

Lyon County

K-State Research and Extension News

www.oznet.ksu.edu/lyon

*“Knowledge
for Life”*

February & March, 2015

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K-State Research and Extension is an equal
opportunity provider and employer.

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Tractor Safety Training

Monday, March 16th
9:00 am to 3:00 pm
PrairieLand Partners John Deere
1744 County Rd F, Emporia
(West of Emporia on US Hwy 50)

- Designed to assist 14 and 15 year-old's in gaining certification for farm employment
- Pre-Registration is required by March 6, 2015. Once you register, you will receive a manual to study prior to attending.
- For more information, please see the enclosed flyer or contact the Extension Office at (620) 341-3220.

Board Leadership Series this February

This February and March, K-State Research and Extension, Lyon County will be hosting the Board Leadership Series. The Board Leadership Series is an opportunity for community-based boards in our area to learn the basics of being a good board member. Whether you are a member of a church board, a township board, a United Way agency board, or a rural water board, this training is appropriate for you. The series will be February 25 and 26 and March 4 and 5.

Sessions will be:

February 25th, the session will cover conducting Effective Meetings.

February 26th, will cover Fundraising, Fund Management, Legalities and Ethics.

March 4th, the topic will be Understanding Fellow Board Members and Conflict Management.

March 5th, the topic will be Strategic Planning.

All sessions will be conducted from 6- 8 pm at the Lyon County Extension Office meeting room. The registration deadline for this event is February 7th. The cost is \$40 for all four sessions. Each registration buys a seat which can be rotated by participants. Registration includes refreshments and materials. If you have any questions or would like to register for this event, please contact Travis Carmichael at (620) 341-3220.



The Clover Connection



4-H Council

4-H Council will meet March 2 at 7 p.m. in the Extension Meeting Room.

Going to State

Congratulations to Sarah Moyer, Cloverleaf 4-H Club, Maddie and Evie Simmons of Logan Avenue 4-H Club, and Allison Smith of the Model Boosters 4-H Club whose record books were selected during the Southeast Area Kansas 4-H Award Portfolio (KAP) screening to advance to the statewide screening in Manhattan. Allison's work in the sheep project qualified her for state. Maddie's leadership and reading KAPs qualified and Evie's fiber arts KAP qualified. Sarah's communication KAP qualified.

2015 Breeding Livestock at Fair

If you wish to exhibit a breeding animal of any species at the 2015 Lyon County Fair, you must be enrolled in the breeding project for that respective species by May 1. **Again this year**, all breeding livestock to be exhibited at the 2015 Lyon County Fair will need to be tagged at the regular county tagging either in February or April. The only exception will be for registered purebred livestock that will not have to have a county tag, *if* they have proper tattoos/ear notches/scrapies tag and registration papers that match. Ownership of these animals must be verified by registration papers showing immediate family ownership by May 1. Please visit the Extension Office **before May 1** with proper registration paperwork in hand (or bring to regular schedule county tagging dates and papers will be gathered to be photo copied and you will be responsible for picking your papers up from the office after a copy can be made).

Spring Rabbit Show

The Lyon County Spring Rabbit Show will be hosting the annual Spring Show Feb. 28 at the North Lyon County Community Center in Allen (this is the old school across from the ball-field) due to the renovations to the Anderson Building. Set up will be the night before, and the building open by 7 a.m. the day of the show with all entries due by 8:30 a.m. The show will get started by 9 a.m.

Showmanship and judging contests will go along with the show, and concessions will be available on site. Look for more information on the Hop To It 4-H Rabbit Club on Facebook.

Market Beef Weigh-In & Tagging

Market beef weigh-in and tagging is scheduled for Saturday, Feb. 7, from 8 a.m. to 10 a.m. at the fairgrounds. Ear tags will cost \$3 and must be paid for at the time of weigh-in. You must know the birth date and breed of your animal. Your animal must be present. **Your animal must have a halter and be able to lead.** If you are unable to bring your animal that day, please make arrangements with another family to bring your animal.

Tractor Safety

Lyon, Chase, Coffey, and Morris County Extension Offices will be working together to host the 2015 Hazardous Occupation Training (H.O.T.) classes for all youth who will be working for area ag producers. Training is scheduled for March 16 from 9 a.m. to 3 p.m. at PrairieLand Partners. Youth ages 14-16 will be eligible for a certificate showing completion of the H.O.T. training. Younger students may come and take the test, but they will not be able to receive their certificate until their 14th birthday.

Students need to pre-register by March 6 so they can receive and work on their class materials prior to the first session. Please call the Extension office for more information or stop by to pick up a registration form.

