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# Lyon County

K-State Research and Extension News

*Knowledge  
for Life*

**April &  
May, 2017**

**Lyon County  
Extension Office**

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Research and Extension

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## Board Leadership Series this April

K-State Research and Extension – Lyon County along with United Way of the Flint Hills, Emporia Chamber of Commerce, and Emporia Community Foundation will be hosting the K-State Research and Extension’s Board Leadership workshop on April 18, 20, 25, and 27 at the Bowyer Community Building.

Session topics include:

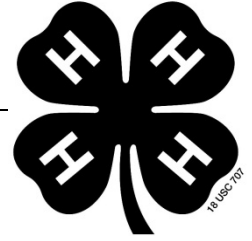
- Conducting Effective Meetings.
- Fund Management, Legalities and Ethics.
- Understanding Fellow Board Members and Conflict Management.
- Fundraising and Strategic Planning.

All sessions will be conducted from 5:30 to 7:30 p.m. at the Bowyer Community Building located on the Lyon County Fairgrounds in Emporia. The registration deadline for this event is April 10<sup>th</sup>. 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 or go to [lyon.ksu.edu](http://lyon.ksu.edu) to register online.



United Way of the Flint Hills

# The Clover Connection

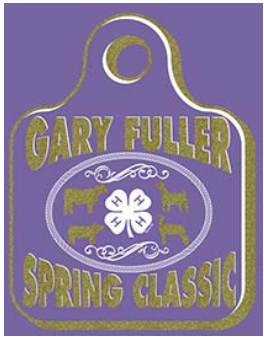


## It's Show Time

Information on upcoming livestock shows is steadily flowing into the Extension office. Don't forget to come in and check out the green notebook on Debbie's desk for show flyers. We collect copies of all the show information we receive as well as some information on other projects that there isn't room to highlight in the newsletter.

## Gary Fuller Spring Classic

The Lyon County Spring livestock show is now the Gary Fuller Spring Classic. It's scheduled for May 6-7 at the Fairgrounds. Species will include sheep, meat goats, bucket calves, beef and swine. As an added incentive for Lyon County 4-Hers, a special commemorative bucket will be awarded to each Lyon County 4-Her for each species that he or she exhibits in the Lyon County Only class or a Lyon County 4-Her exhibiting a bucket calf at the spring show courtesy of the Gary Fuller Memorial Fund.

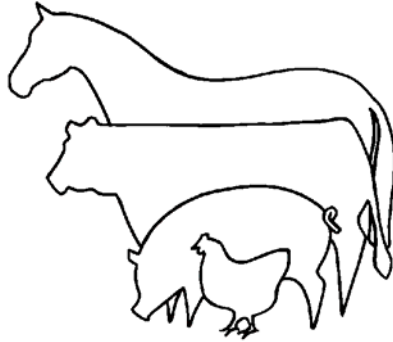


The Bluestem Farm and Ranch Supply Prize Trailer will again be on hand for prizes. We also have a special show T-shirt that will be awarded for participation in showmanship. The pig show will feature a special Gary Fuller Spring Classic belt buckle awarded to the champion market pig. Flyers and registration forms are available online at [www.lyon.ksu.edu](http://www.lyon.ksu.edu) or at the Extension Office. Pre-entries are due April 28.

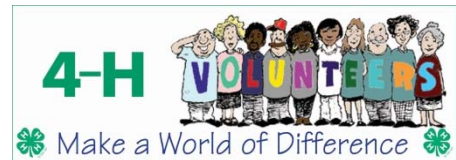


## Volunteer Training and Registration

(VIP)



A Volunteer Training will be hosted April 5 at 6 p.m. at the Extension Office Meeting Room. This class is one step in the Volunteer Registration process for volunteers with reoccurring roles in Lyon County Extension programs working with youth. Any individual who works with youth at least three times per year must be VIP registered. Please RSVP by April 3 to the Extension Office at 341-3220. Any 4-Her hoping to serve as a camp counselor should plan to attend this training. There is no guarantee the 4-Her will be selected to serve as a counselor, but the volunteer training must be completed to be considered.



## Fair Sponsors

Each year Debbie Van Sickle works to contact sponsors for trophies and awards for 4-H events at the Lyon County Fair. We truly appreciate the longtime support of many divisions and areas of 4-H. As new projects or various classes change, we often need additional sponsors. If you or someone you know is interested in sponsoring an award, please contact Debbie Van Sickle at (620) 341-3220.

## 2017 4-H Fair Notes

The 2017 Lyon County Fair is set for Aug. 3-12. The Friends of 4-H Picnic will kick off 4-H related activities on July 27 with other various pre-fair judging activities July 29-July 30 and Aug. 3. Livestock will be required to be in place on the fairgrounds Aug. 4 and released Aug. 8. The Anderson Building will be released on Aug. 9. The 4-H Diner will be open through Aug. 12.

There will be a sheep and goat veterinarian check just prior to bringing animals to the scales. All livestock exhibitors are expected to bring healthy, disease free animals no matter what species is exhibited. The Extension program, fair officials and livestock

coordinators reserve the right to have any diseased animal and its cohorts removed from the fairgrounds at the owner's expense.

