

Benefit the land, secure the future

May is American Wetlands Month and was created in 1991 by the Environmental Protection Agency (EPA) and its federal, state, tribal, local, non-profit, and private sector partners to celebrate the vital importance of wetlands to the Nation's ecological, economic, and social health and to educate Americans about the value of wetlands as a natural resource.

The Wetlands Reserve Program became part of the 1995 Farm Bill. Since then the U.S. Department of Agriculture (USDA) Natural Resources Conservation Service (NRCS) has been working with farmers to protect those valuable wetlands by enrolling them into easements.

"Kansas producers have enrolled over 20,000 acres into Wetlands Reserve Program since 1995," said Eric Banks, Natural Resources Conservation Service State Conservationist. "There are still many more that could be enrolled."



WETLAND RESERVE PROGRAM easement can pay for letting farmers' land be what it was intended to be — wetlands.

State Conservationist Banks posed the following questions about wetlands on your land:

Are you tired of spending money

trying to farm cropland that is just too wet most years?

Does your cropland have fish swimming through it due to flooding?

Do you find yourself driving through standing water trying to salvage at least part of your crop?

"If the answer to any of those questions is 'yes,'" said Mr. Banks, "then maybe it is time to consider Wetlands Reserve Program as part of the conservation plan for your farm."

The program is a voluntary restoration program that provides technical and financial assistance

to restore and improve wetland resources on private lands.

A Wetlands Reserve Program easement can pay you for letting your land be what it was intended to be Wetlands!

To find out more about applying for the program call or visit your local U.S. Department of Agriculture Service Center (listed in the telephone book under United States Government or on the Internet at offices.usda.gov) or call the Kansas Natural Resources Conservation Service easement team at 785-823-4548 or visit <http://www.ks.nrcs.usda.gov>".

Club Clip

American Legion Auxiliary

The American Legion Auxiliary met on May 6 at the American Legion Hall in Bird City. There were 10 members and one visitor there.

Members voted to purchase their bingo license again for the coming year, so they plan to have bingo again starting in October.

Carol Marsh talked about making pillows for the soldiers out of used jean material. These pillows are not very big, but they are small enough that the men and women can carry them in their back packs and would help them as they are out in rough terrain of Iraq and Afghanistan.

Memorial Day was discussed. Again this year, the Auxiliary will have coffee and rolls at the Legion Hall for a time of fellowship after the Memorial Day Service at the Cemetery.

Hulda brought a copy of the Dispatch magazine, and this article read, entitled, "Troop Pay Can't Be Threatened." "A narrowly averted government shutdown earlier this month would have caused America's men and women in uniform to go without their paychecks. The American Legion is calling on Congress to ensure that the well-being of servicemen is never again threatened by a budget crisis."

Noting that many critical civilian workers in the federal government, including members of Congress, would have received their full paychecks, during a government shutdown, Foster asked, "What jobs are more critical than those being done in Afghanistan and Iraq, engaging the enemy and protecting our country?"

The American Legion wants Congress to pass a law that will guarantee the timely delivery of full paychecks to active-duty service-members. The Legion received many calls prior to the shutdown from military families, concerned about how they would be affected by pay stoppages.

In the days preceding the threatened shutdown, the Legion stood ready to help military families affected by paycheck delays through its Family Support Network. This program was created during the Persian Gulf War to help service-members' families with special household needs such as child-care, grocery shopping and auto repairs.

To contact the Family Support Network, go on-line to www.legion.org/familysupport or call 1-800-504-4098. Requests from military families for assistance are referred to a local American Legion Post for action."

Hulda also brought an e-mail that she had received on stress -

"A young lady confidently walked around the room while leading and explaining stress management to an audience: with a raised glass of water...and everyone knew she was going to ask the ultimate question, 'half empty or half full?' She fooled them all,"How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 ounce to 20 ounce.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache

in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes." She said, "And that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden-holding stress longer and better each time practiced. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Pick them up tomorrow. Whatever burdens you are carrying now, let them down for a moment. Relax, pick them up later after you've rested. Life is short. Enjoy it and the now "supposed" stress that you've conquered.

- Accept the fact that some days you're the pigeon, and some days you are the statue.

- Always keep your words soft and sweet, just in cast you have to eat them.

- Always read stuff that will make you look good if you die in the middle of it.

- Drive carefully. It's not only cars that can be recalled by their Maker.

