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Lyon County

K-State Research and Extension News

*“Knowledge
for Life”*

**February
&
March, 2016**

**Lyon County
Extension Office**
2632 W Highway 50
Emporia, KS 66801
Phone: 620-341-3220
Fax 620-341-3228
www.lyon.ksu.edu

Brian Rees
Agriculture &
Natural Resources
brees@ksu.edu

Rhonda Gordon
Family and Consumer
Science
rgordon@ksu.edu

Corinne Patterson
4-H Youth Development
cpatt@ksu.edu

Travis Carmichael
Community Development
& Horticulture
trcarmic@ksu.edu

Debbie Van Sickle
Office Professional
dvansick@ksu.edu

Phyllis Krueger
Part-time Office
Professional
kruegerp@ksu.edu

2016 Flint Hills Greener Living Show

It's back! The former Emporia Lawn, Flower, and Garden show is back with a new name. The Flint Hills Greener Living Show will be much more than just a lawn and garden show.

There will be presentations pertaining to the topics not only specific to lawn and garden, but to growing sustainably and the conservation of our natural resources.

So mark your calendars for February 27, 2016 from 9:00 a.m. to 5:00 p.m. and February 28, 2016 from 11:00 a.m. to 4:00 p.m. at the Anderson Building on the Lyon County Fairgrounds.

Board Leadership Series this February

K-State Research and Extension – Lyon County along with United Way of the Flint Hills, Emporia Chamber of Commerce, Flint Hills Technical College and Emporia Community Foundation will be hosting the K-State Research and Extension's Board Leadership workshop the last week of February and first two weeks of March.

Sessions will be:

February 23th, the session will cover conducting Effective Meetings.

February 25th, will cover Fundraising, Fund Management, Legalities and Ethics.

March 1th, the topic will be Understanding Fellow Board Members and Conflict Management.

March 3th, the topic will be Strategic Planning.

March 8th, will be a panel discussion over the session topics listed above.

All sessions will be conducted from 6- 8 pm at the ValuNet Gigabit Smartroom at the Trusler Business Center, located at 719 Commercial in Emporia. The registration deadline for this event is February 7th. The cost is \$40 for all five 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.



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

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The Clover Connection



4-H Council

4-H Council will meet February 1 at 7 p.m. in the Extension Meeting Room. The March meeting is at 7 p.m. on March 7.

Going to State

Congratulations to seven Lyon County 4-Hers who had a total of 12 Kansas Award Portfolios (KAPs) qualify for the state screening. Christian Klumpe, Jazmine Klumpe, Juli Laws and Karlee Wigton of Busy Beavers 4-H Club, Emma Miller of Chamness 4-H Club, Aubrey Jenkins of Logan Avenue 4-H Club, Allison Smith of the Model Boosters 4-H Club, and Wyatt Bolen of Rinker 4-H Club had record books selected during the Southeast Area Kansas 4-H Award Portfolio (KAP) screening to advance to the statewide screening. Wyatt's work in citizenship, foods and nutrition and shooting sports qualified him for state. Allison's work in the sheep project qualified her for state. Aubrey's photography and plant science KAPs qualified and Emma's dairy goat KAP qualified. Karlee qualified in both rabbits and poultry and Juli qualified in meat goats. Jazmine and Christian's work in pets and energy management, respectively, qualified them for state.

2016 Breeding Livestock at Fair

If you wish to exhibit a breeding animal of any species at the 2016 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 2016 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. 20 at the Anderson Building. Set up will be the night before. 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. 6, 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 2016 Hazardous Occupation Training (H.O.T.) classes for all youth who will be working for area ag producers. Training is scheduled for March 14 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 7 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 5 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 19 at the Madison High School. Lyon County is joined by Chase, Chautauqua, Coffey, Elk, Greenwood and Morris counties for this event.

County Project Leaders

Listed in this newsletter 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 Shawna Moyer	343-3863 342-1231

Dog Care & Training	Linda Heins Lisa Preisner	343-6142 443-5246
Fiber Arts	Barb Say Melinda Chiroy	343-6283 343-6572
Foods	Arlene Roberts	392-5621
FCS Judging	Loraine Zweimiller Shawna Moyer	342-2258 342-1231
Geology	Jennifer Rethman	342-8140
Photography	Kent Grieder	794-0100
Rawhide Wranglers Horse Club	Amy Jenkins Amanda Cunningham	Check out club Facebook page
Poultry	Sara Miller	
Hop To It Rabbit Club	John McElfresh	794-2845
Shooting Sports	Bev Hilbish Kim Botkin	343-3863 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 2016 Fair Book Cover Contest. Any 4-Her is eligible and may submit one entry. Entries are due in the Extension Office by Friday, March 25. 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 will receive a letter with an annual renewal form. Please be sure to complete your renewal form if you plan to continue volunteering with Lyon County youth.

