

## Moments with Mila

By Mila Bandel, RN  
County Health Nurse

Many people don't know it, but one of the most important things you can do to protect yourself from cancer, heart disease and other chronic diseases is to eat a healthy diet. February is heart healthy month. Whether or not you have a family history of cancer, diabetes, heart disease or stroke, what you eat - and how much you eat - can help reduce your risk. If you are one of the many Americans who do not smoke, eating well - along with being active and maintaining a healthy weight - is your best defense against disease.

Following a few simple recommendations from the American Cancer Society, American Diabetes Association and the American Heart Association can help you eat your way to a healthier weight - and a healthier YOU!

Eat at least five servings of vegetables and fruits each day.

- One medium piece of fruit
- 1/4 cup of dried fruit
- 1/2 cup chopped, canned or frozen fruit
- 6 oz of 100 percent fruit or vegetable juice
- 1/2 cup chopped, canned or frozen vegetables
- 1 cup of leafy greens

Focus on fruits and veggies that have the most color. They're generally the most nutritious.

Choose whole grains over processed (refined) grains and sugars.

- Choose whole-grain rice, bread, pasta and cereals.
- Not sure if it's whole grain? Look for "whole wheat" or another whole grain as the first ingredient on the label.
- Limit consumption of refined carbohydrates, including pastries, sweetened cereals, soft drinks and other foods high in sugar.

Substitute healthier fats for not-so-healthy fats

- Choose monounsaturated and polyunsaturated fats such as olive oil, canola oil and peanut oil.
- Avoid trans fats, found in many margarines and baked goods.
- Limit your intake of saturated fats and cholesterol found in meats and dairy products.
- Select lean cuts of meat (look for "round" or "loin").
- Trim excess fat from meats.
- Choose low-fat and fat-free dairy products.
- Eat poultry, fish and beans.
- Add avocados and nuts to your diet. (These are high in healthy fats, but also high in calories, so don't go overboard!)

### Dining Portion Sizes

- Eating out? Restaurant portions are frequently two to three times larger than normal portions. Remember these tips next time you dine out:
  - Split an entrée with a friend or save half of it for lunch the

next day.

- Have an appetizer and salad or soup as your main course.
- At home, serve appropriate portion sizes, and store the rest for leftovers. Avoid eating directly out of a bag or carton. Think about buying foods packaged in individual serving sizes to help you control portions.

### Watch Your Portion Sizes

Your portion sizes are getting bigger and bigger. Beware of portion distortion, and help trim down the number of calories you eat each day.

- Use these visuals to help you judge what a normal portion size is:
  - 12 cup of vegetables or fruit is about the size of your fist.
  - A medium apple is the size of a baseball.
  - A three-ounce portion of meat, fish or poultry is about the size of deck of cards.
  - A single-serving bagel is about the size of a hockey puck.
  - 1 1/2 ounces of cheese is the size of a pair of dice.
  - One tablespoon of peanut butter is about the size of the tip of your thumb.

Choose Foods That Help Maintain a Healthy Weight. In addition to watching your portion sizes, substituting lower calorie foods for higher calorie foods can help influence what your scale says.

### Cooking Tips

- Use low-fat cooking methods like roasting, baking, broiling, steaming or poaching. Limit deep-fat frying and sautéing in a lot of oil, butter or margarine. Use a cooking spray, broth or water to sauté meats.

- Substitute vegetables, fruits and other lower-calorie foods - lowfat dairy products, lean meats and cheeses, whole grains, and reduced sugar foods - for calorie-dense foods such as French fries, cheeseburgers, pizza, ice cream, doughnuts and other sweets

### Dairy Substitutions

- Use evaporated (skim or whole) milk instead of higher-fat cream in baked goods, sauces and soups.
- Use reduced-fat or fat-free yogurt to replace all or part of the sour cream or mayonnaise in a recipe. Replace part of ricotta cheese with reduced-fat cottage cheese. Use a puree of cooked potatoes, onion, and celery as a creamy base for soups instead of cream or half-and-half.
- Sharp cheese gives extra flavor so that less can be used. This helps trim the fat.
- Select yogurt or milk products without added sugar or flavorings. Mix in fresh fruit for a flavor boost.

