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# The Country Advocate

*The 900-pound gorilla of northwest Kansas advertising!*

**Week of January 2, 2013**

A common section produced by/supplement to The Oberlin Herald, Colby Free Press, The Goodland Star-News, Bird City Times, The Saint Francis Herald, The Norton Telegram and The Western Times



## Cover Your Acres

January 15 and 16, 2013

Winter Conference The Gateway in Oberlin, KS

Presented by Kansas State University and Northwest Kansas Crop Residue Alliance

*Like to Attend?*

Early-Bird Registrations

Due January 9.

**Online:**

[www.northwest.ksu.edu/CoverYourAcres](http://www.northwest.ksu.edu/CoverYourAcres)

**Mail in:**

Circle when you would like to attend.

**Tuesday, Jan 15**      **Wednesday, Jan 16**  
Cost \$35.00              Cost \$30.00

**Both days - Jan 15 & 16**  
Cost \$50.00

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

*Please include information for all attending.*

After January 9

\$50.00 per day

**Mail registrations to:**

Kansas State University  
NW Area Extension Office  
Attn: Jeanne Falk  
PO Box 786  
Colby, KS 67701

For questions, call (785) 462-6281.

Program will be held regardless of weather. No refunds will be given.

Kansas State University is an equal opportunity employer and provider.

	Room 1	Room 2	Room 3	Room 4
7:45 8:15	Registration			
8:15 8:20	Welcome			
8:30 9:20	Fungicide Applications in Wheat <sup>1,2</sup> (DeWolf)	Cover & Forage Crops <sup>1</sup> (Holman)	Preseason Irrigation <sup>1</sup> (Schlegel)	Sunflower Prod Update (Nat'l Sunflower Assoc) (I)
9:30 10:20	Cropping Intensity & Fallow Efficiency <sup>1</sup> (Haag)	Controlling Kochia <sup>1,2</sup> (Thompson)	Use of Corn Residue in Cattle <sup>1</sup> (Klopfenstein)	Strategies for Weed Control (Sims Fertilizer) (I)
10:20 10:50	View Exhibits			
10:50 11:40	Wheat Conditions <sup>1</sup> (Shroyer)	Use of Corn Residue in Cattle <sup>1</sup> (Klopfenstein)	Cover & Forage Crops <sup>1</sup> (Holman)	Chloride - the Missing Link (Evans Enterprises) (I)
11:50 12:40	Grain Market Outlook <sup>1</sup> (O'Brien)	Cropping Intensity & Fallow Efficiency <sup>1</sup> (Haag)	Lunch	
12:50 1:40	Controlling Kochia <sup>1,2</sup> (Thompson)	Wheat Conditions <sup>1</sup> (Shroyer)		
1:50 2:40	Fertilizers and Sensors <sup>1</sup> (Mengel)	Preseason Irrigation <sup>1</sup> (Schlegel)	Fungicide Applications in Wheat <sup>1,2</sup> (DeWolf)	Weed Mgmt Solutions (Monsanto) (I)
2:40 3:10	View Exhibits			
3:10 4:00	Producer Panel	Grain Market Outlook <sup>1</sup> (O'Brien)	Farm Management Assoc Update <sup>1</sup>	Ag Estate Tax Planning (KS Community Foundations) (I)
4:10 5:00	Farm Management Assoc Update <sup>1</sup>	Fertilizers and Sensors <sup>1</sup> (Mengel)	Kochia Control Solutions (Bayer CropScience) (I)	SoilBuilder Cover Crops (Arrow Seed Co) (I)

### Diamond Sponsors

Bayer Crop Sciences  
Brothers Equipment  
Hoxie Implement  
Lang Diesel

Monsanto  
National Sunflower Assoc.  
Simpson Farm Enterprises  
Surefire Ag Systems

Tuesday: Bull session begins at 5:00.

(I) indicate industry sessions.

<sup>1</sup> Indicate Certified Crop Advisor CEUs applied for.

