

Thrift store needs bears for Alaskan missionary



Connie Cooper and Sandy Vant Leven, workers at the Goodland Churches Thrift Store, signed a card to go with a shipment of teddy bears with a heart for an Alaskan missionary. The bears need to be no larger than 12 inches tall with a heart having no

mention of Valentines, said store manager Jo Simmons. They need to be washed, dried twice and allowed to air dry for two to three days. Simmons said the store is collecting money to pay for postage. Call 899-2007 for information.

Photo by Pat Schiefen/The Goodland Star-News

Wet fields may delay topdressing wheat

Farmers planning to topdress nitrogen on their wheat this spring may have to wait longer than they'd like for fields to dry out enough to make the application.



jeanne falk

• agron notes

This could mean that the nitrogen will go on later than usual. How late can farmers topdress their wheat and still get a yield benefit?

In almost all situations, nitrogen has to be in the root zone of wheat by the jointing stage to have a significant effect on yields. After that stage, additional nitrogen generally has less yield benefit.

Nitrogen surface-applied just prior to or at jointing has less chance of moving into the root zone, unless we have timely rains. In addition, the amount of yield benefit depends on the nitrogen already present in the soil.

A study conducted at the North Central Experiment Field in Belleville demonstrates a typical response to nitrogen timing. The study included broadcast nitrogen applied in the fall, early spring, at jointing, at flag leaf and a few split applications.

When 80 pounds of nitrogen was applied in early spring, the yield was 91 bushels per acre. In contrast, 80 pounds of nitrogen applied at jointing was 68 bushels per acre and

at flag leaf was 54 bushels per acre. The yield where there was no nitrogen applied was 46 bushels per acre.

The treatment of 80 pounds per acre nitrogen resulted in wheat yields of about 90 bushels per acre, whether it was applied all in the fall, split between fall and early spring or all in early spring.

In each of these years, there was enough moisture after the early spring applications to move the nitrogen into the root zone of wheat.

The wheat in these tests was not severely deficient in nitrogen at the time of the applications made at jointing or flag leaf. If that had been the case, there could have been more of a yield benefit from the flag leaf application of nitrogen.

A sheet with the full results from this study is available in the extension office. It addresses some of the additional concerns with topdressing wheat this year.

Jeanne Falk is an area crop production and economics specialist for Sherman, Cheyenne and Wallace counties with Kansas State University Research and Extension.

lincoln larks news

Those who didn't attend the Lincoln Larks Family, Community, Education Club meeting missed a good lesson by Melinda Daily on Men's Health.

It was Monday, Feb. 26, in the assembly room at the courthouse. Three members attended.

Osteoporosis affects 12 million men in the United States, Daily said. Men can keep strong bones by walking, jogging, climbing stairs and lifting weights, she said, and by taking Vitamin D and spending 15 minutes in the sun and getting enough calcium.

To reduce bone loss, she said, quit smoking and don't drink alcohol.

After skin cancer, she said, prostate cancer is the most common type in men. For foods that help reduce cancer, Daily said, eat more fruits and vegetables. Pick strong-flavored foods, such as onions, garlic,

scallions and leeks.

Eat three or more cups of cooked dry beans each week, she said, and eat tomatoes. Omega-3 fats and vitamins B6 and B12 help with depression and stress.

Gout is a common disease for men, Daily said, so drink eight to 12 cups of water a day. If overweight, she said, lose 10 pounds. There is also medicine for gout, she said.

One of the most important things is to get a physical. In closing, Daily advised men, "as you press on toward your goals, consider making time to protect your own health. Your family and friends depend on you. Live strong, long and well."

Daily said she would be glad to give the program to other groups. Contact her by e-mail, mdaily@ksu.edu, or call the Sunflower Extension District at 890-4880.

Submitted by Arbutus Topliff.

Report covers two years of murdered women

In October 2006 the Kansas Coalition Against Sexual and Domestic Violence published a report titled, "Beyond Statistics: Murdered Women in Kansas."

The report referred to murders and attempted murders found in media reports that occurred between August 2004 and August 2006.

Almost without exception, those who commit violence against women repeat their crime over and over again. Women have been the target of violence since time began, and it is difficult for me to see why society continues to tolerate cowards who exert physical and emotional power over those least able to defend themselves.

