

# Family

## Bus tour to highlight value-added farming

MANHATTAN — It's no secret that more and more farmers are feeling the squeeze of high input costs and low commodity prices. Many producers are finding creative solutions, however, and ways to add value to their agricultural products. Some of these producers will be highlighted in a value-added bus tour Aug. 30. The tour will depart promptly at 8 a.m. from the Douglas County Fairgrounds at 2110 Harper in Lawrence. Sponsored by Kansas State

University Research and Extension and the Kansas Rural Center, the tour will include stops at six farms. These farms are adding value in many different ways, including direct-marketing of grass-fed beef, apple cider and apple butter, pumpkins, flowers, and wine. Participation in the tour is free, but registration is due Aug. 25. More information is available on the Kansas Center for Sustainable Agriculture and Alternative Crops' value-added Web site at [www.k-state.edu/valueadded](http://www.k-state.edu/valueadded).

## Babies

### Brayden Kade Foss

Justin and Dana Foss of Colby announce the birth of their son, Brayden Kade Foss, Friday, July 7, 2006, at Hays Medical Center. Brayden weighed 9 pounds, 2 ounces and was 19 1/2 inches long. Grandparents are Wayne and

Deanna Sulzman of Colby and Jerri and Debbi Foss of Colby. Great-grandmother is Loyola Moos of Colby. Brayden is welcomed home by big sisters Bailey Marie, 7, and Britany Leigh, 4.

### Elyssa Marie Rucker

Ed and Bev Rucker of Hoxie announce the birth of their daughter, Elyssa Marie Rucker, Tuesday, July 18, 2006, at Citizens Medical Center in Colby. Elyssa weighed 7 pounds, 15 ounces and was 19 1/2 inches long.

Grandparents are Elvin and Connie Snyder of Kansas City, Mo. and Merle and Rayann Rucker of Sharon. Elyssa was welcomed home by siblings Quenton, Tabor and Victoria.

### Corey Scott Coulter

Tim and Laura Coulter of Colby announce the birth of their son, Corey Scott Coulter, Tuesday, July 18, 2006, at Citizens Medical Center in Colby. Corey weighed 9 pounds, 10 ounces and was 21 1/2 inches long. Maternal grandparents are Larry

and Joyce Schroeder of Colby; paternal grandparents are Steve and Ruth Coulter of Denver, Colo. Paternal great-grandparents are Loren and Lotus Coulter of Garden City. Corey was welcomed home by siblings Christian Lee, Lucas James and Samantha Pearl Coulter.

### Soreyn Marie Reese

Pleasant Marie Desch and Stephan Tremayne Reese of Brewster announce the birth of their daughter, Soreyn Marie Reese, Monday, June 26, 2006, at Citizens Medical Center in Colby.

Soreyn weighed 6 pounds, 9 ounces and she was 18 3/4 inches long. Soreyn was welcomed home by brothers Jalyn Jamal, 4 years, and Tyden Tremayne, 22 months.

## Thomas County approved for emergency grazing

MANHATTAN — Bill R. Fuller, State Director of the Kansas Farm Service Agency has announced that emergency haying of Conservation Reserve Program (CRP) acreage has been approved for 38 counties in Kansas. "This authorization provides relief for many Kansas livestock producers who have suffered through severe drought conditions during the past six years," Fuller said. "The drought has depleted hay supplies and affected the growth of hay and pasture in parts of Kansas. Many livestock producers cannot maintain their current herds without implementation of reserve program emergency haying or grazing." Thirty-eight counties approved for emergency haying of CRP acreage are Cherokee, Cheyenne, Clark, Comanche, Decatur, Edwards, Ellis, Ellsworth, Finney, Ford, Gove, Graham, Grant, Gray, Greeley, Hamilton, Haskell, Hodgeman, Kearny, Lane, Lincoln, Logan, Meade, Morton, Ness, Osborne, Rawlins, Rush, Russell, Scott, Seward, Sherman, Stanton, Stevens, Thomas, Trego, Wichita and Wallace.

