

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

be counted toward the fitness goal. Walk Kansas is sponsored by K-State Research and Extension. The program is easy, yet helps people reduce stress, lower blood pressure, lose weight and reduce risks from heart disease and diabetes.

Tracking fruit and vegetable consumption, which will be included in the Walk Kansas program again this year, is credited with increased consumption of health-promoting foods during and after the program.

Participants have reported increased energy and a more optimistic outlook on life.

More than 90 Kansas counties, with 17,000 people joining in, are expected to participate in Walk 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 on life? 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 information.

If you have questions call the extension office or e-mail twatts@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.



Home Time

By Tranda Watts
Multi-county Extension Agent

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: poor man'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

Blackrose Angus Ranch
cell: (308) 340-3211
home: (308) 345-3371

Leatherwood Limousin
Cimarron, KS

LIMOUSIN BULLS
ALL BLACK & POLLED

Tim's Cell 620-338-6263
Office 620-855-3850
Carl Leatherwood (cell) 620-408-8064

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

CALL FOR PERFORMANCE INFO & EPD'S
PHIL LIGHT 580-259-6285
PETE GIBB 580-259-6234

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

- ✓ #1 Breed to cross on Angus Sired Cows!!
- ✓ 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

Bar S Ranch
ONE STOP BULL SHOPPING
at Paradise, Kansas

SELLING:

- 100 YEARLING ANGUS BULLS
- 30 TWO-YEAR-OLD ANGUS BULLS - never been offered for sale
CALVING EASE BULLS IN VOLUME
- 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

Cattleman's Choice ANGUS SALE
Tuesday, March 7, 2006 1:00 PM
Farmers Livestock Sale Barn - Washington, Kansas
Selling 65 Angus Bulls & 30 Two-year-old Heifer Pairs

- All Bulls Performance Tested
- Ultrasound Carcass Data
- Strict Breeding Soundness Exam
- Stacked, Predictable, Proven Pedigrees
- Every Bull AI Sired by Breed's Top Sires
- Tested PI Negative for BVD
- Selling sons of 878, 1407, New Frontier & Connealy Lead On

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

G&G Angus T. Brad Gilliam (785) 325-2844 (785) 747-7580 cell

60 Years of AI Represented in These Two Programs

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 Hrabec
785.623.8054 mobile
785.434.2101 day
785.434.2663 evening
rrhrabec@ruraltel.net
catalog online:
www.angusjournal.com

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

Southwest Nebraska
ANGUS ASSOCIATION
42ND ANNUAL SPRING SALE

Date: Friday, March 10, 2006

LOCATION:

46 YEARLING BULLS
8 OPEN HEIFERS

1:00 P.M., CST
TRI-STATE LIVESTOCK (WEST BARN)
MCCOOK, NEBRASKA

5 18-24 MONTH OLD BULLS

Sires Represented:
Boyd's New Day
Bon 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
B/R New Frontier
Baldrige Nebraska 901
GAR Integrity
Gardens Optimum
Aar new Trend
616
TC Foreman

CONSIGNORS
Banzhaf Angus, Justin Banzhaf, Cambridge, NE
Ron Bridgman, 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

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 seller

Benoit Angus
17th Annual Production Sale
March 20, 2006
1:00 p.m.
At the ranch • 10 1/2 miles west of Mankato, Kansas

Selling 160 Bulls

Also selling sons of these sires:

- 1023
- Lead On
- Coalition
- Strategy
- Focus
- 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
- ★ Free Delivery (Kansas, Nebraska)
- ★ Ultrasound Information
- ★ First Breeding Season Guarantee

Check out our Web site for updates!

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

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

E-mail: bbenoit@uscenter.net
www.benoitangus.com

Located 10 1/2 miles west of Mankato on Hwy. U.S. 36