

Retirees either take up golf or plant a garden

I suspect the general thinking among most young to middle-age folks is that gardening is mostly for older people. You know the thing; when a person arrives at the age of retirement, he either takes up golf or clears off some space in the backyard and plants a garden.

I have a tendency to think of it differently. My feeling is that as you began your gardening career at a very tender age, by the time of retirement, you begin to understand what it's all about. Over the years, I have discovered a number



kay melia

• the gardener

of “older” people whom I respect, because they obviously have considerable amounts of savvy about the gardening process. I figure it's because they've had more practice than most of the population.

Such is the case of longtime

Goodland chef and gardener Gerry Nett. Gerry is celebrating his 85th birthday this week and I'll guarantee you that the new gardening season is very much on his mind right now.

One thing about Gerry's garden is that more people see it each year than anybody else's garden because of its location. Gerry does his work on the southwest corner of 8th and Kansas and it turns many heads as the heavy 8th Street traffic passes

by. On most nice days in the summer, you'll see him out there on his hands and knees, getting his daily dose of exercise.

Gerry is one of those gardeners that does pretty much what he has done all his life, and that's simply to raise as many vegetables as he possibly can, and shares them with family and friends, or provides them weekly at the Farmer's Market. He does a marvelous job of mulching his garden each year in order to try to keep the weeds down, conserve moisture and add all those materials

back into the soil by plowing them under each fall. He's not too picky about the variety of seed he plants; some of the things you see growing in his garden are of the same variety as the ones he has planted for years. You can't argue with success.

His garden depends heavily on the drip system method of watering and he has rigged up a very efficient system of adding moisture to the many rows of vegetables. He complains a lot, as we all do, about the weeds that are so difficult to keep down, particularly the rather recent

appearance of the vicious amaranth type of pig weed that is so prevalent these days, not only in our gardens but in our fields and pastures.

Gerry Nett has had a lot of practice out in the garden. Keep your eyes on that garden again this year. Watch for his delicious offerings at the Farmer's Market. He might even offer you a discount on a sack of zucchini if you'll drop by his garden sometime and offer to pull a few weeds!

People and plants shouldn't drink salt water

Everyone knows that someone stranded in the ocean should not drink the salt water. The salt content of that water will make a bad situation worse.

What many people don't realize is that this same principle can harm



dana belshe

• ag notebook

plants. Fertilizers are salts. They must be salts in order for the plant roots to take them up. However, salt levels can build up over time and eventually may harm plant roots and lead to scorched leaves and

unhealthy plants. Though this can happen under field conditions, especially in low rainfall areas, it is particularly critical with houseplants. Houseplants have a certain soil volume that doesn't change until a plant is repotted. Thus salt build-up can be a crucial concern, especially if plants are fertilized heavily. Leaching an overabundance of

salts can be an important practice to insure the health of our houseplants. Leaching is not a complicated or difficult process. It consists of adding enough water to wash out excess salts. How much water is enough? Add the amount of water that would equal twice the volume of the pot. This, of course, would need to be done outside or in a bathtub or sink.

Water must be added slowly so that it doesn't overflow the rim of the pot. If salt has formed a crust on the surface of the soil, remove it but don't take more than 1/4 inch of the underlying media. This may also be a good time to repot the plant.

Source: KSRE Horticulture Newsletter

Evaluate options for health coverage

If you watch late night or cable television, you may have seen the ads that say “health insurance at a low, affordable price.” If you are without health insurance now, you may wonder if these offers would be right for you.

That's why it's important to educate yourself before purchasing any of these plans. The products usually described as discount health plans and limited benefit health insurance plans may or may not offer you the coverage you want.

The National Association of Insurance Commissioners and the Kansas Insurance Department has put together the following information to help you evaluate these options.

Discount health plans

Discount health plans are not insurance products, they are membership groups that may or may not have discount arrangements with local providers for services at a reduced (discounted) rate. With limited state regulation and limited state consumer protections, these programs should not be mistaken for comprehensive health insurance offered by companies which are authorized by law to be regulated by the state.