4-H Club Day & Model Meetings

Lyon County 4-H Club Day & Model Meetings have been scheduled for March 7 at Timmerman Elementary School. 4-H Day activities will be held in the morning. If less than 5 clubs sign up for model meetings, the model meetings contest will be held on the same day as the other events. If more than 5 clubs sign up, the model meetings contest will be held at a later date in the Extension Office Meeting Room.

Extemporaneous presenters will randomly draw two topics from a pool of five questions at the contest and

will present on one. To be prepared, this year's topics by age division will include:

Juniors, age 7-13:

- What does 4-H mean to you?
- Who has influenced you the most in your 4-H career and why?
- What have you learned in 4-H?
- What is your favorite 4-H project and why?
- How do you make 4-H an important part of your life?

Seniors, age 14 and over:

- How have you learned parliamentary procedure in 4-H and how have you used this knowledge in other areas of your life? And how do you intend to use parliamentary procedure as an adult?
- What audience or audiences do you feel the Lyon County 4-H program is not reaching? How do you recommend we improve these relations and engage more individuals from this audience or audiences?
- What community partnerships have you developed through 4-H, and how have these partnerships improved your community?
- In what ways do you feel your 4-H experience will help you as an adult?
- Describe how you are a leader in 4-H, and what does it mean to you to be a leader?

Regional Club Day

Regional Club Day has been scheduled for March 14 at the Madison High School. Lyon County is joined by Chase, Chautauqua, Coffey, Elk, Greenwood and Morris counties for this event.

Anderson Building Renovation

It's exciting to see renovation construction begin on the Anderson Building. This facility is a vital gathering place for our community, and extremely important to the Lyon County 4-H program. Many of our events are hosted at the facility at no charge to the 4-H program. It's a partnership that we established with the Lyon County Fair Board and one that the Lyon County commissioners continue to honor. It is important to show our support of this project, and a handful of 4-H clubs have come forward with donations. I also would encourage 4-H families to make a gift towards the renovation project. There will be a donor list recognized in the building. If you wish to make a gift to show your

support, you may drop a check of any amount by the Extension Office. Make checks payable to the Emporia Community Foundation with "Anderson Building match" in the memo line.

County Project Leaders

Listed below are the names and contact information for countywide project leaders. These leaders host meetings throughout the year to help you with your projects. Check your newsletters for meeting dates and times, or contact these leaders to find out more about meetings.

<u>Project</u>	<u>Leader(s)</u>	<u>Phone #</u>
Clothing	Bev Hilbish	343-3863
	Shawna Moyer	342-1231
Dog Care & Training	Linda Heins	343-6142
	Lisa Preisner	443-5246
Fiber Arts	Barb Say	343-6283
	Melinda Chiroy	343-6572
Foods	Arlene Roberts	392-5621
FCS Judging	Loraine	342-2258
	Zweimiller	342-1231
	Shawna Moyer	
Geology	Jennifer Rethman	342-8140
Photography	Kent Grieder	794-0100
Rawhide Wranglers Horse Club	Amy Jenkins	Check out club
	Amanda Cunningham	Facebook page
Poultry	Nancy Robinson	340-7171
Hop To It Rabbit Club	John McElfresh	794-2845
Shooting Sports	Bev Hilbish	343-3863
	Deb Ikerd	343-7145
	Kim Botkin	342-7356
Woodworking & Electric	Mark Say	343-6283

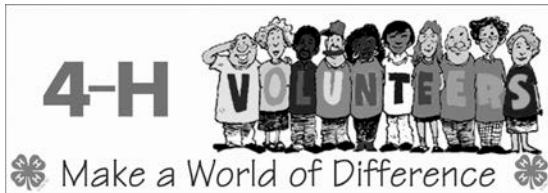
Fair Book Cover

The Fair Board will again sponsor a \$50 cash award for the winner of the 2015 Fair Book Cover Contest. Any 4-Her is eligible and may submit one entry. Entries are due in the Extension Office by Friday, March 27. It is strongly suggested that the design focus on what the fair means to you!

VIP Renewal for Volunteers

If you are a registered volunteer with K-State Research and Extension, Lyon County, you received a letter around January 10. The letter explained some new details regarding the VIP process. Please be sure to

complete your renewal form if you plan to continue volunteering with Lyon County youth. Also, for those who received a letter requesting additional information, you are in the first round of VIPs to be processed through the background checks now required by the state. Please be sure to fill out the paper form as well as the national registry online and turn in your renewal



form with a \$5 fee. The

Lyon County Extension Council

voted to pay

all but \$5 of the background check fee that is \$22.50. We appreciate your continue support in working with youth in our community.

