



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

# Lyon County

K-State Research and Extension News

## Knowledge for Life

### February & March, 2018

#### Lyon County Extension Office

2632 W Highway 50  
Emporia, KS 66801  
Phone: 620-341-3220  
Fax 620-341-3228  
[www.lyon.ksu.edu](http://www.lyon.ksu.edu)

Brian Rees  
Agriculture &  
Natural Resources  
[brees@ksu.edu](mailto:brees@ksu.edu)

Rhonda Gordon  
Family and Consumer  
Science  
[rgordon@ksu.edu](mailto:rgordon@ksu.edu)

Corinne Patterson  
4-H Youth Development  
[cpatt@ksu.edu](mailto:cpatt@ksu.edu)

Travis Carmichael  
Community Development  
& Horticulture  
[trcarmic@ksu.edu](mailto:trcarmic@ksu.edu)

Debbie Van Sickle  
Office Manager  
[dvansick@ksu.edu](mailto:dvansick@ksu.edu)

Phyllis Krueger  
Part-time Office  
Professional  
[kruegerp@ksu.edu](mailto:kruegerp@ksu.edu)



**K-STATE**  
Research and Extension

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

[www.ksre.ksu.edu](http://www.ksre.ksu.edu)

### 2018 Flint Hills Greener Living Show

The 2018 Flint Hills Greener Living Show will be February 24<sup>th</sup> from 9:00 a.m. to 5:00 p.m. and February 25<sup>th</sup> from 11:00 a.m. to 4:00 p.m. at the Anderson Building on the Lyon County Fairgrounds

This year's presentations will all have the common theme of water and water conservation. Full presentation schedule will be released closer to the show.

Finally, while at the Anderson Building visiting with vendors, stop by the kitchen for sausage potato soup or chicken and noodle soup along with a piece of pie being sold by the Emporia Farmers Market. These are the same soups we have all grown to love from their yearly soup-a-palooza. If you have any questions, please contact Travis Carmichael at (620) 341-3220.

### Board Leadership Series this February

K-State Research and Extension – Lyon County along with United Way of the Flint Hills 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 26<sup>th</sup>, the session will cover conducting Effective Meetings.

February 28<sup>th</sup>, will cover Fraud, Fund Management, Legalities and Ethics.

March 5<sup>th</sup>, the topic will be Fundraising and Strategic Planning.

March 7<sup>th</sup>, the topic will be Understanding Fellow Board Members and Conflict Management.

All sessions will be conducted from 6- 8 pm at Anderson Building located on the Lyon County Fairgrounds. The registration deadline for this event is February 15<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 register at:

[http://www.lyon.k-state.edu/community/board\\_leadership/index.html](http://www.lyon.k-state.edu/community/board_leadership/index.html)

K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability restriction please contact Brian Rees at 620-341-3220



**K-STATE**  
Research and Extension

# The Clover Connection



**K-STATE**  
Research and Extension

## 4-H Council

4-H Council will meet February 5 at 7 p.m. in the Extension Meeting Room. The March meeting is at 7 p.m. on March 5.

## Going to State

Congratulations to three Lyon County 4-Hers who had a total of four Kansas Award Portfolios (KAPs) qualify for the state screening. Karlee Wigton of Busy Beavers 4-H Club and Kaman Simmons of Logan Avenue 4-H Club had record books selected during the Southeast Area KAP screening on January 19, 2018, to advance to the statewide screening. Karlee's work in rabbits qualified her for state, and Kaman's Leadership and Foods and Nutrition KAPs qualified.

## What's in the Outdoors 4-H Scholarship

Lyon County 4-Hers interested in majoring in wildlife or nature-based curriculum and/or communications at Emporia State University can apply for the \$1,000 What's in the Outdoors Lyon County 4-H Scholarship through the Emporia Community Foundation. The deadline to apply is May 1. An application and complete details may be found online at: <https://www.emporiacf.org/scholarships>

## 2018 Breeding Livestock at Fair

If you wish to exhibit a breeding animal of any species at the 2018 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 2018 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/scrapietags 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. 17 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. 3, 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 2018 Hazardous Occupation Training (H.O.T.) classes for all youth who will be working for area ag producers. Training is scheduled for March 19 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 14<sup>th</sup> birthday.