Registered 4-H volunteers and individuals in the process of becoming a registered 4-H volunteer should also be enrolled in the Kansas 4HOnline system and maintain their record annually. You can visit www.lyon.ksu.edu and click on the Join 4-H link on the 4-H tab to either enroll or re-enroll. Volunteers use the same process as 4-Hers to enroll in the system and select volunteer roles instead of 4-H projects. Please help ensure all registered 4-H volunteers and those going through the process of becoming registered are enrolling in Kansas 4HOnline. We appreciate your continue support in working with youth in our community.

Spring Poultry Show

The Lyon County Cacklers 4-H Poultry Club will be hosting a spring show this year at the Anderson Building on April 2.

Sunny Hills 4-H Camp

The Sunny Hills 4-H Camp will be June 24-27, 2016. 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 23 for training. More details will follow in upcoming newsletters.

Discovery Days

If you are ages 13 – 18, mark the dates of May 31-June 3 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 annual K-State Animal Sciences Leadership Academy is scheduled for two sessions in 2016. The first session is June 8-11 or June 29- July 2 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.

Free Kansas Leadership Center Training

The Kansas 4-H Foundation has secured funding to offer free Kansas Leadership Center training. This training will be offered to 4-H alumni, volunteers, agents and friends. This leadership curriculum is offered at Kansas Universities like K-State, Emporia State, Wichita State and more.

Lyon County 4-H volunteer and Club Leader Dixie Rees attended the meeting in January and thought it was a very positive experience. There is an additional training scheduled for May 20 in Wichita from 10 a.m. to 3 p.m. If any Lyon County volunteers are interested in attending, please feel free to contact me and perhaps we can coordinate participation.

Kansas Junior Sheep Producer Day

The 2016 Kansas Junior Sheep Producer Day will be March 19, 2016 in Weber Hall on the Kansas State University campus. Presentations and demonstrations will be provided by featured guests, the Teague Family, as well as K-State faculty and staff members. This event will be a fun filled, educational day of activities in which youth, parents, sheep project leaders, and adults can increase their knowledge and experience of sheep production and management. Topics include market and breeding project selection, nutrition and feeding, management, health, meat science, wool judging, grooming, showmanship, and show ring etiquette.

This interactive event is designed for all ages and skill levels. All participants will receive a complimentary lunch and T-shirt (early registrations). The early registration deadline is February 24, 2016 and the fee is \$15 per person. Registrations received after February 24, 2016 cannot be guaranteed a T-shirt and the fee is \$20 per person. A flyer containing more information and registration details may be found on the KSU Youth Livestock website using: <http://www.asi.k-state.edu/students-and-programs/youth-programs/ks-jr-producer/index.html>. Online registration is also available at <https://commerce.cashnet.com/KSUASIND>.

Kansas Junior Beef Producer Day

The 2016 Kansas Junior Beef Producer Day has been scheduled for March 5, 2016 in Weber Arena on the Kansas State University campus. This event will be a fun filled, educational day of activities in which youth, parents, beef project leaders, and adults can increase their knowledge and experience of beef production and management.

Presentations and demonstrations by K-State faculty and staff will cover topics such as nutrition, project management, meat science, reproduction, health, leadership, communication, showmanship, and show ring etiquette. This interactive, hands-on educational event will stimulate your enthusiasm and provide a foundation for management and care of your youth beef

project in the coming year. A complimentary lunch and T-shirt (early registrations) will be provided.

The early registration deadline is February 10, 2016 and the fee is \$15 per person. Registrations received after February 10, 2016 cannot be guaranteed a t-shirt and the fee is \$20 per person. A flyer containing more information and registration details may be found on the KSU Youth Livestock website at: <http://www.asi.k-state.edu/students-and-programs/youth-programs/ks-jr-producer/index.html>. Online registration is also available at <https://commerce.cashnet.com/KSUASIND>.

Kansas 4-H Communication Fact Sheets Helpful for 4-H Day Presentations

Speaking skillfully before an audience is one of the hallmarks that Kansas 4-H members have been successfully doing for over 100 years. Kansas youth through 4-H have learned the skills necessary to get up before an audience and eloquently speak. 4-H helps youth learn the skills necessary to clearly organize and present thoughts and ideas through project talks, demonstrations, illustrated talks and public speaking presentations. The complete Kansas 4-H communication fact sheet series is listed below.