Poultry Opportunities

The Lyon County Cacklers 4-H Poultry Club will not be hosting a spring show this year with the Anderson Building under construction. However, the club is planning many learning opportunities at their monthly meetings. Contact Nancy Robinson at 340-7171 if you'd like to learn more about the poultry project.

Sunny Hills 4-H Camp

The Sunny Hills 4-H Camp will be June 15-18, 2015. Camp will be open to 4-Hers who have **completed** 3rd through 7th grades. If you are interested in serving as a camp counselor, applications will be due in early May. Counselors should be sophomore complete, but if you are freshman complete you may still apply and be considered if there is a need for more candidates. Remember counselors must leave for Rock Springs on June 14 for training. More details will follow in upcoming newsletters.

Junior Swine Producer Day

The 2015 Kansas Junior Swine Producer Day will be held on Saturday, February 28 at Kansas State University's Weber Arena in Manhattan. This highly interactive, hands-on educational event will be a fun filled day of activities in which youth, parents, swine project leaders and adults can increase their knowledge and experience of swine production and management practices. This event was last held in 2013, where over 400 participants from 47 counties attended! All participants will receive a K-State Show Pig Guide, T-shirt, and a complimentary noon lunch. Participants

with registrations after February 1 cannot be guaranteed a T-shirt. Early registration deadline is Feb. 18. Registration can be found on the website, www.youthlivestock.ksu.edu.

Discovery Days

If you are ages 13 – 18, mark the dates of May 26-29 for Discovery Days on the KSU campus. More information will be available soon, but make sure your calendar is clear, because you don't want to miss out!

K-State Animal Sciences Leadership Academy

The seventh annual K-State Animals Sciences Leadership Academy is scheduled for two sessions in June. The first session is June 10-13 or June 17-20 in Manhattan. The academy is hosted by K-State's Animal Science Department and the Industry's Youth Livestock Program sponsored by the Livestock and Meat Industry Council. This four-day event will focus on increasing young leaders' knowledge of Kansas' diverse livestock industry, as well as building participant's leadership skills. Twenty high school students will be selected to participate based upon educational, community, and agricultural involvement; as well as through an extensive essay application. Applications are due April 1 and can be found at www.youthlivestock.ksu.edu. If you would like to be a camp counselor, you will want to apply for the first session as Sunny Hills 4-H Camp is June 15-18.

Lawn Mower Safety

K-State Research and Extension, Lyon County will host a lawn mower safety clinic for youth in grades 5 through 12. The clinic will emphasize safety, care and maintenance of lawn mowing equipment. Youth in attendance will also learn more about the different kinds of grass and tips on starting their own lawn care business. This class is not for 4-Hers only. Please share information with friends or young people outside of the 4-H community.

The lawn mower safety clinic is scheduled for April 6th from 9 a.m. to 2 p.m. at PrairieLand Partners located west of Emporia on Highway 50. If interested in attending the clinic or for more information, contact the Extension Office at (620) 341-3220.

Tractor Safety Training



Monday, March 16, 2015

9:00 a.m. – 3:00 p.m.

PRAIRIELAND PARTNERS JOHN DEERE
1744 COUNTY RD F, EMPORIA
(West of Emporia on US Hwy 50)

- This school is designed to assist 14 and 15 year-old's in gaining certification for farm employment.
- Youth ages 12 and 13 are welcome to take the training. However, they cannot become certified until they reach the age of 14.
- Participants **must** be able to **attend the entire day**.
- Pre-Registration is required by **March 6, 2015**. Once you register, you will receive a manual to study prior to attending the training.
- This program is co-sponsored by the Chase, Coffey, Lyon, and Morris County Farm Bureau, Flint Hills Antique Tractor Club, and K-State Research & Extension in those counties.
- Lunch and snacks will be provided on site.

To pre-register by **March 6, 2015**, please contact one of the following Extension Offices. You will need to provide **name, address, phone, and birth date** at pre-registration time.

Chase County Extension	(620) 273-6491
Coffey County Extension	(620) 364-5313
Lyon County Extension	(620) 341-3220
Morris County Extension	(620) 767-5136





Lyon County Extension Agent
Brian Rees
620-341-3220
brees@ksu.edu



Agriculture and Natural Resources

February – March 2015

EXCEL and Small Farms Workshops

Due to interest expressed over the past year, from 9:30 to about 2:30 on February 5, 2015 at the Lyon County Extension Office, Rich Llewelyn with the Department of Agricultural Economics at Kansas State University will present “Using EXCEL Spreadsheets Effectively”. This will be not only an intro to EXCEL, but will also include sessions on estimating machinery costs, crop budgets, principal and interest payments, and livestock economics, as well as tips and tricks for using EXCEL.

