

Prevent heart disease

February, American Heart Month, is a good time to know the information provided by the American Heart Association.

Heart disease can be prevented. In fact, research shows that 80 percent of cardiac events in women may be prevented

if they make the right choices for their hearts, involving diet, exercise and abstinence from smoking. You can change by visiting your doctor, getting 30 minutes of exercise daily, quitting smoking and eating healthy.

Groundwater district to meet March 7

The 38th annual meeting of the Northwest Kansas Groundwater Management District No. 4 is scheduled for 1:30 p.m. Thursday, March 7, at the Hoxie Elks Lodge.

If you are interested in groundwater issues, you should mark this date on your calendar and plan on attending. Your local ground-

water district is only as good as the members involved. The basic agenda (business items) includes:

- Approval of the 37th annual meeting minutes.
- Adoption of the 2014 proposed operating budget.
- Presentation of the 2012 annual audit.

Election of four board positions, for Sheridan, Graham, Logan and Gove counties.

In addition there will be a special session for questions and discussion of the Sheridan 6 Local Enhanced Management Area which went into effect Jan. 1 in parts of Sheridan and Thomas

counties and will run through Dec. 31, 2017.

For information, contact the district office at 1175 S. Range in Colby 462-3915, or go to the district's website at www.gmd4.org.



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