

50-Year Vision for Water

Sustainability must be the goal of the 50-Year Vision for Water in Kansas. More of the development at-all-costs thinking at the expense of conservation and protection is neither sustainable nor acceptable. This was the message of the nine natural resource and environmental groups who gathered in Topeka to deliver comments to the Kansas Water Office and Kansas Department of Agriculture representatives on the Governor's 50 Year Water Vision on May 13.

We have over-appropriated water in the state; we built reservoirs without insisting on or supporting upstream land management so now they are silting in. We are removing wildlife habitat, forests, and grasslands that protect water quality and provide biodiversity, and our children and grandchildren will pay the price, stated Mary Fund, of the Kansas Rural Center, summarizing the group's comments. Addressing the problems we have today require that we take a hard look at the way we use the state's water, how we live, how we produce food, crops and livestock, and what kind of business and industry we pursue.

The group warned that making the same mistakes as in the past, promoting growth beyond a practical and reasonable water availability, will prove very costly for the health and well-being of communities and future generations. Balancing use and conservation is critical in any long term planning.

Kansas has had a State Water Plan since 1985, stated several of the groups, with programs to provide conservation, management and protection. It works if funded, stated Jim Hays of the Nature Conservancy, a sentiment echoed by all present.

It has not been funded adequately, the group claims, and has in fact been robbed for oth-

er uses in recent years. A wide range of stakeholders worked out a mix of user fees, Economic Development Initiative Funds and state general funds in 1989. Kansas law states that \$6 million from the State General Fund is to be transferred to the State Water Fund each year, as well as \$2 million from Initiative Funds funds, but these funds have been repeatedly diverted to other state purposes. Without dedicated funding, the new plan will go nowhere, claimed the resource and environmental groups.

Primary attention in the Vision planning discussions so far, the group claimed, has been on increasing supply to make up for the declining Ogallala Aquifer, which feeds irrigation in the western part of the state, and solving the problems of sedimentation in the state's major reservoirs which provide water supply for population centers. Providing water for economic needs is important, but conservation and stewardship of the water resource, as well as of our soil, wildlife and aquatic resources, the groups argued, is critical to our own well-being.

Water is not just for human use, or just a supply issue, stated Sharon Ashworth, Kansas Natural Resource Council. It supports wildlife habitat, aquatic life and our entire ecosystem, and when we protect the ecosystem we protect ourselves. Ashworth and others pointed to Cheyenne Bottoms, Quivera Wildlife Refuge and other natural wetlands as critical parts of the Central Flyway that are of international importance, and as significant for water quality for healthy populations of aquatic life.

The groups represented included the Kansas Natural Resource Council, Kansas Chapter of the Sierra Club, Audubon of Kansas, Kansas Wildlife Federation, Friends of the KAW, The

Nature Conservancy-Kansas Chapter, Climate and Energy Project, Kansas Farmers Union, and the Kansas Rural Center.

In addition to the call for dedicated funding for water programs, the group's recommendations to the Kansas Water Office and Kansas Department of Agriculture called on state planners to:

* Recognize that protection of the natural resource base is as important if not more important than economic growth; long term economic health depends on how well we protect our natural resources.

* Balance water use with conservation, and approach any inter-basin transfers of water with extreme caution.

* Reduce consumption to sustainable yields across the state.

* Elevate water quality to be a strong part of the vision not just implied as being part of supply issues.

* Consider all the evidence of changing climate patterns as part of any 50-year plan.

*Coordinate with state energy planning to promote less water intensive energy sources. Renewable energy sources like solar and wind use less water than the traditional fossil fuel sources.

*Increase public education related to water issues to raise awareness and understanding of problems and solutions.

The Kansas Water Office and Kansas Department of Agriculture are currently writing the first draft of the 50-Year Vision and Plan based on input from stakeholders from around the state. The draft will be distributed to the public in July for another round of input and comments, before being finalized in November. The above environmental and natural resource groups will continue to provide feedback and recommendations.

Displaying inmates talents



The residents of the Norton Correctional Facility were able to compete in the Norton Correctional Facility Activities Department Art Contest. Some of their work is now displayed at the Norton Public Library.