There is a \$10 registration fee, and lunch will be included in the session. Registration deadline was January 30, 2015, but call to see if there is still room. To register, stop by the Lyon County Extension Office at 2632 W Hwy 50 in Emporia.

As a follow-up to the Small Farms Workshop held in 2013, February 7, 2015 has been scheduled at the Flint Hills Technical College for “Small Farms, Big Ideas 2”. Starting at 8:30 with registration, topics will include: goals; plant, water and soil interactions; bee basics; creating habitats for pollinators; Cage Free Chickens 101; Local Food/Local Farm Task Force; Landscaping with fruit trees and garden plants; marketing; and preserving the harvest. First speaker will begin at 9:00 a.m., and we should be wrapped up by 3 p.m. Registration is \$10, includes lunch, and was to close on January 28. But call 620-767-5111 x 110 to see if there’s still room for you to attend!

Burning and Burn Permits for 2014

It’s the second year of the 2-year cycle (2014-15) for burn permits in Lyon County. I think we understand it is very dry outside, and there is a good fuel load in the pastures this year. As dry as it is we must make certain that when fire is used as a management tool, it is used with extreme caution. **PLEASE BE CAREFUL!!**

In Lyon County, burn permits are required for open burning of grass, woody species, crop residue and other dry plant growth for the purpose of land, crop, range, pasture and wildlife or watershed management. Be sure to call Lyon County Sheriff’s Dispatch (342-5545) to provide your permit number both before starting your controlled burn as well as after it is completed. Permits issued in 2012 or 2013 are no longer valid.



Farm and Ranch Succession Successful!

The Succession Planning workshop held in mid-January at the Flint Hills Technical College was very well received by the nearly 50 attending. We received many very positive comments about the quality and quantity of information shared during the day-long session.

One important item that came up time and again was that no one really wants to talk about what will happen when we are no longer around, or how we want the farm or ranch to be operated and by whom. A second item of note was that many make an **estate** plan that covers many of the legal aspects of your estate, and think they are done.

The one certainty is that if the discussion never starts, there will not be a good succession plan. There is no time like the present to get this process started. Rhonda Gordon and I had enough positive feedback that we are looking at a follow-up session later this year.

Farm Bill Workshop

In an effort to help understand the 2014 Farm Bill, nearly 200 producers and landlords attended a session held on January 14 in Emporia. Art Barnaby and Mykel Taylor from K-State and Mario Plummer from Lyon/Chase County FSA Office in Emporia shared information about the Farm Bill options, a decision tool to assist producers arrive at their lasting decision (at least through 2018), and some of the procedures to make the process go as smoothly as possible. Chase County will host a session at St. Anthony’s in Strong City from 2-4:30 on February 5. Call the Flint Hills District Extension Office at 620-273-6491 for details.

Women Managing the Farm

To aid women who are helping to grow the nation's food supply whether by design, marriage or inheritance, the Women Managing the Farm Conference is slated for **February 5-6, 2015**, in Manhattan, Kansas at the Hilton Garden Inn. The WMF Conference has been developed for all women involved in an operation from the full-time manager to the absentee landowner needing a bit of insight about managing their investment.

Registration information, the conference agenda, and breakout topic information can be found on the web at <http://womenmanagingthefarm.blogspot.com/p/home.html>.

Beef Cow Information

Following is a brief recap of some research by KC Olson and others involving sericea lespedeza and the cow's diet, as well as cow BCS.

What they found was that supplemental corn steep liquor increased beef cow tolerance for and acceptance of high-condensed tannin sericea lespedeza in a commercial-scale, native-range production system. The conclusion is that supplemental corn steep liquor allowed for a desirable change in selection preference by beef cows that stemmed from a critical modification of the post-ingestive consequences associated with condensed tannin consumption. View the complete research report at www.asi.ksu.edu/cattlemensday.

The second item centers on maintaining cow body condition scores. The "optimum" or "target" body condition score for beef cows, at the time of calving, is a Body Condition Score (BCS) of 5 on a 9-point scale. A "5" is typically considered moderate condition, showing no obvious fat deposits, but showing full expression of muscle through the round and shoulder, and with only 2-3 ribs obviously visible prior to morning feeding. The reason this level of body condition is important to lifetime productivity is that energy is the first limiting nutrient when the cow's biological systems are trying to determine whether there are sufficient nutrients available after calving to (1) maintain her own body, (2) provide milk for the calf, and (3) begin to cycle prior to the breeding season.

