

It's time to fertilize warm-season grasses

Now is an ideal time to fertilize warm-season turf grasses such as bermuda, buffalo and zoysia.

These species all thrive in warm summer weather; so that's the time they respond best to fertilization. The most important nutrient is nitrogen, and these three species need it in varying amounts.

Bermuda grass requires the most nitrogen of the three species grown in Kansas, about 3 to 4 pounds of nitrogen per 1,000 square feet during the season.

Apply this as three to four applications about four weeks apart, using one pound nitrogen per 1,000 square feet each time.

The nitrogen can come from either a fast or slow-release source. Plan to make your last application no later than Aug. 15.

Fertilizing Bermuda too late in the summer or early fall over-



dana belshe

- ag notebook

stimulates it and can predispose it to winter injury.

Zoysia grows more slowly than bermuda but is more prone to thatch. Consequently, it does not need as much nitrogen, and too much will simply promote thatch development.

Two pounds nitrogen per 1,000 square feet during the season is sufficient. Apply one pound now and another in four to six weeks. Slow-release nitrogen is preferable but fast-release is acceptable.

Buffalo grass requires the least nitrogen of all lawn species commonly grown in Kansas. One pound of nitrogen per 1,000 square feet is generally enough for the entire season. This application

should be made as soon as possible.

For a little darker color, fertilize it as described for zoysia grass in the previous paragraph, but do not apply more than two

pounds nitrogen per 1,000 square feet in one season.

Weeds tend to benefit more than the turf when buffalo is given too much nitrogen. As with zoysia, slow-release nitrogen is preferable but fast-release is OK.

As for all turf grasses, phosphorus and potassium are best applied according to soil test results because many soils already have adequate amounts of these nutrients for turf growth.

Iron may occasionally be needed, especially where soil pH's are above 7.0 to 7.5. In these cases, iron often is not actually absent in the soil, but high soil pH renders what is there unavailable to the plant.

Life changes lead to elderly suicide

In a previous article, it was noted that suicidal thoughts and actions by people 65 years or older are more common than most people realize.

There are several risk factors that can increase the chance of an older adult taking his own life. Growing older involves many life changes, including declining health; losses through death of spouses, companions and friends; and increased dependence on others.

Multiple losses are certainly a risk factor. The death of a partner, family members or friends first comes to mind.

A spouse entering a nursing home may result in increased isolation for the partner left at home, along with loneliness and despair. The loss of independence, such as being able to drive a car, contributes to negative feelings, as does loss of dignity due to health problems, incontinence or other such factors.

Diminished vision and/or hearing loss, and the slowing of thought processes contribute to the challenges of aging.

Retirement can also bring major



high plains mental health

- plain sense

changes, and may include the need to move into a different living arrangement. Decreased income can also bring financial stress.

When the older adult is also the caregiver of a loved one, there is an increased chance of severe depression and therefore an increased chance of the suicide of both.

Interactions of medications sometimes cause side effects that contribute to depression; tranquilizers, sedatives, sleeping pills and high blood pressure pills are some of those.

Additional factors may contribute to depression and thoughts of suicide. A family history of suicide along with easy access to lethal suicide methods increases the risk.

Individual personality traits such as perfectionism, suspiciousness

and an unwillingness to seek help are factors. Family conflict and alcoholism or heavy drinking also contribute.

Because of the many factors that can contribute to suicide among the elderly, it is important that family members and friends share their concerns and encourage each other to seek appropriate treatment through their medical doctor and/or a mental health professional.

Contributed by Cora Lee Pfannenstiel, Community Outreach Consultant/Nurse Educator. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to: High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 East Seventh, Hays, Kan. 67601.

Internet site: www.highplains-mentalhealth.com.

matters of record

District Traffic

The following traffic fines were paid in the district court:

June 24 — Michael S. Pelton, 19, of Cheyenne Wells, Colo., was fined \$259 for minor in possession and \$72 for speeding, 87/70.

June 25 — Onjinee S. Kerns, 19, of Goodland was fined \$119 for failure to stop and \$10 for no seat belt.

Lester F. Cress, 42, of Brewster was fined \$125 for speeding, 71/55. Terry L. Redlin, 48, of Goodland

was fined \$107 for speeding, 68/55.

June 26 — Donald K. Judd, 42, of Chula Vista, Calif., was fined \$203 for speeding, 96/70.

June 30 — Jennifer E. Sollars, 29, of Littleton, Colo., was fined \$374 for speeding, 109/70, and \$60

for failure to use turn signal.

Rabson M. Lungu, 31, of Euless, Texas, was fined \$230 for speeding, 99/70.

Armando Ramos, 52, of Burlington was fined \$119 for failure to stop at sign.

July 1 — Wanda Sue McCracken, 37, of Goodland was fined \$159 for fishing without a license.

July 2 — James W. Forrester, 68, of Parkton, Md., was fined \$315 for speeding, 105/70.