-Telegram photo by Mike Stephens

A new display is in the Art Gallery at the Norton Public Library. The residents of the Norton Correctional Facility are sharing their works of art until the end of June.

The Norton Correctional Facility Activities Department has held an annual Art

Contest for the past five years. The contest gives the inmates a chance to demonstrate their artistic abilities. Materials that are allowed for use in the contest are limited to lead, colored pencils, blue and black ink pen, and 8.5" x 11" white paper. The drawings on display are just a

few of the drawings submitted by the talented individuals. There are also paintings on display that were created by several individuals at the facility. Everyone is invited to view these, along with the other displays at the Library.

Memorial Day ushers in summer

The Gardener
By: Kay Melia

Memorial Day has always been special to me, not only because of what it means in terms of remembering, but as a gardener, it seems to usher in the summer season. And it's time to do some serious gardening!

I picked some fresh spinach the other day, and delivered it to a neighbor. Their reaction was one of pure pleasure and you might have thought they won the lottery!

I can certainly understand that. A fresh spinach salad is close to the top of the list as far as true garden produce is concerned. Only a bacon-tomato sandwich rates higher with me.

My history of growing spinach is relatively short. My parents, out there on that dusty old farm, grew only a very short row of it because in those days, eating spinach raw was a bit of an unknown treat. My mother

canned a few jars, but generally speaking, nobody in the family really cared about that dark green slimy cooled stuff. "Eat your spinach or you'll never have strong muscles like Popeye" was the parental plea. We preferred the wild growing weed called Lambs Quarter as opposed to spinach.

But we planted lots of leaf lettuce, and my mother would slather it with bacon drippings and it was called "wilted lettuce." I can remember a big bowl of it for dinner in the harvest field, along with plenty of fried chicken. It was absolutely delicious and was about the extent of our summer salad menu.

My neighbor said that the spinach salad she enjoys today is made similarly. Tear up a few spinach leaves and fry a little bacon. Crumble the bacon on top of the spinach after the hot drippings and the result is wonderful. Another neighbor's favorite is to dress the spinach

with poppy seed dressing and thinly slice some strawberries into it. Strawberries and fresh spinach are known to work well together, particularly in a fresh salad.

The really good news about raw spinach is that it is at the top in nutritional value. It's especially valuable because of its content of dietary fiber. It is extremely low in saturated fat, and name just about any vitamin, and raw spinach tops the list. The only downer is that it is high in sodium content.

Fresh spinach is often referred to as "the world's healthiest food" and those of us who enjoy it would surely agree, except that garden fresh broccoli rates very high, as do carrots, or how about fresh tomatoes, cabbage, sweet corn, zucchini, or any other product grown in the backyard garden.

Summer is upon us. Be sure you have a nice sharp hoe and plenty of jar lids!

Rural center to host workshop in June

If you are interested in pollinator habitat and conservation in a rural setting, please plan to attend the Kansas Rural Center's Pollinator Habitat Workshop on Friday, June 13, from 9 a.m. to 3 p.m. The morning portion of the workshop will be held at the Stull United Methodist Church, 1596 E. 250 Road, Lecompton, KS 66050. The afternoon portion of the workshop will include a tour of pollinator habitat plots installed by Jim Weaver, Douglas County Conservation District, District Manager, on his property in northwestern Douglas County. The Kansas Rural Center is collaborating with the Douglas County Conservation District to host the workshop.

Jennifer Hopwood, Midwest Pollinator Conservation Specialist from The Xerces Society for Invertebrate Conservation, will lead the program. She holds a Master's in Entomology from the University of Kansas, where her research focused on bee communities in roadside prairie plantings and prairie remnants. In her role at the Xerces Society, Jennifer works to provide resources and training for pollinator habitat management, creation, and restoration to agricultural professionals and land managers.

Jennifer will provide information on the role and value of wild pollinators, pollination economics and biology, the value of natural habitat, understanding bee life cycles and protecting nesting sites, reducing harm from pesticides, habitat design considerations and plant selection, and site preparation and planting techniques for wildflowers and shrubs.

Holly Shutt, Pheasants Forever/Quail Forever Farm Bill Biologist, will also be presenting at the workshop. She will provide information about United States Department of Agriculture programs that farmers and landowners can utilize to help implement pollinator habitat on their property.

