



Lyon County

K-STATE RESEARCH AND EXTENSION NEWS

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December 2018

&

January 2019

Brian Rees

Agriculture and
Natural Resources
brees@ksu.edu

Rhonda Gordon

Family and
Consumer Sciences
rgordon@ksu.edu

Corinne Patterson

4-H Youth Development
cpatt@ksu.edu

Travis Carmichael

Community Development
and Horticulture
trcarmic@ksu.edu

Debbie Van Sickle

Office Manager
dvansick@ksu.edu

Phyllis Krueger

Office Professional
kruegerp@ksu.edu

Lyon County

Extension Office

2632 W Highway 50
Emporia, KS 66801
Phone: 620-341-3220
Fax: 620-341-3228



The Lyon County Extension Office wishes you a Merry Christmas and looks forward to serving you in 2019! We hope your holidays are filled with cheer and family time.

The 24 member Lyon County Extension Council is made up of the individuals listed below. The Council will elect nine members to serve on the Executive Board for 2019 at the Annual Meeting on December 12, 2018.

Agriculture and Natural Resources:

Kiley DeDonder, Admire
Lisa Fuller, Emporia
Shaun Pedersen, Emporia

Mark Robinson, Admire
Joel Hanson, Emporia
Brian Schaefer, Emporia

Family Consumer Sciences:

Judith Putman, Emporia
Arlene Roberts, Hartford
Doug Stueve, Emporia

Amanda Gutierrez, Emporia
Vicki Jones, Americus
Shelley Hansley, Emporia

4-H Youth Development:

Shawna Moyer, Emporia
Amy Pedersen, Emporia
LaDeana Wigton, Hartford

Joe Smith, Emporia
Janet Harrouff, Emporia
Jen McKay, Emporia

Community Development:

Jessica Hopkins, Emporia
Rhonda Schmidt, Emporia
Scott Hayes, Emporia

Alvin "Gene" Houston, Americus
Carolyn Turney, Emporia
Maryann Peak, Emporia

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The Lyon County Extension Office will be closed
December 24, 2018—January 1, 2019

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

The Clover Connection



4-H Council

4-H Council will not meet in December. The next Council meeting will be Monday, Jan. 7, 2019, at 7 p.m.

2019 Fair schedule has important adjustments

As the calendar rolls each year, 2019 marks a later fair start date than most years. The fair contests and volunteer demand has been adjusted for the 2019 year to accommodate the later fair carnival start and the first day of school for many Lyon County youth.

Please mark your calendars with these dates for various activities:

- July 25 – Friends of 4-H
 - July 26 – Dog Show and Hand Pet and Cat Show
 - July 27 – Clothing and first round of non-perishable Anderson Building 4-H judging
 - July 28 – Horse Show
 - July 29 – Fairgrounds clean-up
 - Aug. 3 – 4-H Foods, Horticulture and Visual Arts judging (this is a Saturday)
 - Aug. 4 – Open Class Anderson Building entries
 - Aug. 5 – Aug. 10 – Anderson Building Open to the public
 - Aug. 7 – 4-H Rodeo
 - Aug. 8 – Livestock come to fairgrounds (this is a Thursday)
 - Aug. 9 – Beef Show, Rabbit Show, bucket calf and dairy show (this is a Friday)
 - Aug. 10 – Goat and Sheep shows
 - Aug. 11 – Swine and Poultry shows
 - Aug. 11 – Anderson Building released
 - Aug. 11 – Pee Wee Showmanship
 - Aug. 12 – Round Robin, livestock released and 4-H Sale (this is a Monday)
- The Carnival begins Aug. 7 and continues through Aug. 17.
- The 4-H Diner will not be open during this entire stretch. The Diner will open the night of the 4-H rodeo and continue through the end of the fair and dependent upon the grandstand night schedule as well. This will be a shorter diner schedule than year's past.

This schedule will only be for the 2019 year. While some of these changes may be more challenging than others,

we've also found better and more efficient changes when we've had to adapt. It takes many dedicated volunteers, fair board members and a supportive community to make the Lyon County Fair a success each year. I know our 4-H family will make 2019 the best fair yet!

4-H Day With The Lady Cats

The Annual 4-H Day with the Wildcat Women's Basketball team has been scheduled for Sunday, Jan. 13, 2019, when the Wildcats take on the University of Kansas with tip-off beginning at 12:00 p.m. The group ticket rate of \$22 will get each individual a ticket into the game, a game day T-shirt, and a \$10 meal voucher. Registration is due Dec. 20! Check out the registration form located at www.kansas4-h.org.

