

Jan & Dan

☞ - We had beautiful snow on Monday. It was like being inside a snow globe. The flakes, at times, were huge and there wasn't that much wind. The temperature was around 33 to 35 degrees, so the snow was wet, the flakes big.

I didn't think it would accumulate, but I was wrong. However, the temperature the day before was in the 60s, so it didn't stay long.

All the crops and the yards and trees and plants will be improved by this snow. So I guess it's a Happy Spring thing to have a nice wet snow right after the spring equinox.

☞ - Greeley County Recreation has a Cornhole Tournament planned for this Saturday. Register by Friday.

It is also the weekend of the high school prom and promenade, on Saturday evening. The promenade, which everyone is invited to attend, is at 6:00 p.m. in the auditorium.

☞ - We are all starting to get used to the parking off Broadway during the construction, although I often have backed out of my driveway, heading the wrong direction, and have had to pull back in and go the other way.

It will be nice when it is finished to have more concrete blocks on Broadway. However, I am glad it isn't directly in front of our office this time, like it was a few years ago when they did the middle blocks of downtown. I believe we had a town celebration when the construction was finished....

☞ - The Youth Entrepreneurship projects that we have been featuring are interesting and an excellent hands-on experience for students. Kudos to the teachers, community members and students who participated in this.

☞ - A 2-inch rain this past week was followed by a 5-inch wet snow this week. That's a lot of welcome moisture for March. More than double the normal amount. With a ground temperature of 48°, I didn't think that the snow on Monday would stay around, but it was a heavy enough to accumulate. There were some who shoveled sidewalks, but the snow didn't stay around long.

☞ - The high school basketball season is over and spring sports practices have begun after the spring break. There is a high school track meet scheduled at Tribune on Tuesday, March 30 and a JV golf meet at Colby on Tuesday, April 6.

☞ - My three main teams - the Chiefs, the Jayhawks, and the Jackrabbits - were all crushed in the final game of their seasons. I'm happy to report that I survived and that in all probability there will be another season.

☞ - When I was younger photos were analog images on film and were a true representation of reality. Then photos were digitalized and could be "photoshopped." You could put the head of one person on the body of another. They no longer were a dependable representation of reality. The technology has advanced and now videos can be computer generated (CGI). The same pattern seems to be true of our world.

Where is the proof, where is the science when the New York Times, YouTube, CDC, and FRB are all private organizations beholding to the perception of their owners. It's the science of relativity applied to the world. The speed of light is constant relative to the perception of the observer.



Greeley County Republican

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75¢ Single Copy

P.O. Box 610 • Tribune, Kansas 67879 • 620-376-4264 —8 Pages— Wednesday, March 24, 2021 Vol. 155. No. 12



By noon on Monday the snow in Tribune had accumulated to several inches, and the temperature on the First Farm Bank was 33°.

Wet Spring Snow in Greeley County

Greeley County received a wet spring snow on Monday, March 22. The Tribune weather station reported 0.20 inches of precipitation at their 7:30 a.m. reading on Monday morning. The precipitation of rain and sleet turned to snow by 8 a.m. on Monday and continued through the day.

The soil temperature at the station on Monday morning was 48°, so the snow melted quickly, but with continued heavy snow it began to accumulate by 11:00 a.m.

The 0.20 inches recorded at 7:30 a.m. on Monday brought the total precipitation for the first 22 days of March to 2.60 inches. The normal

for the total month of March is 1.01 inches. The station has received 3.39 inches of precipitation for the year-to-date, which is 1.70 inches above the normal of 1.69 inches.

The precipitation this week will be helpful for the winter wheat crop and should provide good conditions for the planting of corn during the later part of March and of milo in April.

The national Weather Service precipitation maps showed precipitation over all of Greeley County with heavier amounts in the northern parts of the county.

The Facebook rain report group for Greeley County

reported .30 inches of snow in Tribune by 8 a.m. on Monday with heavy snow continuing.

The high temperatures for the past week started with a high of 50° on Monday, March 15, dropping to 38° on Wednesday before rising to 71° on Saturday, March 20.

March 20 was the equinox and the official start of spring.

The average soil temperatures for the past week in Greeley County were 44° on March 16, 42° on March 17, 39° on March 18, 42° on March 19, 43° on March 21, and 48° on March 22.

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Tribune Weather Report

Date	High	Low	Sky	Wind	Pre
3-16	50	27	Clr/N		0.00
3-17	44	28	Cldy/N		0.00
3-18	38	20	Clr/N		0.00
3-19	48	19	Clr/S		0.00
3-20	58	23	Clr/S		0.00
3-21	71	35	Clr/SW		0.00
3-22	59	31	OC/NE		0.20
Total for Week					0.20
Total for March					2.60
Normal for March					1.01
Total Year To Date					3.39
Normal to Date					1.69
Above normal					1.70

All readings are taken at 7:30 a.m. and are for the previous 24-hour period.

Move Your Way: Walk Kansas encourages all forms of physical activity

Popular program begins March 28

MANHATTAN, Kan. - Sharolyn Jackson says there's no need to be deceived by the name of one of K-State Research and Extension's most popular statewide programs; there are a lot of avenues to physical health.

Jackson is the coordinator of Walk Kansas, which begins its 21st year on March 28. The eight-week program, which will run through May 22, annually draws about 7,000 participants.