In an effort to ease the pig weigh-in pressure as well as the late evening for 4-Hers, the swine coordinators will again host the official pig weigh-in Friday, Aug. 4 from 3:00 p.m.-5:30 p.m. Pigs can be weighed as you unload them. It will be the 4-Her's responsibility to make sure their animal gets weighed in.

### **Livestock Breeding Classes at Fair**

Remember, to participate in a livestock breeding class at the county fair, breeding animals must be tagged or have official registration papers turned into the Extension Office by May 1. A 4-Her also should be enrolled in that specific specie's breeding project. If you do not know if you are enrolled in the breeding project for your desired species, 4-Hers should login to 4-H Online by May 1 to add/drop or enroll in the project to be eligible to enter a breeding animal at the fair.

### **Horse IDs, Dog IDs & Add/Drop Date**

May 1 is a big day. All Horse ID forms and Dog ID forms are due *and* this is the deadline to add or drop a project for the fair. May 1 is a Monday. **No IDs brought by the office after the deadline will be accepted.**

**Horse members** - Anyone who wishes to show their horse at the County Fair, District Horse Show, Kansas State Fair, or participate in the 4-H Rodeo must update their horse ID papers. Bring your original ID in for an Agent to sign by May 1, 2017. If you have never completed an ID paper for your horse, or you have a new horse, you must complete a horse ID by May 1, 2017. Copies are available from the Extension Office. A colored picture showing all four (4) feet and a profile of the horse with the head turned a quarter toward the camera is also required. **No horse IDs will be signed past May 1, 2017, to participate in any of the above events. This is an absolute deadline – there will be no exceptions!**

**Dog members** - Anyone who wishes to show at the County Fair or Kansas State Fair, must update their dog ID papers. Bring your original ID in for an Agent to sign by May 1, 2017. If you have never completed an ID paper for your dog, or if you have a new dog, you must complete an ID by May 1, 2017. Copies are available from the Extension Office. A colored picture showing a full body side view, all four feet and legs, and a profile of the dog with its head turned is also required. **No dog IDs will be**

**signed past May 1, 2017, to participate in any of the above events. This is an absolute deadline – there will be no exceptions!**

Adding and dropping a project will be done through your individual 4-H Online accounts at <https://ks.4honline.com>. You will need your login (the email you used to sign up) and your password to check your account. Please do not wait until last minute to update/verify your projects. Don't just think your projects are correct, please go online and verify.

### **4-H Council**

4-H Council will meet on April 3, and May 1, 2017 at 7:00 p.m. The Council meetings will be held in the meeting room at the Extension Office.

### **Camp Registration**

The Sunny Hills 4-H Camp will be June 24-27, 2017. Camp will be open to 4-H'ers who have **completed** 3<sup>rd</sup> through 7<sup>th</sup> grades. Camp flyers are available at the Extension Office. Camp costs \$200 this year. There is also an estimated \$15 fee for the bus to be paid at time of registration. Fill out the registration form on the back of the flyer and bring the form and a \$50 deposit to the Extension Office by May 12. Scholarships may be available so contact the Extension Office for details and deadlines. If you have any questions about camp, call the office.



### **4-H Camp Counselor Applications**

4-H Camp Counselor applications are ready! All camp counselors must have completed 9th grade and must be VIP approved. Sunny Hills 4-H Camp will be June 24-27, 2017. Counselors will attend training on June 23. Applications will be due by 5:00 p.m. on May 12. Absolutely no late applications will be accepted, so don't wait until the last minute. If you have any questions, contact the Extension Office.

### **Shooting Sports Safety Meetings**

4-Hers properly enrolled for the 2017 summer shooting sports disciplines must attend one of the safety meetings scheduled for each discipline. The Small bore and rifle safety meeting is scheduled for April 2 at 4:30 p.m. at the Extension Office Meeting Room/garage followed by the



archery safety meeting will follow at 5 p.m. There is also an additional opportunity April 4 starting at 6:30 p.m. with archery safety followed by another meeting option for small bore and rifle safety at 7:30 p.m. The pistol safety meeting will be hosted before the first practice date. If you were not enrolled for the summer shooting sports disciplines you will not be able to participate in this year's program. Please be sure to reenroll in 4-H early so you do not miss opportunities like 4-H shooting sports.

### State 4-H Sewing Camp

Lyon County 4-Hers are encouraged to be a part of the 6<sup>th</sup> annual State 4-H Sewing Camp May 30-June 2! It will again be hosted on the K-State Campus in Manhattan and registration fees are \$215 for 4-Hers. There are options for adults and teen leaders to attend with 4-Hers for \$125 full-time or part-time adult for \$12. Check out the 4-H events registration tab on the Kansas 4-H website at [www.kansas4h.org](http://www.kansas4h.org). Registration is due by April 15. This year's Specialty Camp is designed for youth that have mastered basic sewing skills and are ready to challenge themselves to learn new and more advanced skills. The camp offers 4-H members and their friends an opportunity to learn and build confidence in the Clothing and Textiles project.



