

Extension Notes

The Kansas Forest Service offers low-cost tree and shrub seedlings for use in conservation plantings. Plants are one to two years old and sizes vary from 5 to 18 inches, depending on species. Orders are accepted from now through the first full week in May each year, but order early to insure getting the items wanted.

Orders are shipped from the second week of March through

the first week of May.

Approved uses for these plants include windbreaks, wood lots, riparian plantings, wildlife habitat and Christmas trees. They may not be used for landscape (ornamental) plantings or grown for resale.

Though a single species can be purchased, four special bundles are also available including songbird, pheasant (western Kansas), quail (eastern

Kansas) and wildlife mast bundles. All items are sold in units. Each unit consists of a number of plants; usually 30 or 50. For example, a unit of Eastern red cedar has 50 trees per unit.

For details and an order form, go to www.kansasforests.org/conservation/index.shtml

Order forms are also available at the Cheyenne County Extension office.

Meals for elderly on tax check-off

When filing their income taxes, Kansas taxpayers have the opportunity to help provide meals for elderly Kansans served by nutrition programs across the state. The Kansas Legislature passed the Senior Citizens Meals on Wheels Contribution Program in 2002. The first year, the Meals on Wheels check-off produced nearly \$170,000 for congregate and home-delivered meals around the state. For 2006, donations totaled more than \$219,000.

The checkoff is available again this year. It's the "Senior Citizens Meals on Wheels Contribution Program" on line 37 of Form K-40.

• If you are getting a refund, you can designate all or part of that refund to be contributed to the Meals on Wheels Contribution Program.

• If you have a balance due, you can indicate an additional amount you want to add to your payments to go to Meals on Wheels.

• If your tax overpayment is less than \$5, you can designate this for Meals on Wheels, since this will not be refunded.

Last year, about 3.4 million meals were provided to eligible participants in their homes and at congregate meal sites throughout the state. Of those receiving home-delivered

meals, 72 percent were 75 years or older, 68 percent were women, and 54 percent lived alone.

The checkoff funds help supplement client donations and local, state and private funds that are leveraged by the federal Older Americans Act as well as voluntary

support. Funds collected through the checkoff are distributed to the local meal sites according to a formula based on the number of meals served.

Look for "Senior Citizens Meals on Wheels Contribution Program" on line 37 of Form K-40.

Club Clip

Plum Creek 4-H Club

The regular monthly meeting of the Plum Creek 4-H Club was held on Sunday, Feb. 4, at 1 p.m. President Alecia Zimbelman called the meeting to order. The meeting was held in the Equity meeting room. Roll call was answered by responding to the question, "Which would you rather have for Valentine's Day: chocolates or flowers?" Seventeen members and two leaders answered roll call.

Members planned for the model meeting contest to be held on March 6. Crissy Cooks presented information for the 4-H Day skit. Members volunteered for parts in the skit. The 4-H Council representative, Alecia Zimbelman, reported on the January Council meeting. Leaders, Sue

Zimbelman and Mila Bandel, reported on the dates that have been set for future events.

The program began with a project talk by Kyla Bandel. She reported on her self-determined project, golf. Shakotah Blanka gave a project talk on his goat. Kaycee Williams gave a special talk on setting boundaries in your life.

Recreation was led by the Williams family. The club played the telephone game. The song was led by Kyla and Karly Bandel. They chose the song, "We're All In This Together."

Refreshments of cupcakes and drinks were served by the Bandel family and the Blanka family. Club members recited the 4-h Pledge, and the meeting was adjourned.

Mikaela Grace, reporter

Book Review

Orbit

Book review from
St. Francis Public Library
By John J. Nance

The year is 2009. For Kip Dawson, winning a passenger seat on one of American Space Adventure's commercial spaceflights is a dream come true. One grand shot of insanity and he can return to earth fulfilled.

It's a bittersweet moment of triumph, however, muted by his wife's terror over his accepting

the prize. The day of the launch, Kip tries to reconcile his wife's and daughters' fears and even tries calling his estranged son, to no avail. He sets off, vowing to make amends upon his return. But a successful launch quickly morphs into chaos when a micrometeor punches through the wall of the spacecraft, leaving the radios as dead as the pilot.

In the blink of an eye, Kip Dawson is truly alone and has no

way of navigating the ship home. With nothing to do but wait for death, Kip writes his epitaph on the ship's laptop computer, unaware that an audience of millions has discovered it and is tracking his every word on the Internet.

As a massive struggle gets underway to rescue him, Kip has no idea that the world can hear his cries - or that his heroism in the face of death may sabotage his best chance of survival.

Congratulations are now in order



To

Adrianna
Joy Sowers



Adrianna Joy, born at 1:25 p.m. made her first appearance on Saturday, Feb. 10. Congratulations to her parents Josh & Sara Sowers, Bird City; and older sister Eliana.

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February 20, 2007
6:30 p.m. Mountain Time

Doors open at 5 p.m.
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Max Jones Fieldhouse
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Goodland Star-News

For tickets, please send a self addressed stamp envelope to Goodland Star-News at 1205 Main, Goodland, Kans, 67735.

Number of Tickets x \$8= _____

Tickets also available at The Saint Francis Herald, Colby Free Press, The Norton Telegram, The Oberlin Herald and Western Times.