Market Beef Weigh-In, Tagging and Breed Verification

Market beef weigh-in and tagging is scheduled for Sat., Feb. 2, from 8 to 10 a.m. at the fairgrounds. The cost of the ear tags are \$3 each and must be paid for at the time of weigh-in. You must know the breed of your animal. Fair classes will not be determined or guaranteed at tagging, but new this year 4-Hers *must provide paperwork* if the market animal is to be considered for a breed-specific class (not crossbred). For example, if you have an Angus, Simmental, Saler or Hereford (or other breed not listed) steer, a copy of the bull or dam pedigree(s) in the 4-Her's family name or if the steer is purchased the breeder of the animal provides you with the registration paperwork needs to be provided to the Extension Office prior to tagging or brought with you to tagging. This does not mean the animal has to be registered. If you have questions or concerns, please contact the Extension Office. 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 for you.

Bring-back bucket calves:

If you plan to exhibit a bring-back buck *if* the tag from 2018 is still in its ear and you do not wish to participate in the rate of gain contest. If you will not be bringing your bring-back calf to town Feb. 2, please call the Extension

Office before 5 p.m. Feb. 1 to let us know you are planning to exhibit it at the 2019 fair. We will need to know the official 4-H tag number of the calf when you call.

Bucket Calf project:

The bucket calf project is a project for 4-Hers who are not ready to show breeding or market animals, but are interested in learning about the beef project and hopefully growing to show the larger calves. If a 4-Her is exhibiting a breeding animal or market-ready animal, they are encouraged not to bring a bucket calf to the county fair. Building confidence with a mature beef animal takes dedication. The large beef animal project allows for both a showmanship class that is age appropriate for the 4-Her in addition to the regular breeding and market classes for these exhibitors.

All Livestock Tagged in 2019

If you wish to exhibit an animal of any species at the 2019 Lyon County Fair, it must be tagged, including dairy animals at the respective tagging events. The only exception for an official 4-H tag will be for registered purebred livestock if they have proper tattoos and registration papers. 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). All breeding ownership, including beef, need only to be verified before May 1, but if you already own your beef breeding project prior to the Feb. 2 tagging, weigh-in, we will be happy to verify that information at that time.

4-H Club Day

Lyon County 4-H Club Day is scheduled for March 2 at Timmerman Elementary School. The deadline for all entries is **Friday, Jan. 25**. 4-Hers will again register online via a Google form that will be available on the Extension website at www.lyon.ksu.edu. The 4-H Club Days Guidelines will be posted online. Please keep these guidelines in mind as you are planning your entries. For those who qualify, Regional 4-H Club Day will be March 23 in Madison.

County-Wide Project Meetings

Lyon County has several great volunteers who give their time and talents to help provide county-wide project meetings. If you are enrolled in projects that offer these meetings, I encourage you to make the effort to attend and learn from these great leaders.

Rawhide Wranglers 4-H Horse Club will be led by Amy Jenkins and Amanda Cunningham. Meetings will be scheduled as needed. Clinics will be hosted during summer months.

Foods and Nutrition, hosted by Arlene Roberts at the Extension Office Meeting Room, please RSVP to the Extension Office by 5 p.m. the Wednesday prior to the meeting. Mark your calendars for Jan. 19 and Feb. 9 and March 23.

Poultry Club, led by Sara Miller, meets the 3rd Sunday of the month at 1 p.m. at the Extension Office Meeting Room.

Hop to It Rabbit Club, led by Karlee Wigton, meets the 3rd Sunday of each month at 2 p.m. (following Poultry meeting).

Dog project meetings, led by Lisa Presiner, will host meetings on the first Monday of the month. Please let the Extension Office know if you'd like to attend these meetings. Check with the office prior to each meeting for location.

College Scholarships

College bound 4-H'ers may pick up an application for State 4-H Scholarships at the Extension Office. They are due back to the Extension Office by Friday, Jan. 18 at 5:00 p.m. A "2019 Kansas 4-H Scholarship Application" must be used when applying for a state scholarship. This form can be picked up at the Extension Office or found online at www.kansas4h.org. Your 4-H leadership and achievement, financial need, and scholastic records are considered. Lyon County also offers scholarships for Lyon County 4-Hers only:

- **Bluestem Farm & Ranch Supply** \$300 nonrenewable
- **Bill and Marla Bugbee Scholarship** \$300 renewable
- **Larrie Miley Scholarship** \$500 renewable
- **Marjory Fowler Memorial Scholarship** \$200 renewable
- **Homer A. Dailey Memorial Scholarship** TBA
- **Marcia Arndt Memorial Scholarship** \$100 nonrenewable
- **P.Kay Duncan Memorial Scholarship** \$200 nonrenewable
- **4-H Alumni Scholarship** \$250 nonrenewable
- **Lyon County Fair Board Scholarship** \$250 nonrenewable
- **Anne Fredrickson Scholarship** \$500
- **Lee Nelson Memorial Scholarship** \$500
- **Lester & Shirley Kusmaul Scholarship** \$300 (renewable)

2019 Extension Master Calendar

Please keep for reference during the upcoming year. Dates are subject to Change!

