

Gingerbread houses inspire fund-raising contest

By Sharon Corcoran

The Goodland Star-News
There will be more than one kind of house included on the Goodland Arts Council's Holiday Home Tour in December.

Along with the traditional tour, the council will hold a gingerbread house contest, which will open the same day, from 1 to 4 p.m. Sunday, Dec. 3.

The gingerbread houses will be on display at the Carnegie Arts Center for two weeks. This unique "home tour" will help raise money for the council. Visitors can vote for their favorite gingerbread house by making donations in the container beside each entry, and there will be prizes for the top houses.

A similar contest in Fremont, Neb., inspired the idea. Director Tina Goodwin said she was visiting her hometown and saw a gingerbread house contest. She said she thought the miniature, edible houses would go well with the annual holiday home tour.

There were log cabins, she said, and Victorian houses, even one similar to Goodland's Ennis-Handy House. Goodwin said she has sent information to service clubs encouraging them to get a group together to build an entry. She is trying to get the word out early on the



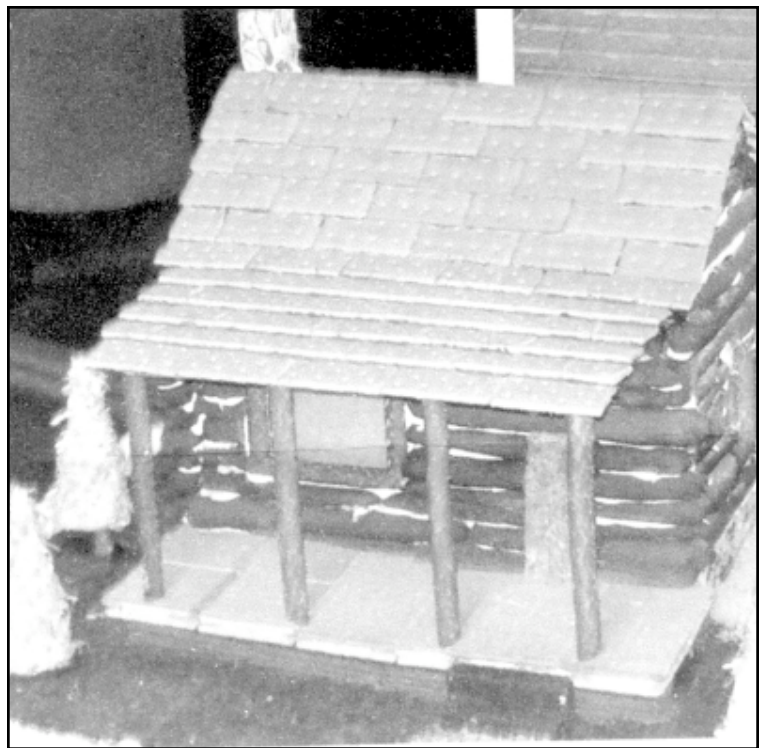
contest in the hopes that the wheels will start grinding with ideas.

"I'm hoping people will see candies when they're out shopping,"

she said, "and be inspired."

Entries can be delivered to the center from 10 a.m. to 5 p.m. Friday, Dec. 1. Most visible parts of the gin-

gerbread houses are to be made of edible products, she said, though the structure can be made of anything as long as it's covered. All



An assortment of gingerbread houses, from Victorian houses to log cabins, in a contest in Fremont, Neb., inspired a contest to boost the Goodland Arts Council's holiday fund raiser.

Photos by Tina Goodwin/Carnegie Arts Center

September a good time to power rake

September is the best time to power rake or core aerate tall fescue and Kentucky bluegrass lawns, which should be coming out of their summer doldrums and beginning to grow more vigorously.

It also is a good time to reconsider what we are trying to accomplish with these practices.

Power raking is primarily a thatch-control operation. It can damage turf if not done carefully. For lawns with one-half inch of thatch or less, power raking is not recommended.

Thatch is a springy layer of light-brown organic matter that resembles peat moss, which collects just above the soil but below the grass foliage.

Core aeration is much better for most lawns. By removing cores of



dana belshe

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The cores can be left on the lawn to decompose naturally

soil, core-aeration relieves compaction, hastens thatch decomposition and improves water, nutrient and oxygen movement into the soil.

This operation should be performed when the soil is just moist enough that it crumbles easily when worked between the fingers.

Enough passes should be made so that the holes are spaced about two to three inches apart. Holes should penetrate two and a half to three inches deep.

(a process that usually takes two or three weeks, depending on soil type), or they can be broken up with a vertical mower set just low enough to nick the cores and then dragged with a section of chain-link fence or a steel doormat. The intermingling of soil and thatch is good for the lawn.

Dana Belshe is agricultural agent for Kansas State University Research and Extension and the Sunflower Extension District, covering Sherman and Wallace counties.

Exercise helps prevent Alzheimer's

It appears that exercise is not only beneficial for the body but for the mind as well. We all know the importance of exercise in maintaining our physical health and appropriate weight.

Now it seems that regular exercise is one of the best ways to prevent the development of dementia and Alzheimer's disease according to a study that appeared earlier this year in the *Annals of Internal Medicine*.

Researchers studied a group of more than 2,200 people over the age of 65 without dementia from the mid 1990s through 2003. Their mental abilities were measured with standard tests, and their physical performance was measured by strength and agility tasks.