<sup>2</sup> Indicate Commercial Applicator CEUs applied for.

[www.northwest.ksu.edu/CoverYourAcres](http://www.northwest.ksu.edu/CoverYourAcres)

**Very nice 1 and 2 bedroom** apartments in Colby, available now. Please call 785-443-3472.

C 12/26

**FOR LEASE: Bird City Senior Estates.** Three brand new apartments. Contact Shad or Penny Sheldon 785-899-5942 or 785-821-2666.

SF tfn

**Downtown office space available** at 5th and Franklin, Colby. Call 785-462-3939.

C 9/19-TFN

**Houses and apartments Goodland, KS.** All sizes. Call for details. (785) 890-6538.

G 6/20-tfn

**Houses & Apartments.** Cole Real Estate in Goodland 785-899-2683.

G tfn

**Income based one bedroom** vacancy. Contact: Lacy Frack, PHM, Norton Housing Authority, KS034, 785-877-2714.

N 1/11/13

**Whispering Pines,** Independent and Assisted living. Apartments available. Providing the highest quality of life for aging adults. 785-874-5500 - wpines@ruraltel.net. Norton, KS.

N 1/9/13

**Pasture Rent Bids** – Unified School District #281 will accept bids to rent pasture on a quarter section of land described as the Southwest Quarter of 21-6-23 for a two year period beginning January 1, 2013 through December 31, 2014. Deadline for bidding is Friday, January 4, 2013 at 4 p.m. Contract may be viewed at the Central Office, 117 N. Third, Hill City, KS 67642. Phone 785-421-2135 for more information. Please bring or mail your bids to: USD 281, P.O. Box 309, Hill City, KS 67642. Mark "Pasture Bid" on the outside of the envelope, please.

N 1/2/13

**Consider living in an independent apartment** complex in Norton for people over 55 years of age. Garage, appliances and other conveniences. For information contact Nancy McGinnis, Administrator. 785-877-2601.

N tfn

**FARM SERVICES/EQUIPMENT**

**Disc Rolling–Rolling on the farm.** Call Ron Lewis, Eustis, NE. 308-486-3501.

N tfn

**VEHICLES/RECREATION**

**2009 Dodge Van** handicap accessible with rear chair lift, leather heated stow N go seats. Approx. 33,000 miles, excellent condition 785-460-3706.

C 12/26

**2008 Dodge Ram 2500 Crew Cab.** 4WD, 3/4 ton Cummings Diesel. 79,000 miles. Call (785) 694-3415.

G 12/26-1/2

**2008 Wilson Grain Trailer, 50% brakes,** 80% virgin tires. Spring ride, 22,500. Call (785) 821-2009.

G 11/28-1/2

**1984 JD 4850, 2wd, new tires,** good condition, 9100 hours - \$29,000. 1980 JD 4840, 2wd, new tires, 10,000 hours, with 840 loader, nice bucket and grapple - \$29,000. Call 785-877-3417 or 871-0962.

N tfn

**1996 Hesston 4900 Big Square Baler** with accumulator, 33000 bales, has recent repairs, \$30,000. Call 784-877-3417 or 871-0962.

N tfn

**Classic 1971 Cadillac Coupe DeVille,** 2 door, HT, gold, one owner, garaged, 56,000 original miles. Currently on display at Logan Museum, \$11,550. Phone 785-877-2246.

N tfn

**PASTURE WANTED**

**Grass pasture and care** wanted to rent for 2013 summer. Call 785-824-8092.

C 12/5-12/26

**Grass pasture WANTED to rent,** Adam Jones, 785-332-6206.

SF tfc

**FOR SALE**

**Steel Buildings,** Prices Reduced, Wholesale/Factory offers on discounted deals Big & Small. Source# 18X 800-964-8335.

C 12/26-1/16

**2 - 12" Sony subwoofers** and a 1000 watt amp for

sale. Box and wires are included. Call 719-930-9031.

