



CONSTRUCTION IS NOW TAKING PLACE at the Runzel Bridge, west of St. Francis.

Herald staff photo by Casey McCormick

Grant funding available for new technology

There is \$200,000 of available funding for new technology or approaches under the Conservation Innovation Grants (CIG), according to State Conservationist Eric B. Banks, Natural Resources Conservation Service (NRCS), Salina.

Through innovation, the grants are an effort to address some of the state's most pressing natural resource conservation needs. Conservation Innovation Grants is a component of the Environmental Quality Incentives Program (EQIP). Natural Resources Conservation Service is an agency of the U.S. Department of Agriculture.

"In today's rapidly changing world," said Mr. Banks, "effective and efficient relies heavily on new and innovative."

"For the conservation service to continue to effectively and efficiently get conservation on the ground, we need to continue to seek out new and innovative ideas. The grants help us do just that," he continued.

Conservation Innovation Grants is a voluntary program intended to stimulate the development and adoption of innovative conservation approaches and technologies while leveraging federal investment in environmental enhancement and protection, in conjunction with agricultural production. The program enables conservation service to work with other public and private entities to accelerate technology transfer and adoption of promising technologies and approaches to address some of the Nation's most pressing natural resource concerns. The grants will benefit agricultural producers by providing more options for environmental

enhancement and compliance with federal, state, and local regulations.

State, tribal, and local governmental entities, non-governmental organizations, and individuals may apply. Project proposals should demonstrate the use of innovative technologies or approaches to address a natural resource concern. Project results are expected to improve and create the transfer of conservation technologies, management systems, and innovative approaches (such as market-based systems) into Natural Resources Conservation Service technical manuals or guides or to the private sector.

Applications are due in the Kansas Natural Resources Conservation Service State Office by April 24. Project proposals will be evaluated with the assistance of the Kansas Technical Committee based on the criteria identified in the announcement of Fiscal Year 2009 program funding.

Selected applicants may receive grants up to 50 percent of the total project cost. Individual grant awards may not exceed \$50,000. Applicants must provide non-federal matching funds for at least 50 percent of the project cost. Of the non-federal matching funds, 50 percent may be from in-kind contributions. Projects may be single or multi-year, not to exceed three years.

Additional information, the request for proposals, and related forms are located on the Kansas Natural Resources Conservation Service Conservation Innovation Grants Web page <http://www.ks.nrcs.usda.gov/programs/cig/index.html> and at Grants.gov.

Moments with Mila

By Mila Bandel



County Health Nurse

once you have it. Talk to your health care professional to see if Zostavax is right for you.

Zostavax may not fully protect everyone who gets the vaccine. You should not get Zostavax if you are allergic to any of its ingredients, including gelatin and neomycin, have a weakened immune system, take high doses of steroids, or are pregnant or plan to become pregnant. Possible side effects include redness, pain, itching, swelling, warmth or bruising at the injection site, as well as headache.

If you are interested in a Zostavax vaccine, please call the Cheyenne County Health Department at 332-2381 or the clinic at 332-2682.

stages. At first you may have a headache or be sensitive to light. You may also feel like you have the flu but not have a fever. Later you may feel itching, tingling, or pain in a certain area. That's where a band, strip, or small area of rash may occur a few days later. The rash turns into clusters of blisters. The blisters fill with fluid and then crust over. It takes 2 to 4 weeks for the blisters to heal, and they may leave scars. Some people only get a mild rash, and some do not get a rash at all.

It's possible that you could also feel dizzy or weak, or you could have a long-term pain or a rash on your face, changes in your vision, changes in how well you can think, or a rash that spreads. If you have any of these problems from shingles, call your medical provider right away.

How is shingles treated?
There is no cure for shingles, but treatment may help you get well sooner and prevent other problems. Call your medical provider as soon as you think you may have shingles. The sooner you

start treatment, the better it works. Treatment may include: anti-viral medicines, sometimes given with steroid medicines, to help you get well sooner and feel less pain. Medicines to help long-term pain. These include antidepressants, pain medicines and skin creams.

Good home care can help you feel better faster. Take care of any skin sores, and keep them clean. Take your medicines as directed, and use over-the-counter pain medicines to relieve pain. Avoid contact with people until the rash heals. While you have shingles, you can spread chickenpox to people who have never had chickenpox. Be extra careful to avoid people with weak immune systems and pregnant women and babies who have never had chickenpox.

Zostavax is used to prevent shingles in adults 60 years of age or older. Once you reach age 60, the sooner you get vaccinated, the better your chances of protecting yourself from shingles. Zostavax is given as a single shot. Zostavax cannot be used to treat shingles

Shingles Health Information

Shingles is a viral infection. It causes pain and often causes a rash on one side of the body, the left or right. The rash appears in a band, a strip, or a small area. Shingles are most common in older adults and people who have weak immune systems because of stress, injury, certain medicines, or other reasons. Most people who get shingles will get better and will not get it again.

