

Dry weather hurts the trees

The effects of the extreme dry conditions that have affected areas in northwest Kansas are showing up in many windbreaks. The lack of adequate rainfall these past few years has put windbreak trees under severe stress.

When trees are under stress due to drought, hail or wind damage, root injury, or old age, they are more susceptible to insect and disease attacks.

Trees have natural defenses to ward off insect and diseases. For example, when larvae of a boring insect attacks a healthy tree the tree's sap flow can drown the larvae or wash it out of the tree.

Trees under stress have reduced defenses. Drought stricken trees have limited sap and do not have the capability to defend against insects. Most boring insects are considered secondary invaders. There has to be something else wrong with the tree in order for them to build up to a population that can kill a tree. Usually drought or other stresses causes decline in the general health of the tree.

This is what we are seeing with the cedar trees in many windbreaks.

The cedars are under drought stress and their natural defenses are low. A boring insect is attacking the trees and causing their death. The best method of controlling this borer is to get the trees healthy again and to remove and destroy dead and dying trees in the windbreak.

Removing dead and dying trees will help reduce the borer population. Irrigating the windbreak is probably the most beneficial practice against this borer.

Controlling borers with chemicals can be difficult and is not very effective. Two problems must be overcome before the chemical

Views with Van Keith VanSike, Norton County Extension Director

treatment can be effective.

Total coverage of the trunk and major branches must occur. Also, the chemical must be applied before the newly hatched larvae have time to bore into the tree.

Removing dead and dying trees, providing extra soil moisture where feasible and in a case where there are just a few trees affected, perhaps chemical treatment are about the only options.

K-State Research and Extension Forestry offers low cost seedlings and it's now taking orders. There are a variety of bare-root or container shrubs, evergreens and deciduous trees available.

There are also bundles available for habitat conservation, wildlife use and conservation around homes and farmlands. The orders are usually shipped in late March depending upon weather. Now is the time to order the seedlings you may need. Contact the Norton County K-State Research and Extension office at 877-5755.



Jon Lofgreen (left) was one of more than 150 people who served doughnuts, coffee and sloppy joes during CarQuest's annual filter sale and customer appreciation day Thursday. Beverly Posson (center) and Bob Underwood, kept things moving through the serving line.

— Telegram photo by Carolyn Plotts

Club learns about the benefits of crock pots, slow cookers

Ella Mae Schulze hosted the North Dividers Family and Community Education unit at the Feb. 20 meeting at the Norton County 4-H Building.

Ten members answered roll call by sharing ways they use their crock pots or slow cookers.

Betty Harper reported that

plans are being made for the district meeting that will be held in Norton on May 3. Units from Sheridan, Gove, Decatur and Norton counties will be attending.

The North Dividers will be serving at the annual Andbe Home board meeting on March 11.

Betty Harper presented the les-

son "Slow Cooker Cooking". She explained the advantages of slow cooking like mingling the flavors; tenderizing tougher cuts of meat; and lessening the chances of scorching the food.

A slow cooker is also convenient as it can be left unattended all day. Mrs. Harper told members

that spices are best added during the last hours of cooking because they tend to lose flavor if cooked with the rest of the ingredients.

Crock pot desserts of triple chocolate mess and streusel pound cake were served for refreshments.

The hostess gift was drawn by

Betty Harper.

The next meeting will be at Town and Country Kitchen on March 19 with Lois Krauss acting as hostess.

Still time to sign up for walk

Home ed **Tranda Watts, Extension specialist**



The deadline for the initial sign up for Walk Kansas t-shirts has now passed. However, this does not prohibit teams from signing up for Walk Kansas.

Team registrations will continue until Friday, March 12 this year. The early dead line was set up to eliminate more than one order for t-shirts, which is all that will be done this year.

If you and a team of five other people have not signed up to Walk Kansas this year, please contact your local County Extension Office to get your captain's packet and team and individual registration forms. The goal this year is to have more teams than last year. For Decatur County, this would be more than 8 teams, for Gove County - more than 30 teams, for Norton County - more than 21 teams, for Sheridan County - more than 14 teams, and for Trego County - more than 21 teams. To do this, it is important that you register now.

Are you wondering what the benefits of participating in Walk Kansas might be to you? Consider the following: Adults who walk are likely to lead longer, healthier lives. Walking has been shown to deter several kinds of cancer, heart disease, high blood pressure, type 2 diabetes, congestive heart failure, glaucoma, osteoporosis and even gallstones. Physical activity also promotes better sleep and boosts memory. Walking 30 minutes a day five days a week may be all that's needed for some people to reduce health risks significantly.

Please call the Extension Office to get started in the Walk Kansas program this year. If you have further questions please feel free to call your local County Extension Office, or e-mail me at twatts@oznet.ksu.edu.

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