

Senior Progress Center

Tuesday the health department will be at the Senior Progress Center for blood pressure checks, along with a board meeting after lunch.

Activities for the week: **Monday:** 10:30 a.m. Skip Bo. **Tuesday:** 10 a.m. exercise; 11 a.m. blood pressure checks; after lunch, board meeting. **Wednesday:** donation day and taffy day. **Thursday:** 10 a.m. exercise; 10:30 a.m. pinocle game. **Friday:** 10 a.m.

exercise; 10:30 a.m. Wii game.

Menus for the week: **Monday:** hamburger gravy, peas, citrus slices, biscuit, no-bake cookie. **Tuesday:** ham and beans, coleslaw with carrots, cornbread, ambrosia fruit salad. **Wednesday:** goulash, corn, tossed salad with tomatoes and carrots, cinnamon apple slices. **Thursday:** liver and onions in gravy, mashed potatoes, wax beans, fruit cobbler. **Friday:** teriyaki chicken fillet, winter-mix

vegetables, garden rice, pineapple.

The Thomas County Nutrition Center invites anyone 60 and older and guests to lunch Monday through Friday at the senior center. Home delivery is available, as is pick-up service. A contribution of \$3 per meal is suggested for seniors, \$5.25 for others. For anyone under 60, home delivery is \$5.75. Make reservations at (785) 460-2901 by noon the day before.

Right time to harvest comes at end of September for alfalfa

In some areas of Kansas, alfalfa growth resumed somewhat in September after a long period of drought and low production during the summer. This may create a dilemma for producers, said Jim Shroyer, crop production specialist at the Kansas State Research and Extension.

“Should you make the last cutting of the season now or wait until just before the first killing freeze is forecast to get as much productivity as possible? The timing of the last cutting can have a long-lasting impact on the productivity of the stand,” he said.

The agronomics of the question are clear, Shroyer said.

“At this stage of the growing season, alfalfa plants need to store enough carbohydrates to survive the winter. If root reserves are not replenished adequately before the first killing freeze (24 to 26 degrees) in the fall, the stand is more susceptible to winter damage than it would be normally,” he said.

The last cutting before fall dormancy should be timed so there are four to six weeks of growth time, or about eight to 12 inches of foliage, before the average killing freeze, allowing adequate time for replenishment of root reserves, Shroyer said.

For northern areas of the state, particularly northwest, late September should be the target date for the last cutting before dormancy, he said. The last week of September should be the cutoff date for southwest Kansas. The first week of October is the cutoff for southeast Kansas.

Making one last cutting in mid-October, if significant growth has occurred, could reduce root reserves during a critical time, the agronomist said.

“About the worst thing that could happen to an alfalfa stand that is cut in mid-October would be for the plants to regrow about three to six inches and then get a killing frost. In that scenario, the

root carbohydrate reserves would be at a low point. That could hamper greenup next spring,” Shroyer said.

After a killing freeze, the remaining forage (if any) can be hayed safely, he added. However, the producer should act quickly because the leaves will soon drop off.

Late fall is also a great time of the year to take a soil sample of alfalfa ground, Shroyer said.

“This timing allows for an accurate assessment of available soil nutrients and provides enough time to make nutrient management decisions before the crop starts growing in the spring. Soil tests of most interest include pH, phosphorus and potassium, and to a lesser extent sulfur and boron.”

When sampling for immobile nutrients, he said, sampling depth should be six inches, while mobile nutrients (sulfur) should be sampled to 24 inches.

New guide book for gardeners helps identify pests from beneficial insects

Pests can hamper yields and affect the quality of home-grown produce. A new guide is available to help homeowners and gardeners identify common pests and beneficial insects.

“Good pest management can only be achieved through proper identification,” said Frannie Miller, Kansas State Research and Extension pesticide safety and integrated pest management coordinator and author of the guide.

