

## Sunshine Daycare walks to library for story hour



Sunshine Daycare of Norton spends each day doing many activities and on Thursday they walk to the Library for story hour. Tyler Burge, Staff employee; Katie Koch; Brynna Brown; Taylor Schlegal, volunteer; Kara Frack; Morgan Mapes; Brennen Pfannenstiel and volunteer Chaylee Lowry go hand in hand up the hill for an hour of good stories.

—Telegram photo by Dana Paxton

## Moran urges President to suspend taxpayer assistance

United States Senators Jerry Moran (R-Kan.) and John Boozman (R-Ariz.) recently led 14 senators in expressing concern over the recent reconciliation agreement between the Palestinian Authority (PA) and Hamas - a United States Government Designated Foreign Terrorist Organization - and urging President Obama to halt taxpayer dollars to the Palestinian Authority unless certain conditions are met.

In the letter, the senators wrote "As long as Hamas remains in-

volved in the Palestinian Authority, we cannot imagine how such a coalition can meet the most basic requirements of United States law or the Quartet conditions.

"We therefore urge you to immediately suspend United States taxpayer assistance to the Palestinian Authority unless and until it can be certified that a new government and all its ministers recognize the Jewish State of Israel's right to exist in peace and security, accept and adhere to all previous Israeli-Palestinian

agreements, and renounce all forms of terrorism and anti-Israel violence."

The letter was signed by United States Senators Kelly Ayotte (R-N.H.), John Barrasso (R-Wyo.), Susan Collins (R-Maine), Chuck Grassley (R-Iowa), Dean Heller (R-N.V.), John Hoeven (R-N.D.), James Inhofe (R-Okla.), Johnny Isakson (R-Ga.), Mike Johanns (R-Neb.), Mark Kirk (R-Ill.), Jon Kyl (R-Ariz.), Pat Roberts (R-Kan.), Marco Rubio (R-Fla.), and Roger Wicker (R-Miss.).

## Emergency loans available for natural disaster recovery

Adrian J. Polansky, State Executive Director for United States Department of Agriculture's Farm Service Agency in Kansas, announced recently that the agency is making emergency loans available to help qualified producers recover from production and physical losses due to natural disasters.

Secretarial Disaster Designation S3121 for drought, excessive heat, and high winds on January 1 and continuing made the following primary counties in Northwest Kansas eligible: Ellis, Graham, Phillips and Trego. These contiguous counties in Northwest Kansas are also eligible: Decatur, Rooks, Sheridan and Smith.

Eligible loan funds may be used to restore or replace essential property and pay production costs associated with the disaster year.

Applicants can borrow up to 100 percent of actual production or physical losses not to exceed \$500,000. The current rate for these low interest loans is 3.75 percent.

Producers must meet eligibility requirements and not be able to obtain credit from a commercial lender.

Farm Service Agency will consider each loan application on its own merits, taking into account the extent of losses, security available and repayment ability.

Producers in these counties may also be eligible for 2011 crop-year Supplemental Revenue Assistance Payments.

Supplemental Revenue Assistance Payments is one of five disaster programs included in the Food, Conservation, and Energy Act of 2008 that provides assistance to farmers and ranchers who have suffered losses due to natural disasters.

Signup for 2011 losses will be held in a future year.

Contact the Farm Service Agency office at your local United States' Department of Agriculture Service Center.

## Lowering food cost starts at home

Rising prices are in the news, but the cost of feeding a family also can rise unnecessarily.

"Waste is a key culprit, since, on average, Americans throw away 10 percent or more of the food they buy," said Mary Meek Higgins, Kansas State Research and Extension nutrition specialist.

"Throwing away food is like throwing away money," said Higgins, who cited three main reasons for costly waste: buying more perishable food than can reasonably be used before it spoils, failing to use food on hand or to preserve it for future meals, and plating more food than can be eaten at a meal.

To put that into perspective, a weekly food budget of \$100 adds up to \$5,200 annually. With a 10 percent waste rate, the loss would be \$520.