Typically, such products are sold through the Internet or advertised on TV, but they can also be distributed through “blast” faxes or by taped telephone solicitations.

Marketing for discount health plans can be similar to limited benefit plans, making it difficult to distinguish one plan from the other (for example, try reading the fine print on the TV screen, if any fine print is even shown). Our consumer assistance representatives at the insurance department receive inquiries almost daily regarding solicitations from companies such as these.

Recently the department joined with several other states insurance departments in issuing cease and desist orders against a group of related companies who were misleading consumers into thinking discount plans were actually comprehensive insurance coverage.

To protect yourself and your money, stop before purchasing any type of insurance policy, call us at the state insurance department and



sandy praeger

• insurance comm.

confirm that the company and the insurance agent you are working with are licensed in your state. Go to www.ksinsurance.org to find out more information or call the hotline at (800) 432-2484.

Limited benefit health insurance plans

Limited benefit health plans are insurance products with reduced benefits intended to supplement comprehensive health insurance plans, not to be an alternative to them. You may have seen these types of plans marketed as “cancer only,” “specific disease,” “hospital cash” or “indemnity” plans.

Limited benefit health insurance plans are not typically required to provide the same level of coverage, so they cover fewer types of medical expenses than a comprehensive policy. This means a limited benefit plan will set the amount of coverage the company will pay per episode of illness or procedure.

These policies also provide limited, if any, surgical, preventive care, testing and emergency benefits. And with low maximum benefit limits called “caps,” it may be possible for you to reach your cap quickly, leaving you responsible for the balance of the bill.

Before deciding if a limited benefit health insurance plan is right for you, carefully consider if the plan meets your current and future needs.

Know the limitations of the coverage and understand the expenses that will and will not be covered under the policy. Also, if possible, ask your local insurance agent if there are any exclusions or limitations specifically spelled out in the policy, so expenses that fall within the coverage gaps do not surprise you.

For more tips about choosing health insurance coverage that is right for you and your family, go to our web site, www.ksinsurance.org or www.insureUonline.org.

Finally, when reviewing product claims, it's good to remember the old adage, “if it looks too good to be true, it probably is.”

Worship warms the heart

Calvary Gospel Church
Pastor: Randy Payne
Fourth & College • 890-3605
Sunday: Kid's Church: 10 am
Morning Service: 10 am
Prayer and Praise: 6:00 p.m.
Wednesday: Royal Rangers Missionettes 6:30 p.m.
Adult mid-week service: 7:00 p.m.
Youth @ the Rock House: 6:30 p.m.
Small Group Ministries meets through out the week.
www.calvarygospel.net

Our Lady of Perpetual Help
Pastor: Father Norbert Dlabal
307 W. 13th • 890-7205
Sacrament of Reconciliation:
5-5:45 p.m. Saturday or by appointment
Mass Schedule:
Saturday: 6 pm, **Sunday:** 10:30 am
Spanish Mass:
Sunday: 12:30 pm

Word of Life
10th & Clark • 899-5250
Pastor: John Coumerilh
Sunday: 9:30 a.m. - Morning Star Cafe Opens
10 a.m. - Worship Celebration
and Kids' Church
Life Groups - call for times and locations
www.wordoflifegoodland.org
A Foursquare Gospel Church

Pleasant Home Church
Serving the rural community
for over 100 years
Rt. 1, Box 180 • 694-2807 • 3190 Road 70
Pastor: Perry Baird
890-3375
Sunday: Worship Service: 9 a.m.
Sunday School: 10 a.m.

Bible Baptist Church
Pastor: Clifford Middlebrooks
Fifth & Broadway
890-7368
Sunday: Sunday School: 9 a.m.
Morning Service: 10 a.m.
Evening Service: 6:30 p.m.
Wednesday: Evening Bible Study: 7 p.m.