# American Legion Auxiliary meets

On March 7, the American Legion Auxiliary #352 met at 2 p.m. at the American Legion Hall in Bird City. There were 13 present.

For the program, Hulda had brought some articles about women in the service. One of these articles was about Jas Boothe, a disabled Army veteran, who gave 13 years of service to this great nation. She deployed during the Operation Iraq Freedom/Operation Enduring Freedom campaigns, and her military career has been dedicated to working with and advocating for soldiers and their family members.

In 2005, she was a single parent in the Army Reserves, living in New Orleans. That spring, she learned she would soon be deploying to Iraq. During her mobilization, her life was torn apart by two significant events. In August, she lost everything she owned due to Hurricane Katrina. She tried to shift her focus to her platoon that was counting on her for leadership through deployment. The very next month, in September, she received a devastating diagnosis of an aggressive head, neck, and throat cancer, and was now unable to deploy.

Her options were limited, and posed some very hard choices. Because of her illness, she was facing discharge from the military, but she needed complex full-time medical care, a job, and a place to live with her young son. When searching for what assistance might be available, she was told there were no existing programs for female veterans with children, and that she should explore welfare and social services as an option, just like every other single mother.

Jas then realized that America had forgotten about the women who have served, fought, bled, and died along side their male counterparts. She found these op-

tions unacceptable for a woman who had honorably served her country, and after extensive cancer treatment at Brooke Army Medical Center, including radiation therapy that left life-long side effects, she was able to stay in the Reserves, and immediately began looking for full-time employment and a place for she and her son to live.

In 2005, she relocated to Missouri with her aunt, where she had accepted a job offer from the Army National Guard. Later in the year, she received an opportunity to return to full-time duty in Washington, D.C. She never forgot what she and her son had been through, and was determined to ensure her fellow sister veterans had a resource in their time of need. She founded Final Salute Inc. in November, 2010, as part of her commitment to "Never Leave a Fallen Comrade". Final Salute Inc. has assisted over 150 women veterans and children, and now operated 3 transitional homes in Alexandria, Va., Martinsburg, W.Va., and Columbus, Ohio.

This was interesting to us as most of us never thought about women veterans being homeless. It really opened our eyes to see a need.

The other article was about an accomplished pianist trading piano keys for camouflage as a soldier in Afghanistan. Anne Pyungan Cho grew up in Korea, and at age 5 fell in love with playing the piano. She had a knack for playing, with natural talent for sight-reading music, and would often play piano at her church.

After immigrating to the U. S. in her late teens, she attended Union High School in Santa Monica and, by her senior year, was considering applying for Julliard at the request of an instructor. But her family insisted she stay close at home while her grandmother

was battling breast cancer.

Anne decided to pursue a music scholarship at Pepperdine University instead, and managed to secure an audition. The day of her audition, she had prepared two pieces to play before the music professors, but the response was less than enthusiastic. Before she left, however, another professor handed her a piece to play for the group. It was one that she hadn't seen before and was considered a complicated piece. "When they asked me to play some more songs, I was like, sure. I'll just do some sight-reading, which the professor didn't know was my strength," said Ms. Cho.

She nailed the piece perfectly, then another, and another, as the professors eagerly fed her music books. "Everyone changed their minds" she said. "They were clapping, they were saying, 'You are the pianist we are looking for.' And then I got the full-ride to Pepperdine."

But at the age of 30, Spc. Anne Pyungan Cho joined the Army, and was deployed to Afghanistan to work as an automated legis-

tics specialist and supply clerk at Kandahar Airfield. Her decision to trade in evening gowns and concert halls for Army fatigues and the landscape of a war-torn country is one that she says is layered with her love of music, desire to give back to the U. S. Armed Forces, as well as her faith.

