

# The month of June is Dairy Month

June is Dairy Month. Humm, you may be thinking, "Dairy month? Big deal!" All right, Dairy Month isn't as huge as Christmas or Thanksgiving, but think about it — where would we be without milk?

That aisle in the grocery store with the huge selection of cereal would not be there. Chocolate cake and cookies would just not be the same.

There would not be the saying, "Don't cry over spilt milk."

What would we give to the kids to drink with their supper?

Dairy products are a daily part of lives.

Let's start at the beginning of the process, getting the milk from the cow. People living in an agricultural area or coming from a farming background probably know where milk comes from. Within the year, a new dairy will be up and going east of Bird City.

Get summer started off on the right foot with "Three-A-Day" of nutrient-rich dairy foods. From calcium to potassium, dairy products like milk, cheese and yogurt contain nine essential nutrients which may help to better manage your weight,

reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. Those are just a few of the reasons that you should celebrate dairy this June.

### Celebrate

A great way to celebrate Dairy Month would be to make some dairy products to eat and you can find fabulous recipes all over the Internet.

**Strawberry Banana Smoothie**  
1 1/2 cups 1-percent lowfat milk

- 1 pint lowfat vanilla yogurt
- 2 ripe bananas, peeled, sliced
- 1 1/4 cups sliced strawberries
- 2 tablespoons honey
- 12-14 ice cubes

In blender jar, combine milk, yogurt, bananas, strawberries and honey; add enough ice to measure 6 cups in blender. Process until smooth, scraping sides as necessary. Garnish each serving with strawberry slice and fresh mint if desired. Makes 5 servings (8 ounces each).



**ROAD CONSTRUCTION** is well underway west of St. Francis as the crew works their way to the Colorado line. The recent rains have slowed the progress somewhat. *Herald staff photo by Karen Krien*

## Commissioners discuss vehicle plans

**By Karen Krien**  
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On Thursday, Sheriff Troy Gardner had several items to discuss with the Cheyenne County Commissioners including vehicle repairs and trade-in and additional help.

He said the Blazer they had originally planned to trade in on the new Ford pickup had the transmission go out. They would need to pay for a new or used transmission.

He had hired a part-time deputy, John Lantz and since the transmission has gone out, he realized that they needed another vehicle. After discussion, the commissioners agreed that they could not buy a vehicle for \$3,000 (the trade-in

amount) so the sheriff will keep the Blazer and have a new transmission put in. Then he will purchase the 2008 pickup for the price without the trade in. Because he doesn't put a lot of miles on the vehicles, he said he plans to drive the Blazer.

The commissioners agreed to make undersheriff, Craig Van Allen, a salaried employee and raise his salary \$1 per hour. There will be no overtime which will save the county money.

### Radios

Gary Rogers, emergency preparedness director, and the commissioners talked about a request for him to purchase a radio for the Bird City Fire Department. Mr.

Rogers said that he would be happy to order the radios needed by the departments but he felt that the department head needed to get permission from the commissioners.

He said there is a problem as some of the radios used by emergency personnel have different programming. That was some of the problem when there was poor communication during the tornado on March 28. He estimated that it would cost between \$25 and \$35 to get them all programmed the same.

It was agreed that those wanting to purchase a radio must first get approval from the commissioners and then talk to Mr. Rogers about the types of radios and programming that are compatible with the rest of the radios.

Mr. Rogers gave a schedule of Kansas Emergency Management Association meetings he would be attending in the next few months.

### In other business

In other business:  
• A Kansas State Historical grant architect agreement was signed for the courthouse front steps. It was noted that the architect fee is included in the estimates for the grant.

• Ernie Ketzner, commissioner; Kelly Doyle, road and bridge secretary; and Ed Garner, landfill supervisor; were appointed as representatives to the Northwest Kansas Small Solid Waste Landfill Authority. They are replacing members that are no longer in the county or

county employees. Commissioner Andy Beikman will continue to serve as a representative.

• Mary Morrow, register of deeds, said some of the microfilm records have been ruined and will need to be refilmed. The commissioners agreed to have the records refilmed for \$20,779 with the money coming out of the register of deeds technology fund. In the future, Mrs. Morrow would like to have the original county plat maps scanned to digital images.

Mrs. Morrow called five minutes for executive session to discuss personnel with no decision being made when coming out.

• Jerry Michaud, president; and Bonnie Burr, county representative, both representing Developmental Services of Northwest Kansas, discussed the services provided and asked that Cheyenne County continue with funding for Developmental Services, and if possible, increase the amount.

• Dave Flemming, road and bridge supervisor, discussed the upcoming South River Road project. The project will possibly start in July. The supervisor showed where the detours will be while the road is closed.

The supervisor was also given permission to purchase a hydroseeder that will be used to spray a coating on the landfill.

### Next meeting

The next meeting of the commissioners will be at 8 a.m. on Friday, June 29 in the commissioners' room in the courthouse.

## Be careful when hiring work done

In the last several weeks, there have been contractors in town offering to do yard work and small odd jobs. Unfortunately, when the contractors turn in their bill, it is extremely high and some materials have also been charged to the per-

son hiring them. Sheriff Troy Gardner warns residents to check these people out before hiring them.

"If you have any doubts, please call the sheriff's office," he said. "If you don't know them, ask for references."

He reminds that anyone going door-to-door soliciting for work or selling goods must have a city permit. In order to do structural changes or concrete work, the contractor needs a building permit.

## Credit Corp. approves business

Frontier Ag, Inc. was approved on May 30 as a successor to Frontier Equity Exchange on Commodity Credit Corporation's list of approved warehouses.

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## Extension Notes

### Clean, treat grain bins now to save time, trouble later

This is a busy time of year for the nation's farmers, but getting one chore done now - cleaning and treating grain bins - will pay off later.

"Now is a good time to clean and treat grain storage areas and to decide if grain going into storage will need to be treated with a protectant insecticide," said Phil Sloderbeck, K-State Research and Extension's state entomology leader.

Help for producers in making those decisions is available at county and district K-State Research and Extension offices and online. Growers can refer to the publication "Stored Grain Insects, Part III: Structural sprays, pest strips, protectants and surface sprays."

The publication is on the Web in K-State Research and Extension's "library" and it is also on the entomology department's Web site.

"Over the past few years, there have been many changes in products that are labeled to treat grain and grain storage areas," he said. "One new product for this season is Diacon-D, which contains the insect growth regulator methoprene. This product is a dry formulation, containing the same active ingredient as liquid formulation Diacon II."

### New Cheyenne County Loan Officer



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# WANTED Bird City Times Associate-Editor

Looking for an energetic person, living in the Bird City area. The applicant must have some computer, writing and some photography skills, get along well with customers, be able to cover meetings, school activities and other happenings within the communities of Bird City and McDonald.

To apply or for more information, contact Casey McCormick or Karen Krien at the St. Francis Herald, 785-332-3162 or stop by the office at 310 W. Washington, St. Francis.

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### James E. Reeves, DPM

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For appointments call:  
**Rawlins County Health Center**  
785-626-3211

**Wed., July 4**  
Cheyenne County Hospital - P.M.  
210 W. 1st • 332-2104

**Thurs., July 5**  
Atwood (a.m.) • 626-3211  
Colby (p.m.)

CSMC, 175 S. Range  
462-332  
CMC, 100 E. College Dr.  
462-7511

**Fri., July 6**  
Atwood - All Day