

General sign-up deadline for program announced

"People's Gardens" now exist in all 50 states, two U.S. territories, and three foreign countries according to an announcement by Agriculture Secretary Tom Vilsack. Two U.S. Department of Agriculture (USDA) agencies in Kansas, the Natural Resources Conservation Service (NRCS) and Farm Service Agency (FSA), have established four gardens in the first year of the People's Garden initiative. To date, there are over 400 People's Gardens across the country. This is a significant milestone in the People's Garden initiative since Secretary Vilsack broke ground one year ago at the Department of Agriculture headquarters in Washington, D.C.

In Kansas, the People's Gardens include two container vegetable gardens, a native grass display, and a pollinator garden with native plants.

To meet this goal, the Secretary challenged all employees to create a People's Garden at their Department of Agriculture office or in their local communities. The department is partnering with hundreds of organizations at the local level and most of these partners are recipients of the food grown in the gardens. Last year, with only 124 People's Gardens, the Department of Agriculture donated over 34,000 pounds of produce to local charities.

The department's agencies are involved in building these gardens, many of which are maintained through the collaboration of multiple agencies with their communities. The locations of these nu-

merous People's Gardens can be viewed on-line at www.pubinfo.usda.gov/garden via a public map. Information about each garden also can be viewed by clicking on the map markers.

The Department of Agriculture is also collaborating with First Lady Michelle Obama to emphasize the link between gardening and healthy lifestyles, and a key component is educating our youth through the use of gardens. The White House Kitchen Garden and the People's Gardens are an important tool for teaching our children about healthy eating and active lifestyles. These gardens also emphasize community service and civic involvement by donating fresh, healthy, and locally grown vegetables to local food pantries.

Last year, the People's Garden in Washington, D.C. was unveiled and opened to the public as a living exhibit of what USDA does every day. Today, People's Gardens around the country are demonstrating the connections we can make between providing access to nutritious food, while protecting the landscape where that food is grown, serving our communities, and helping those in need. These gardens provide educational opportunities for children and adults about nutrition and sustainability as well as introduce younger generations to agriculture and fresh foods.

Each People's Garden can vary in size and type, but all have a common purpose - to help the community they are in and the environment.

A People's Garden must include the following three components:

- Benefit your community: Gardens benefit communities in many different ways. They can create spaces for leisure or recreation that the public can use, provide a harvest to a local food bank or shelter, be a wildlife friendly landscape, or be a rain garden to absorb storm water run-off and protect the soil from erosion.

- Be collaborative: The garden must be a collaborative effort between other volunteers, neighbors, or organizations within your community. Local partnerships could carry out the mission of a People's Garden.

- Incorporate sustainable practices: The garden should include gardening practices that nurture, maintain, and protect the environment such as:

- Capturing rainwater in rain barrels
 - Composting and mulching
 - Planting native species
 - Encouraging beneficial insects that feed on destructive pests
- More information about The People's Garden initiative can be found at www.usda.gov/peoplesgarden or follow the initiative for real-time updates at twitter.com/peoplesgarden.

Information also is available on the U.S. Department of Agriculture Facebook page at www.facebook.com/USDA and photos are available at www.flickr.com/photos/usdagov.



CANTALOUPE HARVEST — Benny Weber, right, brought in two cantaloupe each weighing 11.5 pounds.

Herald staff photo by Leslie McCormick

Moments With Mila

15 Ways to Keep Cool in the Extreme Heat

By Mila Bandel



County Health Nurse

Alter your pattern of outdoor exercise to take advantage of cooler times (early morning or late evening). If you can't change the time of your workout, scale it down by doing fewer minutes, walking instead of running, or decreasing your level of exertion.

Wear loose-fitting clothing, preferably of a light color. Cotton clothing will keep you cooler than many synthetics.

Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.

Fans help circulate air and make you feel cooler even in an air-conditioned house.

Try storing lotions or cosmetic toners in the refrigerator to use on hot, overtired feet.

Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.

Take frequent baths or showers with cool or tepid water.

Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes.

Use a portable, battery-powered lightweight fan. They even make those that attach to a water bottle that sprays a cooling mist.

If you're wearing a cap or hat, remove it and pour a bit of ice cold water into the hat, then quickly invert it and place on your head.

Avoid caffeine and alcohol as

these will promote dehydration.

Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won't have to cook next to a hot stove.

If you don't have air-conditioning, arrange to spend at least parts of the day in a cooler facility such as a public library, or other public space that is cool.

Finally, use common sense. If the heat is intolerable, stay in-

doors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses. Don't forget that pets also need protection from dehydration and heat-related illnesses too.