The guide, which slips easily into a pocket, contains information on what the insects look like, their life stages, damage they cause and how to control them. It contains color pictures of the 40 most common pests and beneficial insects.

“Control measures may not be needed for all insects,” Miller said. “Some insects cause cosmetic damage but do not actually harm plants.”

The publication lists practices

to help minimize pest damage.

“The hope for this guide is that it will serve as a useful resource for the people of Kansas,” she said.

The spiral-bound guide sells for \$4.10. Order it from the Kansas State Research and Extension online bookstore at www.ksre.ksu.edu/library/. Search for “Pocket Guide to Common Pest Problems and Beneficials,” \$158.”

Student News

Colby Public Schools

Activities: Monday: lunch money due; middle school book fair, middle school library; 1 p.m. golf, Great West Activities Conference at Holcomb; 3 p.m. senior class meeting with Balfour, graduation information; 3 p.m. junior varsity tennis, Tribune; 4 p.m. volleyball at Colby vs. Hays, Pittsburg, Liberal, volleyball senior recognition; 4 p.m. C-team volleyball, McCook; 4 p.m. grade school site council, grade school cafeteria; 6 p.m. junior varsity football, Holcomb; 6:30 football area supervisors meeting, high school. **Tuesday:** parent-teacher conferences; middle school book fair. **Wednesday:** 2:50 p.m. school dismisses; middle school book fair; noon – grade school parent-teacher organization meeting; 7 p.m. high school all sports booster club, high school. **Thursday:** 1:30 p.m. students dismissed; 1:30 to 7:45 p.m. parent-teacher conferences; middle school book fair; 1 p.m. golf, Syracuse; 4:30 p.m. seventh and eighth volleyball vs. Norton; 4:30 p.m. cross country, Phillipsburg; 4:30 p.m. seventh and eighth football vs. Norton. **Friday:** no school; tennis regionals; 7:30 p.m. football, Norton. **Saturday:** SAT test; tennis sub-state; 8 a.m. debate, Liberal; 9 a.m. C-team, junior varsity volleyball, Hays Tourney; 10 a.m. seventh and eighth volleyball Great West Activities Conference, Ulysses.

Menus: Monday: breakfast: breakfast pizza, orange juice; lunch: chicken and noodles, mashed potatoes, broccoli with cheese, mandarin oranges, Rice Krispie bar. **Tuesday:** breakfast: cinnamon tasteries, grape juice; lunch: sloppy joes, fries, green beans, applesauce. **Wednesday:** breakfast: waffles, syrup, pineapple slices; lunch: spiral dogs, baked beans, cauliflower with cheese, banana. **Thursday:** breakfast: long john, apple juice; lunch: spaghetti, tossed salad with romaine, corn, tropical fruit.

Sacred Heart

Activities: Tuesday: 3 p.m. blessing of the pets; 4 p.m. book fair; 4 p.m. parent-teacher conferences. **Thursday:** 1:15 p.m. students dismissed; 1:45 p.m. book fair; 1:45 p.m. parent-teacher conferences. **Friday:** no school.

Menus: Monday: chicken

wrap, romaine lettuce, tomato, steamed carrots, tropical fruit. **Tuesday:** pork rib on a bun, dark green leaf lettuce and tomato, tri-tater, green beans, fresh kiwi. **Wednesday:** spaghetti with meat sauce, garden spinach salad, fresh grapes. **Thursday:** taco salad, whole grain corn tortilla chips, salsa, refried beans, cinnamon puffs, pineapple tidbits.

Heartland

Activities: Monday: noon – early dismissal; 2 to 8 p.m. parent-teacher conferences; 4:30 p.m. high school football vs. Northern Valley. **Thursday:** 4 p.m. junior high volleyball and football at Healy vs. Western Plains.

Golden Plains

Activities: Tuesday: high school volleyball, Winona. **Wednesday:** Big Brothers/Big Sisters meeting for grades nine to 12. **Thursday:** middle school volleyball and football, Cheylin. **Friday:** high school football, Triplain/Brewster. **Saturday:** high school volleyball, Hill City Tournament.