Hay must be removed from the field within 30 days from end of the haying period. Emergency grazing was previously approved for these counties, except Cherokee, until September 11, 2006. Participants shall leave at least 25 percent of each field or contiguous reserve program fields ungrazed for wildlife, or graze not more than 75 percent of the stocking rate. All livestock must be removed by the end of this grazing period. Emergency haying and grazing is not allowed on the same acreage. Reserve program participants in approved counties shall contact the local Farm Service Agency county office to request emergency haying or grazing on an individual contract basis. Participants will work with the Natural Resources Conservation Service to develop a forage management plan. If the Conservation Reserve Program cover is destroyed, the practice must be re-established at their own expense to remain in compliance with the CRP contract. Participants must also accept a 25 percent reduction in the annual rental payment for the acres actually hayed or grazed.

Emergency haying is allowed through Sept. 11. Participants must leave at least 50 percent of each field or fields ungrazed for wildlife.

## Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat	\$4.59
Corn	\$2.19
Milo	\$3.17
Soybeans	No bid

## MOVING SALE

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July 20, 21, 22

## Summer slowing down in Winona

Winona is a rather slow and boring place some of the time, but always comforting. Things picked up a little at harvest time. Then there was the Fourth of July. The sophomore class, all eight of them, give or take one or two, put a bang in the air, supplying fireworks. The comforting part was that any kid in town could either walk or ride their bicycle to the fireworks stand in this slow, boring town without a worry.



**Jean Lowe**  
● Winona Correspondent

Anne Lowe traveled to the city to spend a week visiting Brad and Julia Steeples and Melody in Independence.

No trip to the city could be as comforting as business hopping in

Winona. Especially when they know it's time to get their contribution to the Western Plains Arts Association.

With the recent rainfall one can almost see the corn growing. Within the city of Winona seventy five hundredths was reported. Mollie Lamb said Russell Springs received sixty hundredths.

## Trees suffering from limited roots

MANHATTAN — Until they reach three to four years old, transplanted trees need special care when summer weather turns hot, dry and windy. This year, some established trees may need help, too.

"It takes years for new trees' root systems to develop the deep roots that help them get through harsh weather," said Ward Upham, Kansas State University Research and Extension horticulturist.

In some areas, however, this spring brought so much rain that water drove the oxygen from the soil. The lack of oxygen damaged even well-established roots. The result looks like drought stress, Upham said. The roots are strugg-

ling to absorb and transmit moisture, so leaves look scorched and may be dropping.

A regular water supply and mulch can help in either case, he said.

"When they're becoming established or recovering from root damage, trees need deep, infrequent watering. The soil should be wet at least 12 inches deep," he said. "You can use a metal rod, wooden dowel or the like to check for moisture depth. Dry soil is much harder to push through than wet."

Newly transplanted trees need at least 10 gallons of water per week. In sandy soils they need that much applied twice a week.

"The secret is to get that water to

Maddie Lamb showed her Welsh Corgi in open class at the dog show in Oakley and got reserve grand champion.

1.80 inches of rain fell at the Oren Dirks farm Sunday. Tuesday they had 1.70 inches along with some hail.

Page City came in on the short end of the stick, so to speak, not exactly Rhonda's words but that was the gist of it.

Triplains and The Bank know how important it is to bring quality entertainment to Western Kansas. It is gratifying to deliver many tickets to them in exchange for membership in Western Plains Arts. When

Art Koster directed Winona Feed and Grain bookkeeper, Karen Barrett, to make a check to WPA, accompanied by his familiar grin he said, "My mom and dad loved Guy Lombardo and the Royal Canadians." His big band concert will open the WPA season Sunday, Sept. 17 in the Hoxie High School Auditorium.

Ron Smith of Overland Park was in the elevator taking care of business interests and was in Winona bringing to a close the long history of the lives of the Harold Smith family in Winona. Velma (nee Irish) and Melissa Sparks were recently in Winona vacating Pauline Smith's house. Pauline's new address is Mission Springs South, 5350 W. 61st Place, Apt. 307, Mission, Kan. 66205.

Jack and Edith Lewallen have purchased the Pauline Smith residence. Jack grew up in Winona. He and Edith are moving from Buena Vista, Colo.

