

# Funds available to renovate and restore

Natural Resources Conservation Service State Conservationist Eric B. Banks, Salina, announced the availability of Fiscal Year 2013 funding for Kansas agriculture producers to renovate shelterbelts and restore forested riparian buffers under the Cooperative Conservation Partnership Initiative. Sign-up deadline to be considered for this FY 2013 funding is Feb. 15, 2013. Producers need to contact their local Natural Resources Conservation Service office to sign up.

"Through the Cooperative Conservation Partnership Initiative, the Kansas Forest Service, in partnership with Natural Resources Conservation Service, can address two areas of critical forestry needs renovating shelterbelts and restoring forested riparian buffers in Kansas," said Banks.

"The Cooperative Conservation Partnership Initiative fits nicely into the renovating and restoring efforts," said Larry Biles, Kansas Forest Service State Forester. "Many shelterbelts in Kansas and throughout the central Great Plains are old and are no longer providing the benefits that they used to. This is also true of forests along rivers and streams."

Cooperative Conservation Partnership Initiative provides assistance through the Environmental Quality Incentives Program. In Kansas, socially disadvantaged, limited resource, and beginning farmers and ranchers will receive a higher payment rate for conservation practices related to Cooperative Conservation Partnership Initiative.

Additional information specific to Cooperative Conservation Partnership Initiative projects, or to sign an application, stop by your USDA Service Center and

visit with the Natural Resources Conservation Service staff. The Web site offers information at [www.ks.NaturalResourcesConservationService.usda.gov/programs](http://www.ks.NaturalResourcesConservationService.usda.gov/programs). For more information about other natural resources conservation programs, please contact your local Natural Resources Conservation Service office or conservation district office. The office is located at your local USDA Service Center (listed in the telephone book under United States Government or on the internet at [offices.usda.gov](http://offices.usda.gov)). More information is also available on the Kansas Web site at [www.ks.NaturalResourcesConservationService.usda.gov](http://www.ks.NaturalResourcesConservationService.usda.gov). Follow us on Twitter @NaturalResourcesConservationService\_Kansas. USDA is an equal opportunity provider and employer.

## A dream of freedom...



City of Norton employee, Andrew Knuth has the job of hanging the flags the morning of Martin Luther King, Jr. Day. Remembering the dream he had and all that he fought for.

— Telegram photo by Dana Paxton

# Being aware of stalkers

January is National Stalking Awareness Month, a time to focus on a crime that affects 3.4 million victims a year. This year's theme— "Stalking: Know It. Name It. Stop It."— challenges the nation to fight this dangerous crime by learning more about it.

Stalking is a crime in all 50 states and the District of Columbia, yet many victims and criminal justice professionals underestimate its seriousness and impact. In one of five cases, stalkers use weapons to harm or threaten victims, and stalking is one of the significant risk factors for femicide (homicide of women) in abusive relationships. Victims suffer

anxiety, social dysfunction, and severe depression at much higher rates than the general population, and many lose time from work or have to move as a result of their victimization.

Stalkers fit no standard psychological profile, and many stalkers follow their victims from one jurisdiction to another, making it difficult for authorities to investigate and prosecute their crimes.

For additional resources or to learn more about stalking, visit [www.ksdsv.org](http://www.ksdsv.org), [www.stalkingawarenessmonth.org](http://www.stalkingawarenessmonth.org), or [www.ovv.usdoj.gov](http://www.ovv.usdoj.gov).

# Eisenhower gears up for Jump Rope for Heart

By Joan Bolt  
JRFH Coordinator

Students at Norton's Eisenhower Elementary School are jumping at the chance to fight heart disease and stroke, our nation's No. 1 and No. 3 killers. The 3rd – 6th grade PE Classes are gearing up for the worthwhile program.

Jump Rope for Heart teaches students how physical fitness benefits the heart and shows them that volunteering can be a fun and positive experience for the whole community. The need to educate children about the importance of physical activity couldn't be timelier. According to recent studies about one-third of children ages 2 – 19 are over-

weight and obese.

"By including physical activity into their daily routines, kids can significantly reduce the onset and burden of heart disease," said Joan Bolt. "By raising money through Jump Rope for Heart, we are preventing heart disease and obesity for the next generation of Americans. Kids are literally jumping into a heart healthier life while becoming passionate about raising money for others with sick hearts."

For over 33 years, Jump Rope for Heart has raised more than \$810 million for the fight against heart disease and stroke. Millions of students have jumped rope and learned about heart health and how nu-

trition and physical activity can help prevent heart disease and stroke. Jump Rope for Heart is co-sponsored by the American Heart Association and the Alliance of Health, Physical Education, Recreation and Dance.

