

# Cold can hurt spring crops

Although the weather has been good for wheat growth, cool, wet weather can cause problems for seedling spring crops.

Plants do not emerge from the soil quickly, and then tend to sit there if cool weather is extended. Some yellowing or purpling of corn or grain sorghum plants may occur.

Plant deficiency symptoms are regularly enhanced in cooler, wetter springs. Corn exhibiting a purple cast, with more on the leaf margins, is showing signs of phosphorus deficiency.

Other corn plants have a light green to pale yellow cast, with the new leaves showing more yellowing. These are exhibiting sulfur deficiency, while plants with yellow older leaves, although the new ones are green, are showing nitrogen deficiency. Even though a soil test may indicate adequate amounts of the nutrient, root growth may be slow enough to cause expression of these deficiencies.

Another factor to consider is herbicide damage. Metabolism is one way crops like grain sorghum and corn are able to tolerate herbicides applied to control weeds. When



## Extension Lines

By Brian Olson  
Extension Agronomist

temperatures remain cool, plant metabolism is slowed, so breakdown of the herbicide is also slowed. In that case, injury from herbicides can occur even though the correct application rate was used.

A good example of this would be the use of Balance on corn. Corn will usually break down Balance into nontoxic compounds. However, when metabolism is slowed, corn may look yellow to even white. As for grain sorghum, delayed metabolism of Dual II Magnum can also cause injury. Sorghum may not emerge from soil and leaf out underground, or the leaves may be rolled up after emerging.

Slower spring crop growth can also make plants more susceptible

to insect damage. Insects like wireworms, cutworms and grubs will have a longer period to cause damage.

Most of these problems will likely be cured by warmer temperatures and sunny days.

By the way, don't forget to go to the wheat plot tour in your county this week.

Brian Olson is multi-county extension agronomist for Decatur, Gove, Norton, Sheridan, and Trego counties. E-mail [bolson@oznet.ksu.edu](mailto:bolson@oznet.ksu.edu) if you have any questions or would like to see a newspaper article on a specific crop production topic. For more information, contact the county extension office, 475-8121.

# Arthritis strikes many Kansans

An estimated 70 million Americans now suffer from arthritis — up from 43 million in 1998, according to the Centers for Disease Control and Prevention.

Arthritis, defined as chronic joint symptoms or doctor-diagnosed arthritis, is a disease for which science has not yet found a cure.

May was National Arthritis Month. In Kansas, an estimated 686,000 adults (34 percent of the state's population) report having this crippling and painful condition. If you have to live with arthritis, learn how to manage it: get out and exercise.

There's a terrible myth that exercise worsens arthritis pain, when in fact physical activity is one of the recognized ways to treat arthritis. In addition to reducing pain, exercise improves physical functioning and decreases depression and social isolation.

When people with arthritis exercise, they should expect some stiffness at first, but that's natural for anyone who begins an exercise program. One of the key goals for arthritis management is to stick with the exercise for at least six months. Most people who make it that long are able to stick with a program over their lifetime.

For some people, exercising with a partner is their social time. Overall, their quality of life increases if they exercise.

Suggested activities are as varied as different people's interests. Some like to jog, walk or swim, others prefer to lift weights or ride bikes. Even such "leisure-time activity" as doing yard work or walking around the mall can contribute to a healthy



## Home Time

By Tranda Watts  
Multi-county Extension Agent

lifestyle. The National Centers for Disease Control and Prevention recommend aerobic activity at least five times a week for 30 minutes or more at a moderate intensity.

Physical activity can be cumulative, meaning that exercising in "pieces" of 10 minutes or more, for a total of 30 minutes per day, can help a person achieve the same health benefits as one session of 30 minutes.

During moderate exercise, people need to be breathing hard, but still pass the "Talk Test": If you can't carry on a conversation while exercising, then you're working too hard.

It is wise to stretch muscles regularly to manage arthritis (stretching helps a person maintain flexibility and mobility). It's also important to see a doctor who can give advice for exercise depending on the progression of your disease.

Many communities sponsor exercise programs through wellness or fitness centers, the senior center or the hospital.

Tranda Watts is multi-county extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-

[mail twatts@oznet.ksu.edu](mailto:twatts@oznet.ksu.edu). For more information, contact the county extension office, 475-8121.

# Farmers can apply for loans for natural disaster losses

Farmers in Decatur, Norton, and Rawlins counties who suffered crop or livestock losses because of natural disasters may apply for Farm Service Agency emergency loans.

John C. Vogt, farm loan manager in the Norton office, said these counties became eligible under a law which provides that farmers in the counties bordering on those which have been designated for disaster assistance may also qualify.

Applications will be accepted

until Jan. 14.

"Loans may be made at 3.75 percent interest rate, and are scheduled for repayment as rapidly as feasible, consistent with the applicant's reasonable ability to pay," said Mr. Vogt.

For details, contact the Norton County Farm Service office, 113 N. Norton, between 8 a.m. and 4:30 p.m., Monday through Friday.

LUNCH BY  
LEGION AUXILIARY  
WOMEN

# AUCTION

Saturday, June 7, 2003 • 10:00 a.m.

