Welcome and thanks to these re-

Louise Leitner, New York; Elaine

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Palmgren, San Antonio, Texas;

cent subscribers to The Oberlin Her-

THE OBERLIN HERALD 5A

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

Extension Lines

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

Although the weather has been good for wheat growth, cool, wet

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 de-

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 temperatures remain cool, plant to insect damage. Insects like wire-In that case, injury from herbicides age. can occur even though the correct application rate was used.

Cold can hurt spring crops

A good example of this would be and sunny days. the use of Balance on corn. Corn will usually break down Balance into nontoxic compounds. However, when metabolism is slowed, corn for grain sorghum, delayed metabolism of Dual II Magnum can also emerge from soil and leaf out underground, or the leaves may remained ticle on a specific crop production rolled up after emerging.

also make plants more susceptible 475-8121.

metabolism is slowed, so break- worms, cutworms and grubs will down of the herbicide is also slowed. have a longer period to cause dam-

By Brian Olson

Extension Agronomist

Most of these problems will likelybe cured by warmer temperatures

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

Brian Olson is multi-county exmay look yellow to even white. As tension agronomist for Decatur, cause injury. Sorghum may not ksu.eduifyouhave any questions or Slower spring crop growth can tact the county extension office,

Gove, Norton, Sheridan, and Trego counties. E-mail bolson@oznet.would like to see a newspaper artopic. For more information, con-

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HOUSEHOLD

Refrigerator

Kitchen table

mattress

chairs

Wood Headboard &

(2) Steel bed frames

Dining table, buffet &

4-Drawer chest

Steel cabinet

Clothes closet

Small cabinet

Medicine cabinet

Master-Mixer Drink

T.V. Stand

Washer

machine

Pot holders

Pots & pans

Meat slicer

Waffle itron

Canister set

Dishes

Lots of Miscellaneous

Too Numerous to Mention

Meat Cleaver

Asst. of glasses

Lazy Susan relish tray

Dryer

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

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 iso-

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 pre-

Rawlins counties who suffered crop

or livestock losses because of natu-

Service Agency emergency loans.

in the Norton office, said these coun-

ties became eligible under a law

which provides that farmers in the

counties bordering on those which

have been designated for disaster

Applications will be accepted

assistance may also qualify.

John C. Vogt, farm loan manager

Farmers can apply for loans

ral disasters may apply for Farm for repayment as rapidly as feasible,

The Only One That's

LIVE & LOCAL

All Morning & All Day

for natural disaster losses

Farmers in Decatur, Norton, and until Jan. 14.



Home Time

By Tranda Watts Multi-county Extension Agent

The National Centers for Disease more information, contact the 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

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

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 exfer to lift weights or ride bikes. Even tension specialist in food, nutrition, such "leisure-time activity" as do- health and safety for Decatur, Gove, ing yard work or walking around the Norton, Sheridan, and Trego counmall can contribute to a healthy ties. Call her at 785-443-3663 or e-

"Loans may be made at 3.75 per-

cent interest rate, and are scheduled

consistent with the applicant's rea-

sonable ability to pay," said Mr.

County Farm Service office, 113 N.

Norton, between 8 a.m. and 4:30

p.m., Monday through Friday.

For details, contact the Norton

LUNCH BY LEGION AUXILIARY WOMEN

mail twatts@oznet.ksu.edu. For

county extension office, 475-8121.

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

Replicas of old cars and tractors including: 1925 Model T, 1932 Ford Coupe, 1958 Chevy car, 1946 Chevy pickup, 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

Wood ironing board

Hand corn sheller, old

records

Ice tongs

Sad irons

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

MISCELLANEOUS Guitar (2) Window fams 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

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 Bock 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.



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

SHOP &

GARDEN

Flare

Wrenches

Socket set

light plant

Garden hoses

Pitchfork

Car ramp

Oil can

Pry bar

Rake, shovel, hoe

MTD Roto Tiller

Pipe wrenches

Clevis & pins

Wire stretcher

Load binder

Chicken wire

Steel posts

Floor jack

Funnel

Small round posts

Post hole digger

(2) New alternators for

1086 & 756 tractor

Hand week sprayer

15 Gal. pull sprayer

5000 watt generator

Propane heater stove, Leather couch & chair

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

Antique drsser, very good condition.

SELLER: DARLENE STANLEY Antique trunk good condi-

NOTICE TO AT&T CUSTOMERS IN KANSAS

AMERICA'S BEST COUNTRY

RADIO STATION

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 ROGER EMIGH, SALESPERSON/AUCTIONEER JERRY LOHOEFENER, SALESPERSON RANDY OSTMEYER, SALESPERSON MARCIA LOHOEFENER, SALESPERSON

