May is Beef Month WE SALUTE OUR BEEF PRODUCERS

Despite the song about the "lazy days of summer," many Americans step up physical activity during summer months. What would the season be without baseball leagues, tennis matches, hikes and hours at the swimming pool?

Play hard and enjoy your favorite outdoor activities this summer by fueling your body with the proper nutrients, such as the protein found in lean beef. Scientific research shows high-guality protein, such as beef, helps people maintain a healthy body weight, build muscle and find the energy they need for physical activity - all of

no matter the season.

-From the Beef Council

At Willow Creek Meats, we take pride in providing you the highest quality corn-fed beef available anywhere...hand selected just for you! We offer whole, half or quarter beef selections. Everything we offer is source and age verified with NO added artificial hormones.



P.O. Box 280 McCook, NE 69001 1-877-4WCMEAT (1-877-492-6328) 308-345-2949



Quality Retail Beef & Pork Custom Processing & Curing We Process Your Meat the Way You Want It!

Salute to Beef Producers!

Ben-Lee Processing, Inc. 12783 Hwy 25, Atwood, KS 785-626-3732

Ani-Star INC Tri-State By-Products is having an open house for the retirement of Terry Schleeman at Cambridge Senior Center, 604 Patterson on Sunday, May 16, 2010 from 2 - 4 p.m. Friends and customers please come join us. We Salute Area Beef Producers **Beef Producers** are a **Rare Breed!** Fredrickson