Students need to pre-register by March 12 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

Lyon County 4-H Club Day is scheduled for March 3 at Timmerman Elementary School. I encourage families to come out and support fellow 4-Hers and learn more about the event if you did not sign up to participate this year. A Family and Consumer Science (FACS) judging contest will be available during the morning and is open to all. 4-Hers enrolled in Anderson Building projects are especially encouraged to participate in this county contest.

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 17 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	Lisa Preisner	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	Karlee Wigton	392-5912
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 2018 Fair Book Cover Contest. Any 4-Her is eligible and may submit one entry. Entries are due in the Extension Office by Friday, March 23. 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](http://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 7.

## **Sunny Hills 4-H Camp**

The Sunny Hills 4-H Camp will be June 3-6, 2018. Camp will be open to 4-Hers who have **completed** 3<sup>rd</sup> through 7<sup>th</sup> grades. If you are interested in serving as a camp counselor, applications will be due May 1. 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 2 for training. More details will follow in upcoming newsletters.

## **Discovery Days**

If you are ages 13 – 18, mark the dates of May 29-June 1 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! They will open registration on March 1, so be sure to make plans to register early to get the classes you want!

## **K-State Animal Sciences Leadership Academy**

The annual K-State Animal Sciences Leadership Academy is scheduled for June 6-9, 2018 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](http://www.youthlivestock.ksu.edu).

## **Kansas Junior Sheep Producer Day**

The 2018 Kansas Junior Sheep Producer Day will be March 17, 2018 in Weber Hall on the Kansas State University campus. This interactive event is designed for all ages and skill levels. This year, participants will learn market and breeding project selection, nutrition and feeding, health, meat science, wool, grooming, showmanship and youth livestock quality assurance

training. Registration will begin at 8:45 a.m. with the program kicking off at 9:30 a.m. and concluding at 3:15 p.m.

All participants will receive a complimentary lunch and T-shirt (early registrations). The early registration deadline is Feb. 28 and the fee is \$15 per person. Registrations received after Feb. 28 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 Kansas 4-H website at [www.asi.k-state.edu/research-and-extension/youth-programs/](http://www.asi.k-state.edu/research-and-extension/youth-programs/).

## **Kansas Junior Beef Producer Day**

Kansas State University's Department of Animal Sciences and Industry's Junior Beef Producer Day will be Saturday, March 24 at Weber Hall on K-State's campus. All youth, parents and leaders are invited to participate in these educational experiences.

The early registration deadline is March 2 and the fee is \$15 per person which includes lunch and a T-shirt. Registrations received after March 2, 2018 cannot be guaranteed a T-shirt and the fee is \$20 per person. A flyer containing more information and registration details may be found at [www.asi.k-state.edu/research-and-extension/youth-programs/](http://www.asi.k-state.edu/research-and-extension/youth-programs/).

Presentations and demonstrations will be provided by K-State faculty members and graduate students, as well as guest speakers and will cover topics such as selection, nutrition, meat science, reproduction, health, leadership, grooming, showmanship and quality assurance.

Watch the youth livestock program website and Facebook page for updated information!

## **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:
- 4-H Demonstration & Illustrated Talk Scoresheet
- 4-H Public Speaking Scoresheet
- 4-H Project Talk Scoresheet

### **4-H Campference**

4-H Campference is for youth ages 12- 14 (before January 1, 2018), and will be held June 26-29 at Rock Springs 4-H Center. Participants will experience the feel of a conference, while enjoying the 'camp' activities Rock Springs 4-H Center has to offer. This is a great transitional opportunity, as these tweens go from being a camper to attending educational conferences. 4-H Campference will feature workshops about opportunities in the 4-H program and how to better interact with others. Participants will meet other youth from around the state of Kansas.

Registration and detailed information will be the State 4-H Website in March Register early as the space will fill on a first come basis, and Campference was full the last four years! Register online by May 15 (or earlier it will close when it is full) and payment must be in the local Extension Offices by May 15.