Participants should all know the basics with pattern layout/cutting and basic sewing machine operation. Participants will choose their project when they arrive on campus. All fabrics, supplies and equipment will be provided for youth to construct their project. Youth only need to pack comfortable clothing, **closed toe shoes**, and personal toiletries. All bedding will be provided by the K-State Manhattan residence halls.

### 2017 4-H Campference!

Campference is scheduled for June 27-30, 2017 at Rock Springs 4-H Center, near Junction City, Kan.



Campference is open to any youth ages 12 to 14, before January 1, 2017.

Participants will experience the feel of a conference, while

enjoying many of the "camp" activities Rock Springs 4-H Center has to offer. Workshops feature opportunities in the 4-H program. Activities will energize students while they learn leadership skills and how to better interact with others. Cost for Campference is \$275. Please contact the Extension Office or visit [www.Kansas4-H.org](http://www.Kansas4-H.org) to learn more and to get registered. Registration is due May 15. Space is limited.

### Discovery Days 2017

Discovery Days 2017 is scheduled for May 30-June 2, 2017 at Kansas State University in Manhattan. This university experience is open to youth 13-18 and features workshops and tours about 4-H projects, careers, hobbies, community service activities and more on the beautiful K-State campus.



See the registration worksheet available at [www.Kansas4-H.org](http://www.Kansas4-H.org) to help select sessions that interest you most. Some sessions do require an additional fee to cover the cost of supplies. You'll meet hundreds of other youth, gain new life skills, and have an amazing experience at Discovery Days! More information is available at [www.Kansas4-H.org](http://www.Kansas4-H.org). The registration costs \$230. The registration fee is due to the Extension Office by April 20. Don't delay, classes are filled on a first come, first serve basis.

### Hop to It Rabbit Club News

4-Hers who plan to show meat pens for the 2017 Lyon County Fair should be certain litters are born by May 30. Breeding should take place by May 1 to make them the correct age for fair time.

The club's regular monthly meeting are held the 3rd Thursday of each month at 7 p.m. in the Anderson Building meeting room. If you have any question call (620) 794-2845 after 5 p.m.

## Rawhide Wranglers

Don't miss the next Rawhide Wranglers 4-H horse club meeting May 23 starting at 6:00 p.m. at the Extension Office Meeting Room. The summer practices are being scheduled, so watch the Rawhide Wranglers Facebook page for more details.

The Rawhide Wranglers Spring Open Rodeo and Horse Show are scheduled for June 10 and June 11 on the Lyon County Fairgrounds.

## Petting Zoo

The 4-H Petting Zoo will be Wednesday, May 3 from 9:00 a.m. to 2:30 p.m. If you would like to bring an animal for the petting zoo or help in any way, please call the office and let us know what you would like to do.

## Countywide Tagging Dates

Countywide tagging for sheep, meat goats, swine and bucket calves will be Wednesday, April 26 from 6:00 p.m. – 8:00 p.m. and Saturday, April 29 from 8:00 a.m. – 10:00 a.m. at the Lyon County Fairgrounds. Tags will be \$3 each for all species.



## Youth PQA+ Training online



Youth needing recertification or certification for Youth Pork Quality Assurance (PQA+) training will have the option to complete the training online this year. A PQA+ training class is not planned for Lyon County this year. Any youth ages 8-19 who wish to exhibit out of Lyon County at a state or national show is required to be certified. The online training will require that you know your current PQA+ certification number (if you are already in the system/have taken the class before). Please be sure to locate your certificate or contact the Extension Office for your certification number if you cannot locate it. Then, visit: <https://ams.pork.org/Account/RegisterYouth.aspx> to register and begin the process.

## Southeast Area 4-H Contests

This year's Southeast Area judging contests will be back in Emporia on June 20 at the Anderson Building. The contest will consist of horticulture, crops and photography, family and consumer science (FCS) and favorite foods divisions. New this year, the Little Balkans Foundation that supports the southeast area contests will be buying participants a pass to the Jones Aquatic Center for a swim party on the afternoon of June 20. Be sure to mark this date on your calendar for a fun learning

opportunity and chance to hang out with 4-H friends at the pool.

The Southeast Area Livestock Contests including livestock judging, skill-a-thon and meats contests will be hosted in Yates Center on June 29.

## Project Record Keeping and Achievement

As 4-Hers are attending project meetings and working on projects for fair, it's time to also consider record keeping. 4-Hers are encouraged to complete Kansas Award Portfolios on each project. The KAPs are age appropriate forms that help youth and their caring adults record information and track participation in a project.

Lyon County 4-H Council awards every 4-Her who completes a KAP and a Project Checklist with a project pin at the November Achievement Celebration. If you want to make sure you are meeting project requirements, the checklist is available at the Extension office.

