

Connect with Facebook

Are you new to Facebook and want to learn how to use it to communicate with your family? Or do you just have questions on how to use Facebook? Communication is vitally important, especially between friends and family, so you don't want to miss out.

Twin Creeks Extension is hosting a second class on using Facebook to connect

with Family. Connect with Facebook will review Facebook communication basics, cover safety and privacy settings, have practice for uploading pictures, and have a Q & A session at the end. Connect with Facebook will be presented by Julianne Shoup, Family and Consumer Science Agent for the Twin Creeks Extension District.

Come with your questions

and laptops if you have them and join us for this free program Monday, April 22, 2013 at the Norton Public Library from noon to 1:00 p.m. This is a noon-hour program so please feel free to bring your lunch. RSVP to Twin Creeks Extension District – Norton Office at 785-877-5755 by 5 p.m. on Friday, April 19.

Appraisal event in McCook

Do you know the value of your Great-Grandmother's china? What about Grandpa's old pocket watch? Mark your calendar for Friday, May 3, and make plans to attend one of two Antiques & Collectibles Appraisal sessions in McCook. The first session will be at Hillcrest Nursing Home (308 West 7th Street) from 2:30 – 3:30 p.m. and the second will be from 7:00 – 9:00 p.m. at the High Plains Museum (413 Norris Avenue).

The Hillcrest Nursing Home Foundation is pleased to bring Tom Bassett of Bassett Appraisals, Lincoln, Nebraska, to

McCook for the event. Tom developed his amazing collectible and antique appraisal events over a period of years out of his admiration and respect for the popular Antique Road Show on PBS. His events have been well-received by audiences nationwide. Tom is the only Nebraska member of the New England Appraisers Association and conducts appraisals for banks and law firms.

In addition to teaching classes on "Bargain Hunting for Antiques" at Southeast Community College in Lincoln, he is a regular guest on the popular KFOR

radio talk show "Problems and Solutions", helping listeners evaluate antiques and collectibles. Tom is also a motivational speaker and humorist so even if you don't have an item you want to have appraised, you will thoroughly enjoy his program.

Admission is only \$5.00. The cost for an appraisal is also \$5.00 with a limit of two items per paid admission. For more information on this Friday, May 3rd event, contact Pam Harsh, Hillcrest Nursing Home Foundation, 308-345-4600, or foundation@hillcrestnh.org.

Hang loose...



Under the direction of Mrs. Ruder, the Norton fifth and sixth grade elementary school music students held a concert on Monday night. The fifth grade delighted the audience with songs about needing and taking a vacation and the sixth graders sang some good old favorites.

– Telegram photo by Dana Paxton

Water quality and drought opportunity in Kansas

In response to the drought faced by Kansas producers, the U.S. Department of Agriculture's (USDA) Natural Resources Conservation Service (NRCS) is providing financial and technical assistance in a new Water Quantity and Drought Pilot funded through the Environmental Quality Incentives Program (EQIP) announced Eric B. Banks, State Conservationist. While NRCS accepts applications for financial assistance on a continuous basis, NRCS will use two application cutoff dates for this pilot: May 17 and June 21, 2013.

"NRCS will work with producers to address water quan-

tity-related natural resource concerns using the conservation planning process," Banks said. Under this new pilot, NRCS will conduct a site assessment with the producer, identify alternatives to meet the producer's natural resource concerns, develop a conservation plan, and if priority criteria are met, EQIP funding may be available. EQIP assistance may be provided for costs directly related to removal of accumulated sediment from a pond, provided sediment removal is the best and least cost alternative. Ponds must have been originally constructed to NRCS standards and specifications.

Additional conservation practices, as they relate to structures approved for sediment removal, include: cover crops, critical area planting, fence, mulching, pipeline, prescribed grazing, and watering facility. "I would encourage producers who are impacted by the drought to visit their local NRCS field office to learn more about the assistance available," Banks stated. Applicants who do not qualify for funding through the Water Quantity and Drought Pilot may be eligible through alternate funding sources, including Drought Recovery Initiative.

EQIP offers financial and technical assistance to eligible

participants to install or implement structural and management practices on eligible agricultural land. Conservation practices must be implemented to NRCS standards and specifications. In Kansas, socially disadvantaged, limited resource, and beginning farmers and ranchers will receive a higher payment rate for eligible conservation practices applied.

For more information about NRCS and its programs, stop by your local USDA Service Center or go to the Web site www.ks.nrcs.usda.gov.