### **Kansas 4-H SpaceTech & Cosmosphere Experience: The Alien Adventure**

The Kansas 4-H SpaceTech Program and the Kansas Cosmosphere located in Hutchinson are again teaming up to provide fun, hands-on and science-based programming for Kansas 4-H Youth Development. This third program will feature "The Alien Adventure." The experience will begin Friday, April 6, at 4 p.m., and will end on Saturday,

April 7, 4 p.m. Cost will be \$110 for youth between 9-18-years old and \$110 for all adult participants. All youth must have a designated chaperone to attend. Parents, grandparents, other relatives, and guardians may chaperone their own children/relatives. They may not chaperone other non-family members. Registered KSRE 4-H Leaders or KSRE staff may also chaperone 4-H members. Adult chaperones will be responsible for their children overnight.

Registration includes three meals, two breaks, and an overnight stay. Program topics include: a tour of the Cosmosphere, doing experiments and microscope examinations to learn about what makes something alive, finding out how scientists are searching for life in our solar system, learning about the search for extra-solar planets, decoding alien messages, and developing an alien species with its own unique planet and culture, plus much more.

This Cosmosphere collaboration is designed to be an adult-child experience, where 4-H members and adults can interact and learn from these fun and educational experiences. The program will include overnight indoor camping at the Cosmosphere located in Hutchinson, KS, (bring your own sleeping bag, air mattress, pillow, towel and toiletry items). The experience is open to 4-H members, parents, grandparents, volunteer 4-H leaders, and KSRE staff. Visit the State 4-H website after February 1, 2018 to register. Registration will close March 22, 2018. There will be a minimum number required or the experience will be cancelled. The program is limited to the first 60 who register on a first-come, first-serve basis.

### **Be on the lookout for the great things your 2018 Ambassador Team has planned!**



Pictured: Garland Hanlin, Lindsay Torrens, Josie Orear, Viola Fritts, Riley Botkin, Kate Rees and Kaylie McKay.



Lyon County Extension Agent  
 Brian Rees  
 620-341-3220  
[brees@ksu.edu](mailto:brees@ksu.edu)



## Agriculture and Natural Resources

February – March '18

### Burning and Burn Permits for 2018

As we approach springtime in the Flint Hills Region of Kansas, thoughts begin to turn to the annual burning of the native rangelands. I have already had an interview on the radio on the topic – in January!

2018 starts the new two-year cycle (2018-19) for burn permits in Lyon County. Permits are available at the sheriff's office as well as most of the city offices of the outlying communities. Permits picked up for the spring of 2018 will remain in effect throughout 2019 as well.

Growing conditions were favorable in late 2017, so there is a good fuel load in many pastures this year. And with high winds and low humidity, fires can be even more difficult to control. 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. Remember to check with your local officials to confirm any city regulations on open burns.

### Lyon County Conservation District Awards Banquet and Annual Meeting

The Lyon County Conservation District Awards Banquet and Annual Meeting will take place on Monday evening, February 5 at 6:00 p.m. at the Anderson Building on the Lyon County Fairgrounds. This annual event takes place to recognize those landowners and residents that are doing good things with their property to conserve natural resources and keep the soil and environment productive.

Reservations were due to Kelsey at the Lyon County Conservation District, 343-2813, by January 26.

### \*\*\* February 23, Extension Office \*\*\* \*Dicamba Training Scheduled, 12 noon\*

Many ag producers have already heard about the new label requirements, and if you haven't you have not read or listened to anything in the ag media over the past couple of years. As we embark on the 2018 growing season, producers should be aware that dicamba herbicides Engenia, FeXapan, and XtendiMax have been reclassified as Restricted Use Pesticides (RUPs).

To be able to purchase and apply these herbicides, you must be certified as a private or 1A (Agriculture Plant) commercial pesticide applicator. In addition, anyone planning to apply these herbicides this coming season will be required to attend dicamba or auxin specific applicator training. In Kansas, these trainings will be sponsored by K-State Research and Extension, as well as industry reps from BASF, Dow/Dupont, and Monsanto.

It is the responsibility of the applicators to obtain this training before the application of these herbicides. The purpose of these trainings is to cover the label changes and application requirements in detail and provide information on what you, as an applicator, need to do to meet these requirements.

Other dates and locations for K-State Research and Extension sponsored trainings will be posted on the KSU-IPM website at the following address: <https://www.ksre.k-state.edu/pesticides-ipm/private-applicator.html>.