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

JANUARY

01 New Year's Day Holiday – Extension Office Closed
07 Master Gardeners Meeting, Noon, EMR
07 4-H Council Meeting, 7 p.m., EMR
13 4-H Day with Wildcat Women's Basketball, KSU
15 Cloverbuds, 6 p.m., EMR
18 SE Area KAP Screening, Eureka
18 4-H Scholarships due to Extension Office by 5:00 p.m.
19 SE Area Leadership Forum, AB
19 Countywide Foods Meeting, 9 a.m., EMR
20 Poultry Club Meeting, 1 p.m., EMR
20 Hop To It Rabbit Club, 2 p.m., EMR
21 Martin Luther King Day - Extension Office Closed

FEBRUARY

01 FCS President's Council, 11:30 a.m., EMR
02 Beef weigh-in and tagging, 8-10 a.m., Fairgrounds
04 Master Gardener Meeting, noon, EMR
04 Dog Project Meeting, 6 p.m., EMR
04 Ambassadors Meeting, 6 p.m., EMR
04 4-H Council Meeting, 7 p.m., EMR
09 Countywide Foods Meeting, 9 a.m., EMR
16 Hop to it Rabbit Club Show, 9 a.m., AB
17 Poultry Club Meeting, 1 p.m., EMR
17-18 Kansas 4-H Citizenship in Action, Topeka
18 Presidents Day – Extension Office Closed
19 Cloverbuds, 6 p.m., EMR
22-23 State 4-H Ambassador Training, Rock Springs
23-24 Flint Hills Outdoor Living Show, AB
26 Board Leadership Series, 6 p.m., TBD
28 Board Leadership Series, 6 p.m., TBD

MARCH

01 FCS President's Council, 11:30 a.m., EMR
02 4-H Co. Club Days, Timmerman Elem. School
04 Master Gardener Meeting, 5:15 p.m., AB
04 Dog Project Meeting, 6 p.m., AB
04 Ambassadors Meeting, 6 p.m., EMR
04 4-H Council Meeting, 7 p.m., EMR
05 Board Leadership Series, 6 p.m., TBD
07 Board Leadership Series, 6 p.m., TBD
09 Junior Swine Day, KSU
17 Poultry Club Meeting, 1 p.m., EMR
17 Hop To It Rabbit Club, 2 p.m., EMR
19 Walk Kansas Kick Off, BCB
19 Cloverbuds, 6 p.m., EMR
23 Countywide Foods Meeting, 9 a.m., EMR
23 Regional 4-H Club Day, Madison High School
26 Medicare Basics, 10 a.m. & 7 p.m., AB

APRIL

01 Master Gardener Meeting, noon, EMR
01 Dog Project Meeting, 6 p.m., EG
01 Ambassadors Meeting, 6 p.m., EMR
01 4-H Council Meeting, 7 p.m., EMR
05 FCS President's Council, 11:30 a.m., EMR
06 4-H Poultry Spring Show, AB
16 Cloverbuds, 6 p.m., EMR
21 Poultry Club Meeting, 1 p.m., EMR
21 Hop To It Rabbit Club, 2 p.m., EMR
24 Swine, Sheep, Meat Goat & Bucket Calf Tagging, 6-8 p.m., Fairgrounds
27 Swine, Sheep, Meat Goat, Bucket Calf Tagging, 8-10 a.m., Fairgrounds

MAY

01 Petting Zoo, Fairgrounds
01 KJLS & KSF Steer Nominations Due
01 4-H Add/Drop Deadline for projects
01 Horse & Dog ID's & Breeding Animal Registration Due
03 FCS President's Council, 11:30 a.m., EMR
04-05 Gary Fuller Spring Classic, Fairgrounds
06 Master Gardener Meeting, 5:15 p.m., AB
06 Dog Project Meeting, 6 p.m., AB
06 Ambassadors Meeting, 6 p.m., EMR
06 4-H Council Meeting, 7 p.m., EMR
19 Poultry Club Meeting, 1 p.m., EMR
19 Hop To It Rabbit Club, 2 p.m., EMR
21 Cloverbuds, 6 p.m., EMR
23 Keep it a Safe Summer (KISS), Fairgrounds
27 Memorial Day - Extension Office Closed
28-31 Discovery Days, K-State Campus

JUNE

03 Master Gardener Meeting, noon, EMR
03 Dog Project Meeting, 6 p.m., AB
03 Ambassadors Meeting, 6 p.m., EMR
03 4-H Council Meeting, 7 p.m., EMR
04 Camp Counselors to 4-H Camp
05-08 Sunny Hills 4-H Camp, Rock Springs
15 KSF & KJLS all other Livestock Nominations Due
15 Master Gardener Garden Tour
16 Poultry Club Meeting, 1 p.m., EMR
16 Hop To It Rabbit Club, 2 p.m., EMR
18 Cloverbuds, 6 p.m., EMR
TBA Campference, Rock Springs Ranch
TBA SE Area Horticulture, Crops & Photography Judging Contest
TBA SE Area FCS Judging
TBA Favorite Foods Contest
TBA SE Area Livestock Judging, Yates Center
TBA Lyon Co. Open Youth Rodeo, Fairgrounds Arena
TBA Lyon Co. Open Horse Show, Fairgrounds Arena