Jim Weaver, Douglas County Conservation District, District Manager, will discuss the pro-

cess of installing pollinator habitat plots on his property. During the tour of the installed pollinator plots, Jennifer Hopwood will provide information on observing wild pollinators and workshop participants will have a chance to see pollinators in action.

The program is intended to provide information on native pollinators and pollinator habitat and conservation in a rural setting to farmers, landowners and anyone interested in pollinator conservation. This will be a tremendous opportunity to learn about the importance of providing habitat for pollinators and methods and strategies for installing pollinator habitat in the rural setting from regional experts on the topic.

The workshop is free and open to the public, and the Kansas Rural Center will provide light snacks and beverages. A lunch featuring local foods will be available for \$15, and will be served at the church. If you prefer to bring your own lunch, there is no charge to attend the workshop. You will be able to indicate your lunch preference during registration. Please register by Monday, June 9, in order to ensure an accurate lunch count.

This workshop is part of a series of pollinator conservation workshops Kansas Rural Center is hosting as part of a Pollinator Project made possible by a grant from the Elizabeth Schultz Environmental Fund, administered by the Douglas County Community Foundation. The aim of the Pollinator Project is to increase the number of bees and beekeepers, the quantity and quality of pollinator habitat, and access to locally-produced honey in Douglas County, Kansas.

An Introductory Beekeeping Workshop was held in February with over 200 attendees, and Kansas Rural Center has helped eight new beekeepers get established this spring, through the donation of bees, a hive, beekeeping equipment, training and a mentor.


The Kansas Rural Center is partnering with Douglas County

Extension to host a second pollinator habitat workshop focusing on attracting pollinators to your garden and adding pollinator habitat in an urban setting. Marlin Bates, K-State Research and Extension Horticulture Agent, is making arrangements for that workshop. Details will be announced as they are known.

For more information about the Pollinator Project, or to register for the workshop, please visit <http://kansaruralcenter.org/pollinators-and-habitat-conservation/>.

For more information about the workshop, please contact Joanna Voigt, jvoigt@kansaruralcenter.org, or 785-764-3481.


WATER AEROBICS CLASSES
to be offered by Norton County Hospital's
Physical Therapy Department
Norton Swimming Pool
Tuesdays and Thursdays, Weather Permitting,
Tentatively* JUNE 10 thru AUGUST 7
Low Impact and High Impact Classes
both held at 8:00 p.m.
Still \$25.00 Paid First Night of Class at the Pool
**Watch for further information on date for first night of class
• NO EARLY REGISTRATION REQUIRED •



To Friends of the Norton County Community Foundation and Lyon's House Project
You are invited to celebrate the completion of the Dr. E.A. Lyon House
Open House
Friday, May 30
10:00 a.m.-3:00 p.m.
212 S. Kansas, Norton, KS

This project began in April 2009, when Roger and Michael Moffet donated the property to NCCF in the hope of preserving the only building in the City of Norton listed on the National Register of Historic Places. The goal was to preserve our history by rehabilitating this historic house. Located on the south end of Norton's Downtown Historic District, it was felt the best use of the property would be for commercial space. The restoration is now complete and this property will provide some of the most unique space in the region. We hope you will join us for a tour of this charismatic property that will be the new office of Charles E. Worden and Melissa M. Schoen, Attorneys at Law.

James E. Reeves
DPM, P.A.
Norton Hospital Specialty Clinic
Tuesday, June 3, 2014
12:30 - 3:00 p.m.
Call to schedule an appointment
PHONE: 785-877-3351



May 23-
May 28

Showing at the
NORTON THEATRE
Blended
2 Hours, 7 Minutes (PG-13)
Friday and Saturday: 7:00 and 9:30 p.m.
Sunday: 5:00 and 7:30 p.m.
Mon., Tues., Wed.: 7:00 P.M.

X-Men: Days of Future Past
in 3D 2 Hrs., 20 Min.
(PG-13)

Blended is \$7.00 for adults and \$6.00 for children 12 and Under. No Sunday Discount
X-Men is \$7.00 for adults and \$6.00 for children 12 and Under. No Sunday Discount

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