

Public hearings scheduled on Sunflower generator permit

Public comments on Sunflower Electric Power Corporation's construction application are being accepted until Aug. 15 and a series of public hearings are scheduled for August.

Sunflower Electric has applied for an air quality construction permit to build an 895-megawatt coal-fired steam generating unit at its generating station located in Holcomb.

The hearings will be at 2 p.m. and 6:30 p.m. on three dates at three separate locations. Monday,

Aug. 2, at Blue Valley Northwest High School in Overland Park; Aug. 4, at the Highway Patrol Training Center Auditorium in Salina; and Thursday, Aug. 5, at 801 Campus Drive in Garden City.

Each hearing will begin at 2 p.m. and continue until everyone has a chance to offer written or verbal comments, but no later than 5 p.m. It will resume at 6:30 p.m. and continue until all comments have been submitted.

The comment period began July

1. All comments should be submitted by e-mail to sunflowercomments@kdheks.gov, or in writing to: Kansas Department of Health and Environment Bureau of Air, Attn.: Sunflower Comments, 1000 S.W. Jackson, Suite 310, Topeka, Kan., 66612-1366 or presented at the hearing.

Information is available online at www.kdheks.gov/bar/index.html or at the department's Northwest District Office, 2301 East 13th St., Hays.

Watershed forester knows value of trees along streams and rivers

The state watershed forester who's just joined the Kansas Forest Service has a pretty good idea of what he's getting into.

William J. "Billy" Beck studied and worked as a professional forester and forest hydrologist in Michigan, Colorado and Illinois.

"My time in Illinois really opened my eyes to the positive relationship between water quality and riparian forests — those long strip forests along riverbanks. But, I also saw the related issues that landowners can have," he said.

Like Kansas, Illinois is an agriculture-intensive state, Beck explained. Many landowners there resisted the idea of planting trees in their property's riparian areas.

"Their concerns were understandable. Trees are large, fairly permanent organisms, and they can take extremely fertile land out of production. That's not to mention those overhanging tree branches that can bang on combine cabs!" he said.

In time, however, Beck found that most Illinois landowners were simply "unaware of the vast environmental and economic benefits" that riparian forests provide. Those benefits are the same ones he'll now be working to support in Kansas, because riparian trees:

- Stabilize streambanks — even through flooding;
- Reduce runoff and promote rainfall infiltration into the soil and down to the groundwater supply;

- Trap and store runoff-carried pollutants;
- Provide wildlife habitat; and
- Act as a sustainable income source via timber harvests, specialty forestry products, hunting leases, etc.

The first three benefits also help keep sediment and other pollutants out of natural water sources, Beck said. That can be vital to any state, especially one in the High Plains or desert Southwest.

So, his primary goal as Kansas' watershed forester will be to foster the establishment, management and protection of riparian forests in the state's varied watersheds.

"It's like a domino effect. The water you protect in a watershed's streams feeds into the state's rivers, lakes and reservoirs. Eventually, it becomes the water we drink," the forester said.

The Kansas Forest Service has no laws or regulations to enforce. It works for change by providing information, technical help, training, analyses and professional plans. When possible, it also loans out specialized equipment, offers low-cost tree seedlings and/or connects landowners to programs with cost-share funds.

Beck said the Kansas Forest Service maintains a riparian forestry section on the Web at www.kansas-forests.org. He's available by e-mail (wjbeck@k-state.edu) to answer any questions the section doesn't address.

Step-by-step tips take guesswork out of grilling vegetables for meals

Adding vegetables to the grill is one way to keep heat out of the kitchen. Doing so also allows the cook to be outside with family and friends.

"Fresh asparagus, mushrooms, bell peppers, tomatoes, onions, squash, eggplant and corn-on-the-cob are good candidates for the grill," said Sandy Procter, Kansas State University Research and Extension nutrition specialist.

Grilling vegetables is an easy way to bring out natural flavors, said Procter, who provided tips for cooking vegetables on the grill:

- Start with a clean grill.
- Scrub vegetables before cutting or slicing them uniformly. Pieces should be large enough not to fall through the grill and similar in size, so all will cook in about the same time.
- Pre-soak vegetables in cold water for 10-15 minutes before

grilling to help retain moisture, and/or brush the surface of vegetables lightly with olive oil (before grilling) to help seal in moisture, protect skin and add sheen.