JULY

- 01 Lyon Co. Fair Pre-Entries due to Extension Office
- 01 Master Gardener Meeting, 5:15 p.m., AB
- 01 Dog Project Meeting, 6 p.m., AB
- 01 Ambassadors Meeting, 6 p.m., EMR
- 01 4-H Council Meeting, 7 p.m., EMR
- 04 Independence Day - Extension Office Closed
- 21 Poultry Club Meeting, 1 p.m., EMR
- 21 Hop To It Rabbit Club, 2 p.m., EMR
- 25 Friends of 4-H Picnic, 6:30 p.m., AB
- TBA Fairboard pass out Fair Tickets to Clubs
- TBA 4-H Clubs – Turn in Fair Tickets - times to be assigned

AUGUST

Lyon County Fair See 4-H Section

- 15 KJLS Entries due
- 18 Poultry Club Meeting, 1 p.m., EMR
- 18 Hop To It Rabbit Club, 2 p.m., EMR

SEPTEMBER

- 02 Labor Day - Extension Office Closed
- 03 Master Gardener Meeting, 5:15 p.m., AB
- 03 Ambassadors Meeting, 6 p.m., EMR
- 03 4-H Council Meeting, 7 p.m., EMR
- 05 KSF entries except Foods & Hort. due to Extension Off.
- 06 KSF Foods & Hort. entries accepted 7:30-8:00 a.m.
- 06 FCS President's Council, 11:30 a.m., EMR
- 06-15 Kansas State Fair
- 15 Poultry Club Meeting, 1 p.m., EMR
- 15 Hop To It Rabbit Club, 2 p.m., EMR
- 17 Cloverbuds, 6 p.m., EMR
- 27-29 Kansas Junior Livestock Show, Hutchinson

OCTOBER

- 01 Ambassador Applications Due
- 04 FCS President's Council, 11:30 a.m., EMR
- 06-12 Kansas & National 4-H Week
- 07 Record Books & Award Applications due to Extension Office
- 07 Master Gardener Meeting, noon, EMR
- 07 Ambassadors Meeting, 6 p.m., EMR
- 07 4-H Council Meeting, 7 p.m., EMR
- 14 Columbus Day – Extension Office Closed
- 15-12/7 Medicare Part D Enrollment
- 15 Cloverbuds, 6 p.m., EMR
- 16 Senior Health Fair, AB
- 20 Poultry Club Meeting, 1 p.m., EMR
- 20 Hop To It Rabbit Club, 2 p.m., EMR

NOVEMBER

- 01 FCS President's Council, 11:30 a.m., EMR
- 03 Lyon Co. 4-H Achievement Celebration
- 04 Master Gardener Meeting, noon, EMR
- 04 4-H Council Meeting, 6:30 p.m., AB
- 04 4-H Officer Training, 7 p.m., AB
- 11 Veterans Day Holiday - Extension Office Closed
- 17 Poultry Club Meeting, 1 p.m., EMR
- 17 Hop To It Rabbit Club, 2 p.m., EMR
- 19 Cloverbuds, 6 p.m., EMR
- 23-24 Kansas Youth Leadership Forum, Rock Springs
- 28-29 Thanksgiving Holiday - Extension Office Closed
- 29-12/3 National 4-H Congress, Atlanta, Georgia

DECEMBER

- 02 Master Gardener Recognition, 6 p.m., AB
- 15 Poultry Club Meeting, 1 p.m., EMR
- 15 Hop To It Rabbit Club, 2 p.m., EMR
- 17 Cloverbuds, 6 p.m., EMR
- 25 Christmas Holiday - Extension Office Closed
- 31 Extension Office closed for inventory

Congrats

2019

4-H Ambassador Team!

**Riley Botkin
Viola Fritts
Emma Barnett
Olivia Hamlin
Garland Hanlin
Kaylie McKay
Josie Orear
Kate Rees**

Junior Ambassador

Emily Miser

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Lyon
County



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



Agriculture and Natural Resources

December 2018 - January 2019

2018 Winter Forage Conference

Plan to attend the 2018 Winter Forage Conference on December 11 in Emporia. Hosted by the Kansas Forage and Grassland Council and K-State Research and Extension, the Anderson Building will be the site for this event that runs from 9:00 a.m. to 3:30 p.m.

Many topics are on the agenda including: accurate feed and forage sampling and interpretation of the results; fall burning for sericea lespedeza control; pasture, rangeland and forage insurance; and ending with a Flint Hills alfalfa producer panel.

To allow for an accurate meal count, please register by December 7. Registration is \$45, which includes the meal, Kansas Forage and Grasslands Council and American Forage and Grassland Council memberships, subscriptions to Progressive Forage Grower and Hay & Forage Magazines. OR – if you are already a KSFGC member for 2019, your registration is FREE! But we still need you to register by contacting the Lyon County Extension Office, 620-341-3220 or brees@ksu.edu, or register and pay online at <https://ksfgc.org/wkfc/>

This should be a very informative day and there are several sponsors that will also have information available in addition to that shared by the presenters. Again, please register by December 7!