Every Sunday, with her own free time, she leads the worship for three different services and practices with the choir on Wednesday and Saturday nights, although fighting might put these on hold. She said she hope that she is able to help provide fellow service members with some peace and comfort. "I'm enjoying playing music here," said Ms. Cho. "Music is really strong-it can move people, it can encourage people."

These articles were really interesting to the group. If you are eligible to join the American Legion Auxiliary, we would love to have you join our group. We meet on the first Friday of each month at 2:00 p.m. at the American Legion Hall in Bird City, Kansas.

## Airport commission announces new goals

Published in The Saint Francis Herald, St. Francis, Kansas, Thursday, March 13, 2014. (11)

### PUBLIC NOTICE

The Cheyenne County Airport Commission, St. Francis, KS hereby announces its fiscal year 2013-15 goal of 0.2% for Disadvantaged Business enterprise (DBE) for their currently programmed airport construction projects. The proposed goal and rationale are available for inspection between 8:00 a.m. and 5:00 p.m. Monday through Friday at Cheyenne County Clerk, 212 East Washington, Saint Francis, KS for 30 days from the date of this publication.

Comments on the DBE goal will be accepted for 45 days from the date of this publication and can be sent to the following:

David Yost  
Cheyenne County Airport Commission  
P.O. Box 1080  
St. Francis, KS 67756

## Company proposes to add antennas to tower

Published in The Saint Francis Herald, St. Francis, Kansas, Thursday, March 13, 2014. (11)

AT&T Mobility, LLC is proposing to modify a wireless telecommunications facility located at 393 South College Street, Saint Francis, Cheyenne County, KS. Modifications will consist of the addition of 3 proposed and 3 future LTE antennas mounted at +/-105 feet above grade on the existing +/-140-foot water tank. Any interested party wishing to submit comments regarding the potential effects the proposed facility may have on any historic property may do so by sending such comments to: Project 61141196-JLD c/o EBI Consulting, 6876 Susquehanna Trail S, York PA 17403 or (203) 309-8285.

## Petition filed; people should file defenses

First published in the St. Francis Herald, Thursday, February 27th, 2014. (09, 10, 11)

### IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS

In the Matter of the Estate of

} ss: No. 14-PR-2

Vada M. Burkhalter, Deceased

### NOTICE OF HEARING AND NOTICE TO CREDITORS

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:  
You are hereby notified that on February 25th, 2014, a petition was filed in this Court by Rodney L. Young, an heir, devisee and legatee, and executor named in the "Last Will and Testament of Vada M. Burkhalter," deceased, dated March 6th, 2013, praying the will filed with the petition be admitted to probate and record; petitioner be appointed as executor, without bond; and petitioner be granted Letters Testamentary.

You are required to file your written defenses thereto on or before March 24th, 2014, at 10:30 o'clock a.m. in the District Court, St. Francis, Cheyenne County, Kansas, at which time and place the cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon the petition.

All creditors are notified to exhibit their demands against the Estate within the latter of four months from the date of first publication of notice under K.S.A. 59-2236 and amendments thereto, or if the identity of the creditor is known or reasonably ascertainable, 30 days after actual notice was given as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

Rodney L. Young, Petitioner

JAMES M. MILLIKEN, CHARTERED  
James M. Milliken, #7001  
101 W WASHINGTON  
ST. FRANCIS, KS 67756  
(785) 332-2101  
Attorneys for Petitioner

## Library News

We have some new adult Non-Fiction books donated by Rod Klepper.

Two involve war: Tommy Franks from WWII and Brig. Gen. John C. Bahnsen which is a memoir of Vietnam. Two other well known persons are written about: Tom Brokaw and Lance Armstrong. We have one that looks to be funny: Don't Try This at Home: it involves culinary catastrophes from the world's greatest chefs. We now know we're not alone when our recipes are "failures" and the dog backs

away! The others are titled; Flat Belly Diet, Paula Deen, Kansas Album. If you are a fan of author Debbie Macomber, we have two of hers.