These resources may be helpful to Lyon County 4-H families as you prepare for county 4-H day presentations. They can be downloaded free from the Kansas 4-H web site. Visit: <http://www.kansas4h.org/p.aspx?tabid=551>.

Kansas 4-H Communication Fact Sheet Series includes:

- Kansas 4-H Presentation Overview
- 4-H Project Talks
- 4-H Demonstrations
- 4-H Illustrated Talks
- 4-H Demonstration & Illustrated Talk Planning Form
- 4-H Public Speaking
- 4-H Public Speaking Record
- 4-H Presentation Brainstorming Activity
- 4-H Effective Presentation Tips
- 4-H Preparing and Using Visual Aids
- Kansas 4-H Generic Record Form
- Presentation Score Sheets Available:
 - 4-H Demonstration & Illustrated Talk Scoresheet
 - 4-H Public Speaking Scoresheet
 - 4-H Project Talk Scoresheet

Thank You

I would like to thank the amazing volunteers who helped make the 4-H Record Keeping Workshop a success. We had nearly 100 4-Hers from Lyon, Chase, Coffey and Greenwood counties participate in a hands-on simulation to help teach calculations and learn about project learning, leadership and citizenship. More than 25 volunteers and the staff of the Lyon County Extension Office made this opportunity possible in partnership with a grant from the Frontier Farm Credit Working Here Fund. I hope 4-Hers who attended gained important knowledge about their project work and participation in 4-H. We are so fortunate to have support from dedicated volunteers and community businesses to continue to teach our young people important life skills.





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



Agriculture and Natural Resources

February – March 2016

Burning and Burn Permits for 2016

2016 is year one of the 2-year (2016-17) cycle for burn permits in Lyon County. I want to re-emphasize that permits are good for no more than 2 years in Lyon County, and this series of permits will expire December 31, 2017. Growing conditions were more favorable in late 2015, so there is a good fuel load in many pastures this year. 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 2014 or 2015 are no longer valid. If you are within city limits, remember to check with your local officials to confirm any city regulations on open burns.

2016 Sorghum School

On February 5, 2016, the Bowyer Community Building will be the site of one of four K-State Sorghum Schools to be held in Kansas. This will be the eastern-most site.

Grain sorghum is a crop that was once very common in Lyon County. With advances in heat and drought tolerance with corn hybrids and fewer challenges to harvesting, handling and marketing corn, sorghum lost favor locally. In recent years of droughty conditions, some producers have looked for a less expensive more reliable alternative to grow.

The school will cover a number of issues facing sorghum producers: crop production practices, risk, limited irrigation, soil fertility, insect, weed, and disease management. New this year will be "rapid-fire" talks in selected topics such as iron chlorosis, My Fields (Extension website), disease management and on-farm sorghum production practices among other topics.

Pre-registration is requested as soon as you read this – the posted deadline is actually January 29 to call the Lyon County Extension Office at 620-341-3220 or email me at brees@ksu.edu. We need the numbers so we can make accurate arrangements for the sponsored meal.



Farm Estate and Succession Planning

Over 80 interested individuals attended the Farm Estate and Succession Planning workshop held on January 20 at the Anderson Building. Comments from participants were overwhelmingly positive.

No one really wants to talk about what happens to their business or assets once they are gone – simply because that means they must admit they won't live forever. But one important item shared by more than one of the speakers was that the current owner/operator should have more say in what happens to their business and assets than the state.

There is not a one-size fits all, cookie cutter approach to estate and succession planning. There are WAY too many differences in operations, operators, and family dynamics to do that. I do feel we were successful in sharing a number of options and tools that are out there that could be and probably should be considered when trying to work through a business succession plan and estate plan.

The process is neither easy nor quick. Most I have talked with on this say it will take numerous meetings over a 6 month to year time frame to come to a workable plan, if they do it right. That's a long time to keep everyone engaged and talking. But if an interested party is going to continue the business, the discussion and planning needs to happen. The only certain thing is that if a plan is not started, it will never be completed and much of what has been worked for over a lifetime may go away.

With good luck a number of people were moved to at least begin the planning process, allowing for the continuation of many local ag operations.

2016 LCCD Annual Meeting

On Monday February 1, 2016 at 6:00 p.m., the Lyon County Conservation District Annual Meeting will be held at the Anderson Building on the Lyon County Fairgrounds. Reservations were due January 25, 2016.