OWB Pasture ID and Basal Treating

Speaking of forages and grasslands, last newsletter I shared some information regarding the latest invader that has rapidly gained a foothold in the Flint Hills. It is not new, but it is growing in acreage. Old World Bluestems (OWB) are very competitive in our environment and can rapidly overtake an otherwise productive pasture.

Now is a good time to identify areas of your pastures that may have either Yellow or Caucasian Bluestem. These both have a very distinctive color that are not normal this time of year in a very healthy native pasture. There are other grass plants that can be concerning that find their way into disturbed areas, much as OWB does, so proper identification is key to early control.

There are VERY few effective options for OWB control, with glyphosate (Round-Up) and Imazapyr (Arsenal) being the two herbicides showing the best control.

The important thing at this point is to be sure to identify potential problem areas so that NEXT SUMMER during the growing season you can find the areas again. These are warm-season annual grasses, that grow among our native warm-season annual grasses. Knowing where they are now (based on plant color and seed head) will be very helpful in finding and proper identification of OWB for potential control during the growing season.

I am looking into some additional opportunities to try to help identify and map plant population locations in the hope that we can prevent these invaders from overtaking the Flint Hills.

In addition to OWB, if there are individual trees or groves in your pasture winter could be a good time to work on tree killing or removal, depending on your long-term plan. Basal treatment of standing trees is effective most months of the year. This allows the treated tree to stand, slowing some animal traffic through the area with minimal surface disturbance while allowing smaller plant growth (generally grasses) among the standing trees. Or, if you want to cut the trees down now, be sure to treat the stump with herbicides approved for pastures and rangeland. That would **NOT** be Tordon RTU, as the label clearly reads: “For controlling unwanted trees via cut surface treatments in forests and non-cropland areas such as fencerows, roadsides, and rights-of-way.” And remember when working on cedar trees that no herbicide is necessary if they are cut below the lowest branch.

Dicamba Label Renewed for 2019

Many area producers attended a required dicamba use session last year at the Lyon County Extension Office. At that time, it was not known IF the products would be allowed to be used in 2019.

In October, the label was renewed with some additional restrictions. There are changes, but the ones that will be the quickest attention-getters are:

- Only certified applicators may purchase and apply (no application under direct supervision).
- Mandatory dicamba or auxin applicator training is required annually for anyone applying the products. Training requirements determined by each state.
- Only apply between 1 hour after sunrise and 2 hours before sunset.
- Records must be generated within 72 hours of application instead of 14 days.

Do You Have Ruts?

With the wet conditions that set in this fall – after the drought this summer – many fields have been harvested with very wet soil conditions, leading to ruts of varying depths. There are some fields that have been harvested without any major ruts, but there are many with ruts greater than six inches, and some twelve inches or more.

Once the ground dries, these scars will need to be filled and leveled to allow for successful timely planting without causing additional compaction. Although the initial instinct is to loosen the soil below the ruts, this should not be attempted as the tillage tools will probably be working in soil that is still too wet and cause further soil smearing and compaction. Sadly, this often leads to reduced root growth and yield in these areas.

If the ruts are less than four inches, field cultivators, soil finishers, disks, and vertical tillage would be preferred to fill and level the ruts. Deeper than four inches may require a chisel. Regardless, always operate the implements as shallow as possible to fill and level. And be certain the soil is dry enough at and above the tillage depth to avoid further smearing and compaction.

Please remember your goal with the repair of these ruts is to fill and level without causing additional issues.

Winter Annual Weed Control

The fall harvest has sure presented some challenges regarding getting the crop out and trucked to an elevator. And as discussed above, many fields have additional challenges (especially ruts) that may present problems over the winter and in the spring.

However, all is not lost! There are many options for controlling weeds in this scenario. Talk with your local ag retailer to see what they feel will be the most economical option for controlling winter annual weeds. It is sure better to control weeds when they're small.

Additionally, at an update in mid-November, it was confirmed that many cover crops can do a very good job of weed suppression. Even cereal rye planted in December, which was very short when it was terminated for corn planting in April, was very effective at reducing weed pressure. And if the ruts from fall harvest are relatively shallow, a drill may be the only tool you need.

Just be sure to investigate your options going forward. Have realistic expectations for your cover crops and plan to control your winter annual weeds early.

Neighboring Beef Meetings

There are a couple of good educational opportunities in neighboring counties to plan to attend. On December 11 a calving school will be held in Yates Center. Starting at 6:00 pm at the 4-H Community Building, the program will outline the normal calving process as well as offer tips to handle difficult calving situations. The overall goal is to increase knowledge and practical skills, ultimately increasing the number of live calves born.

Tips will be shared on when and how to intervene to assist the cow, and how times may differ if dealing with heifers. There will also be a demonstration of proper use of calving equipment on a life-size scale. Contact the Southwind District Yates Center office at 620-625-8620 by December 10 to register. A \$10 fee, payable at the door, will cover meals and materials.

