

CASSIDY BUSSE and Audrey Meyer practice the correct way to carry the flags during one of their Daisy meetings. Herald staff photo by Casey McCormick

Living life as fully as possible

Hospice compassionately cares pice is not about giving up but of life – but Hospice isn't about of life, no matter how long that how you die, said Donald Schumacher, National Hospice and Palliative Care. It is about how you live!

"Hospice and palliative care focuses on how dying people and their loved ones live each day, providing comfort and guidance along the way," he said.

Hospice is widely recognized Hospice sooner." as the model for quality, compassionate care for people facing a life-limiting illness or injury. Hospice and palliative care involve a team-oriented approach to expert medical care, pain management tion, holding a hand, or just being sas. and emotional and spiritual support expressly tailored to the person's needs and wishes. Support is provided to the person's loved

for people who are near the close is about maximizing the quality county volunteer coordinator, may might be.

When cure is no longer possible, hospice provides the type of care most people say they want at the end of life – comfort and quality of life. The most common statement made by families who chose Hospice for their loved one is, "we wish we had known about

Today, Chevenne County needs volunteers to train as a Hospice for-profit community-based Medivolunteer. Volunteers can assist care certified and Kansas licensed with tasks such as housekeeping or shopping, providing transportaa friend and listening.

These tasks, said Edie Walters, seem simple, but it makes a real difference.

There is a Hospice volunteer training set for Saturday, April 4, and Sunday, April 5. Times are 8:30 a.m. to 5 p.m. on Saturday and 1 to 5 p.m. on Sunday. For more information, contact Mrs. Walters, 785-332-2280, or Amanda McKenzie, director of volunteers, 800-315-5122.

The Hospice Services is a not-Hospice serving 13 counties in northwest and north central Kan-

Home

Thursday, March 12, 2009

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Application deadline moved to March 20

2009 Conservation Innovation Grants (CIG) funding has been extended to March 20. This was announced by the U.S. Department of Agriculture's Natural Resources Conservation Service

"Innovation always has been a hallmark of American agriculture and in keeping with President Obama's focus on science, technology and innovation, these grants will provide an opportunity for citizens to directly engage with promoting a healthy environment and a healthy economy," said acting conservation service chief, Dave White. "We're extending the application period to make certain those interested have adequate time to submit applications.'

The grants are aimed at helping achieve and promote innovation in critical areas such as water quality, energy, climate change and pollinator habitat. The conservation service administers the grant program. Grants will be awarded through a nationwide competitive process and can range up to three years in length. Up to \$20 million is available for this national competition. Applications will be accepted from all 50 States, the Caribbean Area (Puerto Rico and the Virgin Islands) and the Pacific Islands Area (Guam, American Samoa and the Commonwealth of the Northern Mariana Islands).

The Fiscal Year 2009 Natural Resource Conservation Service **Conservation Innovation Grants** categories are:

• Natural Resource Concerns Category-up to \$5 million is available for proposals addressing natural resource issues such as air quality, water quality, wildlife habitat, forest management, nutrient management and other ways to address and meet federal, state and local environmental requirements.

• Technology Category—up to \$6 million is available for proposals in new technologies that promote such areas as animal waste management, erosion control, grazing land productivity, irrigation water use, fertilizer

The application period for use, energy use and carbon sequestration.

> · Grant Leveraging Category—up to \$4 million is available to help leverage grant projects that enhance and protect the environment more by doing so in conjunction with other agricultural production and forest management projects.

> • Chesapeake Bay Watershed Category-up to \$5 million is available for proposals addressing natural resource concerns in the Chesapeake Bay watershed such as erosion and sediment control, carbon sequestration and water quality.

> Project proposals must describe the geographic area and the natural resource concern or concerns being addressed. Applicants also must describe the innovative technologies or approaches which will be used. Other requirements are identified in the announcement of program funding. The U.S. Department of Agriculture's Natural Resources Conservation Service will provide technical oversight for each project receiving an award; however, each grantee is responsible for providing the technical assistance required to successfully complete the project.

servation Service plans to fund www.grants.gov/.

projects targeting innovative on-the-ground conservation, including pilot projects and field demonstrations. The grant is not a research program, but rather a tool to stimulate the adoption of conservation approaches or technologies that have been studied sufficiently to indicate a high likelihood of success and are likely candidates for eventual transfer of the technology to the public.

