## Closing date approching for noninsured program

closing date for certain crops un- for multi-county producers. Interder the Noninsured Crop Disaster ested producers must pay the fee Assistance Program (NAP), ac- and file form CCC-471, Applicacording to Jack A. Salava, acting tion for Coverage, by the applicastate executive director for the tion closing deadline. Kansas Farm Service Agency... food or fiber.

to pay the applicable service fee crop. and obtain this coverage for cane grains. The administrative service fee is \$250 per crop per adminis-

March 15 is the application county and a \$1875 maximum fee the loss becomes apparent to the

This coverage entitles eligible Crops eligible for these benefits producers to a payment of 55 perare limited to those not insurable cent of an average market price in the county and are produced for for the commodity if a natural disaster caused a 50 percent produc-The March date is the final date tion loss or greater of an eligible

feed, silage, millet and other coarse producer does suffer a loss on their 785-332-2183 prior to the March trative county not to exceed \$750 FSA within 15 calendar days after per producer per administrative the disaster occurrence, or the date

producer.

Producers are limited to \$100,000 in benefits per person per crop year, they must certify crop acres by applicable deadlines, maintain production evidence for 3 years, have less than \$500,000 Non-farm Adjusted Gross Income, and must comply with conservation compliance provisions in order to be eligible.

Interested producers shall con-In the unfortunate event that a tact the Farm Service Agency at particular crop, a form CCC-576, 15 application closing date to ob-Notice of Loss, must be filed with tain the Noninsured Crop Disaster Assistance Program coverage.

## **Plain Sense**

Mental Health Center

Resolutions 2009

With the start of another new will start out with the intentions of stopping smoking, dieting, or putting more money into savings. But in spite of these great resolutions, most people will fall back into their old, less desirable habits by the first of February. It is

lowing the holidays, after having indulged in food, wine and gifts. But it is much more difficult to year, many people are planning follow through with the real work to make changes for the better in of commitment and change, and regards to their health, and/or fi- easy to become quickly discournancial spending habits. Most aged. Here are some suggestions for sticking to those resolutions:

- Set goals that are realistic and reasonable; don't set yourself up for something that is not achiev-Permanent change takes time and self-discipline.
- Don't procrastinate; now is

## Program wants input

You can help shape 2008 Farm dividual program. Bill conservation programs. United States Department of Agriculorganizations during the 60-day comment period.

Below are the Natural Resources Conservation Service (NRCS) programs and dates when public ronmental Quality Incentives Procomments must be submitted. To view the interim final rules in the Federal Register, access is available through the Natural Farm and Ranch Lands Protec-Resources Conservation Service tion Program (FRPP) and Wildwebsite at ks.nrcs.usda.gov. Click life Habitat Incentives Program on "USDA Seeks Comments on (WHIP)l; March 23, Grassland Farm Bill Programs". Direct links are available by clicking on the in-

The agriculture department encourages written comments on the ture encourages written comments interim final rule from individuals on the interim final rule from in- as well as governmental agencies dividuals as well as governmen- and non-government organizatal agencies and non-government tions during the 60-day comment

Programs and dates include: Feb. 13: Healthy Forests Reserve Program (HFRP); March 16: Envigram (EQIP) and Wetlands Reserve Program (WRP); March 17: Technical Service Provider (TSP); Reserve Program (GRP)

Plain Sense from High Plains very easy to make those plans fol- as good a time as any to begin to make changes.

> Focus on changing behavior rather than the attainment of a goal. For instance, rather than looking at the pounds lost on the scale, look instead at the number of days the diet and exercise plan have been followed.

> • Accept that you are not perfect. You are going to give in to temptation now and then, just don't let transgressions result in giving up on the long-term goal.

> Remember, changes in habits and behavior require a lot of work and effort! So give yourself a break now and then; relax with a good book or movie, a soothing bath, or take a walk just to enjoy nature. Allow time and opportunity for the appropriate expression of feelings and emotions; when feeling discouraged, it usually helps to talk to others. Take good care of yourself; eat nutritiously; get plenty of rest and sleep. A little personal stress reduction will help in continuing the work of meeting those resolutions of the new year.

> Contributed by Karen D. Schueler, MS, LCPC, Manager, PEO - Prevention, Education and Outreach Department

The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.



THE GRADE SCHOOL students enjoy a fun day after they reach the goal in the accelerated reading program. Top: Chandler Hamilton and Shadryon Blanka test their doctor skills in a game of Operation; Right, Bob Havel plays a Sponge Bob Square Pants card game.





Home & Garden **Special Section Coming** 



## **Upcoming Promotions**

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# AGRICULTURE WEEK

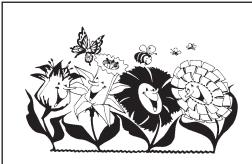
We Believe Agriculture is the Main Stay of Community Prosperity!

Join us in Saluting the Area Farmers!



## **Spring School** Section

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



## Smile it's Spring!

**Advertise your** business in the **SPRING Home & Garden Special Sections Coming Soon!** 



FFA Members (front row) Courtney Douthit, Jelyne Carman, Jami Pevler, Jenna Hill, Joni Pevler, David Leibbrandt, Gavin Cooper; (second row) Allison Grice, Cara Hunt, Brooks Hobrock, Adam Guthmiller, Terrence Lamb, Sponsor Lyn Wiley; (back row) Kaitlin Figgins, Darris Keller, Matt Raile, David Stephens, Grady Brunk, Alex Long.

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