It is easier to keep a cow at a 5 than try to get her back there once she gets down to a 4 or 3 after calving. This will add years to her productive life and dollars to your bottom line in the long run.

2015 LCCD Annual Meeting

2015 Lyon County Conservation District Annual Meeting will take place on Monday evening, February 2. Due to the construction taking place at the Anderson Building the 2015 Annual Meeting will be held at Harvest House behind the Flint Hills Christian Church on East US Hwy 50 in Emporia.

This is a wonderful opportunity to recognize some individuals, families and operations that have been good stewards of the land for many years or even many generations. If you know of other good conservation-minded individuals deserving recognition, either let me or Kelsey Fuller at the Lyon County Conservation District office know the names so we can get them on the list to look at in 2015!

Please contact Kelsey Fuller at 620-343-2813 for reservations.

102nd Annual Cattlemen's Day



The 102nd annual KSU Cattlemen's Day will be held on Friday, March 6, 2015. Mark your calendars! More

details along with registration information are on www.KSUbeef.org or it will be linked on our website, www.lyon.ksu.edu.

Flint Hills Beef Fest Winners Announced!

As of this writing, the winners of the 2014 Flint Hills Beef Fest Feedlot and Carcass awards have not been announced publicly, as the awards will be presented February 1. However, there were some tremendous feedlot gains and the cattle as a whole graded very well.

Feedlot average daily gain for the 111 steers harvested was 4.189#, while the ADG for the 88 heifers harvested was 3.937#. These were calculated with a 2% shrink off grass and a 4% shrink out of the feedlot. A fifth contest was added this year, with greatest gain from April weigh-in to January weigh-out. Winners in the steer overall contest gained 1117#/head for an ADG of 4.398. Winners in the heifer contest gained 949# in 254 days, for an ADG of 3.736. These are spectacular gains for the 115 days grazing and the 139 days in the feedlot. Total results will be posted soon at www.beefest.com.

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Horticulture



February – March 2015

K-State Research and Extension to Host Board Leadership Series

K-State Research and Extension, Lyon County will be hosting the Board Leadership Series at the end of February to the first part of March. This is the same series we hosted in October of 2013 and February of 2014. The Board Leadership Series is an opportunity for community-based boards in our area to learn the basics of being a good board member. Whether you are a member of a church board, a township board, a United Way agency board, or a rural water board, this training is appropriate for you. The series will be February 25 and 26 and March 4 and 5.

On February 25th, the session will cover conducting Effective Meetings. Participants will learn about their roles and responsibilities as a board member, basics of parliamentary procedure and strategies to make meetings more productive.

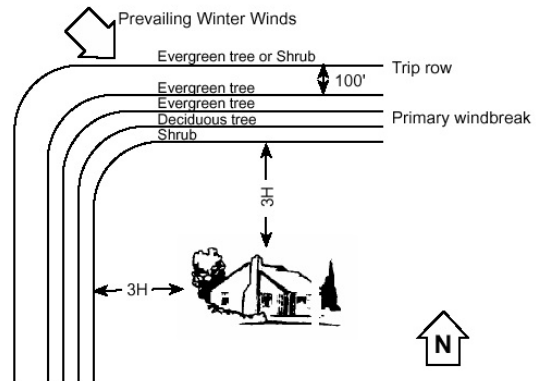
February 26th, will cover Fundraising, Fund Management, Legalities and Ethics. This session will explore a board's options for raising and managing money, understanding such things as articles of incorporation, bylaws and policies.

On March 4th, the topic will be Understanding Fellow Board Members and Conflict Management. Participants will explore how personalities and generational differences affect the decision-making process.

The final topic will be Strategic Planning on March 5th. Participants will learn about establishing a common mission and vision for the board, and how to plan priorities for the future.

All sessions will be conducted from 6- 8 pm at the Lyon County Extension Office meeting room. The registration deadline for this event is February 13th. The cost is \$40 for all four sessions. Each registration buys a seat which can be rotated by participants. Registration includes refreshments and materials. If you have any questions or would like to register for this event, please contact Travis Carmichael at (620) 341-3220.

Conservation Trees from the Kansas Forest Service



The Kansas Forest Service offers low-cost tree and shrub seedlings for use in conservation plantings. Plants are one to two years old and sizes vary from 5 to 18 inches, depending on species. Orders are accepted from now through the first full week in May each year, but order early to insure receiving the items you want.