Troy Dee Maxwell, 27, of Dallas was fined \$362 for 6,400 over on tandem.

July 3 — Neil L. Lambert, 37, of Englewood, Colo., was fined \$359 for driving while suspended and \$72 for speeding, 87/70.

The Goodland Star News Service Directory

785-899-2338



Your KEY to business success.

Have your name up front when a customer needs you.

Repetitive advertising is the key to opening the door to new customers.

Combined rates are available to feature your services in the Daily and The Country Advocate.

We'll always be there for you.

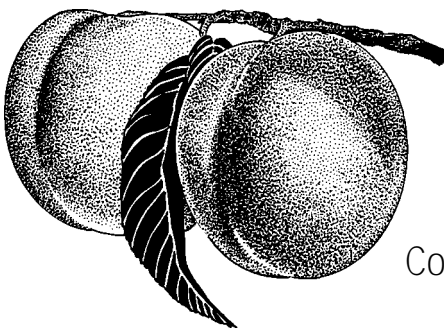
LIFE • HOME • CAR • FARM • BUSINESS



Jim Alcorn, Agent

1624 S. Main Street
Goodland, KS 67735-0727
Business: (785) 899-2553
Home: (785) 899-3974

www.shelterinsurance.com



Colorado Peaches

Contact
Colleen or Steve Duell
899-5888

PELLA WINDOWS

Aluminum clad

Alside vinyl windows, vinyl and steel siding

Installation available in Sherman and Thomas Counties.



HOME IMPROVEMENT CENTER

1/2 Mile North Exit 19 off I-70
Goodland, Kan. 67735
(785) 899-6241



nwkansas.com

With monthly costs as low as \$14.95 per month!

Call (785) 899-2338 for information.

D & D Builders

Michael Downing
General Contractor

Concrete Work • Patios & Decks
• Garages & Etc. •
• Remodels & Additions •

785-626-3529 or 785-626-0060

Time is money.

3.00%

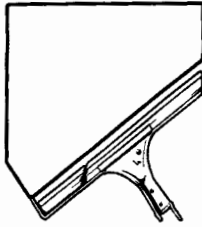
Guaranteed
3 years*

Single Premium
Deferred Annuity

- ✓ Monthly Interest Income Available
- ✓ Available to Age 100
- ✓ No Stock Market Risk
- ✓ Great for IRAs & TSAs
- ✓ Alternative to CDs & Lower Yielding Annuities
- ✓ Income Tax Deferred Interest

Call Today
785-899-9290
Brent A. Wood
AIG Advisor Group
111 W. 12th
Goodland, Kan. 67735

*Interest credited in the first three years is subject to a Market Value Adjustment on full surrenders and excess withdrawals. Three year rate guarantee; should you choose to continue this annuity after the 3 year guaranteed period, the minimum rate guarantee is 3.00%. Issued by National Health Insurance Company, Guarantee 3 Form #A-G3-01 (may vary by state). Interest rate effective 6/15/2003 and subject to change. ASI-G3-302



NEW SYSTEM Professional WINDOW CLEANING

Colby, Kansas

Commercial - Residential
Free Estimates

No job too big or small

Chris & Beth Lewon

650 N. Grant
785-462-6995 or
1-800-611-6735



OLE GURN'S

BOOT & SHOE REPAIR

OF COLBY, KANSAS

is in Goodland Every Monday.

9:30 to 1:30

North side of Cowboy Loop.

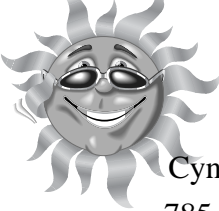
accepts all major credit cards

Your ad could
be here! Call Phyllis
or Bill at 899-2338.

Your ad could
be here! Call
Phyllis or Bill
at 899-2338.

Sunless Airbrush Tanning

for a Glowing Golden Tan!



Streakless
Odorless
Safe
Healthy

Cynthia Butts
785-899-3944

PRO FLOOR CARE

HIGH QUALITY
CARPET & UPHOLSTERY
CLEANING
24 HOUR WATER
DAMAGE REMOVAL

462-8313 1-800-473-4138

Owners:

Shawn & Angela Stinemetz



Truck Lettering

800-886-2423

AWARD WINNING SIGNS AND PINSTRIPING SINCE 1974

Hot Brush

204 W. 4th Box 309
Bird City, Kan. 67731

Service with a Smile

Oil changes Brakes Transmission Tire repair
Shocks Heating & Cooling Auto Detail Tune-ups

DONS TRUCK AND AUTO

801 Main, Goodland, Kans. 67735

Shop: 785-890-4968 Cell: 785-899-4968

Free Pick-up and Delivery of Vehicles

FINALLY!

Health Insurance for Individuals,
Families and the Self-Employed
at **AFFORDABLE** Rates.

Insurance is Underwritten by The MEGA Life and Health Insurance Company

800-783-9417