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 good conservation-minded individuals deserving recognition for the 2017 Annual Meeting, either let me or Kelsey Keith at the Lyon County Conservation District office know the names so we can get them on the list to look at in 2016!



103rd Annual Cattlemen's Day

The 103rd annual KSU Cattlemen's Day will be held on Friday, March 4, 2016. Mark your calendars! Registration for KSU Cattlemen's Day will be \$20 per person in advance or \$30 per person at the door. Morning refreshments and lunch are included with registration. For more information and a schedule, visit www.asi.ksu.edu/cattlemensday or call 785-532-1267. 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 Results Announced!

The cattle in the 2015 Flint Hills Beef Fest Feedlot and Carcass contest were harvested on Wednesday, January 13. The awards will be presented January 31. There were some tremendous feedlot gains and as of this writing we don't have the grades on the cattle. I understand they looked pretty good when they were weighed.

Feedlot raw average daily gain for the steers harvested was 4.833#, while the raw ADG for the heifers harvested was 4.148#. These were calculated without any shrinks – either off grass or out of the feedlot. The actual contest ADG's will be slightly less after the shrink is included. A fifth contest was added last year for greatest gain from April weigh-in to January weigh-out. Winners in the steer overall contest gained 1050#/head for an ADG of 4.05. Winners in the heifer contest gained 957# in 259 days, for an ADG of 3.69. These are very good gains for the 114 days grazing and the 145 days in the feedlot. Total results will be posted soon at www.beefest.com.

Agronomy Call-in

Based on the successful grazing conference calls hosted by the Kansas Rural Center over the past few years, a local Conservation Innovators Grant has been secured by KAWS in cooperation with the NRCS and a local energy producer to initiate further discussion on emerging issues in crop production with a focus on conservation.

The first conference call is tentatively slated for February 12 around lunch-time. Details – exact time, call-in number, and topics – are still being ironed out. The initial thought is to start in the 12:30 time-frame, focus on weed control, cover crops, no-till and plant growth issues. It will conclude in 30-45 minutes.

I will try to share the call-in numbers as I receive them, but the date will be February 12 and it will take place around lunch-time.

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 4-5, 2016**, in Manhattan, Kansas at the Hilton Garden Inn. "Her AgriCULTURE Story - Wisdom, Stewardship, Heritage" is the conference theme.

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>.

Local Board Leadership

Many individuals within our community have the opportunity to work on local boards. Sessions will be on February 23, 25, and March 1, 3, and 8. This learning opportunity will be held at the ValuNet Gigabit Smartroom at the Trusler Business Center. Full details are on the front page of our newsletter!

Other Upcoming Events

March 4 – 39th Annual Legacy Bull and Heifer Sale
March 5 – KSU Sheep Day
March 5 – Kansas Junior Beef Producer Day
March 14 – Youth Tractor Safety (See 4-H section)
March 19 – Kansas Junior Sheep Producer Day

Board Leadership Series Planned for February and March

K-State Research and Extension – Lyon County along with United Way of the Flint Hills, Emporia Chamber of Commerce, Flint Hills Technical College and Emporia Community Foundation will be hosting the K-State Research and Extension's Board Leadership workshop the last week of February and first two weeks of March.

Designed to provide basic training for members of community-based boards, the series will be hosted by local Extension professionals at locations across the state. "K-State Research and Extension's Board Leadership Series provides an opportunity for board members to learn the basics of being a good board member," said Trudy Rice, Extension Community Development Specialist. 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 kick-off on February 23 with Conducting Effective Meetings. During this session, participants will learn about their roles and responsibilities as a board member, basics of parliamentary procedure, and strategies to make meetings more productive and effective.

The February 25 session will cover Understanding Fellow Board Members and Conflict Management. Participants will explore how personalities and generational differences affect the decision-making process, and learn how to manage conflict in a way that is productive, not destructive, to the board.

On March 1, the topic will be 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.

Strategic Planning will be on March 3. Participants will learn about establishing a common mission and vision for the board, and how to plan priorities for the future.

On March 8, the final night, there will be a panel discussion with local people who work directly with each of the session topics.

All sessions will be conducted from 6-8 p.m. at the ValuNet Gigabit Smartroom at the Trusler Business Center, located at 719 Commercial in Emporia. Pre-registration for the event is required by February 12, 2016.