CHECKLIST FOR EXCELLENCE IN A 4-H PROJECT ACHIEVEMENT AWARD	
<small>Leaders use to turn this checklist into the Extension Office along with the other award applications by September 1. Every 4-H member that takes a record book should include this checklist. This checklist should include ONLY 4-H activities, NOT school activities.</small>	
<input type="checkbox"/> Junior	7 - 8 years Must answer "YES" to questions 1 through 5.
<input type="checkbox"/> Intermediate	9 - 13 years Must answer "YES" to questions 1 through 7 and "YES" to two of the remaining questions.
<input type="checkbox"/> Senior	14 - 19 years Must answer "YES" to questions 1 through 7 and "YES" to three of the remaining questions.
NAME: _____ AGE BY JANUARY 1 <sup>st</sup> : _____	
PROJECT AREA: _____ DATE: _____	
PARENT'S SIGNATURE: _____	
No. of countywide project meetings held this year: _____ No. attended: _____	
No. of local club project meetings held this year: _____ No. attended: _____	
YES	NO
1.	1. Attended at least three project meetings/in school activities? List: _____
YES	NO
2.	2. Present at least one talk about the project? (i.e., County Club Day, Club/Project Meeting, Club Day, etc.) Topic: _____
YES	NO
3.	3. Taken to a completed record book?
YES	NO
4.	4. Attended at least one-half of your club's regularly scheduled meetings? How many meetings held: _____ How many attended: _____
YES	NO
5.	5. Exhibited or participated in the Lyon County Fair? (Show items, exhibit for notebook or poster? List exhibit: _____)
YES	NO
6.	6. Participated in a county, multi-county, or area 4-H event related to this project (Judging, Club Day, Spring Show, etc.)? List event: _____
YES	NO
7.	7. Taken part in a project tour or field trip? List event: _____
YES	NO
8.	8. Served as a Fair Justice Supermarket? List fair division/project area: _____
YES	NO
9.	9. Served as an Assistant Project Leader in your club the respective project? List name of project leader you assisted: _____
YES	NO
10.	10. Commented/Reviewed/Coached related to this project? List name of person related to this project: _____
Leader's Initials: _____	

## Regional Club Day Results

Congratulations to all the Lyon County 4-Hers who participated in the Regional 4-H Club Day on March 18 in Madison. In junior project talks, Ava Karcher received a top blue and Leo DeDonder received an alternate top blue. Sadie Rethman received top blue for her junior demonstration and Addison Marshall received a blue, while senior Karlee Wigton earned top blue for her demonstration and Madelynne Douglas received a blue. Madelynne also earned a blue for her public speaking and an alternate top blue for her novelty. When joined with her sister Annika, the Douglas duo received an alternate top blue for their skit. Davis Plankinton received a blue for his reading. In instrumental music, the McAllister family received top blue instrumental ensemble. Karis McAllister earned a top blue for junior instrumental solo and Mark McAllister earned top blue in the senior division. Matthew Maxon and Emily Wittgartner received an alternate top blue for their dance routine.



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## *Agriculture and Natural Resources*

April-May 2017

### **Burning/Burn Permits in 2017 - REPEAT**

2017 is year two 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. Remember that if you picked up your Burn Permit last year, it is still valid; you do NOT need a new permit this year (as long as you still have the 2016 permit). Growing conditions were very favorable in late 2016, 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!!**

Please make use of the planning tools at [ksfire.org](http://ksfire.org) (active March 1- May 1), abide by the Kansas Smoke Management plan which limits non-rangeland burning during April, and be certain to have enough fire-fighting equipment and expertise to control the burn.

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 but those issued in 2016 are still valid. Remember to check with your local officials to confirm any city regulations on open burns.

### **Study Indicates Fire Has Little Effect on Barbed Wire integrity**

Research conducted in 1996 at Oklahoma State University showed grass fires did not adversely affect the breaking strength or zinc coating of class one, 12 ½ gauge barbed wire. Fence burned up to six times was measured as equal to unused barbed wire in breaking strength and zinc coating. Those involved in the study concluded subjecting zinc-coated barbed wire to repeated grassland fire will not reduce its service life or corrosion resistance. The Oklahoma State University study conducted west of Stillwater had records of fence material standards, installation dates and fire events. The wire age was 14 years at the time of the study. Some events were wildfire, others were prescribed burns. Each fire crossed the fence during the burn.

### **Horn Fly Control and Growth Implants are Effective Strategies for Heifers**

Research conducted in the Flint Hills by K-State found that both strategies provide benefit for grazing heifers. The objective of this study was to compare LongRange to an insecticidal ear tag for horn fly control and determine the impact of weight performance on stockers when fly control technologies were used in combination with implants versus no implants. 301 crossbred heifers, average weight 587.82 lb were completely randomized by initial weight across 15 pastures. Pastures were randomly assigned to three different treatment groups: 1) one insecticide ear tag; 2) LongRange injectable; and 3) untreated control group. Within each treatment group, equal number of animals were randomly given either: Ralgro, Revalor-G, or no implant. Body weights and fecal samples were taken on days 0 and 90. Fly counts began 2 weeks after initial treatment and continued on a weekly basis until the end of the study.

