Let's all get out and walk across Kansas

Decatur County residents are invited to join Walk Kansas 2006. The low-cost health and fitness program will begin on Sunday, March 12, and run through Saturday, May 6.

During the eight-week program, teams of six people record their miles walked, with the goal being to walk 423 miles as a team. This is equivalent to walking across the state of Kansas.

Team members can exercise independently or choose a time for physical activity with family, friends, neighbors or co-workers.

The team concept has contributed to the success of Walk Kansas. Knowing that teammates are counting on you may be all that's needed to encourage exercise.

Though initially developed as a walking program, 15-minute segments of aerobic exercise – running, bicycling, swimming, dance and step aerobics, weight training and team sports, for example – also may



Home Time

By Tranda Watts Multi-county Extension Agent

Walk Kansas is sponsored by K-State Research and Extension. The program is easy, yet helps people

reduce stress, lower blood pressure, with 17,000 people joining in, are lose weight and reduce risks from expected to participate in Walk heart disease and diabetes. Tracking fruit and vegetable con-

sumption, which will be included in the Walk Kansas program again this year, is credited with increased confoods during and after the program.

be counted toward the fitness goal. Participants have reported increased energy and a more optimistic outlook on life.

More than 90 Kansas counties, Kansas this year. Its simplicity makes it appealing.

Are you interested in being on a walking team? Are you interested in improving your health and outlook sumption of health-promoting onlife? If you answered yes to either of these questions, call the extension

office at (785) 475-8121 and ask for a team captain packet. Then find five friends or five people you would like to be friends with to form a team. Team registration and individual registrations should be turned back in to the extension office by Monday, March 6.

Last year, Decatur County had about 45 Walk Kansas participants. Please help us increase this number this year to 100. Call now for your Walk Kansas registration informa-

If you have questions call the extension office or e-mail twwatts@oznet.ksu.edu.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office, 475-8121.

ecatur

Voice of Decatur Community High School

By the DCHS Dictator Staff

Due to events beyond our control, The Dictator will appear every other week. Watch for it next week!

School Menus

March 6-10 **OBERLIN SCHOOLS**

Monday: Breakfast: juice, cereal, muffin, Mandarin oranges. Lunch: lasagna, garlic bread, mixed vegetables, Mandarin oranges. Tuesday: Breakfast: juice, pancakes, sausage, peaches. Lunch: poorman's steak, mashed potatoes, green beans, roll, peaches. Wednesday: Breakfast: juice, breakfast

pizza, pears. Lunch: potato soup, turkey and cheese sandwich, carrots, pears. Thursday: Breakfast: juice, breakfast bites, tropical fruit. Lunch: chili dogs, nachos, corn, tropical fruit. Friday: Breakfast: juice, cereal, muffins, mixed fruit. Lunch: chicken sandwich, French fries, spinach, mixed fruit. Milk served with all meals. Choice bar served with all lunches.

Bull Sales



For Sale 40 2-year old bulls

Many sons of High Prime, Suitable for heifers. **Choice \$2,500**



Leatherwood Limousin

Cimarron, KS

LIMOUSIN BULLS ALL BLACK & POLLED

> Tim's Cell 620-338-6263 Office 620-855-3850 Carl Leatherwood

Light Ranch Angus Bulls SELLING AT KANSAS BULL TEST Wednesday, April 5, 2006

BELOIT, KS Sires Represented: Summitcrest High Prime OH29 **CA Future Direction** 5321

New Design 1407 **SS Traveler 6807 T510**

PHIL LIGHT 580-259-6285 PETE GIBB 580-259-6234

CALL FOR PERFORMANCE INFO & EPD'S

DICKINSON RANCH

34TH PRODUCTION SALE FRIDAY, APRIL, 7, 2006 ● 1 P.M. At the ranch ● Gorham, KS SELLING

100 BULLS ● 50 REG. HEIFERS Simmental
SimAngus Red Angus ● Angus Bulls are bred for calving ease,

growth, carcass & fleshing ability. PRIVATE TREATY

400 Commercial Heifers Solid Black ● 1/4 Simm 3/4 Angus Source Verified ● Dickinson Genetics Fall 2006 Delivery ● Pre-Contract for breeding dates and sires

For More Information, contact: KIRK DICKINSON 1-888-603-BULL www.dickinsonranch.com

BLACK BULLS - BLACK HEIFERS SELLING 140 HEAD

✔ Reserve Grand Champions 2 out of last 4 years!! (Great Western Beef Expo)

✓ AMERIFAX Steers Graded 88% Choice ANGUS Steers Graded 70% Choice 4 Year average at (GWBE)

60 Big and Thick Amerifax Bulls 80 Fancy AMERIFAX HEIFERS

March 18, McCook, NE

Dusty Prairie Ranch

308-695-3500

www.dustyprairieranch.com

(cell) 620-408-8064 **Bar S Ranch** ONE STOP BULL SHOPPING

SELLING:

100 YEARLING ANGUS BULLS

• 30 TWO-YEAR-OLD ANGUS BULLS - never been offered for sale

CALVING EASE BULLS IN VOLUME

at Paradise, Kansas

15 Charolais Bulls

14 Best of the Best Choice Registered Angus Heifers

200+ Commercial Bar S Angus Heifers & Customer Heifers

2 Yearling Bar S AQHA Colts

Annual Production Sale - Friday, March 24, 2006

Ken & Pat Stielow 5302 182nd Street Paradise, KS 67658 (785) 998-4335 bar_s@russellks.net





David & Stephanie Dickerson 18344 Fairport Terr. Paradise, KS 67658 (785) 998-4386 ddickerson@russellks.net