The conservation service can match up to 50 percent of the project when at least 50 percent of the project's total cost (cash and in-kind contributions) comes from non-federal sources. The federal contribution for a single project cannot exceed \$2 million.

Applications must be received in the National Headquarters by close of business March 20. Applications should be sent to: USDA Natural Resources Conservation Service, Conservation Innovation Grants Program, Financial Assistance Programs Division, Room 5239-S, 1400 Independence Ave, SW, Washington, DC 20250. To view the complete announcement of program funding, go to http://www. nrcs.usda.gov/programs/cig/. To The Natural Resources Con- apply electronically, go to http://

Moments With Mila —

By Mila Bandel, **County Health Nurse**

March is National Beef Month and living in western Kansas, people take eating beef for granted. Did you know that beef is a healthy part of your daily diet?

Beef is easy to love because it tastes so great, but it's also a naturally nutrient-rich source of nine essential nutrients. The protein in beef helps strengthen and sustain your body. Evidence shows that protein plays an important role in maintaining healthy weight, building muscle and fueling physical activity. And, when you've got all that going for you, you and your loved ones are one big step closer

to a healthier lifestyle and at lower risk for disease.

According to government guidelines, a serving qualifies as "extra lean" if it has less than 5 grams of total fat, 2 grams or less saturated fat and less than 95 milligrams cholesterol per 3.5 ounce serving. A serving qualifies as "lean" if it has less than 10 grams total fat, 4.5 grams or less saturated fat and less than 95 milligrams cholesterol per 3.5 ounce serving.

Make eating beef easy by preparing the different cuts of meat different each time. It is great on the grill, baked, broiled and, don't forget your crockpot!!

Positive News

ones as well.

A common misconception people have is that Hospice means you're "giving up" or "that there's nothing left for the doctor to do," and that's absolutely wrong. Hos-



James E. Reeves, DPM Podiatrist/Foot Specialist Reconstructive Surgery Foot & Ankle Injuries For appointments call: **Rawlins County Health Center** 785-626-3211 Wed., April 8 **Cheyenne** County Hospital - P.M. 210 W. 1st • 332-2104

Thurs., April 9 Atwood (a.m.) • 626-3211 Colby (p.m.) CSMC, 175 S. Range 462-3332 CMC, 100 E. College Dr. 462-7511 Fri., April 10 Atwood - All Day



Call Cheryl or Tammy at 785-332-3588

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PERSONAL PROPERTY AUCTION Saturday, March 21, 2008 @ 10 am CT

Western Auction & Real Estate Auction Pavilion, W. Hwy 36, St. Francis, Ks

VEHICLE-ANTIQUES-FURNITURE-APPLIANCES-LAWN & GARDEN-MISC.