What causes shingles?

Shingles occurs when the virus that causes chickenpox starts up again in your body. After you get better from chickenpox, the virus is dormant in your nerve roots. In some people, it stays dormant forever. In others, the virus "wakes up" when disease, stress, or aging weakens the immune system. It is not clear why this happens, but after the virus becomes active again, it can only cause shingles, not chickenpox. You cannot catch shingles from someone else who has shingles.

What are the symptoms?

Shingles symptoms happen in

Plain Sense

From High Plains Mental Health Center

Effective Communications

Effective communication includes getting your message conveyed accurately, as well as being a good listener, both of which involve skills that people can learn as well as improve. First of all, when discussing ideas or feelings, take some time beforehand to organize your thoughts so that you have a clear understanding of the information you want to share. And then present those thoughts in a logical manner, so the other person gets a clear picture of what you want to explain. Don't just assume that the other person already understands.

Encourage an active dialogue by inviting the other person to respond, using questions such as "What do you think?" or "How do you feel about that?" Pick an appropriate time and place so that the other person can

hear and respond without being distracted. If the information is personal for either or both of you, then find a private place for the conversation. Be aware of nonverbal communication as well. A person's tone of voice and body language also convey meaning, and can give a different impression than the verbal message.

Being a good listener is also an important part of effective communication. Too often, we hear only part of what the other person is saying because we are already thinking about our own response. Active listening involves giving your full attention to the person speaking by making eye contact, leaning forward, and acknowledging with short comments or nodding your head. Be non-judgmental; keep your opinions or personal stories to

yourself, or until after the other person has had time to talk about everything they want to share.

Whether communication is written or spoken, or in a group or one-on-one, respecting the feelings and opinions of others is vital, whether you agree or disagree with what is being said. Proper timing, good listening skills, and sometimes a sense of humor are all necessary components of good communication.

Contributed by Karen D. Schueler, MS, LCPC, Director, PEO - Prevention, Education and Outreach Department. Mail questions to: High Plains Mental Health Center, Plain Sense, PEO-Prevention, Education and Outreach Department, 208 East 7th, Hays, KS 67601

Open to the Public

Kansas Cattleman's Association Membership Drive

"A PRODUCER AND CONSUMER GET TOGETHER"

Want to know more about Country of Origin Labeling?

How has feeding cattle been?

Concerned about free or fair trade?

Do you still believe in supply and demand markets?

Is mandatory I.D. coming?

This all ties into how it impacts rural communities, farmers and ranchers. If you want to learn more, come and visit with KCA board members. Look for meetings in your area. Bring a friend!

You do NOT have to be a producer to be a member!

Norton - March 13, 7:00 p.m., Norton 4-H building, 126 Parks St.

Lacrosse - March 16, 7:30 p.m., Lacrosse Sale Barn

Colby - March 17, 7:30 p.m., Colby Community College Student Union Room 106, 1255 S. Range Road

Atwood - March 18, 7:30 p.m., Midwest Energy Community Room 303 Main Street

Saint Francis - March 19, 7:30 p.m., St. Francis Public Library, 121 N. Scott Street

(Use North Door)

Hays - March 20, 7:00 p.m., 1232 240th Ave, KSU Ag. Research Center

Sharon Springs - March 23, 7:30 p.m., Community Activities Building CAB on the Fairgrounds

Leoti - March 30 7:30 p.m., Wichita Co. Business Care Center, 102 W. Broadway (corner of Hwy. 96 & Hwy 25)

Phillipsburg - March 31, 7:30 p.m., KSU extension office 784 6th St. (behind the Chubby Pickle)

Russell - April, 6, 7:30 p.m. - 4-H Building (North Room)