Beecher Island News

By Bessie Dent



There were 47 at Sunday school. Logan Willard gave the special number.

Phil Mitchell was a Saturday overnight guest of Phil and Doris Osmus. Mr. and Mrs. John Osmus and Jacob joined them for dinner Sunday.

Judy Shively took Justin Kennedy to Tulsa last Thursday, July 29, to meet Mr. and Mrs. James

Kennedy. Justin had spent some time this summer with his grandparents. Zacky and Austin Bowman returned home with her to visit until Thursday.

Mr. and Mrs. Bill Strangways and Mr. and Mrs. Jim Harms enjoyed lunch in Yuma Sunday.

Cody and Addie Bowman spent Sunday to Wednesday with Mr. and Mrs. Pete Osmus. Noeh, Jake and

Owen Osmus were in and out several times.

Jeanne Jackson, Jake and Raygan, Jill Mansfield and Barxton Scott were weekend guests of Mr. and Mrs. Gary Mansfield.

Mark Mahlberg visited Gwen Shaver Saturday morning.

Kay Knaub visited Nettie May Welton Saturday.

Monday, Aug. 2, Jacque Ekberg and Connie and Karen Willard attended the funeral services of Esther Hanson in Canyon City.

Jeanne Jackson, Jill Mansfield and Barxton Scott were Friday visitors of Mr. and Mrs. Bill Mansfield. Mr. and Mrs. Gary Mansfield and Mr. and Mrs. Monte Mansfield were also visitors of the Mansfields during the week.

Elaine Crider, Betty Rogers and Eunice Weed visited Bessie Dent Wednesday.

Jacque Ekberg visited Nelson Ekberg in Holyoke Tuesday and Friday.

Mr. and Mrs. Clifford Homm visited Bessie Dent Thursday afternoon.

Helping Sylvia Madsen and Malory Rose celebrate their birthdays at 4th and Main were Mr. and Mrs. Kenny Rose and Chynna, Mr. and Mrs. Dallas Madsen and Kinsey, Mr. and Mrs. Dillon Rose and Preston, Eunice Weed and Sylvia Madsen.

Flagler, Colo.; Mr. and Mrs. Larry Confer, Greeley, Colo.; Marlin Houtman, Gladys Cullum, Mr. and Mrs. Dennis Weeden, all of St. Francis; Mr. and Mrs. Gabriel Weeden and Adreanna, Vernett Zuege Gorman, Idell Zuege, and Jason Zuege and Katie Shults, all of Wray; Tom and Norma Clapper, Troutdale, Ore.; Gaylen and Dorothy Weeden, Kanorado; Donita Ogden, Goldsboro, N.C.; Elizabeth Lauren, Lonetree, Colo.; Lois Cunningham, Eunice Byers, both of Myrtle Point, Ore.; Myrna Procter, Chandler, Ariz.; Vickie Schliep, Mr. and Mrs. Melvin Confer, all of St. Francis; Tim Lauren, New Jersey; Donna Zweygardt, Marie Holzwarth and Carol Rogers, all of St. Francis. A potluck dinner and a good time visiting was enjoyed by everyone.

Relatives get together for family reunion

Relatives and friends of the Weeden and Confer families gathered at the Senior Citizens Center in St. Francis on Sunday, Aug. 15, for a reunion.

Those present were Mr. and Mrs. Willard Bowers, Lindon, Colo.; Mr. and Mrs. Les Gockley, and Kevin Gockley, Janese and Jessica, Fort Morgan, Colo.; Mr. and Mrs. Mike Lewallen and C.J., Christina Boll, Cisco Medrano, Mr. and Mrs. Alvis Galden Jr., Margie Jensen, all of Goodland; Mr. and Mrs. Doug Bowers, Woodrow, Colo.; Elaine Kehlbeck, St. Francis; Mr. and Mrs. Gary Hoffman and Ericka, Keenesburg; Kendall Clapper, Salem, Ore.; Mr. and Mrs. Randy Weeden and Jennifer, Lakewood, Colo.; Mr. and Mrs. Elton Weeden, Lakewood, Colo.; Mr. and Mrs. Loy Dolifka,

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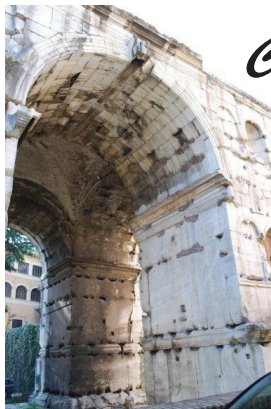


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