Bottom Line... The use of LongRange as a fly control technique adequately controls horn flies up to 10 weeks and exhibited the greatest weight performance in stockers (average daily gain: 1.60 lb) when used in combination with Revalor-G. View the complete research report at [www.asi.ksu.edu/cattlemensday](http://www.asi.ksu.edu/cattlemensday). For more information contact, Dale Blasi (785-532-5427; [dblasi@ksu.edu](mailto:dblasi@ksu.edu)).

### **Western Kansas Wildfire Relief**

It is certainly heart-wrenching to see the devastation of the wildfires in south-central Kansas from early March. So much has been displaced and lives lost or uprooted, it is hard for us to imagine especially in an area where fire is routinely used as a management tool. Again, as stated earlier, please use extreme caution if you are going to use fire for grassland management.

Many efforts are underway to assist in the fire recovery efforts. I have seen information of very generous donations, but please be certain that what is being sent is needed. As of this writing (late March), it is my understanding that fencing supplies, cash and personnel are some of the greatest short-term needs. There are many miles of fence that were destroyed with the fire and should the recent rains allow the grass to grow, livestock will need to be contained. Let's do what we can to help our friends and neighbors to the west.

## Residual Soybean Herbicide Options

There are many good reasons to use a soil-applied residual herbicide for soybeans, including early-season control of weeds and grasses to minimize early-season weed competition; more flexibility with post-emergence treatment timing; additional herbicide sites of action to help slow the development of herbicide resistant weeds; and help reduce the weed seed-bank over time. There are many good soil-applied residual herbicide options for soybeans depending on the primary target weeds. Some common local weeds and possible control options are listed below.

**Pigweeds (including waterhemp and Palmer amaranth).** Glyphosate-resistant waterhemp and Palmer amaranth are now fairly common in many fields throughout Kansas. Pigweed emergence will generally start in April but most emergence will occur in May and June. Preemergence or burndown-plus-residual herbicide applications will need to be targeted before pigweed has emerged or while it is still at small growth stages.

For early-season pigweed control, the Valor-based herbicides (Chlorimuron and Flumioxazin) and Authority-based herbicides (Chloransulam and Sulfentrazone) can all provide very good to excellent control to supplement a post-emergence program. If glyphosate-resistant pigweed is suspected, higher use rates may be required to give adequate residual control.

Prefix, Zidua, Zidua Pro, and Anthem, are other excellent “foundation” herbicides for residual pigweed control in soybeans. Metribuzin, Warrant, Dual, Boundary, Outlook, and Prowl products can also provide some early-season pigweed control, but may not provide as much residual control as those previously mentioned products. Split applications of overlapping residual herbicides (early preplant *AND* at-planting or early postemergence) may be the best approach to manage glyphosate-resistant pigweed in no-till systems.

**Marestail.** Marestail is probably the most widespread glyphosate-resistant weed in Kansas. Marestail control in soybeans should begin in early spring by controlling fall-germinated seedlings and rosettes before they start to bolt. 2,4-D and dicamba can be used in early spring, but the proper preplant intervals need to be followed. The preplant intervals for 2,4-D LV4 are 1 week for up to 1 pt/acre and 30 days for 1 to 2 pt/acre. The preplant interval for Clarity is 14 days following an application rate up to 8 oz/acre and accumulation of 1 inch of rainfall. Dicamba has generally provided better marestail control than 2,4-D. Xtendimax, FeXapan, and Engenia

can be utilized ahead of Xtend soybeans without a preplant waiting interval.

The Kixor-containing products Sharpen, OpTill, Zidua Pro, and Verdict can be used any time before soybean emergence (cracking). Use an adequate spray volume to insure good spray coverage to optimize marestail control with Kixor products, and apply with methylated seed oil.

Liberty herbicide may be the best option as a rescue treatment to burn down bolted marestail prior to planting. There is no waiting interval required between a Liberty application and planting soybeans, but it will not provide any residual marestail control. Other preplant herbicides that can help with burndown and provide residual marestail control include FirstRate-based herbicides, such as Authority First, Sonic, Gangster, or Surveil in combination with glyphosate.

**Velvetleaf, cocklebur and Morningglory.** Glyphosate is not always entirely effective on velvetleaf. To assist in velvetleaf control, the Valor-based and FirstRate-based herbicides are some of the most effective preplant and preemergence herbicides you can use. The most effective preplant and preemergence herbicides to aid in cocklebur control are those that contain First Rate, Classic, or Scepter. Such products would include Authority First, Sonic, Authority XL, Authority Maxx, Gangster, Surveil, Envive, Fierce XLT, and Valor XLT. Pursuit or Pursuit-containing products such as Zidua Pro, OpTill, and Authority Assist can also be used as a preplant treatment in Roundup Ready soybeans to provide residual cocklebur control. Extreme, which contains glyphosate and Pursuit, can be used either preplant or postemerge for some additional residual control in Roundup Ready soybean. Glyphosate sometimes has trouble controlling morningglory. To help get better control, you can use either Authority-based or Valor-based herbicides preplant or preemergence. OpTill and Zidua Pro can also provide good early-season morningglory control.