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785-877-3361!

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Emergency loans now available for farmers

"Farmers in Decatur, Norton, and Phillips Counties, who suffered crop or livestock losses due to drought occurring April 2, 2013 and continuing may now apply for Farm Service Agency (FSA) emergency loans," FSA Farm Loan Officer, Pat Bohl, said recently.

These counties became eligible under existing legislation which provides that farmers in counties bordering on those which have been designated for disaster assistance may also qualify for such assistance. Applications for assistance will be accepted by FSA until Dec. 10, 2013.

"Loans covering physical and/or production losses are scheduled for repayment as rapidly as feasible, consistent with the applicant's reasonable ability to pay," said Bohl. The current interest rate is 2.375 percent but is subject to monthly changes until the loan is approved.

FSA's Farm Loan Programs staff is committed to

new and existing customers, FSA customer goals and our rural communities. FSA's service extends beyond the typical loan, offering FSA customers ongoing consultation, advice and creative ways to make your farm business thrive. At the Farm Service Agency, we want to be your lender of first opportunity to overcome these adverse weather conditions and rebuild your operation to get back on track. FSA's loan staff can refer customers to other public and commercial financing sources that can serve as a blend with FSA's farm loan programs.

FSA loans covering physical losses may be used to replace installations, equipment, livestock, or buildings (including homes), lost through this disaster.

FSA loans covering production losses may be used to buy feed, seed, fertilizer, livestock, or to make payments on real estate and

chattel debts. "Funds can also be used for other essential operating and living expenses," Bohl said.

To be eligible for an emergency disaster loan, an applicant must be operating a family size farm or ranch, must be unable to get credit elsewhere, and must have suffered a qualifying physical and/or production loss from the disaster.

Farmers who suffered at least a 30 percent reduction to at least one cropping enterprise, may have a qualifying production loss. Emergency disaster production loss loans cover 100 percent of qualifying losses.

Farmers and ranchers that think they may be eligible should contact the Norton County FSA Office at 11506 Pineview Dr., Norton, KS 67654-3001 or call 785-877-5156 for additional information and how to apply.

A few helpful Kansas work zone facts

Nearly 90 percent of the people who are injured or killed in work zone crashes are motorists. Of the eight people killed in work zone crashes in Kansas in 2012, one was a highway worker who worked for a construction company, one was a pedestrian and six were motorists. Most of the 608 people injured were motorists.

There was an average of 4.8 work zone crashes every day in Kansas last year (1,742 crashes). The good news is - about 75 percent of the crashes were property damage only. The bad news is - every crash has the possibility of affecting someone's life forever.

If you slow down from 65 mph to 55 mph for six miles, you will lose less than a minute of travel time.

Fines are double in all Kansas work zones, whether they are major construction projects or short-term maintenance projects. If you don't slow down, you will pay up.

The Kansas Move Over Law, which was passed in 2006, requires motorists traveling on four-lane highways to move into the left lane when passing by a road crew or emergency vehicle with flashing lights, if it is safe to do so. Tickets issued carry a \$195 fine plus court costs.

--Tips to follow in work zones

Follow traffic control.

Stay alert.

Watch for workers.

Expect delays.

Allow ample space between you and the car in front of you.

Change lanes when directed

to do so.

The top contributing circumstances of work zone crashes were driver-related in more than 80 percent of all the accidents with the main cause being inattention. Other causes included failure to yield right of way, driving too fast for conditions, following too closely, and under the influence of alcohol.

NATIONAL STATISTICS - Across the U.S....

There were 576 traffic-related fatalities and more than 37,000 injuries in work zones in 2010.

Nearly two people are killed and 101 are injured every day in highway work zones.

An average of four people are injured in a work zone every hour.

April is Occupational Therapy Month



Our Dynavision machine improves sight-to-response skills

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the tasks of everyday life!



Hand therapy improves dexterity, and reduces arthritis and carpal tunnel pain.



Routine activities are practiced in our independent living skills unit.



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Simple tasks like doing laundry, writing a note, or turning a key are major parts of our daily routine. When illness, injury or disability makes routine tasks difficult, Community Hospital's occupational therapy team can help.

We help patients of every age to improve muscle tone, coordination and motor skills, increase reflexes and response time, and so much more. Our facility even features an apartment-like area equipped with household appliances, where patients can practice the ordinary, extraordinary tasks of the daily routine.

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