



McPherson County News

~ Established 1889 ~

Incorporating The Tryon Graphic

Timely Tips: 10 Steps for Healthy Weight Management

When the calendar changes, it is easy for thoughts to turn to making healthy lifestyle changes, as well. After the indulgences of the holiday season, healthy food choices can help us feel energized and excited for the New Year. Here are 10 steps to incorporate for healthy weight management:

1. *Assess Your Own Healthy Weight.* Focus on realistic healthy images and feeling better, rather than being able to fit into a certain size. Calculating your Body Mass Index, BMI, <http://ww12.nhlbisupport.com/> can help give realistic weight expectations. If you can pinch more than an inch, you may be putting your health at risk.
2. *Goal Setting.* Setting goals helps you to take action. Set small, realistic goals, working on one or two at a time. Stay positive! "This week, I will buy 1% milk for my family rather than whole milk."
3. *Talk Positively to Yourself.* Positive self talk encourages positive thinking and positive actions, allowing you to identify traits about yourself that you like and appreciate, and build on them.
4. *Reward Yourself.*

When you accomplish a goal, reward yourself! Go on a walk with a friend, attend a special event, or take some time for yourself. Rewards are most effective when they occur directly after your accomplishment.

5. *Be Physically Active.* Engaging in physical activity helps you feel good about yourself. Weight training activities build strong muscles and strong bones. Park further away while shopping. Squeeze walks in during lunch or after work.
6. *Choose Lower Fat Foods and Limit Refined Grains.* Work toward lower fat intakes by:
 - a. Selecting lean meat, fish and poultry
 - b. Selecting low fat or fat free dairy products
 - c. Checking the nutrition labels to choose foods with low saturated fat
 - d. Make ½ of your daily grains whole grains
 - e. Choosing foods that list whole grains first on the nutrient list
7. *Increase Fruits, Vegetables and Low-Fat Dairy.* Make fruits your choice for snacks and desserts. Check your juice labels and make sure to drink 100% fruit juice. Use fruit as a topping for pancakes and waffles. Use dark,

leafy greens in salads and vegetables. Lower calorie dressings and dips such as yogurt-based dressings and hummus boost flavor and add cut calories. Use fat-free/low-fat milk when ordering lattes and other beverages.

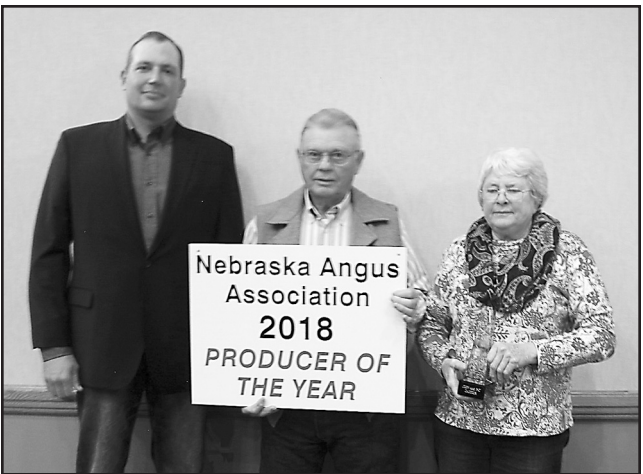
8. *Choose a Variety of Foods.* Use MyPyramid to remember to include selections from all of the food groups. Serving sizes of foods from each of the groups will help meet your nutritional needs.
 9. *Watch Portion Sizes.* A portion is the amount of food you choose to eat for a meal or snack. The Nutrition Facts Label on foods tell the number of servings in the container. A 3-ounce bag of potato chips, which most eat in one sitting, contains 3 servings of chips.
 10. *Complete a Behavior Inventory.* Be honest about your snacking style and preferences, shopping habits and cooking techniques.
- To learn more about making healthy food choices, visit food.unl.edu or visit your local UNL Extension Office and ask for the NebGuide Taking Action: 10 Steps for Healthy Weight Management in Adults (G2085)

Daiggers Named Nebraska Angus Producer Of The Year

John and Pat Daigger of North Platte, were recently awarded the Nebraska Angus Association Angus Producer of the Year at the Association's Annual Banquet held in Kearney last month in December. The award is given annually to the Nebraska Angus Association member who has contributed the most to the advancement of the Angus breed within the state and their community and to recognize that member for their efforts and work expended in the interest of the Angus breed. John and his wife Pat, own and operate Daigger Angus, or known as Daigger-Orr Angus with the combination of their daughter Ruth and her husband David Orr. Their operation is located at Tryon and North Platte. John joins a list of twelve other Nebraska Angus Association members who have been recognized previously as Nebraska Angus Producer of the Year. John and Pat's story can be read on the Nebraska Angus Association website at www.nebraskaangus.org