*Thanks Dallas Peterson and Doug Shoup for sharing this info!*

## Eagle Creek WRAPS Educational Tour

On Friday, April 7th starting at 10:00am at JoAnn Kuhlmann's, there will be a presentation/tour of her grazing and watering system. Then, Jarran Tindle and Howard Freerksen will present/tour/demonstrate marked trees for TSI and tree planting. Then, Tracy Karcher will present on high tunnels in and around JoAnn's high tunnel. If things work out there may be time for a demonstration of UAV applications in agriculture.



## **Board Leadership Series Planned for April**

K-State Research and Extension – Lyon County along with United Way of the Flint Hills, Emporia Chamber of Commerce, and Emporia Community Foundation will be hosting the K-State Research and Extension's Board Leadership workshop in April.

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.

Topics covered during the series will be:

- **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.
- **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.
- **Fund Management, Legalities and Ethics.** This session will explore a board's options for managing money, understanding such things as articles of incorporation, bylaws, and policies.

- **Fundraising Strategic Planning.** Participants will learn about options for raising funds and understanding such things as establishing a common mission and vision for the board, and how to plan priorities for the future.

The Board Leadership Series will be held April 18, 20, 25 and 27. All sessions will be conducted from 5:30-7:30 p.m. at the Bowyer Community Building, located on the Lyon County Fairgrounds, in Emporia.

Pre-registration for the event is required by April 10, 2017.

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](http://lyon.ksu.edu).

## **Keep Mower Blades Sharp**

With mowing season starting, we need to remember to keep the blades sharp on our lawn mowers. Dull blades will cause a whitish cast on our lawns. A dull blade does not cleanly cut the blade of grass; instead it shreds the end of the leaf blade. The whitish cast starts to appear as the shredded ends of the grass blade starts to dry out. A sharp mower blade is more important as the turf starts putting up the seed heads. Seed head stems are much tougher than the grass blades and more likely to shred. Under normal use, lawn mower blades should be sharpened every 10 hours of use.

## **Soil Testing**

Before amending your soils or adding fertilizer before planting it is a good idea to have a soil test done. A soil test helps us understand what the pH, phosphorus, and potassium levels already are. If these levels are within recommended ranges for your crops, then we only



recommend fertilizers with nitrogen. We will also inform you to be cautious on the amount of organic matter, peat moss and some other amendment you want to add to the soil as they can affect the pH level. The only element we normally do not test for is nitrogen. Nitrogen is easily leached out of the soil during watering or rain events. When giving soil recommendations we generally do recommend a nitrogen fertilizer.

Here are a few tips on collecting soil samples. If you follow these tips, then the results will be more representative of the overall area. When taking the samples, make sure that you are collecting soil to a depth of 8 to 12 inches. This is to give a more representative sample in the roots zone. Take at least 10 samples from the area. Combine these samples in a clean bucket and mix them together. After mixing the samples together, select about a pint of soil and place it in a zip top container and bring it into the Extension Office to be sent off for testing. If you are doing more than one area, make sure to label your samples. When you bring the samples into the office, you fill out a form that gives some background information about the garden plot, landscape bed or lawn to help with recommendations when the results come back. Once the office obtains the results, you will then receive the results with recommendations for your area.

## **Planting Easter Lilies Outside**

With Easter here comes the traditional sign that we are all familiar with, Easter lilies. Anyone who gardens may hate to throw out Easter lilies after they have finished blooming and the age old question, “Do they grow outside?” comes to mind. The answer is yes they do! Although, Easter lilies are not reliably hardy in Kansas, many gardeners have had success growing them. Here are a few simple rules to follow to have success growing your Easter lilies outside.

1. After the flowers have faded, remove the flower stalk so that energy does not go into making seed.
2. Keep the plant inside until the danger of frost is past. Keep soil moist but never waterlogged. Don't allow water to sit in the tray. Continue to fertilize.
3. The pot can be moved outside when frost is no longer a concern. Sinking the pot into the soil up to the brim and placing in dappled shade will help reduce watering. Continue to water and fertilize until the top growth dies down.

4. Choose a sunny, well-drained spot for planting. Good drainage is vital for lilies and so the addition of organic matter is usually necessary for most soils. Till or dig the soil 6 inches deep and add 3 inches of peat moss. Mix the soil and peat moss together. This will form a berm that should drain very well.
5. Plant the bulbs 6 inches deep and 12 to 18 inches apart and water them well. Mulch to conserve moisture. New growth may appear later in the summer or the plant may stay dormant until the following spring.
6. Cover the plants in the fall after the foliage has died down with straw, pine needles, wood chips or other types of mulch to help protect the plant over winter. Use 4 inches of straw or 3 inches of any of the other materials.
7. Uncover the plants in the spring to allow new growth to appear and fertilize according to soil test.