E&B 1407 New Design 563 • DOB: 1/29/05

Sire: Future Direction
Dam: E&B 1483 Scotchman 75
BW +1.3 WW +39 YW +78 SC 1.14 MILK +26
IMF 1+.40 RE 1+.54 Fat 1+.011
\$W +24.82 \$F +22.05 \$G +23.12 \$B +44.27

New Design 878



New Design 1407



NGUS SAI Tuesday, March 7, 2006 1:00 PM

- Farmers Livestock Sale Barn Washington, Kansas
- All Bulls Performance Tested
- Ultrasound Carcass Data
- Strict Breeding Soundness Exam
- Stacked, Predictable, Proven Pedigrees
- Tested PI Negative for BVD • Selling sons of 878, 1407, New Frontier & Connealy Lead On

in These Two **Programs**

T. Brad Gilliam (785) 325-2844

E&B Ext 572 • DOB: 2/8/05 Sire: EXT

Sire: Precision E161
Dam: E&B 1483 Scotchman 75
3W +2.3 WW +41 YW +86 SC 1+.08 MILK +20
IMF I+.20 RE I+.45 Fat I+.004
\$W +20.99 \$F +29.25 \$G +15.91 \$B +39.35



Dam's Sire: Bando 598 3W +1.3 WW +50 YW +94 SC I+.73 MILK +2 IMF I+.29 RE I+.53 Fat I+.009 \$W +26.75 \$F +33.82 \$G +18.11 \$B +46.73





Denote This do

17th Annual Production Sale

At the ranch • 10½ miles west of Mankato, Kansas

Selling 160 Bulls

Also selling sons of these sires:

- Coalition
- Strategy
- New Design 116
- 211 (New Frontier son)
- 295 (1680 son)
- 1123 (1680 son)
- 1410 (598 son) • National (E161 son, 21 sons average WR 102)
- Power Alliance (leased by ABS, 16 sons selling)
 - **★** Volume Discounts
- **★** Ultrasound Information ★ First Breeding Season Guarantee

★ Free Delivery (Kansas, Nebraska)

Check out our Web site for updates!



Benoit Angus Ranch Everett & Bonnie Benoit Rt. 1, Box 81 • Esbon, KS 66941 (785) 725-3231 (888) 870-2855 - Toll Free

Doug & Michelle Benoit (785) 725-6211 Chad Benoit (785) 725-3005

Hwy. U.S. 36

Rock'n R Angus Plainville, KS Formerly known as Thompson Cattle Co.

18th Annual Rangeland

Bull Sale Mon. March 13, 2006 Sale starts @ 1:00 p.m. Stanley Stout - auctioneer

Selling 180 Black & Red Angus 120 Black 18-mo. Olds 40 Red 18-mo. Olds 20 Black & Red Yrl. Bulls

> Represented Sires: Twin Valley Precision E161 Connealy Lead On New Design 878 Summitt Crest High Prime New Design 1407 New Frontier Connealy Freightliner PIE Deep Creek 120 **HLH Buster** FCC Hotshot FCC Latigo Perks Advance

High Growth Bulls with Calving Ease Ultrasound Data Volume Discount 1st Breeding Season Guarantee Free Delivery

Sale information or catalog contact: Ron Hrabe 785.623.8054 mobile 785.434.2101 day 785.434.2663 evening rrhrabe@ruraltel.net catalog online:

www.angusjournal.com Bulls can be viewed 2 weeks prior to sale day at your convenience.

Cattleman's Choice

Selling 65 Angus Bulls & 30 Two-year-old Heifer Pairs

Al Represented

• Every Bull Al Sired by Breed's Top Sires

T Seven Ranch Jerry, Mike & Tim Gilliam (785) 325-2926 (785) 452-1548 cell

G&G Angus (785) 747-7580 cell

Southwest Nebraska

ANGUS ASSOCIATION **42ND ANNUAL SPRING**

Friday, March 10, 2006



46 YEARLING BULLS 8 OPEN HEIFERS

Ron Bridgmon, McCook, NE Ely Angus, Roger & Jim Ely, McCook, NE Limestone Angus, Gary Hoffman, Lebanon, NE Logan Angus, Bob Logan, McCook, NE Pettera Angus, Randy & Desree Pettera, McCook, NE

CONSIGNORS

Banzhaf Angus, Justin Banzhaf, Cambridge, NE

Randy Pettera, Sale Manager, 38699 Dr 718 McCook, NE 69001 - (308) 345-2516 E-Mail: petterad@ocsmccook.com Tracy Harl — Auctioneer

Sale Day Phone: (308) 345-1493

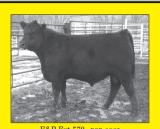
All guarantees are between buyer and selle

1:00 P.M., CST **TRI-STATE LIVESTOCK** (WEST BARN) MCCOOK, NEBRASKA 5 18-24 MONTH OLD BULLS

Sires Represented:
Boyds New Day
on View New Design 1407
Connealy Grid Line
JD Daigger Hiline Right Time Twin Valley Precision Gardens Matrix Sitz Alliance SAV 8180 Traveler 004 Ranger G 1720 TC Freedom Connealy Lead On Rito 2V1

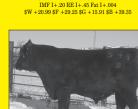
TC Foreman

B/R New Frontier Baldridge Nebraska 901 GAR Integrity Gardens Optimum Aar new Trend 616















1:00 p.m.

Lead On



E&B Retail Product 548 • DOB: 2/19/05











March 20, 2006







E-mail: bbenoit@uscenter.net www.benoitangus.com Located 101/2 miles west of Mankato on