• Use tongs or spatula, rather than a fork, which can allow juices to escape, to turn vegetables. Utensils used to grill vegetables should be reserved for that purpose and not used to turn other raw or cooked foods.

• If using a foil packet to grill vegetables, use heavy duty foil or a grill pan.

• Place vegetables to the side of the grill — not over direct heat. Most will be tender and lightly browned in 12-15 minutes.

If a marinade is preferred, Procter suggested blending one-half cup olive oil with one-fourth cup red wine vinegar. If marinating kabobs, thread the meat and prepared vegetables on skewers

before brushing with marinade; allow marinated kabobs to stand 15 minutes before grilling.

If meats and vegetables are to be grilled separately, cover and marinate separately in the refrigerator; marinade used on raw foods should be discarded, rather than eaten.

Oil-based salad dressings such as Italian dressing can be used as a marinade. Be creative: Wrap a steak or chop in a strip of zucchini, rather than strip of bacon, or add grilled asparagus to a summer soup or veggie pizza.

Procter is Kansas' Coordinator of the United States Department of Agriculture's Expanded Food and Nutrition Education Program. More tips are available at www.ksre.ksu.edu; www.ksre.ksu.edu/humannutrition/ and www.rrc.ksu.edu.

Bike helmet use could prevent head injuries

Families are enjoying the outdoors on their bikes. While inflating the tires and checking the brakes are important, a helmet is essential. Parents, caregivers and children should use their helmet each time they ride their bike, no matter how long or short the distance traveled.

Each year, about 135 children die from bicycle-related injuries. Helmets can reduce the risk of severe brain injuries by 88 percent, but only 15 to 25 percent of children 14 and under usually wear a bicycle helmet.

"A bike helmet is essential safety gear," says Cherie Sage, director for Safe Kids Kansas. "Helmets could prevent an estimated 75 percent of fatal head injuries and up to 45,000 head injuries to children who ride bikes each year."

Sometimes children believe they don't need to wear helmets near home. Unfortunately, about 53 percent of vehicle-related bike deaths occur on residential streets. "Teach kids to obey traffic signs and the rules of the road. Kids should not ride without supervision until they have demonstrated they always follow the rules," says Sage.

A helmet should be labeled to indicate that it meets the standards set by the U.S. Consumer Product Safety Commission.

Safe Kids also reminds parents and caregivers:

1. Make sure the helmet fits and your kid knows how to put it on correctly. A helmet should sit on top of the head in a level position, and should not rock forward and backward or side to side. The straps must be buckled, but not too tightly. They recommend the "Eyes, Ears and Mouth" test:

• **Eyes:** position the helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be one to two finger-widths above the eyebrows.

• **Ears:** Make sure the straps of the helmet form a "V" under your ears. The strap should be snug but comfortable.

• **Mouth:** Open your mouth as wide as you can. Do you feel the helmet hug your head? If not, tighten straps and make sure the buckle is flat against your skin.

2. Make sure the bike is the right size, with about one inch of clearance between the frame and the groin when the child's feet are flat on the ground. Also, make sure it is in good repair: secure reflectors, working brakes, gears shift and tires are tightly secured and properly inflated.

3. Remember, bike helmets are for biking. Kids should not wear bike helmets on the playground, where straps can get caught and cause injury, or for skiing or football.

4. Model and teach proper bicyclist behavior. Ride on the right side of the road with traffic, not against it. Stay as far to the right as possible. Use hand signals and respect traffic signals, stopping at all stop signs and stop lights.

5. When in doubt, get help. The staff at any bicycle or outdoor recreation store should be able to provide advice on fitting and adjusting bikes and helmets.

The single most effective safety device available to reduce head injury and death from bicycle crashes is a helmet. For information, call (785) 296-0351 or visit www.safekids.org.

Speeding police caught on red light cameras

CEDAR RAPIDS, Iowa (AP) — Traffic cameras have snapped 26 local patrol cars speeding and running red lights in this eastern Iowa city.