"Please help our students help others by making a donation to such a worthwhile cause. This year's Jump Rope for Heart will take place from February 11 through March 1 during PE classes at Eisenhower Gym. The students will be out collecting for donations at that time. Thanks again for supporting the students and the American Heart Association."

# January is named Radon awareness month

January is Radon Action Month according to the Surgeon General. Health agencies throughout the United States have joined forces to promote awareness of the leading cause of lung cancer for non-smokers. The American Lung Association, Centers for Disease Control, and National Cancer Institute all agree that radon is a National health problem and encourage radon testing during the January awareness drive.

Radon is a naturally-occurring, invisible and odorless radioactive gas. One in 15 American homes contains high levels of radon. Millions of Americans are unknowingly

exposed to this dangerous gas. In fact, a recent study by Harvard University ranks radon as America's number one in-home hazard. By taking simple steps to test your home for radon and fix if necessary, this health hazard can be avoided.

Radon gas is not isolated to certain geographical areas or home types. Radon problems have been detected in homes in every county of the U.S. It caused more American fatalities last year than carbon monoxide, fires, and handguns combined. If a home hasn't been tested for radon in the past two years, EPA and the Surgeon General urge you to take action. Contact your state radon office for information

on locating qualified test kits or qualified radon testers.

The federal commitment made by EPA, the General Services Administration, and the departments of Agriculture, Defense, Energy, Health and Human Services, Housing and Urban Development, Interior, and Veterans Affairs will focus efforts on radon reduction and mitigation in homes, especially those of low-income families, many of whom do not have the resources to make the simple fixes necessary to protect their homes and loved ones. Learn more about the Federal Radon Action Plan at [www.RadonPlan.org](http://www.RadonPlan.org).

## JENNINGS NEWS

Christmas Eve guests of Bob and Neoma Tacha were: Roger and Peggy Tacha, Oakley; Dusty Tacha, Pretty Prairie; Royal and Gayle Tacha, Hoxie; Garrett Tacha, Colby; Ashley and Micheal Brown and Aden, Norton. Megan Faris, Manhattan came New Years Day to visit her grandparents, Wayne and Louise Cressler even though the roads were snow packed and icy. She went home on Friday. We really

enjoyed the week with her.

Playing cards at the Senior Center on Wednesday were: Eleanor Morel, Diane Carter, Bob Jones, Carla Latimer, Stan and Ramona Shaw, Wayne and Louise Cressler. Megan Faris worked on a puzzle since she doesn't play pinochle.

The snows the past month have been wet and western Kansas will always welcome the moisture.

City Council will meet Thursday, January 10 at 7:30 p.m. in the senior center.

Robert Papp was called to repair the north door lock on the senior center door on Thursday. Seems it had been tampered with and the cylinder inside the handle was broken. This was on the new door just recently put on the center.

## Rates

(Continued From Page 1)

crusher be set up at the landfill. However, costs would have to be determined before any decisions are made on that.

Whatever happens, he said, the landfill fees need to go up.

The commissioners agreed and passed the requested fee change, which Mr. Miller said will probably go into affect around the first of February, so that users can be notified in advance.

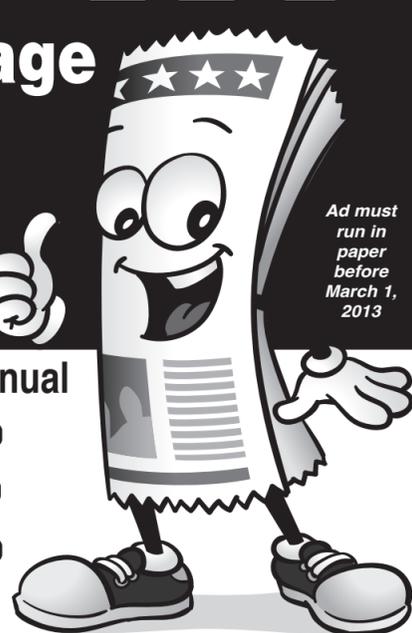
### Landfill fee schedule

	New	Old
Municipal waste (regular trash)	\$75/ton	\$68/ton
Construction and demolition	\$40/ton	\$35/ton
Metal	\$45	\$35
Concrete	\$10/ton	\$0
Freon removal	\$25/item	
Gate fee	\$3	\$0
Tires	\$4-\$45	\$1-up
Pickup and car tires	will be \$4-5,	
pivot sprinkler and small tractor tires	\$10, super singles \$13,	
rear tractor	\$20 and big grader \$45.	

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