John and Pat Daigger – Daigger Angus

This year's Producer of the Year Award is well-deserved as the recipients have built their operation from the ground up with determination and grit! Their story starts long ago in the heart of the Sandhills. John grew up near Ringgold. His mother was a school teacher, and his father worked for the county department of roads. His extremely hard work ethic and drive to excel started here. He and his brother were to tend to the sheep, fix fences, and work in the hayfields. John as a child dreamed of having his own cattle ranch and begged his father to buy cows but to no avail. At around the age of 11, John began to work



COURTESY PHOTO

Pictured above is Brett Weers, the Nebraska Angus Association President, left, with John and Pat Daigger.

summers for the Musser family west of Tryon, where he met his future wife, Patricia.

Pat was born in a sod house north of Stapleton. Hard work has never been unfamiliar to her! Her Aunt Gertie Musser needed Pat's help on the Musser ranch to help tend the stock and to prepare meals for a large crew of workers. If you've ever spent any time with Pat around animals you know that she has a special sense and connection to all animals.

John and Pat began to date after high school, and continued their relationship while John headed to Barber School in Lincoln. After graduation, he and Pat were married November 27, 1965. John barbered full-time for a few years before buying the Avery Ranch near Tryon in 1969 and stocking it with their own commercial cattle. In 1974, they took over the Musser Ranch, of which they were both well acquainted.

The Daiggers were progressive in their management of their herd of Angus-influenced commercial cattle. They were recording birth weights and manually adjusting weaning weights to 205

days of age. They had also begun an artificial insemination program. The jump to registered Angus cattle in the mid-1970s seemed to be a path of natural progression.

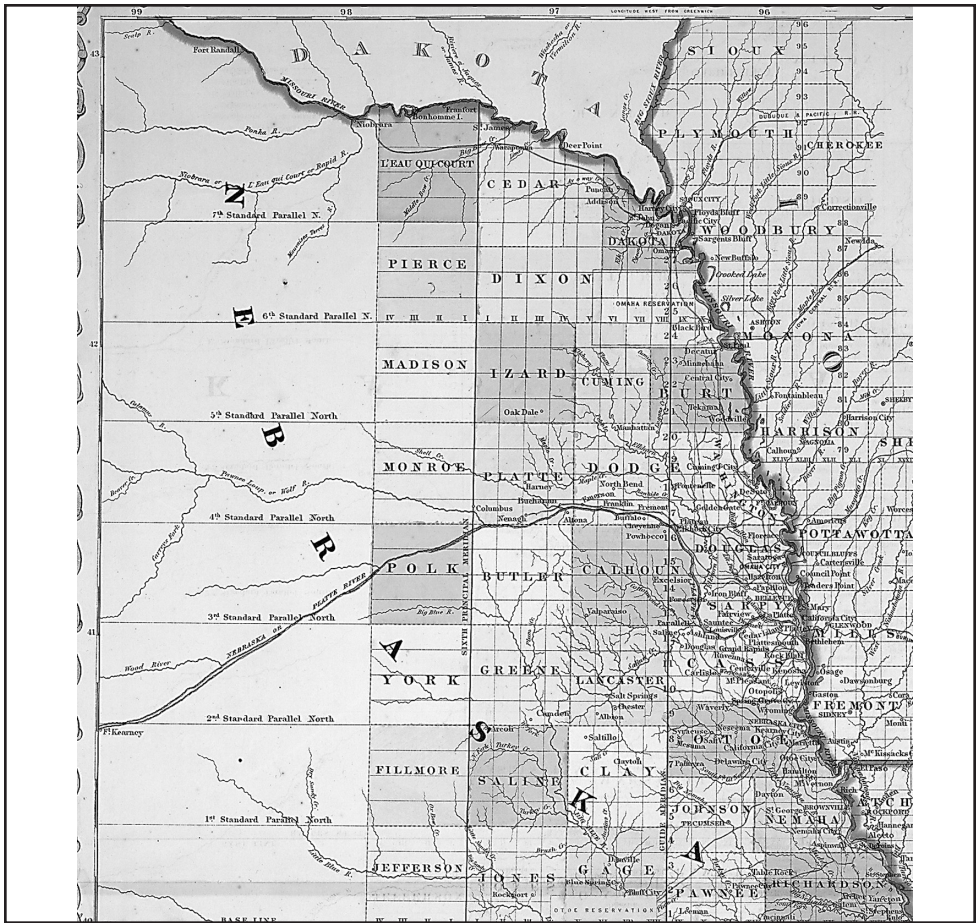
A purchase made in 1976 really set the foundation for the future of Daigger Angus. John and Pat bought a semi load of Angus cows that were bred to Band 234 of Ideal 3163. Those cows' daughters were truly tremendous. They bred those daughters to P S Power Play, which was an excellent mating. They continued to use Power Play with great success for quite some time. John and Pat realized the importance of carcass traits very early on. They carcass-evaluated many of their early herd sires. They were also early adopters of new technology. They began to carcass ultrasound all of their bulls and replacement heifers at the inception of that technology.

