Cat (winter vehicle)
- Poor, as excuses go
- Borscht-making tool?
- Humorist Bombeck
- Jessica of "Dark Angel"
- Cheech of Cheech & Chong
- Devil's doings
- Virgin Is., e.g.
- Upper crust
- "Norma ___" (Field film)
- Bow-toting god
- Faked out, NHL-style

DOWN

- Colorado hrs.
- Moby's pursuer
- Affix an "X" to, maybe
- Serb or Croat
- Regarding this point
- Tug's tow
- On the briny
- Shrug-of-the-shoulders comment
- One of the tennis-playing Williamases
- Edna Ferber novel
- Battery terminal
- Muted, with "down"
- Snoopy's doc?
- Bagel fillers
- Be out of sorts
- No beauty queens, these
- Algerian port
- Pitchfork prong
- Sire a calf?
- Fad critter of the late '90s
- One in a dispute
- Dumpy bar
- "Your turn," in radio talk
- Like a yenta
- Much teen talk
- Ministerial nickname
- Cash back
- Gassed about
- Big name in sports cards
- Grub or maggot
- Shooting marble
- Generals' insignia
- River of Spain
- Low-lying area
- Estrada of "CHiPs"
- Lo-cal
- Sparks or Rorem

American Profile Hometown Content 11/11/2012

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