### 105th Annual Cattlemen's Day



The 105th annual KSU Cattlemen's Day will be held on Friday, March 2, 2018. Mark your calendars! Registration for KSU Cattlemen's Day will be \$20 per person in advance or \$30 per person at the door. Greg Doud will provide the keynote address on "*Trade Issues in the Beef Industry*". Morning refreshments and lunch are included with registration. Visit [www.ksubeef.org](http://www.ksubeef.org) or call 785-532-1267 for more information and a schedule.

Following the Cattlemen's Day sessions, plan to attend the 41<sup>st</sup> Annual Legacy Sale at 3:30 at the Stanley Stout Center, 2200 Denison Avenue.



## Private Applicator Certification

As noted earlier, the new formulations of dicamba that are labeled for in-crop application on dicamba-tolerant soybeans are classified as restricted use pesticides and as such may only be purchased and applied by certified private or commercial applicators.

For clarification, a private pesticide applicator certification may only be used to apply or supervise the application of a restricted use pesticide product according to label directions for the purpose of producing an agricultural commodity on property owned or rented by the private certified applicator or such person's employer; or if applied without compensation other than trading of personal services between producers of agricultural commodities, on property owned or rented by another producer of an agricultural commodity.

Private certification may be obtained by passing an open book examination at a county extension office. Contact our office in advance to ensure we will be open and be sure to allow 2-3 hours to complete the examination. The preferred method of exam delivery from the Kansas Department of Agriculture is to complete the exam on the computer. The Lyon County Extension Office will make a computer available to individuals wishing to take the exam when they schedule in advance. If the \$25 exam fee is paid electronically prior to testing, the certificate will be issued when the exam is passed.

The less-preferred option from KDA is a hard copy of the exam, where the county extension office will collect the \$25 fee and mail the completed examination to KDA for grading and issuing the certification card. Private applicator certification will expire on the individual's birthday in the 5th calendar year after it is issued.

The private applicator study manual (Publication MF-531) is available on-line at [ksre.ksu.edu](http://ksre.ksu.edu), or our county office has manuals available to purchase for \$8.50. Renewal applications are mailed to the applicator's home address. Please inform KDA of any address changes to make sure you receive your renewal material.

## Employment of Youth in Agriculture

All youth working for someone other than their parents in an environment that will require tractor operation are required by law to participate in a youth hazardous occupations training session. Ours is scheduled for March 19. Contact the Extension Office for details!

## Flint Hills Beef Fest Results Announced!

The cattle in the 2017 Flint Hills Beef Fest Feedlot and Carcass contest were harvested on Friday, January 12. The awards will be presented February 10. There were some good feedlot gains and as of this writing we have not yet evaluated the grades on the carcasses.

Feedlot raw average daily gain for the first-place pen of steers harvested was 5.62#, while the raw ADG for the entire group of steers was 4.63#/day. The feedlot raw average daily gain for the first-place pen of heifers harvested was 5.47#, while the raw ADG for the entire group of heifers was 4.36#/day. 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 in 2015 for greatest gain from April weigh-in to January weigh-out, 253 days for this year's contest. Winners in the steer overall contest gained 1091#/head for an ADG of 4.31#/day. Winners in the heifer contest gained 1022# for an ADG of 4.04. Total results will be posted soon at [www.beeffest.com](http://www.beeffest.com).

## Beef Cow “Programming”

Over the past several years there has been a lot of press on “fetal programming”, and how much the health and nutrition of heifers and young cows impact the calf (and the re-breeding success rate of the heifer/cow). But have you wondered if there is a generational effect, or how many generations it will last?

We will be hosting a session during the day on March 6 to learn more about the lasting effects of fetal programming, as more research is showing a continuing effect for many generations into the future. As cow-calf operators this is something that may have a much greater impact on the success of your operation. Details are being finalized, but make plans to attend in Emporia on March 6<sup>th</sup>!

## Women in Ag

I have been asked to share information regarding ag leasing during an upcoming “Women in Ag” afternoon/evening session on February 22 at the Bowyer Building. Others on the agenda include the county commission and road and bridge department, Farm Credit, FSA, Farm Bureau, the Conservation District/NRCS, and someone on Estate Planning. Contact Kelsey at 343-2813 for more information.