Orders are shipped from the second week of March through May 5. Approved uses for these plants include windbreaks, wood lots, riparian plantings, wildlife habitat and Christmas trees. They may not be used for landscape (ornamental) plantings or grown for resale.

All items are sold in units. Each single species unit consists of 25 plants. For example, a unit of Eastern red cedar has 25 trees per unit. Though a single species unit is most commonly purchased, four special bundles are also available including a songbird bundle, quail bundle, pheasant bundle and wildlife mast bundle. For more information or an order form, go to: www.kansasforests.org/public_saps/Welcome.aspx or contact the Lyon County Extension Office.

2015 Spring Expo

Spring Expo will be **March 21st** from **9 am to 5 pm** at the Civic Auditorium. This year we are trying something new, the Master Gardener booth will have a rotation of short informational session on popular horticulture related topics. So come out and visit the Master Gardener booth to get more information on horticulture related topics.

Plant Cool-season Crops in March

As we move through February and March draws closer, it is time to start thinking about planting our gardens. Some of our garden crops can withstand the colder day- and night-time temperatures that we see during the later winter and early spring months.

Mid-March is a good time to start to plant garden crops such as broccoli, lettuce, peas, and potatoes, whereas beets, cabbage, endive, cauliflower, radish, onions/onion sets, spinach and turnips should be planted towards the end of the month. Remember, all of these planting times are just an estimate. The time to begin planting our garden crops can vary depending on the year because of any unseasonal weather patterns that may occur.

For a more detailed vegetable garden calendar, please stop by the Extension Office to get a copy.

Lawn Mower Safety

K-State Research and Extension, Lyon County will be holding a lawn mower safety clinic for youth in grades 5 through 12. The clinic will emphasize safety, care and maintenance of lawn mowing equipment. Youth in attendance will also learn more about the different kinds of grass and tips on starting their own lawn care business.

The lawn mower safety clinic will be held April 6th from 9 am to 2 pm at PrairieLand Partners located west of Emporia on Highway 50. If interested in attending the clinic or for more information, contact the Extension Office at (620) 341-3220.

Lawn Calendar for Cool Season Grasses

The following suggestions are for cool-season grasses such as Kentucky bluegrass or tall fescue. Zoysiagrass, bermudagrass and buffalograss are warm-season grasses and require a different maintenance regime. A warm-season grass calendar will be covered in a later newsletter.

March

Spot treat broadleaf weeds if necessary. Treat on a day that is 50 degrees or warmer. Rain or irrigation within 24 hours of application will reduce effectiveness.

April

Apply crabgrass preventer when redbud trees are in full bloom (usually in April). Preventer needs to be watered in before it will start to work. Remember that a good,

thick lawn is the best weed prevention and may be all that is needed.

May

Fertilize with a slow-release fertilizer if you water your lawn or if you receive enough rainfall that your turf normally doesn't go drought-dormant during the summer. If there are broadleaf weeds, spot treat with a spray or use a fertilizer that includes a weed killer. Rain or irrigation within 24 hours of application will reduce effectiveness of the weed killer, but the fertilizer needs to be watered in. If you are using a product that has both fertilizer and weed killer, wait 24 hours after application before watering it in.

June - Mid-July

Apply second round of crabgrass preventer by June 15 – unless you have used Dimension (dithiopyr) or Barricade (proflam) for the April application. These two products normally provide season-long control with a single application. Remember to water it in. If grubs have been a problem in the past, apply a product containing "Merit" or "Mach 2" during the first half of July. This works as a grub preventer. It must be watered in before it becomes active.

Late-July through August

If you see grub damage, apply a grub killer that contains Dylox. Merit and Mach 2 are grub preventers and may not be effective on late instar grubs. The grub killer containing Dylox must be watered in within 24 hours or effectiveness drops.

September

Fertilize around Labor Day. This is the most important fertilization of the year. Make sure to water fertilizer in.

November

Fertilize. This fertilizer is taken up by the roots but is not used until the following spring. Make sure to water fertilizer in. Spray for broadleaf weeds even if they are small. Broadleaf weeds are much easier to control in the fall than in the spring. Spray on a day that is at least 50 degrees. Rain or irrigation within 24 hours reduces effectiveness. Use label rates for all products!





