



KIDS WERE EXCITED as they started picking up candy. The Easter Egg Hunt was sponsored by Ken Bracelin Cattle, Milliken Law Office and Ross Manufacturing.
Herald staff photo by Amanda Miller

Student Poems

Martin Beikman
8th Grade
Mrs. Holzwarth

Reagan Beims
8th Grade
Mrs. Holzwarth

The Jungle of Life

Champions

The Amazon
Warm, Dark
Bending, Moving, Watching
Rainy, Musical, Life, Water
Tangling, Waking, Decaying
Immense, Bright
Difficult!

practice
tough, tiresome
running, shooting, thriving
effort, trust, game, tournament
supporting, winning, celebrating
triumph, success
win

Thousands of obstacles leads to a hard life in the jungle.

Because we practice for basketball, my team gets more wins.

RICK NEMETH

200 18 Mo. Old Registered Angus Bulls for Sale on Farm
85% of Bulls Are AI Sired
60 Bulls are ET Calves

nemethangus.com

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LOCATION: 13 miles northeast of Atwood, KS

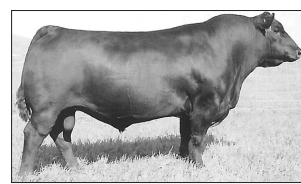
Sale bulls are in top 3% of breed **Free Delivery & Boarding** for both weaning and yearling weights.

2.3 58 104 average EPD's on Nemeth sale bulls.
2.6 36 18 66 EPD's for current sires of the Angus breed.



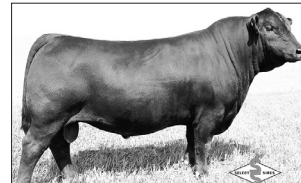
SAV FREE SPIRIT

BOYD FOREVER LADY
8003
SAV NET WORTH 4200
SAF 598 BANDO 5175
GAR PRECISION 1019
SAV EMBLYNETTE 5463
SAF 598 BANDO 5175



SAV GRAND PRIX

SITZ TRAVLER 8180
SAV FINAL ANSWER 0035
SAV EMULOUS 8145
BOYD NEW DAY 8005
SAV BLACKCAP MAY 7306
SAV BLACKCAP MAY 4136



SAV MUSTANG

SITZ TRAVLER 8180
SAV FINAL ANSWER
SAV EMULOUS 8145
SAV NET WORTH 4200
SAV EMBLYNETTE 7415
SAV EMBLYNETTE 7260

Moments With Mila

Physical Fitness



By
Mila Bandel
County Health Nurse

Physical activity provides long-term health benefits for everyone! By being active, you will burn calories that you store from eating throughout the day and it can be as easy as walking the dog or as rigorous as running. Providing opportunities for children to be active early on puts them on a path to better physical and mental health. It's never too late to jumpstart a healthy lifestyle. Physical activity, along with proper nutrition, is beneficial to people of all ages, backgrounds, and abilities. And it is important that everyone gets active: over the last 20 years, there's been a significant increase in obesity in the United States. About one-third of U.S. Adults (33.8 percent) are obese and approximately 17percent (or 12.5 million) of

children and adolescents (aged 2-19 years) are obese. According to medical studies, the health implications of obesity in America are startling:
• If things remain as they are today, one-third of all children born in the year 2000 or later may suffer from diabetes at some point in their lives, while many others are likely to face chronic health problems such as heart disease, high blood pressure, cancer, diabetes, and asthma.
• Studies indicate that overweight youth may never achieve a healthy weight, and up to 70 percent of obese teens may become obese adults.
• Even more worrisome, the cumulative effect could be that children born in the year 2000 or later may not outlive their parents.

By incorporating physical activity into your daily life 30 minutes for adults and 60 minutes for children as well as healthy eating, you will experience positive health benefits and be on the path for a better future. Regular physical activity can produce long-term health benefits. It can help:
• Prevent chronic diseases such as heart disease, cancer, and stroke (the three leading health-related causes of death)
• Control weight
• Make your muscles stronger
• Reduce fat
• Promote strong bone, muscle, and joint development
• Condition heart and lungs
• Build overall strength and endurance
• Improve sleep

- Decrease potential of becoming depressed
- Increase your energy and self-esteem
- Relieve stress
- Increase your chances of living longer

When you are not physically active, you are more at risk for:
• High blood pressure
• High blood cholesterol
• Stroke
• Type 2 diabetes
• Heart disease
• Cancer

Get active, why not start today? For more information regarding healthy lifestyles, contact the Cheyenne County Health Department at 785-332-2381.

4 LINES

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