To reduce food waste in the home and reduce overall food costs, the nutrition specialist recommended:

\* Keep a running grocery list to reduce time and money spent

grocery shopping.

Most who return to a store for one or two items usually add impulse purchases, and the value of time and cost of gasoline also add to the cost.

\* Stock the pantry, refrigerator and freezer with basic foods and ingredients for meals and snacks. Buy just enough perishable foods, and keep non-perishables on hand to use until you shop again.

\* Buy non-perishable items in bulk or on sale at discounted prices.

\* Check upper and lower shelves for lower-priced items, since more costly items often are displayed on middle shelves, within easy reach.

\* Check the unit price (cost-per-serving or per use) before buying. Unit prices are posted above or below the displayed item. The lowest unit price is usually the most economical choice, unless the unit is too large for your family to use before the food spoils.

\* Check the salad bar when wanting only small amounts of perishable ingredients, so as to

buy only the amount needed.

\* Buy fresh fruits and vegetables in season at lower prices, or at farmers markets or roadside stands that offer freshly-harvested foods (smaller potatoes or apples, for example) that may not be available in stores.

\* Watch for sales on more expensive items, and buy extra, if you can, to preserve for future meals.

\* Compare price with coupon vs. store brand or generic to save.

\* Be aware of prices of regularly purchased food and grocery items to know when a sale really is a sale.

\* Invest in washable and reusable food storage and beverage containers, utensils and tableware to reduce cost of disposables.

More information on food, nutrition, health, managing food costs and basic cooking, meal and menu planning is available at local K-State Research and Extension offices and online: www.ksre.ksu.edu/humannutrition and www.rrc.ksu.edu.

# Lieutenant has been promoted to Captain

Colonel Ernest E. Garcia, Superintendent of the Kansas Highway Patrol, has announced that Lieutenant Joseph Bott was promoted to Captain on June 12. As captain, Bott has assumed command of the Patrol's operations on the Kansas Turnpike.

Bott joined the Patrol on July 18, 1984 as a recruit trooper at the Patrol's Training Academy in Salina. Bott's first duty station was in Norton. He transferred to Wichita as a district trooper in August of 1990. Bott transferred to the Kansas Turnpike, with his duty station remaining in Wichita,

on Feb. 18, 1994. In Nov. 1998, Bott was promoted to 2nd lieutenant, serving as a zone supervisor on the Turnpike. He was promoted to lieutenant on the Turnpike, still serving as a zone supervisor in June 2003. In March 2007, Bott took over as the Turnpike's administrative lieutenant.



Joseph Bott

In his service with the Patrol, Bott served as a field training officer in 1990.

Bott is a graduate of Derby High School in Derby. He studied general studies at Cowley County Community College. Bott received a Bachelor's degree in Business Administration from Wichita State University, in Wichita. Bott is active in the First Christian Church in Derby.

His wife is Angela (McKie) Bott, daughter of Barbara and Floyd McKie of Norton.

Congratulations, Joe, on your promotion!

## New traffic laws are in effect

The Kansas Highway Patrol would like to remind motorists of a few new traffic laws that took effect on Friday, July 1.

The most notable change is the increase in speed limit on some multi-lane highways in Kansas. An increase of five miles per hour was approved, increasing the maximum speed limit in Kansas to 75 miles per hour. For a list of the 75 mile per hour zones, go to Kansas Department of Transportation's website at: [http://www.ksdot.org/PDF\\_Files/Kansas-routes-designated-for-75-mph-speed-limit.pdf](http://www.ksdot.org/PDF_Files/Kansas-routes-designated-for-75-mph-speed-limit.pdf).

The new "Dead Red" law allows the driver of a motorcycle or the rider of a bicycle to proceed through a steady red signal, subject to other traffic rules governing right of way, if the red light has failed to change to green within a reasonable period of time because the signal has malfunctioned or has failed to detect the vehicle. The driver or rider must yield the right of way to any vehicle in the intersection or approaching so as not to constitute an immediate hazard, to any pedestrian lawfully within an adjacent crosswalk, and to any other traffic lawfully using the intersection.