Brewster

Activities: Monday: 5 p.m. junior varsity volleyball and football at Brewster. **Tuesday:** 4 p.m. high school volleyball tri at Winona Triplains; 4:30 p.m. cross country, Hoxie. **Thursday:** 4 p.m. junior high volleyball, 5 p.m. football vs. Logan/Damar at Winona. **Friday:** 7 p.m. high school football vs. Golden Plains at Brewster; Homecoming. **Saturday:** 10 a.m. high school volleyball quad, Healy.

Menus: Monday: breakfast: sausage gravy biscuit; lunch taco salad, chips, lettuce, corn. **Tuesday:** breakfast: scrambled eggs; lunch: spaghetti and meat sauce, green beans, baby carrots, bread sticks. **Wednesday:** breakfast: oatmeal chocolate chip muffin; lunch: chicken wrap, spanish rice, lettuce, tomato. **Thursday:** breakfast: pancakes, sausage; lunch: pigs in blanket, potato wedges, broccoli and cheese. **Friday:** breakfast: breakfast pizza; lunch: turkey and cheese sandwich, fries, baked beans.

Colby Community College

Activities: Sunday: noon – baseball vs. Lamar Community College; softball tournament, Lamar, Colo.; women’s golf conference, Coffeyville Country Club. **Tuesday:** 7:30 p.m. “Run to the East” documentary, Cultural Arts

Center. **Wednesday:** 6:30 p.m. volleyball vs. Hutchinson; 5 to 8 p.m. Physical Therapist Association massage clinic, Health Sciences; 5 p.m. baseball, Dodge City. **Thursday:** 5 to 8 p.m. Physical Therapist Association massage clinic, Health Sciences; rodeo, Durant, Okla. **Friday:** 8:30 a.m. to noon – Higher Learning Commission work day, Union; 1 p.m. baseball, LaJunta; rodeo, Durant. **Saturday:** noon – softball Colby Tourney; noon – baseball vs. Northeastern Junior College; 2 p.m. volleyball vs. Seward; 10 a.m. women’s cross country, Hays; rodeo, Durant. **Sunday:** 9 a.m. softball Colby Tourney; men’s golf, Manhattan.

Triplains

Activities: Monday: no school; 5 p.m. high school junior varsity volleyball and football at Brewster vs. Wheatland/Grinnell; 6:30 p.m. Butterfield Trail 4-H meeting, Russell Springs church. **Tuesday:** 10:30 a.m. story hour; 4 p.m. high school volleyball at Winona vs. Northern Valley, Golden Plains. **Wednesday:** 9:41 a.m. Sophomore class, auditorium; 2:45 p.m. Kay Club’s city-wide litter cleanup; 6 p.m. homeschool volleyball practice. **Thursday:** 4 p.m. junior high volleyball vs. Logan; 5:30 p.m. junior high football vs. Logan/Damar; 6 p.m. high school volleyball/football dinner, Brewster High School cafeteria; 7 p.m. Jersey Auction in Brewster High School south gym with pep rally to follow. **Friday:** 8:30 a.m. vision checks; 3 p.m. parade/pep rally in Brewster; 7 p.m. high school football at Brewster vs. Golden Plains – Brewster’s Homecoming. **Saturday:** 10 a.m. high school volleyball, Healy vs. Rolla and Syracuse; 9 p.m. dance, Brewster High cafeteria.

Send us your calendar and menus. E-mail colby.society@nwkansas.com or mail Colby Free Press, 155 W. Fifth, Colby, Kan., 67701.

Red Barn

Activities for the week: **Monday:** 2 p.m. Barnswallow’s. **Wednesday:** 10 a.m. ladies’ Bible study. **Thursday:** 2 p.m. “Come on down.” **Friday:** 9:30 a.m. kofe klatch, 2:30 p.m. “stitch and chatter.”

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