The results of the study included the following:

- Over time, 319 people developed dementia; of those, 221 had Alzheimer's disease. It is noteworthy that the poorer their physical performance at the start of the study, even among people with no signs of dementia, the more likely they were to develop dementia.
- These associations held even after adjusting for age, family history of dementia, heart disease and other factors.
- The study also found that the more frail a person is, the more he or she may benefit from exercise. Even those elderly people who did modest amounts of gentle exercise (for example, walking for 15 min-



high plains mental health

• plain sense

remain more physically active. This appears to be one more good piece of evidence that a healthy mind and body are intimately linked

utes three times a week) appeared to benefit from the activity.

Eric Larson, Masters in Public Health, was a co-author of the study. He believes that exercise may improve brain function by improving blood flow to areas of the brain used for memory.

Perhaps the increase in blood flow prevents damage or helps repair early signs of brain damage caused by dementia. Dr. Larson emphasizes that maintaining physical fitness is likely to delay cognitive decline, and maintaining cognitive fitness and activities help us

in the aging process.

Contributed by Ken Loos, licensed masters level psychologist, Consultation and Education Department. 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 E. Seventh, Hays, Kan. 67601. Internet site: www.highplainsmentalhealth.com.

Seeding date affects wheat yields

Seeding date can have a major effect on winter wheat yields.

Farmers try to plant wheat at a time so the seedlings have well-established crown roots and three to five tillers before winter dormancy. This allows plants to minimize winter-kill damage.

Recommended planting dates for northwest Kansas are from Sept. 10 to Sept. 20.

Wheat seeded too early in the fall uses more soil water, showing lush top growth in the fall, and can leave little moisture for the spring. Planting early can increase problems with insects and diseases, such as Hessian fly, leaf rust and wheat streak mosaic virus.

Hessian fly is a concern because there are no remedial or rescue treatments. Once the wheat is infected, there is nothing that can be done. One important management tactic is to plant after the "Hessian fly-free" date.

The approximate "fly-free" date for Cheyenne and Sherman coun-



jeanne falk

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ties is Sept. 15th. For Wallace County, the date is a couple of days later and for Thomas County is Sept. 20th.

The Hessian fly is a small gnat-like insect that typically goes unnoticed, said Jeff Whitworth, Kansas State University entomologist. The flies emerge on warm days in September and October, usually after a rain.

They mate, and the females lay eggs on the upper leaf surfaces. These eggs hatch in three to 10 days, depending on the temperature. The larvae, sometimes called maggots, move down the plant soon after hatching and generally start feeding just above the crown between the leaf sheaths and the stem.

als or groups can enter.

It's not too early to start planning your gingerbread house. For information, call the center at 890-6442.

The larvae may feed for eight to 30 days. Mature larvae form brown, hard capsules commonly called "flax seeds," where they over-

winter.

Often these infections go unnoticed. Infested plants tend to have stunted shoots or tillers or may even die. They have weakened stems, which result in partially filled heads or stem breakage and lodging in the spring.

The Hessian fly was first reported in the United States in 1779 from an area near some Hessian soldiers' campsite. The pest was found in Kansas in 1871 and has been reported here every year since then.

Jeanne Falk is an area crop production and economics specialist for Sherman, Cheyenne and Wallace counties with Kansas State University Research and Extension.

matters of record

Municipal Court

These are cases decided by the Goodland Municipal Court:

Aug. 17: Lynda J. Townsend, speeding 52-40, fined \$98, plus diversion fee \$100

Aug. 21: Tammy D. Fogg, dog at large, fined \$70.

Jose S. Sierrabustamante, Denver, allow unauthorized driver, fined \$110.

Diana R. Taylor, dog at large, fined \$70.

Aug. 22: Allegra Adolf, criminal damage to property, fined \$150, plus diversion fee \$100, restitution \$59.20

Allegra Adolf, criminal damage to property, restitution \$207.87.

Larry G. Fautrot, Scott City, speeding 54-40, fined \$106, plus

diversion fee \$100.

Alice K. Collett, Levant, speeding 55-40, fined \$130.

Phillip C. Tomlinson, Tulsa, Okla., disobey stop sign, fined \$90.

Aug. 23: Kendall Morris, criminal damage to property, fined \$150, plus diversion fee \$100, restitution \$59.20.

Corbin C. Huffman, battery, fined \$250, suspended 5 days in jail.

Jose Dominguez, battery, fined \$250, suspended 5 days in jail.

Ernest Garza, disorderly conduct, fined \$150, pedestrian under influence, fined \$100.

Fabian V. Ledesma, minor possessing tobacco, fined \$75.

Brenda Fisher, dog at large, fined \$70.

Aug. 24: Adam J. Berry,

Leonardville, speeding 50-40,

fined \$90, plus diversion fee \$100.

Bianca Sierrabustamante, Denver, no driver's license, fined \$150.

Timothy J. Birney, Golden, Colo., speeding 43-30, fined \$102, plus diversion fee \$100.

Aug. 25: Kurt P. Stegman, Denver, speeding 52-40, fined \$98.

Aug. 28: Troy D. Killin, Holyoke, Colo., improper parking, fined \$46, plus \$14 of fined suspended.

Stephen J. Charles, illegal registration, fined \$90.

Aug. 29: Stanley H. Kibel, dog at large, fined \$70.

Aug. 30: Lyle L. Jackson, accident involving damage, fined \$236, plus diversion fee \$100, plus \$100 of fine suspended.



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