## **Moving Houseplants Outside for Summer**

It is often helpful to set many houseplants outside for the summer so they can recover from the low light levels endured during the winter months. As soon as night temperatures stay consistently above 55 degrees F, houseplants can be moved to their summer home. Choose a spot that has dappled shade, is protected from the wind and is close to water. A porch or a spot that receives shade from trees or buildings will work well. Putting houseplants in full sun will cause the leaves to photo-oxidize or sunburn because the leaves have become adapted to low light levels inside the house. Where possible, sink the pots into the ground to help moderate root temperatures and reduce watering frequency.

If you have a number of plants, dig a trench 6 to 8 inches deep (or deeper if you have larger pots) and long enough to accommodate all of your plants without crowding. Place peat moss under and around the pots. Peat moss holds water, helps keep the pots cool and reduces evaporation from clay pots. About every two weeks, rotate the pots a quarter turn to break off any roots that have penetrated the peat moss surrounding the pot and to equalize the light received on all sides of the pot. Water as needed. If the potting soil is dry a half-inch deep in the pot, it is time to water.



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## Family and Consumer Sciences

**President's Council Dates**  
**Extension Office Meeting Room**  
**April 7, 2017 - noon**  
**May 5, 2017 - noon**

**Fit For Life**  
**April 25<sup>th</sup>**  
**10 a.m. and 6:30 p.m.**  
**Emporia Recreation Center**

### Volunteers Needed ....

#### Keep it a Safe Summer (KISS) May 24

KISS will be held on Wednesday May 24 at the Lyon County Fairgrounds. Volunteers are needed to help with registration, prize table, booth help, food and other activities. Last year this event drew about 2500 people.

#### Fair Volunteers Needed

We have had several fair volunteers retire over the last few years. We need additional volunteers as generals and superintendents in the Open Class Division during the fair.



**Walk Kansas**  
**March 19 –**  
**May 13, 2017**

*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.

#### Fixing Funky Foods

**April 11<sup>th</sup>**  
**10 a.m. and 7 p.m.**  
**Anderson Building - Lyon County Fairgrounds**

The variety of foods in grocery stores increases each year. Knowing how to prepare these foods and including them in a meal plan can be a challenge. The goal of this lesson is to familiarize participants with fruits, vegetables, and whole grains that might be newly available even in rural grocery stores. Learn ways to incorporate these new fruits, vegetables, and whole grains into meal planning and preparation methods.

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.

**Kids Cooking Camp (KidsaCookin')**  
**June 12 and 13 - RSVP by June 2**  
**10 a.m. to 2 p.m. at the Lyon County Extension**  
**Office (pickup child up by 2:15)**

This one day camp is aimed at children 3<sup>rd</sup> grade complete to 5<sup>th</sup> grade. They will learn the art of menu planning, grocery shopping and fun cooking skills to make complete meals for their family. Variations on yeast bread will be the focus of camp this year. We will take our basic bread in the bag recipe and make it three or four different ways. Including a Stromboli to take home to cook and share with their family. The students will also be making their own lunch during the camp. Food Safety and freezing meals will also be covered during the camp. We must have at least 5 people signed up to have class with a maximum of 12 people. A small registration fee of \$5.00 must be paid to hold your spot. The \$5.00 fee must be paid by June 2. Call 341-3220 for more information.



#### Spotlight Event at the Lyon County Fair

The Spotlight Event at the Lyon County Fair this year will be a take on the Antiques Road Show. You may bring two items on Sunday August 6<sup>th</sup> from 2 to 4 p.m. to the Bowyer Building. There will be four evaluators on site to evaluate your items. This year we will be focusing on small hand held objects, paper, glass, china, jewelry, hand tools and more (no furniture). Please watch for more details as they develop. This should be a fun experience and something new and different as our Spotlight Event.



## Community Service Project – Help Stop Hunger in Lyon County!

This year's Community Service Project at the fair will be nonperishable food items to help restock local pantries and support local projects. We are asking you drop off nonperishable items from Saturday August 5<sup>th</sup> to Monday August 7<sup>th</sup> at the designated table in the Anderson Building. Items will be accepted during normal hours of Anderson Building. The food items will support The Salvation Army, Spartan Stop, Food for Students and the Corky Cupboard. Help stop hunger in Lyon County!



## Unit Tour Thursday June 15<sup>th</sup>

**8:00 a.m. to Approx. 5:30 p.m.**

Come and experience Abilene during our Unit Tour on Thursday, June 15<sup>th</sup>. Abilene is home to eight of the Kansas Sampler Foundation's 8 Wonders of Kansas winners and finalists.

I am still working out the details of the itinerary at the writing of this newsletter. Plans so far include the C.W. Parker Carousel, tour of the museum and a ride on the carousel and the Seeley Mansion Tour. Still working on lunch plans. Tour of the Eisenhower museum in the afternoon and a stop at the Bankes Drug Soda Fountain. An ice cream or soda fountain favorite before we head home.

