



AT THE FINISH LINE — Aaron Blair and Jasper Hunt watch as their cars race to finish line.

Boy Scouts hold annual derby

The annual Pack 120 Pinewood Derby was held Sunday, March 6, at the grade school. All of the boys worked hard over the past month to build their cars and showed up at 1:30 to weigh in. Scott Carmichael, Cub Scout chairman, helps every year with this event. After all cars met the 5-ounce requirements, the boys were assigned a number and their cars placed on a table to be judged.

Greg Wolters and Martin Hilt, past Eagle Scouts, were asked to judge the cars on certain criteria. They looked at each design, structure, paint scheme and creativity that went into each car, and the overall appearance.

After rating each of these categories on a scale of 1 to 5 and totaling them, there was a tie between Jasper Hunt's semi truck and Aaron Blair's police cruiser. A coin toss was then held making Jasper Hunt the overall winner of the Judges Choice Award.

While the judges did their job, each family member and contestant received a ballot to choose their favorite car of the year. This year, Shannon Semler received the People's Choice Award with his Spiderman car.

Mr. Carmichael took a moment before the races to touch on the importance of Cub Scouting. He thanked all the leaders, parents and other family members for their time and contributions to scouting. Then the races were on...

Each boy competed against the other eight boys. Three boys were tied for fourth place. After a face off was held between Wyatt Hilt, Aaron White and Seth Hilt, the fourth place trophy was presented

to Wyatt. Third place went to Jasper Hunt and Shannon Semler received the second place trophy.

Aaron Blair was the overall winner with a total of eight wins and no losses. He was presented with the first place trophy. All of the other boys received medallions for participating.

The trophies and medallions were donated to the scouts by a close friend of Pat and Karla Mills. Lori Champagne, owner of A Action Awards in Carlsbad, Calif., took the time to make beautiful trophies and medallions for each award given. The boys loved getting these trophies to show off their good work.



GETTING READY — Shannon Semler places his car on the tracks. Mark Hilt is ready to start the race.



SETH MILLS is excited about his car coming in first.

Herald staff photos by Karen Krien

Moments With Mila

March is National Nutrition Month

By Mila Bandel



County Health Nurse

Do you always feel your meals are dull and boring? Try adding a little color to your eating plan. The MyPyramid which is the new food pyramid guide is part of an overall food guidance system that emphasizes the need for an individual approach to improving diet and lifestyle.

Each color of the Pyramid represents the recommended proportion of foods from each food group and focuses on the importance of making smart food choices in every food group every day. The pyramid is a great tool

for you to use to help incorporate recommendations from the Dietary Guidelines for Americans into their daily eating plans.

Grains are the orange group on the pyramid; it is important to make at least half of your daily grains whole grains. Even better, try to get at least three 1-ounce servings of whole grains everyday. Use whole-grain bread for sandwiches; opt for oat or whole-wheat cereal for breakfast; substitute brown rice for white rice. When looking for whole-grain choices, make sure the label says "100 percent

whole grain" and the ingredient label says "whole" before the grain is listed.

Vegetables are the green group on the pyramid: Vegetables are a great source of vitamins and other nutrients, which is why it is recommended adults get at least 2 1/2 cups of vegetables each day. Try crunchy vegetables instead of chips with your favorite dip or low-fat salad dressing; top a baked potato with beans and salsa or broccoli and low-fat or fat-free cheese; make a salad dish of dark, leafy greens and other colorful vegetables; stuff an omelet with vegetables...try any combination of chopped tomatoes, onions, green pepper, spinach or mushrooms plus some low-fat or fat-free cheese. No matter what form they come in, any vegetable or 100-percent vegetable juice counts as a matter of the vegetable group, including fresh, frozen, canned, raw or cooked.

Fruit group is red on the

pyramid: Fruit not only makes for a great snack, but it can also satisfy a sweet-tooth craving. And because of its versatility, getting the recommended two cups everyday can be easy. Start your day by adding sliced fruit to your cereal or on top of whole grain waffles or pancakes. Add fruit to salads. This boosts nutrition and adds texture and taste. Add orange slices or strawberries to spinach salads or toss grapes into a mixed green salad. For dessert, add sliced bananas, berries or peaches to non-fat yogurt or as a topper on angel food cake. Dried fruit makes a handy snack and can be equally as nutritious as fresh. However, be mindful of serving sizes.

Juices can count toward your recommended daily amount of fruit, but check the package labels to be sure it says 100 percent fruit juice and make sure you are not drinking additives like sugar and flavorings.

Oils are yellow on the pyramid:

Used in cooking and baking as well as for flavor, oils are fats that are liquid at room temperature. There are a variety of oils that come from many different plants. Common types include: canola, corn, olive, peanut, safflower, soybean, and sunflower. They have fatty acids, and are major sources of vitamin E. However, oils do contain about 120 calories per tablespoon.

Milk is blue on the pyramid: Everyone needs calcium for bone health and it is a good source of protein, phosphorus, potassium, vitamin A and vitamin D. Try low-fat cheese in a sandwich; yogurt dips with vegetables; low-fat shredded cheese on soups and salads, evaporated low-fat or fat-free milk in recipes that call for cream. These are all good sources

of calcium. Meat and Beans group is purple on the pyramid: This is the protein group and includes a wide variety of foods, including those made from meat, poultry, fish, dry beans or peas, eggs, nuts and seeds. Choose lean cuts of meat. To prepare lean cuts of meat, try broiling, grilling, roasting, pan-broiling, braising, stewing or stir-frying. Choose fish like salmon and tuna rich in omega-3 fatty acids, which help reduce your risk of heart disease and may help reduce the inflammation of rheumatoid arthritis.

Try being active 60 minutes a day. Take a walk, ride a bicycle, take the stairs instead of the elevator. It all counts.

For more information on nutrition and health contact the Cheyenne County Health Department at 785-332-2381.

Book Review

Book review from the St. Francis Public Library

Chasing the Night

By Iris Johansen

A CIA agent's two-year-old child was stolen in the night as a brutal act of vengeance. Nine years later, Catherine Ling's instincts-maternal and professional-tell her that hers on is still alive, but she needs the help of someone as driven and obsessed as she is to find him-and that person is Eve Duncan. Eve has walked this same path and shares Catherine's nightmare, having endured the disappearance of her own daughter, Bonnie. Now Eve

must raise her game as a forensic sculptor to another level, using the science of age progression to unite mother and son. But as she is drawn deeper into Catherine's horror, Eve must face looming demons of her own.

Whoever took Bonnie is still out there, and Eve will never rest until he is brought to justice and Bonnie brought home. With two indomitable women enduring the worst fear any mother can imagine, Iris Johansen's latest thrill ride is a testament to a mother's fierce love and devotion and a gut-wrenching journey into the darkest places of the soul.

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Question:

How often should I check my tire pressure?

Answer:

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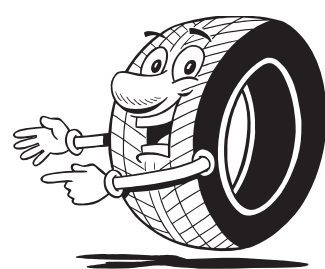
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