

Weather Corner



National Weather Service

Tonight: Scattered snow showers before midnight. Cloudy, then gradually becoming partly cloudy, with a low around 15. Windy, with a north wind 25 to 30 mph decreasing to between 10 and 15 mph. Winds could gust as high as 40 mph. Chance of precipitation is 30 percent. New snow accumulation of less than a half inch possible.

Saturday: Sunny, with a high near 44. Breezy, with a northwest wind between 10 and 20 mph, with gusts as high as 30 mph.

Saturday Night: Mostly clear, with a low around 18. Northwest wind between 5 and 10 mph becoming calm.

Sunday: Sunny, with a high near 57. Breezy, with a southeast wind between 10 and 20 mph, with gusts as high as 30 mph.

Sunday Night: Mostly clear, with a low around 26.

Monday: Mostly sunny, with a high near 59.

Monday Night: Partly cloudy, with a low around 29.

Tuesday: Mostly sunny, with a high near 61.

Tuesday Night: Partly cloudy, with a low around 27.

Wednesday: Mostly sunny, with a high near 55.

Wednesday Night: Partly cloudy, with a low around 25.

Thursday: Mostly sunny, with a high near 49.

Thursday: High, 52; Low 22
Precip: Thursday 0.00 inches
Month: 0.49 inches
Year: 0.64 inches
Normal: 0.97 inches
(K-State Experiment Station)

Winter best time for pruning trees

MANHATTAN – Kansas' deciduous trees were fully dormant by early January. Their achieving that status began the part of winter that many experts consider the best time of the year for pruning, said Ward Upham, horticulturist with Kansas State University Research and Extension.

Owners of two tree types tend to be the first to get out saws and loppers, Upham said. Their trees and reasons are:

- **Fruit trees.** Pruning early is part of working to achieve the strongest branch structure possible for holding heavy fruit. It also allows owners time to apply a scale-controlling dormant oil before March 1 (the usual deadline) without wasting any spray on branches destined to be cut out and discarded.

- **"Bleeder" trees,** including such maples as the silver, sugar, amur, Norway and hedge plus such other species as the black walnut, pecan, birch, mulberry and Osage orange (also called hedge tree). Temperatures in the 20- to 32-degree range help limit the sap flow from these trees' fresh-cut wounds – a flow that in warm weather can be both plentiful and disturbing-looking.

"Just before the year's leaves emerge is a good time to prune almost any deciduous tree or shrub, though," Upham said. "After all, without any leaves in your way, judging structure can be much easier. You won't be nearly as likely to miss branches that are

weak, damaged, rubbing or badly attached.

"Plus, spring will be rolling around in a matter of weeks. That's when almost all pruned plants have the best odds for a quick, healthy recovery."

The one factor that should delay any late-winter pruning has to do with the weather.

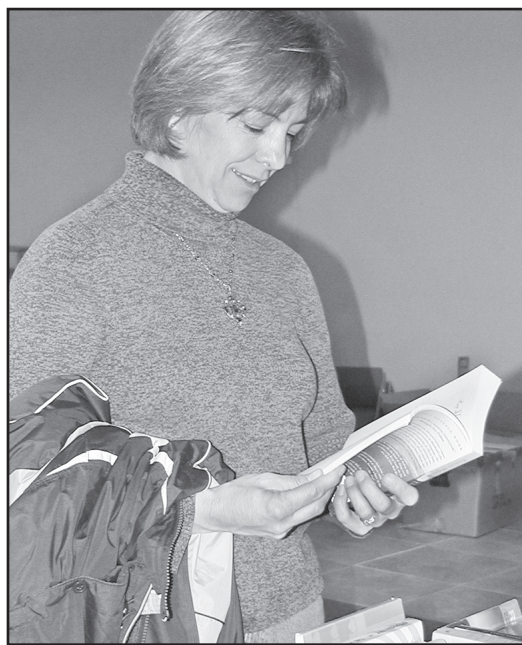
"Pruning when temperatures are below 20 degrees is not a good idea. Doing so brings the risk of internal wood-tissue injury," he said. "Besides, you yourself could very well be too cold to saw safely."

More information about pruning is available from county and district Extension offices. "Pruning Fruit Trees" (C631) also is on the Web at www.oznet.ksu.edu/library/hort2/c631.pdf. The long-time classic "All About Pruning" (C550) is at www.oznet.ksu.edu/library/hort2/c550.pdf.

K-State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well-being of Kansans. Supported by county, state, federal and private funds, the program has county Extension offices, experiment fields, area Extension offices and regional research centers statewide. Its headquarters is on the K-State campus in Manhattan.



Cynthia Haynes/Colby Free Press



Find a good book?

Looking over the selection of books and audio tapes offered for sale in the Pioneer Memorial Library basement last Friday, Jean Lowe (above) had lots of choices. Kathy Myers (left) leafed through a book a little earlier in the day. Both women were among the shoppers who were picking up bargains at the library's annual Book Lovers sale over the weekend. Video cassette movies and leftover craft projects could also be found at the sale.

Veterans of Foreign Wars Auxiliary

The Colby Veterans of Foreign Wars Auxiliary met on Wednesday, Feb. 11, at the post with President Peggy Ohlrogge presiding. The meeting opened with roll call and opening prayer.

Patriotic instructions were read, followed by the flag salute and words of the National Anthem. The prisoner of war/missing in action prayer was offered with candles lit.

A membership petition from Anita Thiel, a thank you letter from the Carpenter family for the

funeral dinner, a thank-you note from the Fort Dodge Veterans Home for comfort items, clothes, cards and afghans, and Auxiliary General Orders from the department president were read by the secretary.

Community service reported 31 projects and 239 volunteer hours for December and 20 projects and 135 hours volunteer work by members for January.

A monetary donation was allowed for the Veterans Voice writing program.

Charter was draped per ritual for Joyce Seyfert.

Monetary donations were made to Cancer Aid and Research for a memorial for Seyfert and Jacqueline Gilkerson.

The national home prayer was offered and the meeting closed with the ritual prayer.

The next meeting will be on at 5 p.m. Wednesday, March 11, at the post.

– Hazel Duffey

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Is chocolate good for you?

Medical experts these days are urging people to consume chocolate. But is chocolate really good for you?

Dr. J. Warren Willey II, author of "What Does Your Doctor Look Like Naked," says he believes it's silly to advise patients to consume chocolate.

"The touted health benefits of chocolate, dark chocolate in particular, are due to the strong antioxidant effect of flavanoids," he said. "Unfortunately, the risks of the sugar in chocolate far out weight the benefits of the anti-oxidants. For example, sugar itself is pro-inflammatory – it causes inflammation – the very thing the flavanoids are combating!"

"As obesity continues to rise, the last thing we should be doing is encourage sugar intake. Flavanoids can be found in foods with much better health profiles.

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Meeting #1: Tuesday, February 24th @ Noon, lunch provided Montana Mikes, Colby, KS.

Meeting #2: Tuesday, February 24th @ 6:00 p.m., dinner provided The Gateway, Oberlin, KS.

Meeting #3: Wednesday, February 25th @ Noon, lunch provided 4-H Building, Atwood, KS.

Please call your local office to reserve your spot today by calling your local office. Atwood 626-8011, Colby, 462-3388, Oberlin 475-2238, or 1-877-860-2904.

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