John became a Life Time Angus Association Member in the late 1970s. John served on the Nebraska Angus Association Board as a commercial representative in the 1980s. He and Fred Kraye of Mullen

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Nebraska Timeline

Nebraska Settlement in the 1850s



COURTESY PHOTO

Map of the eastern portion of Nebraska Territory, 1850s, showing the original counties.

In 1850, bills to organize Nebraska Territory had been before Congress in one form or another for six years. Nebraska remained four more years an unorganized Indian territory. The government was administered from the Office of the Superintendent of Indian Affairs in St. Louis, subordinate to the Commissioner of Indian Affairs, Department of Interior. Principal agencies through which federal policy was administered in the Nebraska country were located at Bellevue and Fort Laramie. Bellevue, a fur-trading center since the days of the War of 1812, was the focal point of much white activity west of the Missouri. Peter Sarpy, the noted fur trader, was there dispensing merchandise, advice and hospitality. The Presbyterian

mission was growing in strength and influence. There, also was the Indian agency. A few miles up the Missouri River, a considerable Mormon settlement was functioning at the site of Winter Quarters, cold-weather haven for the persecuted Saints during the winter of 1846-47. For a number of years, Winter Quarters would continue to be the principal outfitting point for Mormon migrations across the plains to Utah. About 180 miles west on the Platte was Fort Kearny, just over a year old, and moved from the mouth of Table Creek (near present-day Nebraska City) in 1848. Still farther west, on the upper reaches of the North Platte, was Fort Laramie, a fur-trading post since 1834. It was purchased by the government and es-

tablished as a military post in 1849. In the Scotts Bluff region, a mysterious adventurer named Robidoux had set up a new post near the mouth of Carter Canyon. He used this post to rake in profits from the immigrant traders and ward off competition from the American Fur Company. By 1850, thousands had traveled across Nebraska to Oregon, Utah and California. The rush westward would continue for years to come. Nebraska in 1850 was at the peak of its career as the nation's great roadway to the West. On the maps, though, and in the geography books, Nebraska was simply part of the "Great American Desert." It would take settlement and experience to erase that myth in any quantity, still more than a decade away.

Over The Hills



Quote: "The size of your step doesn't matter as much as the direction."

Unknown

Points to ponder

If a No. 2 pencil is the most popular, why is it still No. 2? Why do we press harder on the remote control when we know that the batteries are weak? Why are you "in" a movie but "on" TV? What was the best thing BEFORE sliced bread? Why do we drive on parkways and park on driveways? Why do "fat chance" and "slim chance" mean the same thing? Why do British people never sound British when they sing? In a movie theater, which arm rest is yours? When does it stop being partly cloudy and become partly sunny? Why do people say "heads up" when you should duck? Tell my mistakes to me, not to others. My mistakes are corrected by me,

J.R. Trumbull

not by others. Good advice if we will just heed it. We need to look to our own behavior first when things aren't going well. Sometimes we can correct something we are doing, other times we just have to work around the actions of others. One thing to remember is that we cannot force someone to hear a message they are not ready to receive, but we must never underesti-

mate the power of planting a seed. A seed planted may take a long time and the right conditions to germinate or it may never thrive depending on the environment but it was planted. No matter what you do, someone will always talk about you or question your judgement or doubt you. Choose to just smile and make choices you can live with.

THE SEED CATALOG

Have you ever thought of the Bible
As a gigantic seed catalog,
One full of fruits of the spirit,
Vining branches, and fire proof logs?

You can help spread the seed,
Some may fall on unfertile ground,
While other seed fall on listening ears
That grasp the truth and growth abounds.

Some seeds take years to germinate
While others spring forth like weeds,
Each has its given purpose here
And the harvest goes back to the seed.

There are those who will twist the plant
And make it spurn its true way,
While others nurture and tend the seed
Helping it grow as a sturdy plant today.

Some of us are sowers of the seed,
Others tend it along life's road,
Some harvest the crop of the plant,
It doesn't matter who harvested, tended, or sowed.

Just remember as you read your Bible
That God has filled it with good seed.
Be vigilant as you sow them
And pray that others will heed.

J.R. Trumbull
1 July 2005