Church of Jesus Christ of Latter-Day Saints
1200 15th Street • Burlington, CO
(719) 346-7984
Sacrament Meeting: 10 a.m.
Sunday School: 11:15 a.m.
Priesthood/Relief Society: 12 a.m.

Iglesia Del Dios Vivo
La Luz Del Mundo
Spanish Speaking Church
Minister: Esteban Ortiz B.
1601 Texas • 899-5275
Daily Prayer: Sunday thru
Saturday: 5a.m. & 6 p.m.
Sunday: Sunday School: 10 a.m.

United Methodist Church Brewster:
Pastor: Dorine Chambers
Worship Service: 10:45 a.m. CST
Sunday School: 9:45 a.m. CST
Winona:
Minister: Sheryl Johnson
Worship Service: 9 a.m. CST
Sunday School: 10:15 am CST

First Christian Church (Disciples of Christ)
Pastor: Rev. Carol Edling Jolly
Eighth & Arcade • 890-5233
Sunday: Worship Service: 10:30 a.m.
Sunday School: 9:15 a.m.
Activities: Junior High & High School Youth Groups, Adult Bible Study, Choir, Men's and Women's Groups, Devotions Study, Monthly Fellowship
Special Notice: Handicap Accessible, Hearing Assistance Equipment and Infant and Toddler Nurseries Available

Kanorado United Methodist Church
Pastor: Leonard Cox
399-2468
Sunday: Sunday School: 9 a.m.
Worship Service: 10:15 a.m.

Church of the Nazarene
Pastor: Bob Willis
Third & Caldwell
899-2080 or 899-3797
Sunday: Sunday School: 9:45 a.m.
Worship Service: 10:50 a.m.
Evening Service: 6 p.m.
Wednesday: Evening Service: 7 p.m.

Goodland United Methodist Church
1116 Sherman 899-3631
Pastors: Dustin and Shelly Petz
Saturday: Worship: 5:30 p.m.
Sunday: Adult Classes: 9:15 a.m.
Worship: 10:30 a.m.
Wednesday: Wednesday Nite Live
5:45 - 6:45 p.m. Simple Supper "Free will Offering
6:30 - 7:30 p.m. Classes for all ages

Goodland Bible Church
109 Willow Road • 899-6400
Pastor: Chad DeJong
Sunday: Sunday School: 9:30 a.m.
Morning Worship: 10:45 a.m.
Evening Worship: 6 p.m.
Wednesday: AWANA (Winter) and prayer: 7 p.m.

First Baptist Church
Pastor: Travis Blake
1121 Main
890-3450
Sunday:
Coffee fellowship: 9:30 a.m.
Morning Worship: 10 a.m.
Sunday School: 11:15 a.m.
Thursday: Bible study 9:30 a.m.
Wheatridge Center

St. Paul's Episcopal Church
13th & Center
Church 890-2115 or Rectory 890-6969
Priest: Father Hal Lycett
Holy Eucharist: 10:00 a.m. Sunday
10:00 a.m. Thursday
Daily Morning Prayer
For emergencies 890-6969

Harvest Evangelical Free Church
521 E. Hwy. 24 • 890-6423
Pastor: Brian Fugleberg
Sunday: Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday: Junior high 6:30 p.m.
at the old church building
Senior high 6:30 p.m. at church
www.goodlandefree.com

Seventh Day Adventist Church
1160 Cattletrail
Pastor: Jerry Nowack
Saturday: Sabbath School: 9:30 a.m.
Worship Service: 11 a.m.

Emmanuel Lutheran Church
13th & Sherman • 890-6161
Sunday: Christian eduction/fellowship:
10:15 a.m.
Worship Service: 9 a.m.

Church of Christ
401 Caldwell
890-6185
Sunday: Bible Study: 9:45 a.m.
Worship Service: 10:45 a.m.
Wednesday: Bible Study: 7 p.m.

The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:

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