The cost is \$40 for all four sessions per person. Each registration buys a seat which can be rotated by board members. For a group rate contact Travis Carmichael at (620) 341-3220. Registration includes refreshments and a Board Basics workbook. To register either call the Lyon County Extension Office at (620) 341-3220 or visit lyon.ksu.edu.

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.

2016 Flint Hills Greener Living Show

It's back! The former Emporia Lawn, Flower, and Garden show is back with a new name. The Flint Hills Greener Living Show will be much more than just a lawn and garden show.

Three different events have been combined to bring this new show to the Flint Hills region. By combining the former Emporia Lawn, Flower, and Garden Show, the Flint Hills Sustainability Fair and the Small Farms Big Ideas Conference topics not only specific to lawn and garden, but to growing sustainably and the conservation of your natural resources will be covered. There will be presentations pertaining to the topics listed above. A final presentation schedule will be available closer to show dates.

So mark your calendars for February 27, 2016 from 9:00 a.m. to 5:00 p.m. and February 28, 2016 from 11:00 a.m. to 4:00 p.m. at the Anderson Building on the Lyon County Fairgrounds.

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
620-341-3220



Family & Consumer Sciences

President's Council

Friday February 5th (Noon)

Friday March 4th (Noon)

Friday April 1st (Noon)

Extension Office Meeting Room

Everyone is welcome to attend any classes that I teach. I would encourage 4-H project leaders to bring their clubs to the classes as a project meeting. If 4-Hers would like to attend individually that is great. If a 4-Her is under the age of 14 they must attend with an adult. I am offering several classes this spring as part of Walk Kansas that would be great lessons for everyone.

There are some changes to Walk Kansas.

Please note the date changes.

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Walk Kansas April 3rd – May 28th, 2016

Registration due by March 25th (March 15th if you want your t-shirt by kick-off)

Forms will be available Feb. 15th & can be picked up M-F during Office Hours. We are working on an online registration. Payment will still have to be made in our office before your team is registered or t-shirts are ordered.

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 15th year of Walk Kansas. I challenge our community to meet last year's numbers, let's try for 100 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 throughout the community.

Walk Kansas Registration fees will include a t-shirt, Kick-Off party, fat bucks buffet, Poker Walks, Bodies in Motion Part 3, Gluten and Your Gut, Simple Seasonal Meals.

Poker Walks will take place every Tuesday from 11:30 to 1 at the C of E Park during Walk Kansas.

Kick-off party at the Anderson Building on the Fairgrounds Sunday April 3rd from 2-4 p.m. We have had many requests for a weekend kick off for more team members to attend. Here is your chance. There will be food, fun and prizes. **RSVP by March 25th** for the Kick-off Party to lycoext@ksu.edu.

Fat Bucks Buffet May 10th 11:30 a.m.-1:30 p.m. Anderson 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. This event is underwritten by Subway “Eat Fresh” **RSVP by April 29th.**



Gluten and Your Gut April 5th 10 a.m. & 7 p.m. Anderson Building Fairgrounds

Gluten, the protein found in wheat, barley, rye, and some related grains, such as spelt, kamut, and triticale (a cross between wheat and rye), has long been valued by consumers and bakers for the elastic, chewy properties it provides breads and other baked products. Recently, gluten has rocketed to the top of nutrition and diet discussions, and “gluten-free” claims can be found on labels of hundreds of foods in grocery stores and highlighted on menus of fast food restaurants as well as fine dining establishments. What is gluten, and what is at the base of the gluten-free trend that has swept the United States?

Bodies in Motion April 19th 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.



Simple Seasonal Meals
May 3rd 10 a.m. and 7 p.m.
Anderson Building Fairgrounds

Every fruit or vegetable grown in the home garden reaches its peak at a certain time. Harvesting and eating produce at its peak provides many benefits. The color, flavor, texture, and nutritional value increase as produce ripens. And eating seasonally costs less during the normal growing seasons. By choosing fruits and vegetables in season you get all of the benefits — food that tastes good, is good for you, and is reasonably priced.

The Choose MyPlate method for healthy eating stresses that half of your plate should be filled with fruits and vegetables. Fruits and vegetables are chock full of nutrients. The colors of fruits and vegetables are indicators of phytochemicals — chemicals such as lycopene, lutein, and quercetin — that plants produce. These chemicals are studied for their health benefits and the message is clear — eating a variety of colors of fruits and vegetables is an easy way to enjoy the goodness of the wide array of nutrients while contributing to a longer, healthier life.