Location: Oberlin American Legion, 114 S. Rodehaver Ave., Oberlin, KS

**SELLER: MELVIN & MAYNARD SMALBERGER**  
Guest Consignors: Darlene Stanley; Ronald R. Carlson Estate  
Angela Hagemeier, Administrator

ANTIQUES AND COLLECTIBLES	MISCELLANEOUS	SHOP & GARDEN	HOUSEHOLD	
Replicas of old cars and tractors including: 1925 Model T, 1932 Ford Coupe, 1946 Chevy car, 1941 Chevy pickup, Allis Chalmers tractor, Case tractor Fordson tractor and Ford 8N tractor (2) Porcelain dolls, old Salt & Pepper shakers Book match collection w/advertising (4) Kerosene lamps Aladdin lamp Oval picture frames Old picture frames (2) Old trunks, 1 w/round top Child's rocker, old Phonograph w/old records Wood ironing board Ice tongs Sad irons Hand corn sheller, old	Old tins Crock bowls, jars, jugs Ice skates School bell Egg case (2) Griswold waffle irons Corn shucking hook & peg Horse shoes (2) Tea kettles (old) Kerosene lantern Antique dresser w/ mirror Old pictures of places in the world 1941 Chevy car manual Marbles Pocket knife collection Old road maps Doilies Coca Cola bottles Coca Cola tray Old wooden boxes Old meat grinders Boxes of pencils Caron board & carons	Guitar (2) Window fans Radio & record player Carpet cleaner Electric Ice cream freezer Radio Vacuum cleaner Wall paper tools Caps & holders Cassette tape recorder Elec. power control outlet Heavy duty feed sacks Clock (2) 22 Rifles and shells 410 shotgun and shells Exercise bicycle T.V. Trays Puzzles, games Books Brownie Kodak camera Suitcases Scale	Propane heater stove, good Flare Wrenches Socket set Hand week sprayer 15 Gal. pull sprayer 5000 watt generator light plant Garden hoses Rake, shovel, hoe Pitchfork Car ramp Oil can MTD Roto Tiller Pipe wrenches Clevis & pins Pry bar Wire stretcher Load binder Chicken wire Small round posts Steel posts Post hole digger Floor jack Funnel (2) New alternators for 1086 & 756 tractor	Leather couch & chair Couch Refrigerator Kitchen table Wood Headboard & mattress (2) Steel bed frames Dining table, buffet & chairs 4-Drawer chest Steel cabinet Clothes closet T.V. Stand Small cabinet Washer Dryer Medicine cabinet Master-Mixer Drink machine Pot holders Pots & pans Meat Cleaver Meat slicer Dishes Asst. of glasses Waffle iron Canister set Lazy Susan relish tray

**SELLER: THE ESTATE OF RONALD R. CARLSON,**  
Angela Hagemeier, Administrator

Home with furniture, pickup, deepfreeze, dresser will sell promptly at 10 a.m.

Real Estate: The East Twelve Feet Eight Inches (E.12'8") of Lot Eleven (11) and the West Thirty-five Feet Four Inches (W. 35'4") of Lot Twelve (12) in Block Five (5) in Garwood Addition to Oberlin, Kansas, commonly known as 704 East Commercial, Oberlin, KS 67749



This 1940, 725 sq. ft. home with single, detached garage, includes 2 bedrooms, bath, kitchen and living room on the main level and 2 bedrooms, bath, laundry room and family room in the basement. The home comes completely furnished with nice refrigerator, stove, washer and dryer. Household items included with the house are 4 beds with mattress, couch, hide-a-bed, 2 chairs, table and chairs and lamp.

**SELLER: DARLENE STANLEY**

1995 Ford pickup with extended cab and camper shell, long wheel base, 110,000 miles.

Waterfall bedroom set including vanity w/oval mirror and bench, chest of drawers, night stand, bed

Antique dresser, very good condition.

Antique trunk good condition  
Antique dresser w/mirror, good condition  
(2) Handmade lamp tables  
Kitchen table  
Kitchen table w/6 chairs  
Drop-leaf dining table w/3 leaves, opens to 8'  
Avon and Watkins products  
Cooking utensils  
Garden tools

The Only One That's  
**LIVE & LOCAL**  
All Morning & All Day  
**105.3 COYOTE COUNTRY**  
AMERICA'S BEST COUNTRY  
RADIO STATION

**NOTICE TO AT&T CUSTOMERS IN KANSAS**  
AT&T has filed tariffs with the Kansas Corporation Commission to increase the Payphone Compensation Surcharge. This surcharge will change from \$0.26 per call to \$0.47 per call for business calls, and from \$0.30 per call to \$0.47 per call for residential calls. This change is scheduled to take effect on or about June 5, 2003.

# Johnson Realty, Inc.

Roberta Johnson, Broker - Lynn A. Johnson, Associate Broker/Auctioneer  
109 N. Wolf, Oberlin, KS 67749

Call Roberta or Lynn A. Johnson for listings, or information 785-475-2785 - Mobile 785-475-8514  
JACQUELINE VOTAPKA, SALESPERSON JOE D. GREEN, SALESPERSON/AUCTIONEER  
RANDY OSTMEYER, SALESPERSON JERRY LOHOEFENER, SALESPERSON  
ROGER EMIGH, SALESPERSON/AUCTIONEER  
MARCIA LOHOEFENER, SALESPERSON



[www.johnson-real-estate.com](http://www.johnson-real-estate.com)