The Kansas Highway Patrol Vehicle Identification Number inspection program will benefit due to a new law passed by the legislature this spring. Kansas Statutes Annotated 8-116a amended the inspection fee for Vehicle Identification Number

inspections.

Since the program's inception in 1984, fees had remained untouched at \$10 per vehicle. Beginning on July 1, fees will raise to \$15 per vehicle. Next year, effective July 1, 2012, fees rise to \$20.

For the past year, the Kansas Highway Patrol and other law enforcement agencies have been enforcing the primary seatbelt law.

Beginning July 1, persons violating this law will be fined \$10, an increase from the \$5 citation fee it has been for the past year. There are no court costs assessed for violations of this law.

Another provision of this law is that for persons violating subsection (a)(2) of Kansas Statutes Annotated 8-2503 ("each occupant of a passenger car manufactured with safety belts in compliance with federal motor vehicle safety standard number 208, who is at least 14 years of age but less than 18 years of age, shall have a safety belt properly fastened about such person's body at all times when the passenger car is in motion."), the fine shall be \$60, with no court costs assessed.

Court costs increase effective July 1.

There is a \$22 surcharge added to the \$76 traffic docket fee, bringing the total court costs to \$98. This is a \$4.50 increase from what court costs have been the past year.

## Local business recognized

Natoma Manufacturing of Norton was one of three western Kansas businesses recently recognized by the Western Kansas Rural Economic Development Alliance.

During the second quarterly Alliance meeting on June 15, Natoma was honored with a Business Appreciation award. Members of the organization nominate local businesses and a panel of judges review the applicants to determine a winner in the categories of retail, manufacturing and hospital/non-profit.

"The (Economic Development Alliance), which encompasses 54 counties in western Kansas is pleased to honor these businesses that make our communities great places to live and work," said President Neal Gillespie. "We are proud of these three businesses as well as all the businesses located in western Kansas; they are all making great things happen in our western Kansas economies!"



The Fort Hays State University Kansas Small Business Development Center (KS-BDC) seeks a Business Consultant for the Bird City Outreach Center.

If you value small businesses, enjoy working with the public, and have strong business knowledge & skills, then consider joining the FHSU KSBDC team. The Business Consultant will provide counseling and training to existing and prospective business owners from the Outreach Center in Bird City, in cooperation with the regional center office in Hays. The position requires frequent day travel for on-site business assistance to the northwest counties and occasional overnight travel.

There is tremendous opportunity for personal and professional growth. Final candidate will have consented to and successfully completed a criminal background check. A complete position description can be found at <http://bigcat.fhsu.edu/positions/admin.php>. FHSU is an AA/EEO Employer.

Call Brandi with your  
Society News  
785-877-3361

ANNUAL  
**Christmas In July**

Whispering Pines  
A/L and Retirement

Free Will Donation  
Homemade Ice Cream  
and Cookies

**Saturday, July 16**

From 2:00-3:45 p.m.

Whispering Pines Retirement

1001 W. Highway 36, Norton, Kansas

Kansas Dept. of Aging-Partnership Loan Program-  
Medicaid Approved- NCBS Approved

**Do You Know?  
What We Can Do For You?**

We Do Residential and Commercial Roofing with 20 Years Experience, and Would be Happy to Bid Your Next Exterior Improvement!!

### ROOFING

•Metal •Shingles •Rubber •Residential and Commercial

### OTHER SERVICES AVAILABLE:

•Siding •Windows •Doors •Soffit •Facia  
**We Can Take Care of Your Insurance Claims**

Free Estimates Provided • Locally Owned Business

**4-D Construction, Inc.**  
Residential/Commercial Services  
**"We Do Everything Exterior"**

**785-543-7299**

1440 2nd St., Phillipsburg, KS • Kevin Dunn, Owner