Police Chief Greg Graham says 15 officers have been issued let-

ters of discipline because they didn't have their patrol car's lights and sirens on when they were speeding to a call.

He says five were not violations and that the remaining 15 instances are under review.

Cedar Rapids police have notified Marion police and the Linn County sheriff's office of possible violations by their officers and are investigating infractions by city buses and a garbage truck.

LOCAL TV LISTINGS

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Sunday Evening											July 4, 2010	
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
KAKE/ABC	Extreme Makeover	Scoundrels			The Gates		Local					
KBSL/CBS	I Get That a Lot	Cold Case			Boston Pops		Local					
KSNK/NBC	Dateline NBC	July Fireworks			Law Order: CI		Local			Dateline NBC		
KSAS/FOX	Simpsons	Cleveland	Fam. Guy	Fam. Guy	Local							
Cable Channels												
A & E	Criminal Minds	Criminal Minds	Criminal Minds				CSI: Miami		Criminal Minds			
AMC	The Cowboys						The Shootist					
ANIM	Life	Life		Life			Life		Life			
BRAVO	Law Order: CI	Law Order: CI			Law Order: CI		Housewives/NJ		Law Order: CI			
CMT	Cannonball Run II						Cannonball Run II					
CNN	State of the Union	Larry King Live			Newsroom		State of the Union		Larry King Live			
COMEDY	Iglesias	Sinbad: Where U Been?			Lewis Black		Lisa Lampanelli		Artie Lange			
DISC	Deadliest Catch	Deadliest Catch			Deadliest Catch		Deadliest Catch		Deadliest Catch			
DISN	Jonas L.A	Jonas L.A	Freaky Friday				Wizards	Hannah	Suite	So Raven		
E!	Evan Almighty				Miami	Holly's W	The Soup	Chelsea	Miami	Holly's W		
ESPN	MLB Baseball						SportsCenter			SportsCtr		
ESPN2	Poker	World Series		World Series		World Series		World Series		Poker		
FAM	Grease		Grease						J. Osteen	Ed Young		
FOOD	Food Network Star	Chopped			Iron Chef America		Cupcake Wars		Chopped			
FX	Spider-Man 3	21					Louie	Louie	Rescue Me			
HGTV	Holmes on Homes	Design Star			Design Star		Design Star		Design Star			
HIST	Top Shot	Top Shot			Top Shot		Top Shot		Top Shot			
LIFE	Behind the Headlines	Drop Dead Diva			Army Wives		Drop Dead Diva		Army Wives			
MTV	Library	Library	Berger	Franked	The Real World		True Life		True Life			
NICK	Victorou	Jackson	News	Chris	Lopez	Lopez	Malcolm	Malcolm	The Nanny	The Nanny		
SCI	Greatest-Hero	Greatest-Hero			Greatest-Hero		Greatest-Hero		Greatest-Hero			
SPIKE	Star Wars IV	Star Wars V							Star Wars VI: Return			
TBS	Starksy & Hutch				Starksy & Hutch							
TCM	Bye Bye Birdie				Oklahoma!				General			
TLC	Police Women	Police Women			Police Women		Police Women		Police Women			
TNT	U.S. Marshals	Leverage			Leverage		Leverage		Leverage			
TOON	Unnatural History	Unnatural History	King/Hill	Fam. Guy	Fam. Guy	Boondocks	Squid	Franken.				
TRAV	Ghost Adventures	Ghost Adventures			Ghost Adventures		Ghost Adventures		Ghost Adventures			
TV LAND	M*A*S*H 30th		Raymond	Raymond			Raymond	Raymond	Roseanne	Roseanne		
USA	NCIS	NCIS			NCIS		Law Order: CI		NCIS			
VH1	Behind the Music	Behind the Music	Behind the Music		Behind the Music		Behind the Music		Behind the Music			
WGN	Goonies	Batman					Beetlejuice					
Premium Channels												
HBO	All About Steve	True Blood			True Blood		True Blood		Hung	Entourage		
MAX	Taking Woodstock				Men in Black II				Naked Lust			
SHOW	The Real L Word	Dexter			The Real L Word		The Real L Word	Teller	Green			