2005 Buick Rendezvous, loaded, 29,000 mi, clean, one owner; Agtronic Generator on Stand, 4 hp B&S motor, 120V, 14.6 amp, Single Phase; BD Garden Shedder; Kenmore 20 cu. ft. Upright Freezer; Older GE Refrigerator; Hand Saws; Murray Bicycle; Singer & Monarch Sewing Machines; Shelving: Bookcases, Storage, Display Cabinets, Oak; Glass Door Cupboards; Drugstore Ice Cream Tables, 4 wire Chairs; Lots of Kitchen Misc.; Saddles; Dining Room Tables & Chairs, leaves; Lots of Books; Lots of Kids News, New & Used; Old Picture Frames, Wall Hangings, Mirrors; Patio Set; Cast Iron Heater; White Clad Ice Box; Amana Window AC, 110v; Coffee Tables, End Tables; Bedding; Doilies; Lots of Crafting Supplies; Christmas Decor; Waltham 31 day Chime Clock; 30+ Dolls, Porcelain & China; Glassware Lamps; Metal Bread Box; 12 pl. setting Crown Victoria China, Lovelace w/ Serving Pieces; Blue Carnival Glass; Chickens on Nests, Many & Several Sizes; Old Barbie Dolls; Records, 33 & 45; Exercise Machine; Large Trunks Desks; Entertainment Centers; Sectional Couch w/ recliner ends; 3 Cushion Blue Couch; Love Seat Decor; Blue Plaid Rocker/Recliner; Hamilton Beach 18 gt. Elec. Roaster Cookbooks; Brass Deer Fans; Advertising Misc.; 8 drawer Dresser w/ Mirror; Full Size Box Springs & Bed Frame; 2 Sets of Card Tables & Chairs; Drop Leaf Table w/ 3 Leaves & 2 Chairs Fenton Glass; Lawn & Garden Tools; Shop Vacs; JD Battery Charger; 14" Weed Eater; Rain Sprinkler; Kitchen Cabinets; Navajo Area Rug; Havilland China Set; Cookie Jars; Hamster Cage & Toys; Meade Telescope w/ Stand; Playstation 2 w/ 20 games; Cream Cans Ficus Tree; Casio Keyboard on Stand; Chest of Drawers; Shawnee Pottery McCoy; Pink Depression Francoma Lots Salt & Pepper Shakers; Light House Collection; Phoenix phonograph on Cabinet; Health-o-Meter Platform Scale; Barbie Jeep, needs Battery; Radio in Cabinet; Quilt Rack Handmade Ouilts

THE BUILDING IS FULL AGAIN! THIS IS ONLY A PARTIAL LISTING!! Plan to attend this auction as we liquidate a local antique dealer.

ed in Kansas, Colorado, and Nebraska for your Real Estate needs!



sen, Sales Agent & Auctioneer ~ 785.332.2368 Robin A. Petersen, Assoc. Broker, Auctioneer ~ 785.332.5586 ett Petersen, KS Sales Agent & Auctioneer Gary L. Wickwar, Ks Sales Agent

W. Hwy. 36 ~ P.O. Box 928 ncis, Kansas 67756 ~ 785.332.8990 Betty L. Petersen, Broker

It's kind of hard to find too many things to get excited about these days. Everything's pretty tough both business-wise and personally for lots of folks. Of course, it would be nice if the media would quit pounding everyone over the head with negative news over and over again. It's becoming a self-fulfilling prophecy. But we felt pretty darn good the other day when, after announcing some pretty tough financial results for the end of the year, Ford still said it sees no need to ask for government loans. Chief Executive Alan Mulally said, "Right now, I think with everything planned in the fiscal and monetary policy, I am very comfortable that we are going to start to turn things around through the second half of the year." That doesn't mean they aren't using lines of credit, but they've done it the old-fashioned way; they went out to banks and the financial markets and found financing while putting up collateral just like we would all have to do. Now that doesn't mean there aren't good reasons to help GM and Chrysler, but we're pretty proud of Ford for fighting through this on their own.

With that being said, Ford is still putting out great vehicles. Our vehicles are safe (more top safety-rated vehicles than any other manufacturer), high quality (now in a virtual tie with Toyota and Honda), good looking and fun to drive. In fact, Ford gained market share the last three months of 2008. And there's a lot more coming soon. Ford has said that, despite the economic challenges out there, they're not pulling back on the most important thing of all-product. There are a lot of leading-edge cars, trucks, cross-overs and SUVs coming soon.

It's exciting at Ford!!!! There have been many sacrifices made in the past 18 months with Ford's 'Way Forward Plan', but things are looking up for the very near future and beyond! Ford just announced the reopening of their Cleveland engine plant (yes, in the USA), which will manufacture their new line of EcoBoost engines-another sign of Ford's commitment to delivering affordable fuel-efficient vehicles to millions, while lowering CO2 emissions. The new EcoBoost engines will be available in 2010.

We're proud to be a Ford dealer and invite you to check out Motor Trends "Truck of the Year," our all new 2009 F-150, 32 straight years as America's #1 selling truck, the all new Urban 2009 Ford Flex, and coming soon the all new 2010 "knock your sox off" Ford Taurus and Ford Mustang, 2010 Ford Fusion with a hybrid model that gets 40+ MPG.







Bob Yost