Medicare Basics

Tuesday March 22, 10 a.m. and 7 p.m.
Anderson Building Lyon County Fairgrounds
Call the Extension Office by Wednesday March 16th
of reserve your spot.
10 participants are needed to hold each class.

The Medicare Basics class I have planned is Tuesday, March 22nd, at 10 a.m. and again at 7 p.m. at the Anderson Building, Lyon County Fairgrounds. Please RSVP for this class by calling 341-3220. I must have 10 people to hold class. This class is designed to be just what it says, the basics. If you are turning 65, helping a parent who is on Medicare, or maybe you just want to understand more about Medicare. We will cover the basics and some of the ins and outs of Medicare. When to sign up, what is a Medicare Gap? Do I need one? What is Part D? What does Open Enrollment mean? Does it happen every year?

Medicare gives Americans the access to quality, affordable health care that lets us live a happy, healthy and productive life. Today, about 55 million Americans depend on Medicare to cover 23 types of preventive services, including flu shots and diabetes screenings. Some screenings are free, and others have a small co-payment or you have to pay a deductible for others.

Medicare also covers hospital stays, lab tests and critical supplies like wheelchairs, as well as prescription drugs.

Spotlight at the 2016 Fair

Ribs and Side Dishes will be the spotlight event this year. Start trying recipes now to enter at the fair.

Community Service Project at
2016 Lyon County Fair

Lap quilts will be the service project for community organizations again this year. Lap quilts/blankets should measure 42 inches on the diagonal and do not need to be quilted. Blankets and or quilts can be tied, quilted or just be 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 display them at the fair on the new wire racks as we did last year.

Volunteers Needed:

Keep it a Safe Summer (KISS) May 25st

KISS will be making a return on Wednesday May 25st at the Lyon County Fairgrounds. 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.

New Dietary Guidelines for 2015-2020

Watch for more information on the changes to the dietary guidelines. There were some small changes but the biggest change we will be addressing will be the change in added sugars. The new guidelines suggest that we have no more than 40 grams which is 10 teaspoons of added sugar in your daily diet. There is 10.2 teaspoons of sugar in one 12 ounce can of Coca Cola.

I will have more on the changes in the dietary guidelines in the newspaper, shopper and radio.

Return Service Requested

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

February

- 01 Master Gardener Meeting, noon, EMR
- 01 Ambassador Meeting, 6 pm, EMR
- 01 4-H Council Meeting, 7 pm, EMR
- 05 FCS President's Council, noon, EMR
- 05 Eastern Kansas Sorghum School, BCB
- 06 Beef weigh-in & tagging, 8-10 am, Fairgrounds
- 14-15 Kansas 4-H Citizenship in Action, Topeka
- 15 Presidents' Day – Extension Office Closed
- 16 Cloverbuds, 6 pm, EMR
- 19-20 State 4-H Ambassador Training, Rock Springs
- 20 Hop To It Rabbit Club Show, 9 am, AB
- 20 Countywide Foods Meeting, 9 am, EMR
- 21 Poultry Club Meeting, 1 pm, EMR
- 23 Rawhide Wranglers, 6 pm, EMR
- 23 Board Leadership Series, 6-8 pm, Trusler Business Center
- 24 Dog Project Meeting, 7 pm, AB
- 25 Board Leadership Series, 6-8 pm, Trusler Business Center
- 27-28 Flint Hills Greener Living Show, AB
- 27 4-H Day With Wildcat Women's Basketball

March

- 01 Board Leadership Series, 6-8 pm, Trusler Business Center
- 03 Board Leadership Series, 6-8 pm, Trusler Business Center
- 04 FCS President's Council, noon, EMR
- 05 4-H Club Days, Timmerman Elementary School
- 05 Kansas Jr. Beef Producer Day, KSU
- 07 Master Gardener Meeting, 5:15 pm, AB
- 07 Ambassador Meeting, 6 pm, EMR
- 07 4-H Council Meeting, 7 pm, EMR
- 08 Board Leadership Series, 6-8 pm, Trusler Business Center
- 14 Tractor Safety, 9 am – 3 pm, PrairieLand Partners
- 15 Cloverbuds, 6 pm, EMR
- 17 Hop To It Rabbit Club, 7 pm, AB
- 19 Regional 4-H Club Day, Madison High School
- 19 Kansas Jr. Sheep Producer Day, KSU
- 20 Poultry Club Meeting, 1 pm, EMR
- 22 Rawhide Wranglers, 6 pm, EMR
- 22 Medicare Basics, 10 am & 7 pm, AB
- 23 Dog Project Meeting, 7 pm, AB

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