On December 18 there will be a cow calf nutrition seminar in Eureka at the Greenwood Hotel. The evening starts with dinner at 6:00. At 6:30, Dr. Bob Weaber will cover many topics including protein supplementation, body condition scoring, dry matter intake requirements, and Brands Ration software.

RSVP with payment of \$5.00 by December 14 to the Greenwood County Extension Office in Eureka. Call 620-583-7455 for additional details and information.

Is Fall Anhydrous an Option for You?

Soils are now cool enough to allow producers to apply anhydrous ammonia for their 2019 corn crop. Fall fertilizer application spreads out the workload so there's more time to focus on corn planting in the spring. Wet conditions in the spring can prevent producers from applying lower cost anhydrous ammonia ahead of corn planting and force them to apply more expensive sources after planting. Anhydrous ammonia availability at times in the spring can also be an issue.

Essentially all N may remain in the soil as ammonium all winter, coupled with our dry winters, means minimal N is likely to be lost over winter. However, soils often warm up early in the spring and allow nitrification to get started well before corn planting. Generally, if the wheat is greening up, nitrification has begun!

Kansas Ag Leases

Remember if you are going to make changes to a lease or in the landlord/tenant relationship, notice must be given not less than 30 days prior to March 1.

Christmas Tree Tips

It is that time of year, Christmas carols being sung, a chill in the air, and every house and store has been transformed into a winter wonderland. By now, several families have either put up their artificial Christmas tree or have purchased a real tree. Either way, it is personal preference on type of tree you will have in your house. Remember when bringing home your real tree, cut off the bottom inch of the trunk before placing in the tree stand. When trees are cut, the trees response is to rush sap to the site of the cut to help reserve water for the needles. Re-cutting the bottom of the trunk allows water to be taken up by the tree so it does not dry out, which can increase the chances of the tree becoming a fire hazard. Finally, once placed into the tree stand, keep the tree watered. Real trees can transpire up to one gallon of water a day, so frequent watering may be needed.

What to Do with the Christmas Tree After Christmas

After the holidays, many municipalities allow old Christmas trees to be placed curbside. Trees are then collected and ground up for mulch or burned. If you miss the designated date, or your trash collector doesn't accept trees, there are several options to prolong the useful life of the tree. An old Christmas tree can be used to benefit birds, fish, and the landscape by placing it in a corner of your deck, and spreading some birdseed nearby, or tying it to a deciduous tree or post near a bird feeder. The birds benefit from having escape cover nearby when hawks or cats threaten, and the dense boughs reduce the wind-chill on a cold night.

Sinking your Christmas tree in a pond is an easy way to improve fish habitat and fishing. The tree serves as a little coral reef, in that the branches provide a substrate for water plants to grow, and cover for minnows and other forms of small aquatic life. Larger fish are drawn by the shade and the presence of prey.

How do you sink a tree? Tie the base to a cinder block with a short, stout rope, and toss it in. Just be sure to get permission from the pond owner first. Using the tree around the landscape requires clipping off all of the branches. Use the boughs to add extra insulation around semi-hardy perennials or to trees and shrubs that were recently planted. The leftover trunk may be used as a garden stake next spring. Or cut and let it dry for a few weeks, and you will have some easy lighting firewood. Just beware that most conifer species tend to spark and pop more than hardwoods, as resin pockets in the wood make tiny explosions. This can delight the youngsters, but please be safe and keep an eye on the fire when burning Christmas tree logs.

Plants Deer Do Not Like

As we think about our landscapes and flower beds for this coming year, you might want to consider which plants deer will not damage. With an increasing population of deer, more damage is done to our landscapes due to them browsing. The good thing is that deer do have preferences and will avoid some plant species if there is desirable food available. Below is a short list of plants deer normally do not bother. Just remember that feeding habits can shift due to changes in the food supply.

Rarely Damaged:

Trees: Blue Spruce, Russian Olive, Smoketree, and Tree of Heaven

Shrubs: Barberry, Boxwood, Redosier Dogwood, Mahonia, Yew, Russian Olive, Rose of Sharon, European Privet, Vanhoutte Spirea

Annuals, Perennials, and Bulbs: Yarrow, Ageratum, Columbine, Snapdragon, Lily of the Valley, Purple Coneflower, Lavender, Sweet Alyssum, Daffodil, Russian Sage, Marigold, Lamb's Ears, Thyme, and Yucca

Bird Feeding

Severe winter weather is not only hard on people but can be a life and death struggle for birds. Though birds also require water and shelter, food is often the resource most lacking during cold weather. Many different bird food mixes are available because various species often prefer different grains. However, there is one seed that has more universal appeal than any other: black oil sunflower. If you are new to the bird-feeding game, make sure there is a high percentage of this seed in your mix. White proso millet is second in popularity and is the favorite of dark-eyed juncos and other sparrows as well as the red-winged blackbird.

