

# CELEBRATE NATURE'S BOUNTY AGRICULTURE WEEK



**National Ag Week**  
March 14-20

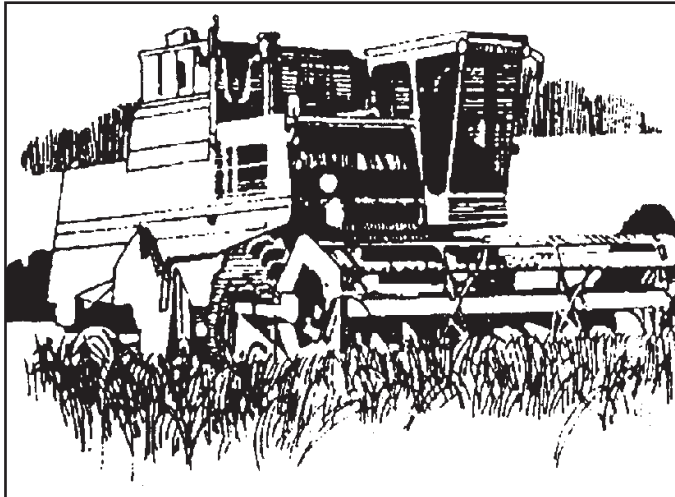
One bushel of wheat yields approximately 42 pounds of white flour or 42 one-and-a-half pound commercial loaves. One bushel of wheat yields approximately 60 pounds of whole-wheat flour or 90 one-pound loaves of bread.

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## AG WEEK

MARCH 14-20, 2010

Industrial uses of wheat grain include starch for paste, alcohol, oil and gluten. Wheat straw is used for newsprint, paperboard and other paper products.



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## Celebrate Nature's Bounty NATIONAL AG WEEK



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**FULL OF SPIRIT** — The junior high cheerleaders keeps the teams spirit going at one of the recent basketball games. Pictured is Jaime Davison (l), Elizabeth Keltz, Mary Anne Orten, Danae Magnani.

## Moments with Mila By Mila Bandel, County Health Nurse

March is National Nutrition Month - Get the Facts on Food Labels

Become a smart shopper by reading food labels to find out more about the foods you eat. The Nutrition Facts panel found on most food labels will help you:

- Find out which foods are good sources of fiber, calcium, iron, and vitamin C.
- Compare similar foods to find out which one is lower in fat and calories.
- Search for low-sodium foods.
- Look for foods that are low in saturated fat and trans fats.

Ever wonder about the difference between reduced fat and low fat? Or does light on a label really mean no fat? The Food and Drug Administration has strict guidelines on how these food label terms can be used.

Here are some of the most common claims seen on food packages and what they mean:

- Low calorie: less than 40 calories.
- Low cholesterol: Less than 20 mg of cholesterol and 2 gm or less

of saturated fat per serving.

- Reduced: 25 percent less of the specified nutrient or calories than the usual product.
- Good source of: Provides at least 10 percent of the Daily Value of a particular vitamin or nutrient per serving.
- Calorie free: Less than five calories per serving.
- Fat free/sugar free: less than 1/2 gram of fat or sugar per serving.
- Low sodium: less than 140 mg of sodium per serving.
- High in: Provides 20 percent or more of the Daily Value of a specified nutrient per serving.
- High fiber: Five or more grams of fiber per serving.
- Lean (meat, poultry, seafood): Ten grams of fat or less, 4 1/2 grams of saturated fat and less than 95 mg cholesterol per 3-ounce serving.
- Light: 1/3 fewer calories or 1/2 the fat of the usual food.
- Healthy (individual food item): Low fat, low saturated fat, less than 480 mg sodium, less than 95 mg cholesterol and at least 10

percent of the Daily Value of vitamins A and C, iron, protein, calcium and fiber.

The Federal Drug Administration also sets standards for health-related claims on food labels to help consumers identify foods that are rich in nutrients and may help to

reduce their risk for certain diseases. For example, health claims may highlight the link between calcium and osteoporosis, fiber and calcium, heart disease and fat or high blood pressure and sodium.

## Educational program offered to community

A commercial motor carrier safety education is being partnered by the Cheyenne County Treasurer's office and the Kansas Corporation Commission's Transportation Division.

The meeting, hosted by Cheyenne, Sherman, Thomas, and Wallace counties, will be held at 3 p.m. central time on Friday, March 26, at the Sherman County 4-H building.

The educational program targets the local agricultural community and is designed to inform farmers and ranchers that operate

commercial motor vehicles about state and federal regulations.

"There are many folks in our community that drive a truck that are simply unaware that their trucks qualify as a commercial motor vehicle and that they must comply with safety regulations," said Dolores Jenik, treasurer "Our goal is to educate every farmer and rancher that may be affected in the county."

A presenter from the Kansas Corporation Commission will be on hand to help farmers and ranchers identify if they qualify as a commercial motor vehicle operator and review the Federal Motor Carrier Safety Regulations as well as the Pipeline and Hazardous Materials Safety Administration's regulations.

"I encourage everyone who thinks that they may qualify as a commercial motor carrier to attend this meeting," said Mrs. Jenik. "We need everyone's help in ensuring the safety of the roads in our community."

## Upcoming Promotions

For more information contact Casey McCormick at:

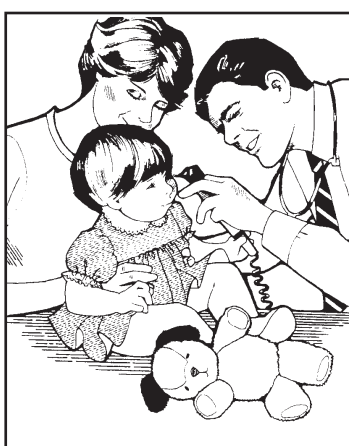


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## Spring School Section

Featuring students involved in sports, vocal, band, drama, honor society and journalism



## Rural Health Section

*This section is packed full of information on hospitals, physicians and medical services available in the area*

**'No Hunting' signs available**



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