

Closing date approaching for noninsured program

March 15 is the application closing date for certain crops under the Noninsured Crop Disaster Assistance Program (NAP), according to Jack A. Salava, acting state executive director for the Kansas Farm Service Agency. Crops eligible for these benefits are limited to those not insurable in the county and are produced for food or fiber.

The March date is the final date to pay the applicable service fee and obtain this coverage for cane feed, silage, millet and other coarse grains. The administrative service fee is \$250 per crop per administrative county not to exceed \$750 per producer per administrative

county and a \$1875 maximum fee for multi-county producers. Interested producers must pay the fee and file form CCC-471, Application for Coverage, by the application closing deadline.

This coverage entitles eligible producers to a payment of 55 percent of an average market price for the commodity if a natural disaster caused a 50 percent production loss or greater of an eligible crop.

In the unfortunate event that a producer does suffer a loss on their particular crop, a form CCC-576, Notice of Loss, must be filed with FSA within 15 calendar days after the disaster occurrence, or the date

the loss becomes apparent to the 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 contact the Farm Service Agency at 785-332-2183 prior to the March 15 application closing date to obtain the Noninsured Crop Disaster Assistance Program coverage.

Plain Sense

Plain Sense from High Plains Mental Health Center

Resolutions 2009

With the start of another new year, many people are planning to make changes for the better in regards to their health, and/or financial spending habits. Most 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

very easy to make those plans following the holidays, after having indulged in food, wine and gifts. But it is much more difficult to follow through with the real work of commitment and change, and easy to become quickly discouraged. 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 achievable. Permanent change takes time and self-discipline.
- Don't procrastinate; now is

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.

Program wants input

You can help shape 2008 Farm Bill conservation programs. United States Department of Agriculture encourages written comments on the interim final rule from individuals as well as governmental agencies and non-government organizations during the 60-day comment period.

Below are the Natural Resources Conservation Service (NRCS) programs and dates when public comments must be submitted. To view the interim final rules in the Federal Register, access is available through the Natural Resources Conservation Service website at ks.nrcs.usda.gov. Click on "USDA Seeks Comments on Farm Bill Programs". Direct links are available by clicking on the in-

dividual program.

The agriculture department encourages written comments on the interim final rule from individuals as well as governmental agencies and non-government organizations during the 60-day comment period.

Programs and dates include: Feb. 13: Healthy Forests Reserve Program (HFRP); March 16: Environmental Quality Incentives Program (EQIP) and Wetlands Reserve Program (WRP); March 17: Technical Service Provider (TSP); Farm and Ranch Lands Protection Program (FRPP) and Wildlife Habitat Incentives Program (WHIP); March 23, Grassland Reserve Program (GRP)



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.

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Agriculture – America's Heartbeat

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