- If you can't be kind, at least have the decency to be vague.

- If you lend someone \$20 and never see that person again, it was probably worth it.

- It may be that your sole purpose in life is simply to serve as a warning to others.

- Never buy a car you can't push.

- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

- Nobody cares if you can't dance well. Just get up and dance.

- Since it's the early worm that gets eaten by the bird, sleep late.

- The second mouse gets the cheese.

- When everything is coming your way, you're in the wrong lane.

- Birthdays are good for you. The more you have the longer you live.

- You may be only one person in the world, but you may also be the world to one person.

- Some mistakes are too much fun to make only once.

- You could learn a lot from crayons. Some are sharp, some are pretty, some are dull. Some have weird names and all are different colors. But they all have to live in one box.

- A truly happy person is one who can enjoy the scenery on a detour.

- Have an awesome day and know that someone thought about you today.

- Save the earth...It's the only planet with chocolate."

After the meeting, members enjoyed refreshments prepared by Mary Dorsch. Members plan to have the next meeting on June 3 at 2 p.m. at the American Legion Hall.

Anyone who is eligible to join will be welcome to join members there as they plan projects to help servicemen, serving to keep people free.

Club Clip

Kanred Unit

The Family, Community and Education Unit, Kanred, met on Monday, May 9, at the Lebow Manor. There were three members present: Dorothy Mast, Colleen Catic and Wanda Dowdy.

Those attending discussed decorating the Greisler Cemetery for Memorial Day this year. It was decided that they should meet at Wanda's house on May 27 at 9 a.m. and all could go together to again decorate this cemetery. Members have taken this on as a project for many, many years.

Colleen presented the lesson for today. It was called "Scraps to Treasures." This was a lesson describing what to do with all the cotton scraps that people don't know what to do with. There were suggestions on projects...draft catchers for doors, scrap quilts for children or homeless, table runners, pin cushions, tissue box covers and purses. There were also directions for each of these suggestions. Then members were also told that they could search other fine suggestions for eye pillows, eye glass covers, book covers, rag rugs, quilted cards, fabric bookmarks, tissue holder for your purse. Colleen gave members the name of one website. It is <http://www.tipnut.com/scrapp-happy-fabric-scr/>.

There were also community service ideas:

- Start a "Sewing for Others" group.

- Invite youth groups such as 4-H and scouts to help collect fabrics, sew and stuff.

- Sew baby blankets for

hospitals or other mother-baby programs.

- Sew lap robes for nursing homes.

- Sew quilts for other children's homes or Head Start.

- Sew quilts for Ronald McDonald houses.

- Do a fundraiser by selling draft catchers, table runners, purses, tissue box covers, pin cushions. Use the money for the treasury or buy a sewing machine to use or donate one to the 4-H program or buy batting.

- Teach kids to sew and recycle at the same time.

As Colleen started the lesson she brought articles that she had made out of scraps of materials. One item was a cute purse with many pieces of material sewed together and embellished with old buttons. Another item was a scruff rug that was made with upholstery material on one side and other materials sewed together on the other side. This would be a great rug for everyone to clean their muddy shoes off when coming in from working outside. She brought a pin cushion/sachet that used scraps of material and old buttons and jewelry. These were really great items to get members to think of how they can recycle their pieces of material.

Members plan to have the next meeting on June 6 at the LeBow Manor at 2 p.m., with LeeAnna Windell teaching the lesson, "An Invitation to Dine." Colleen will be the hostess for the day. Anyone wanting to join the members for this lesson are welcome join them.



Promotions

MAY IS BEEF MONTH

We Believe Farming & Beef Production is the Main Stay of Community Prosperity!

Check out the supporters of beef ranchers in this issue



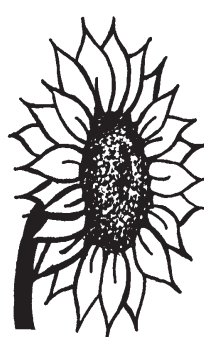
Flag Day

Featuring those famous flags for you to display in your window showing your patriotism

Harvest Countdown IS HERE!!

Guess the date and time of the first load of wheat brought into one of the local elevators!

CHECK ADS IN THIS ISSUE FOR LIST OF PARTICIPATING BUSINESSES.



For more information contact Anita Schmid at:

The Saint Francis Herald

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