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Monday Evening											July 12, 2010	
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
KAKE/ABC	The Bachelorette				True Beauty		Local	Nightline	Jimmy Kimmel Live			
KBSL/CBS	How I Met Rules	Two Men	Big Bang		CSI: Miami		Local	Late Show Letterman	Late Late			
KSNK/NBC	Last Comic Standing	Last Comic Standing			Persons Unknown		Local	Tonight Show w/Leno	Late			
KSAS/FOX	Lie to Me		The Good Guys		Local							
Cable Channels												
A & E	Intervention	Intervention			Obsessed		The Glades		Intervention			
AMC	Mad Men	Mad Men			Mad Men		Mad Men		Mad Men			
ANIM	Last Chance Highway	Monsters Inside Me			Last American Cowboy		Monsters Inside Me		Last American Cowboy			
BRAVO	Housewives/NJ	Housewives/NJ			Housewives/NJ		Happens	Housewives/NJ	Happens			
CMT	Strictest Parents	Strictest Parents			In the Army Now				Smarter			
CNN	Campbell Brown	Larry King Live			Anderson Cooper 360				Larry King Live			
COMEDY	RENO 911! RENO 911!	Sunny	Sunny	Sunny	Sunny	Daily	Colbert	Tosh.0	Futurama			
DISC	Ulti. Car Build-Off	Ulti. Car Build-Off			Heartland Thunder		Ulti. Car Build-Off		Ulti. Car Build-Off			
DISN	Ratatouille		Phineas	Hannah	Wizards	Deck	Suite	So Raven				
E!	Miami	Miami	Holly's W	Holly's W	Kimora: Fab Lane		Chelsea	E! News	Chelsea	The Soup		
ESPN	MLB Baseball				Softball		SportsCenter		Baseball Tonight			
ESPN2	World Cup Primetime						World Series		NFL Live	Nation		
FAM	Secret-Teen	Huge			Make It or Break It		The 700 Club		Whose?	Whose?		
FOOD	Candy	Candy	The Best	The Best	Diners	Diners	Good Eats	Unwrapped	The Best	The Best		
FX	Man on Fire								Death Sentence			
HGTV	Property	Property	House	My First	House	House	Selling N	First	House	My First		
HIST	Pawn	Pawn	American Pickers		Pawn	Pawn	American Pickers		Pawn	Pawn		
LIFE	Reba	Reba	Speak				Will	Will	Frasier	Medium		
MTV	Joe Dirt	Fantasy	Fantasy	Berger	Warren th		Fantasy	Joe Dirt				
NICK	Big Time 7 Secrets	Chris	Chris	Lopez	Lopez		The Nanny	The Nanny	The Nanny	The Nanny		
SCI	Jeepers Creepers	Final Destination 2					Requiem	Requiem	Gundam	Gundam		
SPIKE	Entourage	Entourage	Gone Baby Gone				MANswers		Knockout	Sports		
TBS	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Neighbors	Fam. Guy	Lopez Tonight		Neighbors	Name Earl		
TCM	Roman Holiday				Valley-Decision				Spellbound			
TLC	Cake Boss	Cake Boss	Cake Boss	Cake Boss	Inedible	Inedible	Cake Boss	Cake Boss	Cake Boss	Cake Boss		
TNT	The Closer	The Closer			Rizzoli & Isles		The Closer		Rizzoli & Isles			
TOON	Adventure Flapjack	Chowder	6TEEN		King/Hill	King/Hill	Fam. Guy	Fam. Guy	Chicken	Aqua Teen		
TRAV	Samantha-Asia	Anthony Bourdain			Bourdain		The Human Journey		Samantha-Asia			
TV LAND	Cosby	Cosby	Raymond	Raymond	The Naked Gun				Roseanne	Roseanne		
USA	NCIS	WWE Monday Night RAW					White Collar		Burn Notice			
VH1	Ochocinco: Ult	You're Cut Off			Behind the Music		You're Cut Off		Ochocinco: Ult			
WGN	Funniest Home Videos	Funniest Home Videos			WGN News at Nine		Scrubs	Scrubs	South PK	South PK		
Premium Channels												
HBO	Fast & Furious	A Small Act										