## 2018 Flint Hills Greener Living Show

Come out to Anderson Building on the Lyon County Fairgrounds for the 2018 Flint Hills Greener Living Show on February 24<sup>th</sup> and 25<sup>th</sup>.

Vendors who deal with lawn and garden, conservation and sustainability will be available both days for the public to stop by and talk with them.

This year we are happy to announce that our food vendor for the show will be the Emporia Farmers Market. The Farmers Market will be serving 2 kinds of soup along with pie at this year's event.

So, mark your calendars for February 24, 2018 from 9:00 a.m. to 5:00 p.m. and February 25, 2018 from 11:00 a.m. to 4:00 p.m. at the Anderson Building on the Lyon County Fairgrounds. If you have any questions about the 2018 Flint Hills Greener Living Show, please do not hesitate to contact the Lyon County Extension Office.

## Board Leadership Series Planned for February

K-State Research and Extension – Lyon County and the United Way of the Flint Hills will be hosting the K-State Research and Extension's Board Leadership workshop in February and March.

Designed to provide basic training for members of community-based boards. 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 on February 26 and 28 and March 5 and 7. All sessions will be conducted from 6:00 p.m. to 8:00 p.m. at the Anderson Building, located on the Lyon County Fairgrounds, in Emporia.

Pre-registration for the event is required by February 15, 2018

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) and click on the board leadership series tab.



## **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.

### **Gardening 101**

The 2018 Farmers Market and Extension Education Series will kick off with a Gardening 101 class on March 15. Come out and learn more about preparing the soil before planting, different vegetable varieties recommended for Kansas and other basic gardening solutions. Please RSVP to the Lyon County Extension Office at (620) 341-3220, or the Emporia Farmers Market at (620) 343-6555 by March 5. The cost for the class is \$5.00. Sponsored by the Emil Babinger Charitable Trust.

### **Soil Temperature and Vegetables**

One of the most neglected tools for vegetable gardeners is a soil thermometer. Soil temperature is a much better measure of when to plant than air temperature or the calendar. Planting when soil is too cool can cause seeds to rot and transplants to sit there.

A number of vegetables can germinate and grow at cool temperatures. For example, peas will germinate and grow well at a soil temperature of 40 F. Though lettuce, parsnips, and spinach can sprout at a soil temperature of 35 F, they prefer at least 45 F for best germination and growth. Radishes also do well at a soil temperature of 45 F. Warm-season crops such as tomatoes, sweet corn and beans prefer at least 55 F for germination (or transplanting), but

others such as peppers, cucumbers, melons and sweet potatoes need it even warmer, about 60 F.

Taking soil temperature accurately is a bit of a science. First, use a metal soil thermometer, which is sold in many garden, auto parts and hardware stores. Take temperature 2.5 inches deep at about 10 to 11 a.m. Temperature variations throughout the day and night affect soil temperature, with lowest readings after dawn and warmest around mid-afternoon. The late-morning reading gives a good average temperature. If taking the soil temperature at this time is not practical, take a reading before you leave for work and a second when you return home and use the average. Also, be sure to get a consistent reading for four to five days in a row before planting, and make sure a cold snap is not predicted.

### **Cut Back Ornamental Grasses**

March is a good time to remove dead foliage from ornamental grasses. Grasses green up earlier if foliage is removed and are more attractive without a mixture of dead and live leaves. A number of tools can be used including hand clippers, weed whips (if the foliage is of a small enough diameter), weed whips with a circular blade, or even a chain saw. Use the top of the chainsaw bar to cut so the saw doesn't pull in debris and clog.

Also, it is often helpful to tie foliage together before cutting so it doesn't interfere and is easier to dispose of. Burning is another option — but only if it is safe and legal to do so. Note that these grasses may not burn long, but they burn extremely hot. Even so, the crown of the plant is not damaged and new growth appears relatively quickly.

If the center of the clump shows little growth, the plant would benefit from division. Dig up the entire clump and separate. Then replant the vigorous growth found on the outer edge of the clump.

