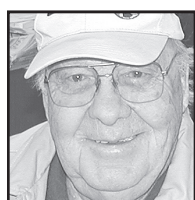


Growing cantaloupes crowning achievement

One of the crowning achievements of any northwest Kansas gardener to my way of thinking is the successful growing of a good cantaloupe. There is just something about the aroma and flavor of a homegrown ripe cantaloupe that gives a gardener an indication it has been a good gardening season.

Realistically, the nurturing of a good crop of cantaloupe from the planting of the seed to the day of harvest is not the easiest garden project, but perhaps the most satisfying to one who has successfully completed the task.

You can call them cantaloupes,



kay melia

• the gardener

or you can refer to them as muskmelons is you wish. Both names are correct. The name muskmelon of course refers to the "musky" aroma and taste of the melon. The moniker of cantaloupe comes from the Castle of Cantalup, Italy, where they were first grown successfully in Europe several hundred years ago. Of one thing we can be sure; both names

describe the wonderful sweet, musky, earthy, floral, spicy or berryish taste that is truly ambrosial or the nectar of the gods.

Several good gardeners tell me they just don't plant cantaloupe and generally give a couple of reasons for not doing so. Reason number one is because they just don't have room in their small backyard garden plot for all those vines. And yes, cantaloupes tend to move around their planted area to a considerable degree. Unlike newer developments

in cucumbers, I haven't heard of the offering yet of a bush type, compact cantaloupe plant. Reason number two given by many gardeners is the difficulty of coaxing the seeds to germinate. Indeed, germination of melon seed can sometimes present a problem and is caused by one of two reasons; either planting too early in cool soils or by piling too much soil on top of the seed and literally smothering it.

Some of us have learned the hard way that planting before the soil temperature reaches 60 degrees just isn't a good idea. A reading of 65 degrees is even smarter and that means

that the cantaloupe seed should be one of the last crops to go into the ground in the spring. Not only does the seed need a warm birthplace, but the plants require warm temperatures to give you good growth and proper maturity in August and September.

Even harvesting a melon can be tricky. One indication of a cantaloupe's readiness is the absolutely wonderful aroma it gives off when ripe. An even better test is called "the slip" method. When you think the melon is ready for plucking, pick it up carefully and give it a slight tug. If it is indeed ready, it will detach

from the vine easily. If it doesn't, try it again tomorrow.

Just because the color of the melon indicates it is ready to harvest, be advised that different melon varieties show different color at maturity, some still with a few green streaks in the good tan color.

Years ago, I heard the story from a gardener that when cantaloupes are and the aroma begins to drift over the neighborhood, the possibility of theft is extremely high. A famous plant breeder sympathized with that assessment, but was not encouraging. "Finger blight," he said. "Very serious. No cure!"

No family exempt from illness, financial changes

By Karen Merryman

Smart Start NW Kansas

No family is exempt from stress. It is a fact of life that unexpected crises will arise. Illness, job changes, financial crisis all can occur suddenly creating stress that often takes its toll on family life.

Research focusing on characteristics of strong families has identified nine traits that supersede racial, ethnic, social and religious background (Krysan, Moore, & Zill 1990).

These nine traits play a large role in handling stresses that can have devastating effects on families. These traits are: caring and appreciation, time together, encouragement, commitment, communication, cope with change, spirituality, community and family ties, and having clear roles.

When family members feel cared

about and appreciated, they have the support they need to feel confident when outside pressures threaten their stability. Strong families express that caring and appreciation by encouraging one another, spending quality time together and communicating openly. In strong families there is a clear communication of commitment to one another. Establishing specific, age-appropriate family roles and responsibilities encourage a sense of family unity.

Parents often try to hide stressors from their children in an attempt to protect them. According to the Building Strong Families Program, University of Missouri Extension, "It is important for the family unity and each individual within that unit to understand stress and how to deal with it effectively." "If a family is to remain 'strong,' each member needs to recognize stress within the

family, its causes, and how to effectively handle it." Children are very sensitive to the emotional climate around them. Children often blame themselves for family problems. Discussing issues help the child feel part of the solution rather than the cause.

Open lines of communication

encourages expression of fears and concerns as well as giving reassurance to younger family members. Parents can model empathy to their children during stressful times. Spending time discussing feelings and practicing techniques to reduce stress help all family members grow through the stressful time.

Maintaining physical activity, using breathing techniques and spending time doing something fun are all proven stress reducing activities that can be used at any age to learn to cope with difficult situations. Families that spend time together in activities everyone enjoys are more likely to come through challenging

times stronger.

For more information on strengthening your family contact Smart Start NW Kansas at (785) 465-9103 or search the internet for 'strong families'.

NIGHT GOLF

9th Annual Benefit Tournament

Saturday, August 21 at
Sugar Hills Golf Course

Two Couple Teams-\$90 per couple
Includes 18 holes of golf, supper, and lighted ball and glow necklaces

Entry deadline August 16th

Registration forms can be printed from our website or picked up and returned to:

Goodland Activities Center
808 Main, Goodland, KS 67735
www.goodlandgac.com

Worship warms the heart

Calvary Gospel Church
Pastor: Randy Payne
Fourth & College • 890-3605
Saturday night: 6 p.m.
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 throughout the week.
www.calvarygospel.net

Our Lady of Perpetual Help
Pastor: Father Norbert Diabal
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: 9:30 a.m.
No Sunday School this summer.
Wednesday:
Senior high 6:30 p.m. at Chuck and Janet Redlin's
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 education/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:

Short & Son Trucking Hwy. 24	Koons Funeral Chapel North Main	Good Samaritan Center 208 W. 2nd
Kansasland Tire 1402 Main St.	KLOEIKKQJIKWGB 3023 W. 31	AFLAC Insurance 111 W. 12th

Sunflower Contest

RULES

- Write down as many words (at least 3 letters) that you can think of using the word "Pericarp"
- Do not use proper names
- Bring your completed list to The Goodland Star-News office at 1205 Main by 12:00 p.m. by Monday, August 16th
- Winners will be announced in the Friday, September 3 edition.

1. _____	26. _____
2. _____	27. _____
3. _____	28. _____
4. _____	29. _____
5. _____	30. _____
6. _____	31. _____
7. _____	32. _____
8. _____	33. _____
9. _____	34. _____
10. _____	35. _____
11. _____	36. _____
12. _____	37. _____
13. _____	38. _____
14. _____	39. _____
15. _____	40. _____
16. _____	41. _____
17. _____	42. _____
18. _____	43. _____
19. _____	44. _____
20. _____	45. _____
21. _____	46. _____
22. _____	47. _____
23. _____	48. _____
24. _____	49. _____
25. _____	50. _____

(If you have more than 50, please attach an additional sheet)

Name _____

Address _____

Phone _____ Age _____

Winner of the Sunflower Contest will receive a FREE 1 year subscription to:

The Goodland Star-News