Lyon County Extension Agent
Rhonda Gordon
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Family & Consumer Sciences

President's Council
Friday February 6th (Noon)
Friday March 6th (Noon)
Friday April 3rd (Noon)
Extension Office Meeting Room

Fat Bucks Buffet May 7th 11:30 a.m.-1:30 p.m.
Bowyer Building on Fairgrounds is a fun way to introduce the concepts involved in controlling the fat content of the diet by making educated food choices. Come and learn to measure the amount of fat in the food that we eat. We will be having a build your own sandwich bar for demonstration purposes. **RSVP by April 30th**



Walk Kansas March 15th – May 9th, 2015
Registration due by March 12th (Feb 26th if you want your t-shirt by kick-off)

*Forms will be available Feb. 1st & can be picked up M-F
During Office Hours*

Walk Kansas is a team-based program that will help you and others lead a healthier life by being more active, making better nutrition choices, and learning positive ways to deal with stress. This is the 14th year of Walk Kansas. I challenge our community to meet last year's numbers, let's try for 120 teams. For more information go to: www.lyon.ksu.edu registration packets will also be posted on the website.

Walk Kansas is an opportunity to involve your entire family and community – those that live close to you and even those at a distance. Family and friends from other communities, states, and countries can participate. This is a chance to promote healthy lifestyle habits to people of all ages through the community.

Walk Kansas Registration fees will include a t-shirt, Kick-Off party, fat bucks buffet, Walk Abouts, Bodies in Motion, The Sustainable American Dinner Plate and Nutty Nibbles.

Walk Abouts will still happen during Walk Kansas. Stay tuned for more information on the Walk Abouts. I am looking for suggestions on what day and where to have the Walk Abouts.

Kick-off party at the Bowyer Building on the Fairgrounds Tuesday, March 17th; this will be in conjunction with the first Tuesday Walk About. This event is underwritten by Subway Eat Fresh. **RSVP by March 12th** for the Kick-off Party to lycoext@ksu.edu.



**The Sustainable American
Dinner Plate**
March 31st 10 a.m. and 7 p.m.
Emporia Rec Center Meeting Room

Don't wait for the government or big food companies to solve the world's sustainability problems. Consumer choices help shape the food supply. People — you, for example — can make many small changes over time. Starting with at least one today, you can make a big difference to maximize health (how you look and feel) for yourself, your children, their children, and so on; save money; increase the well-being of the environment; and improve the vitality of local communities (increase their food production capacity and food security).

Nutty Nibbles
April 7th, 10 a.m. and 7 p.m.
Rec Center Meeting Room



Nuts can be a beneficial and tasty addition to any diet. They are a good source of fiber and protein, plus many vitamins and minerals. Eating nuts in moderation can even help keep your heart healthy. Scientific evidence suggests that eating 1.5 ounces per day of most nuts (almonds, hazelnuts, peanuts, pecans, pistachios and walnuts) may reduce the risk of coronary heart disease.

Bodies in Motion
April 21st 10 a.m. and 6:30 p.m.
Rec Center Meeting Room

Let's work on creating time for activity. Choosing an activity that you enjoy is one of the keys to lifetime health. Come and explore the many options that exist, as we introduce you to some new and exciting possibilities. Let's get you moving and keep you moving.

Spotlight at the 2015 Fair

Appetizers and Salsa will be the spotlight event this year. Start trying recipes now to enter at the fair.



Check Out the New Display!!

Since the start of 2015 I have been putting menus and recipes out on display at Price Chopper. The menus and recipes are based around what is on special at the market. These are recipes that can be picked up and taken home free of charge. Hopefully it will give you new ideas if you are stuck in rut. Or help you save a few dollars at the check-out line. Recipes and menus change every Wednesday morning when the new ads come out.

Community Service Project at 2015 Lyon County Fair

Lap quilts for community organizations. The last few years we have done pillow cases and totes; for a new take on community service. Lap quilts should measure 42 inches on the diagonal. Lap quilts don't need to be quilted. Blankets and or quilts can be tied, quilted or just a plain blanket. We will be giving them to nursing homes and law enforcement this year. If you have more questions give me a call at the Extension Office. We will enter them on Saturday morning of Open Class judging. You may drop them off at the office any time. We will find a way to display them at the fair. I am not sure the ceiling will still be an option.

Volunteers Needed:

Keep it a Safe Summer (KISS) May 21st

KISS will be making a return on Thursday May 21st at the Flint Hills Mall. Volunteers are needed to help with registration, prize table, extra booth help, food and many more. Last year this event drew about 2500 people.

Fair Volunteers Needed:

We have had several volunteers retire over the last few years. We are in need of some generals and superintendents.