### **In the Garden Radio Show**

The radio show “In the Garden” will be back on KVOE at 11:05 a.m. starting March 11, 2018. Tune in and listen while I answer your questions and give horticulture updates. If you cannot call in, you can always call the Lyon County Extension Office.



Rhonda Gordon  
County Extension Agent  
rgordon@ksu.edu

# Family & Consumer Sciences

## President's Council Dates

(11:30 a.m.)  
February 2<sup>nd</sup>, 2018  
March 2<sup>nd</sup>, 2018  
April 6<sup>th</sup>, 2018  
May 4, 2018



March 17<sup>th</sup> –  
May 12<sup>th</sup>, 2018

*Forms will be available*

*Feb. 15<sup>th</sup> & can be picked up M- F During Office Hours*

Registration due by March 5<sup>th</sup> to get your t-shirt by kick-off. We will take registration until Walk Kansas starts.

*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 17<sup>th</sup> 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](http://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, wrap up event, and Poker Walks at C of E Park.*

Walk Kansas Kick Off Party will be Tuesday March 21<sup>st</sup> in conjunction with the first Poker Walk.

If you are a State Employee or need Health Quest points for your insurance, Walk Kansas is worth 4 HealthQuest points. You will need to turn in your Employee Number or Spouse Number to me by March 31<sup>st</sup>.

## Medicare Basics: Workshop



April 10<sup>th</sup>  
Anderson Building  
10 a.m. and 7 p.m.

Come learn the basics of Medicare, including eligibility, how and when to apply, what is covered by the various parts, and how to fill the gaps. Programs available to assist low income individuals will also be discussed. Anyone interested in learning more about the Medicare maze would benefit from the program, particularly those who are nearing age 65 or who help aging parents with insurance and financial matters.

## Skimming the Fat

Making soup, broth or sauce and need an easy way to skim off excess fat? Here's some tips.

Place a metal spoon in ice cold water. Touch the cold spoon to the hot food and the fat should coagulate on the spoon for easy removal. In place of a spoon, use a cold lettuce leaf or an ice cube. Avoid stirring the food too much so fat rises to the top.

If you have more time, chill the food and the fat will rise to the top. Use a spoon or spatula to remove the hardened fat.

While fat carries some flavor, it also makes a food mixture unappealing and greasy.

## Kicking Old Habits in the New Year

Are you stressed, bored, or angry at something or someone? Do you find yourself standing in front of an open refrigerator for relief? Then you are an emotional eater.

Our brains learn by association. A trigger sets the craving in motion which leads to action. When this includes food, this leads to unhealthy eating patterns.

So, in the New Year, it's time to re-train your brain! Replace that bad eating habit with a new habit that is more healthful. Here are some ideas:

- Have healthful choices at the ready and easily available. Keep them in the front part of the fridge to grab first.
- Relax with some good music, a hot shower, or a good book.
- Get walking! A quick walk or jog helps clear your mind and pushes aside those food cravings.
- Distract yourself with a hobby, do chores around the house, or get an extra New Year's resolution checked off the list, like cleaning out a closet!

Happy New Year!

Source: Tufts Health & Nutrition Letter, December 2017

## Raw Water: Avoid the Fad

Water is essential for life. So, access to safe water is critical for all forms of life. As 2018 begins, a new food fad is spreading to drink “raw water”, or untreated water. People are literally buying it at a premium cost.

Proponents of this dangerous trend claim it has beneficial minerals and is not treated with any chemicals. Those drinking this water claim their “skin is plumper” and they feel they are getting better nutritional value from food.

This fad is dangerous for many reasons. Here are five dangerous microorganisms that can be found in untreated water.

- Giardia—a parasite that invades the gastrointestinal (GI) system and causes diarrhea, nausea and stomach cramps.
- Cryptosporidium—a parasite that causes diarrhea and can survive outside of the body for a long time.
- Campylobacter—a bacteria that affects the GI system and is resistant to many antibiotics.
- Salmonella—causes diarrhea, fever and cramps for days. Hospitalization is common.
- E. coli—many strains can cause GI disease, urinary tract infections, pneumonia and more.

Source: [www.foodinsight.org/raw-water-trend-foodsafety](http://www.foodinsight.org/raw-water-trend-foodsafety)



## Powerful Potency of Plant Food

For years, nutrition experts have touted the benefits of eating plant foods to combat inflammation and chronic diseases.