The only explanation I can think of is that there is a lack of public awareness as to the horror experienced by women who are the victims of sexual and domestic violence.



bob stephan

• domestic violence

lence.

The coalition's report cites 40 cases of murder and attempted murder, and although I only cite two of them, all concerned citizens should review the entire report on the coalition's web site at www.kcsdv.org.

**Allen County, April 26, 2006
Briawna, 19**

"Briawna was found dead by firefighters on a burning mattress in her smoke-filled apartment. Her boyfriend is in jail on charges that include first degree murder, rape and arson.

"Her friend who was at the apart-

ment during the attack was forced into a closet but later escaped and contacted the police.

"The murder happened the day after Briawna's boyfriend brought their son back to her after leaving the state, two weeks after he was supposed to have returned him.

"The night of her death, Briawna had her son sleep at her mother's house because she worried her boyfriend would come and take her son away again. Briawna was planning to enter college in the fall."

**Johnson County, March 19, 2006
Harchand, 69**

"Harchand was strangled to death by her husband in their home. The district attorney said that the killing appeared to be a domestic violence

murder and confirmed that police had been to the home in the past.

"A judge ordered more testing of the husband's mental competency at Larned State Hospital after results from a local agency proved inconclusive. The results of the hospital's evaluation were unknown at press time."

As many as 31 percent of American women report being physically or sexually abused by a husband or boyfriend at some point in their lives.

The primary focus of the coalition and its member programs is to provide safety and support to the victims of these crimes. A network of programs that reach throughout the state unite to work to end sexual and domestic violence whenever it occurs.

Bob Stephan is the chair of Gov. Kathleen Sebelius' Domestic Violence Fatality Review Board.

vehicles | jewelry
at auction

Thursday, March 8 - 5:00pm
701 Enoch Ln - Manhattan, Kan.

20+ vehicles, jewelry and more

purplewave.com 



NOTICE OF OWNERS OF TAXABLE PERSONAL PROPERTY

All owners of taxable personal property (including boats, mobile homes, campers, SNOWMOBILES, golf carts, trucks, non-highway vehicles airplanes, etc.) MUST come to the appraiser's office to report ownership of such property. ALL Personal Property MUST be listed by March 15. Any questions concerning personal property items call 890-4825 Sherman County Appraiser's Office.

WE NOW PRORATE WATERCRAFT.

Owner of record is to notify the County Appraiser within 30 days of the acquisition or sale.

REAL ESTATE IMPROVEMENTS OR STRUCTURAL CHANGES TO BUILDINGS MUST ALSO BE REPORTED BEFORE THE DEADLINE

Gifts from the Hearts of Goodland, Kan. Good Land, Good People, Good Hearts

Goodland, We Need Your Help!

Please donate good, clean stuffed animals with a heart(s) attached to the toy design to Goodland Churches Thrift Shop, Inc., 1218 Main.

These toys will be sent to an Alaskan missionary. They deliver them to children in remote communities who are in need of something to hold onto.

Items to be shipped March 15, 2007.

Stuff toys must be no larger than one foot high. They can have writing on them, but nothing with Valentine in the wording. The toys must be washed, dried twice and then allowed to air-dry for two to three days. We must be sure there will be no mold or mildew in the toys once they are packed. Monetary donations will also be taken to help with the postage charge. Please call (785) 899-2007 for more information.

Come in and sign the card that will be sent along with the toys!

Need a Ride?

Call General Public Transportation Bus Services are available within the City limits of Goodland, Kansas

To schedule a ride call:

Monday thru Friday
9:00 am to 3:00 pm MST
785-899-5082

Donations are accepted
Handicap Accessible

"Project Funded in part by the KDOT Public Transit Program"

Taste of Home
cookbooks
available!
Call 899-2338.

L & C Home Health Agency, Inc.

Lisa M. Bice, RN
Administrator
(785) 465-7444



Amy Breininger, RN
(785) 465-7444

Providing Quality Home Health Care to the residents of NW Kansas

Serving Thomas, Sherman, Sheridan, Rawlins
Wallace, Logan, Decatur, Grahm & Gove Counties

Medicare Certified

"Where Love and Care Come First"

BCBS Provider

MARCH IS SHOCK MONTH
Buy 3 Shocks
Get 4th Free



Carquest & Frontier Ag Shop
W Hwy 24, Goodland, Kan.
899-3505



Internet tonight! 899-2338.