G 12/19 tfn

**FIREWOOD FOR SALE IN GOODLAND.** Call (785) 890-7224.

G 12/12-tfn

**ASHLEY FURNITURE TEMPUR-PEDIC BEDDING AT COLBY FURNITURE AND HOME STORE,** COLBY, KS. (785) 460-6311. Website: www.colbyfurniture.net

G 10/21-TFN

**Two Sega Genesis** game stations with 25 plus games. \$100 OBO. (785) 890-7224.

G 8/3-tfn

**Premium Ash Firewood** for sale, split and delivered. Call Hall 308-655-0088.

N 1/31/13

**Rubber stamps, custom made,** The Country Advocate, 1205 Main. Goodland, Kansas. (785) 899-2338.

G tfn

**Make your New Year's Resolution to be a healthier you!**

Once again, the Thomas County Coalition /Wellness Committee is sponsoring health screenings and a healthy lifestyle program, **"Thomas County Wellness Challenge."**

**HEALTH SCREENINGS**

Citizens Medical Center, Inc., working in conjunction with the Thomas County Coalition, will offer health screenings in the Citizens Medical Center Specialty Clinic Lobby on January 9, 10, 11, and 12, 2013 from 6:00 am – 9:00 am.

Screenings include:

- **Comprehensive Profile (includes a Lipid Profile, Glucose, and Complete Blood Count) –requires 10-12 hours fasting - \$30**
- **TSH (Thyroid) – (Recommended for baseline or if having symptoms) \$20**
- **Hgb A1C (3 month glucose average) – (Known diabetics or significant history) - \$20**
- **Prostate Screening/PSA – (males only) - \$25**
- **EKG – (recommended for baseline) - \$35**
- **Pulmonary Screening – Free**

**THOMAS COUNTY WELLNESS CHALLENGE**

The Thomas County Wellness Challenge is an eight week individual program that encourages increased exercise and healthy eating habits that will promote healthy life styles and desired weight in a fun, virtual format.

The program guidance will be: **5210**

- **5** or more fruits and vegetables
- **2** hours or less of screen time
- **1** hour of physical activity
- **0** sugary drinks, more water

*This program includes: the Comprehensive Profile blood test; BODPOD testing, for percentage of lean and fat body mass/considered the "Gold Standard" for measuring body composition; weekly weigh-ins and lessons on wellness every week. All this for one low price of \$40.*

**The Thomas County Wellness Challenge will get under way Tuesday, January 15, 2013, at the Thomas County Health Department, 350 S. Range. Weigh-in will be "come and go" from 7:45 am – 4:45 pm.**

Weigh-ins will be every Tuesday through March 12. Participants will receive correspondence, weekly assignments and reading material via e-mail. The Thomas County Wellness website, [www.thomascountywellness.org](http://www.thomascountywellness.org) will also be utilized for the weekly postings. Provisions will be made for those who need an alternative format.

Weigh-in and assignments are not required, but incentives will be given based on a point system in which points are given for program participation. The Final Weigh will be March 12, 2013.

**To register,** simply go to the "wellness challenge" tab on the Thomas County Wellness Website, [www.thomascountywellness.org](http://www.thomascountywellness.org) and fill out the registration form. You will receive a confirmation e-mail after your registration is complete. Payment of \$40 can be made online when you register or with a check to the Wellness Committee in care of Pat Erickson, 1255 S. Range, Colby, KS 67701.

**Registration deadline:** For those participating in the free blood work, registration is due January 8th, if not having blood work, registration is due January 14th.

**If you have questions about the 2013 Health Screenings or the Thomas County Wellness Challenge, contact:**

Citizens Medical Center, Education Department (785) 460-4850 • E-mail [jbrown@nwkshealthcare.com](mailto:jbrown@nwkshealthcare.com)

Thomas County Health Department (785) 460-4596 • E-mail [findir@thomascohealth.com](mailto:findir@thomascohealth.com)

Thomas County Extension Office (785) 460-4582 • E-mail [diann@ksu.edu](mailto:diann@ksu.edu)