**Cost per person will be \$40.00-\$50.00 with lunch included. Cost depends on lunch option and average price at the soda fountain. I will have the cost nailed down hopefully by April 20. We must have a minimum of 7 sign up to make the trip happen. RSVP by June 2.**

*There are no secrets to success. It is the result of preparation, hard work, and learning from failure.*  
Colin Powell

## National Festival of Breads



Lots of baking has been taking place at the Wheat Innovation Center to select the top finalists for the 2017 National Festival of Breads! Mark your calendar now for **June 17, 2017** to come and enjoy the festival in Manhattan, KS at the Hilton Garden Inn.

New this year is the Enrich Your Life 5K & 1 mile Fun Run. A portion of the event proceeds will be donated to the Flint Hills Breadbasket. Admission to the festival is free with a donation of a canned or nonperishable food item. These donations will also go to the Flint Hills Breadbasket. The tentative schedule and link to sign up for the 5K is at <http://nationalfestivalofbreads.com/hints-and-happenings/2017/06/17/festivalschedule>

## Defining Clean Eating



Lots of conflicting information about eating healthy can leave anyone confused. The American Heart Association is trying to help clear the confusion.

To start, eat lots of fruits, vegetables and whole grains. This is a common message from many health organizations and educators. Lean meats, low-fat and non-fat dairy, beans and legumes, nuts and seeds are also beneficial.

A healthy, clean diet can also include frozen, canned and dried foods. Select low sodium canned foods and fruits canned in water or 100% juice. Choose frozen and dried foods without added salt or sodium.

Some say to avoid the middle aisles of the grocery store. The truth is, many foods in the middle aisles can be a part of a healthy diet.



## Test Your Canner

I am sending off our Presto Test Kit to be checked. It is time for you to check your gauges. I hope to have our testing kit back by May 1. The brands of canners that can **ONLY** be tested with the Presto Testing Unit include National (those made by the National Pressure Cooker Company, au Claire, Wisconsin), Magic Seal (sold at Montgomery Ward), Maid of Honor (sold at Sears, Roebuck and Company), and Presto® Pressure Canners. I **CANNOT** test All American gauges or any other brands.

## Return Service Requested

Check out our website at  
[www.lyon.ksu.edu](http://www.lyon.ksu.edu)

### April

- 01 4-H Poultry Show, AB
- 01 Countywide Foods Meeting, 3 p.m., EMR
- 02 Shooting Sports Safety Meetings, Small Bore & Rifle, 4:30 p.m. & Archery 5:00 p.m., EG
- 03 Master Gardener Meeting, noon, EMR
- 03 Dog Project Meeting, 6 p.m., EG
- 03 Ambassador Meeting, 6 p.m., EMR
- 03 4-H Council Meeting, 7 p.m., EMR
- 04 Shooting Sports Safety Meetings, Archer 6:30 p.m. & Small Bore & Rifle 7:30 p.m., EG
- 07 FCS President's Council Meeting, noon, EMR
- 11 Fixing Funky Foods (Walk KS Class) 10 a.m. & 7 p.m., AB
- 15 Countywide Photography Meeting, 9 a.m., EMR
- 15 Countywide Rocketry Meeting, 10 a.m., EMR
- 16 Poultry Club Meeting, 1 p.m., EMR
- 18 Cloverbuds, 6 p.m., EMR
- 18 Board Leadership Series, 5:30 p.m., BCB
- 20 Hop To It Rabbit Club, 7 p.m., AB
- 20 Board Leadership Series, 5:30 p.m., BCB
- 25 Fit For Life (Walk KS Class) 10 a.m. & 7 p.m., Emporia Rec. Center
- 25 Board Leadership Series, 5:30 p.m., BCB
- 26 Swine, Sheep, Meat Goat & Bucket Calf Tagging, 6-8 p.m., Fairgrounds
- 27 Board Leadership Series, 5:30 p.m., BCB
- 29 Swine, Sheep, Meat Goat & Bucket Calf Tagging, 8-10 a.m., Fairgrounds

### May

- 01 4-H Add/Drop Deadline for projects
- 01 Horse & Dog ID's & Breeding Animal Registration Due
- 01 Master Gardener Meeting, 5:15 p.m., AB
- 01 Dog Project Meeting, 6 p.m., EG
- 01 4-H Ambassador Meeting, 6:00 p.m., EMR
- 01 4-H Council Meeting, 7 p.m., EMR
- 03 Petting Zoo, 9 a.m. – 2:30 p.m., Fairgrounds
- 05 FCS President's Council Meeting, Noon, EMR
- 6-7 Gary Fuller Spring Classic, Fairgrounds
- 09 Fat Bucks Buffet, AB
- 12 Counselor Applications & Camp Registration Due
- 13 Walk Kansas Ends
- 16 Cloverbuds, 6 p.m., EMR
- 18 Hop To It Rabbit Club, 7 p.m., AB
- 21 Poultry Club Meeting, 1 p.m., EMR
- 23 Rawhide Wranglers, 6 p.m., EMR
- 24 KISS, Fairgrounds
- 29 Memorial Day – Extension Office Closed
- 30-6/2 Discovery Days, KSU Campus

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