Running marathons

The key to my transformation was running marathons. I decided I wanted to find a fitness challenge that was fun, rewarding, and that could change my life. In December 2002, I ran my first marathon in Las Vegas. Since then, I have run many marathons, including the Las Vegas Marathon, the San Diego Marathon, and the Boston Marathon. Each time I run a marathon, I challenge myself to improve my time and distance, and I find a new level of strength and endurance.

I have also used marathons as a way to raise money for causes that are important to me. For example, I have run several marathons to support the American Heart Association and the Juvenile Diabetes Research Foundation. These events have allowed me to connect with other runners and to make a positive impact in my community.

Marathons have changed my life in many ways. They have taught me the power of perseverance and determination, and they have given me a sense of accomplishment and self-worth. I urge anyone who is considering running a marathon to take the leap. It will change your life in ways you never imagined.
4-H Energy Lessons

State 4-H Ambassadors, both from Churchill County and the University of Nevada Cooperative Extension, are applying for the National 4-H Energy Program. Nominations are due Oct. 3 by 4-H Ambassadors (ages 12-18) and Regional Youth Leaders (ages 18-21). Deadlines vary by state. For questions, contact 4-H State Leader or Savannah Fishburn, Lindsey Peterson, and Emily Steel. Students are expected to attend the National 4-H Energy Conference in Washington, D.C., from Oct. 27-31, 2006, and additional state events.

Energy is an everyday and important concern across the United States. By utilizing 4-H Ambassadors and Youth Leaders as educators, especially in rural areas, 4-H is addressing energy issues in the future generation. This program will help build a healthy community, and a healthy state. Physical activity also helps promote awareness of energy conservation practices in the United States.

Energy conservation is a tremendous concern for our nation, and 4-H Ambassadors and Youth Leaders are a central part of the solution. Ambassadors and Youth Leaders will develop and deliver 4-H programs on energy conservation at the National 4-H Energy Conference in Washington, D.C., and in their respective states. These programs will include hands-on activities, presentations, and interactive materials. Participants will develop new skills and increase their understanding of energy conservation.