As you become more interested in bird feeding, you may want to use more than one feeder to attract specific species of birds. Following is a list of bird species with the grains they prefer.

- Cardinal, evening grosbeak and most finch species - sunflower seeds, all types.
- Rufous-sided towhee – white proso millet.
- Dark-eyed junco – white and red proso millet, canary seed, fine cracked corn.
- Many sparrow species – white and red proso millet.
- Bluejay – peanut kernels and sunflower seeds of all types.
- Chickadee and tufted titmouse – peanut kernels, oil (black) and black-striped sunflower seeds.
- Red-breasted nuthatch – oil (black) and black-striped sunflower seeds.
- Brown thrasher – hulled and black-striped sunflower seeds.
- Red-winged blackbird – white and red proso millet plus German (golden) millet.
- Mourning dove – oil (black) sunflower seeds, white and red proso plus German (golden) millet.

Extended cold periods can also make water unavailable. A heated birdbath can be a tremendous draw for birds during times when all other water is frozen. Energy use is usually less than what most people expect IF the heater has a built-in thermostat. If you would like more information, Chuck Otte, Agriculture Extension Agent for Geary County has a

series of backyard birding guides at <http://gearycountyextension.com/NRMW.htm>.

Preventing Potatoes from Sprouting in Storage

Home gardeners have had to rely on proper storage conditions (cool and moist) to prevent potatoes from sprouting. But sprouting will eventually occur even if the gardener does everything right. Research by Mary Jo Frazier, Nora Olsen and Gale Kleinkopf from the University of Idaho have found products that should help home gardeners.

These researchers were looking for an organic method to control potato sprouts. They found essential oils from some herbs and spices to be effective sprout inhibitors. Specifically they found that spearmint oil, peppermint oil and clove oil suppressed sprouting by physically damaging rapidly dividing cells in the sprout. Each of these products is so safe that the FDA has approved them for addition to food.

Several application methods were considered though most were only suitable for commercial storage facilities. The only practical method for homeowners was one the researchers labeled a “low-tech” wick method. This was accomplished by placing a small piece of blotter paper saturated with spearmint or peppermint oil in a box with the potatoes. This method was not recommended for the clove oil. Though it was found that peppermint and spearmint oils were equally effective in suppressing sprouts, the peppermint oil was less likely to affect flavor of the potatoes. Reapplication at two- to three-week intervals will be needed for continued sprout suppression. Little to no residue was found on the potatoes from these products due to their high volatility. The first application should be done before sprouting occurs.

Blotting paper is much more difficult to find than it was in the past and so you may want to substitute blank newsprint. However, if blotting paper is desired, try herbarium supply houses. Blotting paper is used to press plant specimens.



Rhonda Gordon
County Extension Agent
rgordon@ksu.edu

Family & Consumer Sciences

President's Council Dates

(11:30 a.m.)

December 7th

February 1st, 2019

March 1st

April 5th

May 3rd

Community Unit Updates

Prairie Hens Community Unit

At their November meeting they accepted a new member bringing their membership to 22. They decided to sponsor a Christmas family of four. Denise Wolford gave a program about Recycled and Re-purposed Christmas decorations using household items. Denise had asked members to bring a favorite soup recipe and she would compile them and hand them out at the annual Christmas Party.

Emporia Community Foundation.

The Lyon County Extension Council Fund was created several years ago with a mission to support the programs of Extension within Lyon County.

This fund was created with the intention to provide extra support for all extension programs within Lyon County: Agriculture and Natural Resources, Family and Consumer Sciences, Horticulture and 4-H Youth Development. Thank you to our donors over the past year. As you make decisions about year end tax deductible giving please keep the Lyon County Extension Council Fund in mind.

You may make a donation to this fund by downloading a donor form at

http://www.emporiacf.org/types_funds_define_becomea_donor.htm

You may donate to Extension as a whole or to a particular program area. **Thank You for your Continuing Support.** If you have questions, please call Rhonda Gordon 341-3220. Donations made to this fund are tax deductible.

Make Water Your Beverage of Choice

Water is considered the best beverage of choice because it is easy to acquire, relatively inexpensive, and it is free of calories. It is a natural thirst quencher and so good for our bodies!

Water helps to regulate a normal body temperature, lubricate and cushion joints, it protects the spinal cord and other sensitive tissues, and it helps our bodies get rid of waste through urination, perspiration, and bowel movements. Here are some tips to help you make water your go-to beverage.

Acquire a taste for water. The more often you choose water over other beverages, the better it will taste. Think of sweet beverages as “candy drinks” and enjoy them occasionally. Know that when you choose water over sugar-sweetened soda, you are saving about 240 calories per/20 ounces of soda. Not all water tastes the same, either, so try water from different sources and at different temperatures. Water that has been infused with fruits or vegetables and herbs is so refreshing.

Always order water with your meal and drink before you eat. Your mind doesn't always know whether you are hungry or just need a drink of water. Drinking a moderate amount of water before a meal or snack may suppress your appetite. In fact, studies show that water drinkers ate 75 to 90 fewer calories per meal.