Northwest Kansas Library System invites you to use Sunflower eLibrary. Patrons will be able to sign up free of charge for books and magazines. All you need is a patron library card.

Come in and see Barb Gerdes' collection on cameos. She has quite a variety and they are so beautiful.

## Petition has been filed in county district court

Published in The Saint Francis Herald, St. Francis, Kansas, Thursdays, March 13, March 20, March 27, 2014. (11, 12, 13)

### IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS

In the Matter of the Estate of

Diana S. Zimbelman, Deceased Case No: 14-PR-3

### NOTICE OF HEARING

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that a Petition has been filed in this Court by Raymond W. Zimbelman, father and one of the heirs of Diana S. Zimbelman, deceased, requesting:

Descent be determined of the following described real estate situated in Cheyenne County, Kansas:

The Southwest Quarter (SW/4) of Section Twenty-eight (28), Township Two (2) South, Range Forty-one (41) West of the 6th P.M.

and all personal property and other Kansas real estate owned by decedent at the time of death. And that such property and all personal property and other Kansas real estate owned by the decedent at the time of death be assigned pursuant to the laws of intestate succession.

You are required to file your written defenses to the Petition on or before April 7, 2014, at 10:00 a.m. in the District Court, in the city of St. Francis, Cheyenne County, Kansas, at which time and place the cause will be heard. Should you fail to file your written defenses, judgment and decree will be entered in due course upon the Petition.

Raymond W. Zimbelman  
Petitioner

MICHAEL J. DAY, #8523  
KITE & DAY  
112 W. Washington, P.O. Box 575  
St. Francis, KS 67756  
(785) 332-3323  
Attorney for Petitioner

## Landowners reminded control noxious weeds

Published in The Saint Francis Herald, St. Francis, Kansas, and the Bird City Times, Bird City, Kansas, Thursdays, March 8 and March 15, 2014. (10-11)

### GENERAL NOTICE TO CONTROL NOXIOUS WEEDS

The Kansas Noxious Weed Law K.S.A. 2-1314 et seq requires all persons who own or supervise land in Kansas to control and eradicate all weeds declared noxious by legislative action. The weeds declared noxious are: field bindweed, musk thistle, johnson grass, bur ragweed, Canada thistle, sericea lespedeza, leafy spurge, hoary cress, quack grass, Russian knapweed, kudzu and pignut. Multiflora Rose and Bull Thistle are County Option Noxious Weeds declared noxious by the Board of County Commissioners of Cheyenne County. Notice is hereby given pursuant to the Kansas Noxious Weed Law to every person who owns or supervises land in Cheyenne County that noxious weeds growing or found on such land shall be controlled and eradicated. Control is defined as preventing the production of viable seed and the vegetative spread of the plant.

Failure to observe this notice may result in the County:

1. Serving a legal notice requiring control of the noxious weeds within a minimum of five days. Failure to control the noxious weeds within the time period allowed may result in the county treating the noxious weeds at the landowners expense and placing a lien on the property if the bill is not paid within 30 days or,
2. Filing criminal charges for non compliance. Conviction for non compliance may result in a fine of \$100 per day of non-compliance with a maximum fine of \$1500.

The public is also hereby notified that it is a violation of the Kansas Noxious Weed Law to barter, sell or give away infested nursery stock or livestock feed unless the feed is fed on the farm where grown or sold to a commercial processor that will destroy the viability of the noxious weed seed. Custom harvesting machines must be labeled with a label provided by the Kansas Dept. of Agriculture and must be free of all weed seed and litter when entering the State and when leaving a field infested with noxious weeds. Additional information may be obtained from the Cheyenne County Noxious Weed Department or by contacting the Kansas Dept. of Agriculture, 109 S.W. 9th, Topeka, KS 66612.