

# Expo set for Friday

Do you have questions about aging? Do you work with seniors? Not sure about health or legal issues? These are all questions that you could find out the answers at the upcoming "Full Circle...An Aging Expo on Friday, April 23 from 9:30 a.m. to 3:30 p.m. at the United Methodist Church in Colby.

This conference is sponsored by K-State Research and Extension, NW Area and the Northwest Kansas Area Agency on Aging.

There will be a meal served by the Sunflower Kitchen Bakery in Colby at the conference with a variety of homemade pies for dessert.

There will be four different sessions during the conference on several topics including: Elder Law, Vitamin D, Mind Aerobics, Wolf in Sheep's Clothing, Extra Help, Enjoying Beautiful Sight-Eye Health, When a Loved One Passes, Drug Interaction, Mind/body Exercises and Affordable Travel.

Our keynote speaker for this conference is Dr. Tana Goering, M.D., KSN TV personality. She will discuss how to determine when it is time to take someone to the doctor - when a pain is not just a pain and how to manage that pain. She will also include vital information to be taken along to your doctor's visit.

I would like to highlight a couple of the session options for this conference. Are you wondering what

the session on, "Wolf in Sheep's Clothing" might be about? This session will be given by Beth Victor on wanting to make an investment. What should you know? The fact is seniors are targets for fraud and learn how to avoid being a victim and to protect your interests.

What about the session on Mind Aerobics? This session will be presented by Kathy Sikes, Alzheimer's Association on simple steps to show everyone how to keep minds sharp. It may not prevent Alzheimer's, but it can't hurt!

Another program that might be of interest is the session on Affordable Kansas Travel, presented by Jennifer Haugh, from the Travel/Tourism, Kansas Department of Commerce. Do you know what options you have in Kansas to go visit. There are lots! This session will give you ideas for close and affordable trips around Kansas.

Don't forget to mark your calendars and pre-register for this conference. For more information you can call your local K-State Research and Extension office or go to [www.northwest.ksu.edu](http://www.northwest.ksu.edu) and click on "Full Circle Brochure" or contact the Northwest Area K-State Research and Extension Office at 785-462-6281. Registration fees cover snacks, lunch, speaker fees and program materials.



ST. FRANCIS CUB SCOUTS met at the Cheyenne County Airport with Robert Grace, left. They were fascinated about the planes and had a close look at the control panels. They also had many questions for Mr. Grace to answer.



SATURDAY IN THE PARK Car Show, held in St. Francis on May 8, will have a number of great prizes in celebration of the 10th year. Check out the prizes in Bankwest and First National Bank and don't miss the show on St. Francis' Main Street.

## Good soil is best gift for plants

The best gift to give all landscape and garden plants is good soil.

"A wise gardener used to tell me, 'Grow the roots, and the top will take care of itself.' I've found there's a lot of truth in that," said Amy Jordan, horticulturist with Kansas State University Research and Extension.

Other factors can also have a big impact on plant success, Jordan noted. Major ones include wind, hail, pests, flooding, drought, growing days, temperatures, and sunlight (hours and intensity).

"Plants vary widely in sensitivity to environmental factors. That's why gardeners are more likely to do well when they use native or native-like plants," she said. "It's also why regional landscapes tend to develop their own 'look.' A typical Arizona landscape won't look like a typical yard for California, Kansas, Michigan or Georgia."

If plants are sited in the right

location for them, however, the factors that determine whether they thrive typically come down to soil, Jordan said. This includes the soil's pH, nutrients, texture and water-handling ability.

K-State horticulturists advise getting soil tested now - well ahead of springtime planting and lawn work. It's also a good way to avoid the results-delaying rush that soil testing labs get in spring.

"Soil isn't static. Plants and runoff can remove nutrients. Moisture content can range widely. The fertilizers and mulches we use have an impact," Jordan said. "That's why soil testing every three to five years is so important."

Test results are the only way to know if the soil for certain plants needs a pH adjustment. Azaleas, for example, often need more acidity than found in most Kansas soils.

Results also reveal where soil has nutritional deficiencies - or excess-

es. For instance, lawn soils nearly always need a yearly nitrogen meal, but may already have more than enough phosphorus and potassium.

"To loosen clay soils and improve most soils' water-handling abilities, the best idea is to regularly incorporate organic materials: peat moss, compost, aged manure or rotted hay," Jordan said. "Of course, doing that is difficult with lawns and established plantings. But, mowing often enough that you can just let the clippings drop will help - without contributing to thatch. Using organic mulches that decay over time - wood chips or compost, for example - will improve the soil around ornamentals and perennials."

Help with soil testing and more about soil improvements is available from any local Extension office. Contact the Cheyenne County Extension Office with questions at 785-332-3171.

## Make Cheyenne County a Destination as you enjoy your Travels along U.S. 36



### Don't Miss This Upcoming Special Section Promoting U.S. 36!

From the Kansas-Missouri border to the end of the line at Estes Park, Colo. Casey McCormick, ad manager, will be contacting area businesses in this grand opportunity to promote St. Francis, Bird City & U.S. 36.

If interested in purchasing advertising space in this section, give us a call at The Saint Francis Herald!

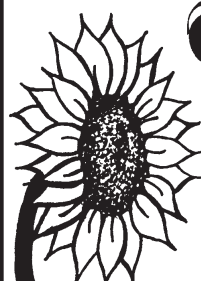
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## The Saint Francis Herald

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— and —

## Bird City Times



## Coming Soon: SENIOR PARENTS!!!

Bird City • • St. Francis • • Idalia, CO

## Congratulate Your Graduate ....

The Saint Francis Herald and Bird City Times are now planning the Senior Graduation Supplement and will be giving parents a chance to put a baby picture in along with a short message from the family for \$20 extra. This feature is optional.

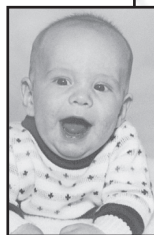
Senior pictures will be sponsored by parents, grandparents, individuals and/or businesses for \$39.00 each or three for \$99. Deadline for baby picture and message is Friday, April 30.

### Matt Whitmore

*I am considering going to Kansas State University to major in business and marketing with a minor in leadership studies..*

*Matt, You have grown into such a fine young man. We are so very proud of you and all that you have accomplished. Remember to work hard, never stop learning and have fun along the way! May all your dreams come true! We love you very much!!*

*Mom, Dad, Logan and Sarah*



Parents: Jerry and Lila Whitmore

For more details, contact Casey McCormick at the Saint Francis Herald at 785-332-3162

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