Create a morning “water” ritual. Fill a water bottle and take it with you so you start your day drinking water. Wash the water bottle daily with soap and water and let it air dry. If you don't have a sink handy at work, store the water bottle in a refrigerator at the end of the day so germs won't grow overnight. Water bottles should be sanitized once a week with a solution of 1 teaspoon bleach in a quart of water.

Know the signs of dehydration. Your body loses water every day. When the amount of water lost is greater than the amount of water you take in through drinking and eating, your body becomes out of balance — a condition called dehydration. Thirst is not the most reliable gauge of your body's need for water. The color of your urine is a better indicator. Clear or light-colored urine is a sign you are well hydrated. Dark yellow or amber color is a sign of dehydration. Other signs include headaches,

tiredness, dry mouth, dry skin, constipation, and feeling lightheaded.

Animals can also experience dehydration. When you walk your dog, take extra water along so your pet can have a drink, too. Excessive panting, slowed pace, sunken and dry eyes, and dry mouth, gums, and nose are signs your dog may be dehydrated.

Is the DASH Diet Right for You?

The DASH (Dietary Approaches to Stop Hypertension) eating plan is typically recommended for people with hypertension. In reality, it is a healthy plan that is designed for the entire family.

In addition to being a low salt (low sodium) plan, the DASH diet is rich in fruits and vegetables, and low-fat or non-fat dairy, with whole grains. It is a high fiber, low-to-moderate fat eating plan, rich in potassium, calcium, and magnesium. For the eighth year in a row, US News & World Report has ranked the DASH diet as the best diet. A panel of experts (physicians) chose DASH because it is proven to improve health, has a balance of healthful food groups, and it works.

Positive outcomes from following the DASH diet include lower blood pressure and cholesterol, and an association with a lower risk of several types of cancer, heart disease, stroke, heart failure, kidney stones, and reduced risk of developing diabetes. It can also slow the progression of kidney disease and is now associated with reduced risk of depression. Resources on the DASH eating plan are available on a variety of places online. Here is a good overview:

<https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>.

Make it Stick

Have you ever created a resolution in January to exercise more? Was it easy to stick to that plan? For most of us, creating a habit is challenging.

One focus of Walk Kansas is to help you make positive health habits stick! In a nutshell, health habits are more likely to stick if you: find activities you enjoy, build your skills to do the exercises safely and with confidence, have social support and accountability, and if the physical activity fits into your daily routine.

Thank you for your support of our programs during the last year. We wish you all a happy and blessed holiday season and a fantastic New Year. See you all soon!



Walk Kansas

March 17th – May 11th, 2019

Registration due by March 1st for shirts early

Registration due by March 14th

Forms will be available Feb. 15th & 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 18th year of Walk Kansas. I challenge our community to meet or beat 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 through the community.

Walk Kansas Registration fees will include a t-shirt, Kick-Off party, community classes and Poker Walks at C of E Park.

Reframe with a Positive

Stressful situations can often be reframed in a way that presents them as opportunities rather than a threat to happiness.

To reframe a situation, examine what is stressing you. Look at things with fresh eyes. What about the situation is stressing you the most? Where do you feel a lack of control? What would you change, if you could? Brainstorm as many possibilities as you can about what you could change, without judging if you can or can't do them. You may not be able to change everything, but you may see possibilities you were not aware of.

If you are in a situation that you truly can't change, is it possible to reframe how you feel about it? Are there any benefits you can find in this crisis? Have you gained any strengths by working through this?

Look for humor. Sometimes there may be aspects of your situation that are so absurd you can't help but laugh. Finding humor can be a very positive way of dealing with stress.

Wishing you love, health, happiness, inner peace all through this holiday season and in 2019

Lyon County

2632 West Highway 50
Emporia, KS 66801

Return Service Requested

December

- 03 Master Gardener Recognition, 6 p.m., AB
- 11 Winter Forage Conference, 9 a.m., AB
- 16 Poultry Club Meeting, 1 p.m., EMR
- 16 Hop To It Rabbit Club, 2 p.m., EMR
- 18 Cloverbuds, 6 p.m., EMR
- 24-31 Extension Office Closed for Christmas Holiday

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

January

- 01 New Year's Day Holiday – Extension Office Closed
- 07 Master Gardener Meeting, noon, EMR
- 07 4-H Council, 7 p.m., EMR
- 13 4-H Day with Wildcat Women's Basketball, KSU
- 15 Cloverbuds, 6 p.m., EMR
- 15 4-H Scholarships due to Extension Office by 5 p.m.
- 18 SE Area KAP Screening, Eureka
- 19 SE Area Leadership Forum, AB
- 19 Countywide Foods Meeting, 9 a.m., EMR
- 20 Poultry Club Meeting, 1 p.m., EMR
- 20 Hop to It Rabbit Club Meeting, 2 p.m., EMR
- 21 Martin Luther King Jr. Day – Extension Office Closed