While the basis of the program is to form teams of co-workers, friends, family or others to walk an equivalent distance of the state of Kansas, many other forms of physical activity also count.

"The best kind of physical activity is one that you will

actually do," Jackson said. "So if you don't enjoy it, you're not going to continue to do it. You need to find something you like to do that's enjoyable and that you can work into your lifestyle."

She noted that the program touts the motto, 'Move Your Way,' which means that activities like swimming, biking, jogging, rolling and many more count toward meeting the team's Walk Kansas goal.

"Any kind of movement can count," Jackson said. "We ask participants to log their minutes of activity, not distance."

"People with health conditions and disabilities are encouraged to participate by doing the type of activity that works for them. Research supports that physical activity is safe

for almost anyone and that health benefits far outweigh risks."

The program is based on the Physical Activity Guidelines for Americans, published by the U.S. Department of Health and Human Services. The minimum guideline to achieve health benefits is to do at least 150 minutes (or 2 ½ hours) of moderate physical activity per week.

"A guideline for moderate activity is that you can just barely carry on a conversation," Jackson said. "If you can sing during your activity, you need to work a little harder."

Walk Kansas, she said, will offer three challenges for teams this year: one for teams aiming to meet the 2 ½ hour minimum; a second challenge for those who'd like to aim for four hours a

week; and a third for those setting a goal for six hours of physical activity per week.

There is also a "solo trail" in which individuals can participate alone.

Jackson said participants will receive weekly electronic newsletters and online support regardless of which challenge they are participating in.

"We are going to take a look at some chronic diseases this year and how physical activity in particular can help you delay, prevent and even manage those chronic diseases," she said.

Some of the areas that will be addressed include mental health, heart disease, osteoporosis and bone health, Alzheimer's disease and overall brain health, obesity, arthritis, diabetes and cancer.

Private Well Water Testing

Water sample pick-up at Greeley County Health Department on April 13, 2021. Please have samples into the Health Department by 8:30 AM. It is recommended for private water well owners to test their drinking water every 1-3 years for bacteria and nitrates.

More frequent testing should be considered if:

- Change in the taste, odor, or appearance of the well water, or if a problem occurs such as a broken well cap, inundation by floodwaters, or a new contamination source.
- Well has a history of bacterial contamination.
- Septic system has

recently malfunctioned.

- Family members or house guests have recurrent incidents of gastrointestinal illness.

- An infant is living in the home.

- To monitor the efficiency and performance of home water treatment equipment

Total coliform is the most commonly used indicator of bacterial contamination. The presence of coliform bacteria is an "indicator" of a well's possible contamination from human or animal wastes. Total coliform is a broad category of bacteria, most of which pose no threat to humans. Some come from fecal matter, others naturally occur in soils, vegetation,

insects, etc. The presence of coliform bacteria in well water can be a harbinger of worsening water quality. Along with testing for coliform bacteria, E. coli is tested for also.

Common sources of nitrate to well water are fertilizers, septic systems, animal manure, and leaking sewer lines. Nitrate also occurs naturally from the breakdown of nitrogen compounds in soil and rocks. High levels of nitrate in well water present a health concern and can also indicate the presence of other contaminants, such as bacteria and pesticides. Drinking large amounts of water with nitrates is

particularly threatening to infants (for example, when mixed in formula).

Total dissolved solids and electric conductivity tests are performed to check water hardness which can cause problems with plumbing, staining, and water appearance. Changes in these constituents also may indicate changes in your well or local groundwater. Additional tests may be recommended if water appears cloudy or oily, if bacterial growth is visible on fixtures, or water treatment devices are not working as they should.

Easter Egg Hunt planned by Assembly of God Church

Tribune's annual Easter Egg Hunt will be sponsored this year by the Assembly of God Church. The egg hunt will be held at the Assembly of God church on Saturday, April 3rd, at 2:00 p.m.

The egg hunt is for children from the age of babies through 5th grade. There will be lots of eggs, candy and special prize money eggs!

The egg hunt is for children in the entire community. We hope to see you there!

Holy Week Services Next Week

Holy Week Services are scheduled for March 29th through April 2nd at the Senior Center.

Breakfast will be served at 7:45 a.m. with devotions following.

Churches will provide breakfast and devotions as follows:

- Monday, March 29th - St. Joseph Catholic
- Tuesday, March 30th - Assembly of God
- Wednesday, March 31st - First United Methodist
- Thursday, April 1st - Community of Christ
- Friday, April 2nd - First Presbyterian and First Baptist

Everyone in the community is welcome and encouraged to attend. Christ is Risen!

GC Recreation sponsoring father-daughter dance, cornhole tournament

Greeley County Recreation has two fun spring events coming up in the next few weeks.

A **Cornhole Tournament** will be held this Saturday, March 27th, at 1:00 p.m. at the CYAT Center. Registration ends at 9:00 p.m. March 26th. To register, call or text AJ at 620-927-0231. The entry cost is \$20 per team, and there will be prizes for 1st, 2nd, and 3rd places. March Madness Sweet 16 games will be played during the tournament.

The annual **Father-Daughter Dance** is planned for Saturday, April 10th. The theme is "Enchanted Forest."

There will be pictures at 5:30 p.m., with the meal following at 6:00 p.m..

Only 75 tickets are available. Text or call April for tickets at 620-376-1073.