Just trying the art of news reporting is a real challenge — some of it cannot be told and some of it is not printable. While waiting in Town and Country Service for Kent to write their check to Western Plains Arts Association Dave and I had a fun conversation.

Prairie Land Insurance on Bellview Avenue is getting a face lift — a new door and windows. In between telephone calls and some grandma stories (after the week spent with granddaughter Melody!) Anne graciously presented me a check for WPA.

Carl and Gloria Hanson hosted supper Tuesday evening for Harley and Phyllis Herschberger in honor of their wedding anniversary. Mark and Jill Hanson and family were also guests.

Those from Winona who enjoyed the Blackwood Legacy concert at the Oakley U.M. Church Wednesday evening were Verlin and Norma Lee Plummer, Erma Latham, LaVonne Baxter and Jean Lowe.

The Triplains communities offer condolences to Sherri Mackley and her family due to the death of her mother, Alice Schoenberger, of Oakley.

Logan County health nurse Becky Dorman was at the Winona U.M. Church Tuesday, July 18.

## Carrot recipe an easy fix for children

If Bugs Bunny were around, carrot salad undoubtedly would be his favorite. But, children may enjoy the salad better as a side dish for a tuna fish sandwich. This easy version from Kansas State University Research and Extension's Family Nutrition Program includes a healthful variation from the traditional carrot salad recipe. It makes 4 to 6 one-half cup servings.

**Ingredients:**  
1 pound raw carrots, peeled and shredded  
1/2 cup raisins  
1 carton (8-ounce) low fat vanilla or lemon yogurt

**Directions:**  
1. Wash your hands.  
2. In a large mixing bowl, combine all ingredients. Cover with plastic wrap and store in refrigerator until ready to serve.  
3. Toss again before serving.

**Helpful Hints:** Yogurt is a light and healthful twist in carrot salad. But, you can always substitute with salad dressing. Or, some cooks prefer using less yogurt/dressing and adding moisture in the form of a little pineapple juice.

**Safety Tips:** Raisins are a food that the American Academy of Pediatrics considers to be a choking hazard for children under age 4. Other foods the academy lists as unsafe for youngsters without a full set of "chewing" teeth include hot dogs, nuts and seeds, chunks of meat, chunks of cheese, chunks of peanut butter, whole grapes, hard/gooey/sticky candy, popcorn, raw vegetables (including whole or chunks of carrot), and chewing gum.

Young children will need help in removing carrots' "stem" end with a knife. They'll also need to learn how to use a vegetable peeler and grater safely. Peeling away from yourself, rather than toward your thumb, helps avoid accidental cuts. Grating until just before you're skinning fingers or knuckles helps, too!

Per serving: 100 calories, 0.5 grams fat (0 grams saturated), 0 mg cholesterol, 3 grams protein, 22 grams carbohydrate, 3 grams dietary fiber, 80 milligrams sodium. Kids a Cookin' is an educational program produced by Kansas State

University Research and Extension's Family Nutrition Program and funded by USDA's Food Stamp Program through a contract with Social and Rehabilitation Services (SRS). More information, more recipes and cooking tips, and a link to a Spanish version are available on the Kids a Cookin' Web site: <http://www.kidsacookin.ksu.edu>.

Source: Kathy Walsten, Family Nutrition Program, K-State Research and Extension.

## Student News

Angie Harris of Colby was selected to receive the Joan Horlacher Lawver Memorial Scholarship at Colby Community College.



A. Harris

Harris is enrolled in the veterinary technology program at Colby College. She is a member of Phi Theta Kappa, Student Veterinary Technician Association and the Block and Bridle Club.

## Community Calendar

### SATURDAY, JULY 22

Wings Upon the Prairie drop-in center, 485 N. Franklin, 5-8 p.m.  
Sixth Street Alcoholics Anonymous, 1275 W. Sixth St., 8:30 p.m.

### SUNDAY, JULY 23

Wings Upon the Prairie drop-in center, 485 N. Franklin, 2-8 p.m.  
New Hope Narcotics Anonymous, City Hall basement, 8 p.m.

### MONDAY, JULY 24

Summer League Volleyball, Colby Community Building, 5 p.m.  
Downtown Alcoholics Anonymous, City Hall basement, 8 p.m.

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