Little Change in Fast Food Nutrition



Fast food is a popular choice for a quick meal. But, over the years (1996-2013), little has changed in the nutritional content. Research published in *Preventing Chronic*

Disease shows average calories, sodium and saturated fat have stayed constant. One exception is the decline in *trans-fat* in fries. This may be due to legislation to reduce, or ban, *trans fat* in fried foods.

Fast foods studied included fries, cheeseburgers, grilled chicken sandwiches, and regular soda. They included various sizes of these foods. The foods came from three fast food chains.

Only minor fluctuations were found in calorie content, saturated fat, and sodium during this time period. Similar items between chains could vary widely. For example, a small order of fries were 110 calories to 320 mg of sodium different between chains.

A cheeseburger meal from the three chains could fulfill 65-80 percent of a 2,000-calorie daily intake. Sodium content made up 63-91 percent of the recommended daily intake. Read more about these studies at: www.cdc.gov/pcd/issues/2014/14_0202.htm www.cdc.gov/pcd/issues/2014/14_0335.htm



America Saves Week, February 23-28, 2015, is fast approaching. America Saves Week is **START SMALL. THINK BIG.** coordinated by America Saves and the American Savings Education Council. Started in 2007, the Week is an annual opportunity for organizations to promote good savings behavior and a chance for individuals to assess their own saving status. Typically thousands of organizations participate in the Week, reaching millions of people.

The 2013 Annual National Survey Assessing Household Savings (released during America Saves Week) revealed that only about half of Americans reported good savings habits.

- 54% said they “have a savings plan with specific goals.”
- 43% said they “have a spending plan that allows you to save enough money to achieve the goals of your saving plan.”
- 50% of those not retired said they “save for retirement at work through a 401(k) or other contributory plan.”
- 41% said that, “outside of work,” they “save automatically through regular preauthorized transfers from checking to savings or investments.”
- 49% know their net worth.

With more societal encouragement and support, more Americans will be persuaded to Set a Goal. Make a Plan. Save Automatically.

Return Service Requested

Check out our website at
www.lyon.ksu.edu

February

- 02 Master Gardener Meeting, noon, EMR
- 02 Ambassadors Meeting, 6 pm, EMR
- 02 4-H Council Meeting, 7 pm, EMR
- 05 Excel Workshop, 9:30 am, EMR
- 06 FCS President's Council, noon, EMR
- 07 Beef weigh-in & tagging, 8-10 am, Fairgrounds
- 07 Small Farms Workshop, 8:30 am, Flint Hills Technical College
- 15 Poultry Club Meeting, 1 pm, EMR
- 15-16 Kansas 4-H Citizenship in Action, Topeka
- 16 Presidents' Day – Extension Office Closed
- 17 Cloverbuds, 6 pm, EMR
- 18 Dog Project Meeting, 7 pm, EMR
- 20-21 State 4-H Ambassador Training, Rock Springs
- 24 Rawhide Wranglers, 6 pm, EMR
- 25 Board Leadership Series, 6-8 pm, EMR
- 26 Board Leadership Series, 6-8 pm, EMR
- 28 Countywide Foods Meeting, EMR
- 28 Spring Rabbit Show, 8:30 am, North Lyon County Community Center in Allen
- 28 Junior Swine Producer Day, KSU

March

- 02 Master Gardener Meeting, 5:15 pm, Emporia Presb. Church, West Campus
- 02 Ambassadors Meeting, 6 pm, EMR
- 02 4-H Council, 7 pm, EMR
- 04 Board Leadership Series, 6-8 pm, EMR
- 05 Board Leadership Series, 6-8 pm, EMR
- 06 FCS President's Council, noon, EMR
- 06 KSU Cattlemen's Day, KSU
- 07 4-H Club Days, Timmerman Elem. School
- 07 FCS Judging Kit – Timmerman Elem. School
- 14 Regional 4-H Club Day, Madison High School
- 15 Poultry Club Meeting, 1 pm, EMR
- 15 Walk Kansas begins
- 16 Tractor Safety Class, 9 am – 3 pm, PrairieLand Partners
- 17 Walk Kansas kick-off party, 11:30 am – 1:30 pm, BCB
- 17 Cloverbuds, 6 pm, EMR
- 18 Dog Project Meeting, 7 pm, EMR
- 24 Rawhide Wranglers, 6 pm, EMR
- 28 Countywide Foods Meeting, EMR
- 31 The Sustainable American Dinner Plate, 10 am & 7 pm; Rec Center Meeting Room

AB = Anderson Building
BCB = Bowyer Community Building
EMR = Extension Meeting Room