Plainville - April 7, 7:00 p.m. - Plainville Sale Barn

Oberlin - April 8, 7:00 p.m., The Gateway Room 3

FARM MACHINERY Auction

THURSDAY MARCH 26, 2009 10:00 A.M. MDT

WILSON BROTHERS

7 1/2 Miles West of Benkelman on the River Rd

Trucks & Tractors
IHC truck w/manure box; '05 Chevy 3/4T pickup; 5.6 Liter dsl., 1 owner; '96 Dodge Dakota 4x4; '88 Oldsmobile car, 4 dr.; '86 Crown Victoria car, 4 dr.; 966 IHC tractor; '71 Chevy C-50 truck, 16' box, hoist; 8970 NH Genesis tractor, FWA, 260HP; Balzer 802C New Idea Uni system, 3059 hrs., dsl. pwr., air, heat, RWA, row drop hd, PU hd, comb. hd attach., gr. hd & CH; 666 IHC tractor w/ dual ldr. & grpl., 340, hydro, 5848 hrs; L2 Glnr. combine, 22' hdr., shedded, air/heat, field ready; Case gas skid ldr., 3' bkt., new engine., new tires, '80 700 Ford truck, 18' Gr. box, stl. hoist, silage end gate; Glastron SKI box 35HP Evinrude; '84 Semi-trac. Egle, twin service, 13 spd., good; '99 NH LM 430 Teahandler; LM430 AITPM 8 bkt. w/grpl.; 20' Ext., 3676 hrs.; 197 IHC 1486, 7223 hrs.; 12' Angle dzt. htr.; '80 XR7 Mercury Cougar car, Adams rd. grdr., good, hyd., ready to use; LCL 20' car trlr. HD dbl. 6' frame w/ramps; '54 Ford, 1 1/2T truck, fixer; Kenworth truck, Cum. mtr., good; 48' FB trlr., tndm. axle, 5th whl.; Hay Cranks; Hesston 14' swthr., 1265; '05 TA 100A NH tractor, 750 hrs., brought new; '97 8970 NH Genesis tractor, 4897 hrs.; '97 Trailman 24' GN stk. trailer, 16' bumper pull stk. trailer; 2 Honda dirt bikes.
Farm Equipment
774N CH; Frayer 12' tndm. disc; Miller HD 24' tndm. disc; 486 New Idea rd. blr., twin tie, wide belts, shedded; Horse dump rake; MM Sheller; Mayrath 65' btm. drive 6' aug.; Fold Miller disc, 18'; 10' Dirt mover, hyd.; PU fuel trlr.; Trencher, 4' ditcher digs 5' deep, Wisconsin eng.; 10 inside doors, used; Fireplace safety insert pipe chimney; Old 10' Drill; Comb. bin trlr.; Old mtrs.; NH side delivery rake; 3 pt. blade; 1920s Rd. grdr. pull-type; Hay Buster gmdr. parts; JD 7000 plntr., 8R; 30 Joint 6' alum. pipe; 22 Joint 8' alum. pipe; Pipe trlr.; Hess. trlr., 30'; #6161 KR field finisher 24'; PTO Roller Mill model 1800 30' roller; JD 1520 3 pt. drill; 60' 8" Mayrath aug., Pro; JD 55 Comb. parts, good eng.; MM corn sheller; Rhino 7' rot. mwr., 3 pt.; New Idea swing tongue swthr., 14'; 7 Shank close rpr., 3 pt.; Donahue trlr., 26'; NH 275 sq. blr., twin w/accumulator; Lilliston cult., 3R30; Noble, bld., 16'3 swps. w/pickers; Dbl. toolbar; 8R30 HD Buffalo cult.; 24 FK rod w/dogelmann harr.; 170 IHC 8.
Shop Equipment
Port. air comp.; Shop chain hoist; Pump jack w/eng.; 605 Miller wire wldr.; New elec. supp.; outlets; switches, Etc.; Dewalt chain saw; Bear Cat grndr.; Traveling table saw.
Livestock Equipment
LT-20 Bunk tires; feed bunks; port. bldg.; 354-RB Roto-Mix fd. wgn., scales, always shedded; Cattle spryr.; Apache fdr. wgn.; 1150 IHC mxr. gmdr.; 18' Loose hay wgn.; Port. loadin chute; 24 panels; Port. fd. wgn.; Side fdrs.; 300 bu. cheap fdr. on whls.; Hess. #60 Stack mover; fuel tanks w/pumps; 80' wire cattle panels; line fd. bunks for sheep; 5 sheep 20' fd. bunks; Rod fence posts, lots; T-posts, lots; 4-H Trimming chute w/hd. gate; 3 Rnd. bale fdrs.; Trimming chute; Old saddle & bridle; Port. calf scales; Port. wire rlr.; Hpr. wgn.; New Idea manure sprdr.; Hienke roller mill, PTO. Complete water well drilling unit, factory made, all attach., made for lvstk. & domestic development. Complete well pulling tools.
This is one of the very first brick houses in Dundy County - 30x30, two story. Sells at auction, to be removed from property by August 31, 2009. Auctioneers Note: Now that Nelson Wilson relocated near Lincoln, Nebraska. These Brothers are going to liquidate their entire line of farm equipment. Duane and Nason are proof of brothers that have been great partners all their laboring years. Everything goes. Come enjoy a page of History.

TERMS: Cash or good check day of sale. Not responsible for accidents. Not responsible for property after sold. All guarantees between buyer & Seller. Announcements day of sale take precedence over printed material.

For More Information
Call Johnny Walker (308) 340-7173
or Duane Wilson (308) 423-2191
For more pictures go to www.nebraskaauctionservice.com

Nebraska Auction Service
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