Researchers from the University of Illinois at Urbana-Champaign have discovered the power of plant foods rich in anthocyanins may have in preventing or reducing colorectal cancer cell growth. Anthocyanins are color pigments that include purple, red, and blue hues.

The research included *in vitro* studies. They found that the anthocyanin extracts induced apoptosis in colorectal cancer cells. Apoptosis is essentially the destruction of cells so they die. Therefore, the growth of colon cancer is inhibited.

Foods rich in anthocyanins include blueberries, blackberries, cherries, grapes, purple corn, red cabbage, red beets, and many more.

Source: [www.ift.org/IFTNEXT/010918.aspx](http://www.ift.org/IFTNEXT/010918.aspx)



## Super Bowl Food Safety Tool Kit

The biggest party of the year is almost here for football fans. So plan your food safety defense with a toolkit from USDA FSIS to prevent foodborne illness from scoring a touchdown.

The toolkit includes talking points, fact sheets, infographics, social media posts and much more. A lot of this information can be used for other general events such as cooking for groups, traveling with food, the four steps to food safety, and more.

Learn more at [www.fsis.usda.gov/wps/portal/food-safety-education/featured-campaign](http://www.fsis.usda.gov/wps/portal/food-safety-education/featured-campaign).

## The History of the Humble Pot Pie

There are many kinds of comfort food. But, the pot pie is one that has quite a history. A basic pot pie consists of a pie crust, poultry or meat, vegetables and gravy. It is a good way to use up leftovers for an easy meal.

Prior to becoming popular in American cuisine in the late 1700s, the pot pie was a very “lively” dish. According to Smithsonian magazine, cooks from the Roman Empire era would sometimes make pot pies with a living bird that would burst through the pie shell when cut and fly out. Surprise! While this would scare any unsuspecting diner, this active meal was still prepared in 16th century England.

Pot pies were also described as “Sea Pie.” This version typically included pigeons, turkey, veal and mutton. The name came from the pie being made aboard ships.

In 1951, the first frozen pot pie was created by the C.A. Swanson company and was made with chicken.

Other versions of pot pies have toppings made of mashed potatoes, mashed sweet potatoes, cornbread, biscuits and more.

Source: The Encyclopedia of American Food & Drink, John F. Mariani

## Return Service Requested

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

### February

02 FCS President's Council, 11:30 a.m., EMR  
05 Master Gardener Meeting, noon, EMR  
05 Dog Project Meeting, 6 p.m., AB  
05 Ambassador Meeting, 6 p.m., EMR  
05 4-H Council, 7 p.m., EMR  
10 Countywide Foods Meeting, 9 a.m., EMR  
17 Hop To It Rabbit Show, 9 a.m., AB  
18 Poultry Club Meeting, 1 p.m., EMR  
18-19 Kansas 4-H Citizenship in Action, Topeka  
19 Presidents' Day – Extension Office Closed  
20 Cloverbuds, 6 p.m., EMR  
23 Dicamba Training, noon, EMR  
23-24 State 4-H Ambassador Training, Rock Springs  
24-25 Flint Hills Greener Living Show, AB  
26 Board Leadership Series, 6 p.m., AB  
28 Board Leadership Series, 6 p.m., AB

### March

02 FCS President's Council, 11:30 a.m., EMR  
02 KSU Cattleman's Day, KSU  
03 4-H County Club Day, Timmerman Elementary School  
05 Master Gardeners Meeting, noon, EMR  
05 Board Leadership Series, 6 p.m., AB  
05 Dog Project Meeting, 6 p.m., AB  
05 Ambassador Meeting, 6 p.m., EMR  
05 4-H Council, 7 p.m., EMR  
06 Beef Cow Programming, AB  
07 Board Leadership Series, 6 p.m., AB  
15 Gardening 101, 6 p.m., EMR  
17 Junior Sheep Producer Day, KSU  
17 Regional 4-H Club Day, Madison High School  
18 Poultry Club, 1 p.m., EMR  
18 Hop To It Rabbit Club, 2 p.m., EMR  
19 Tractor Safety, 9 a.m.-3 p.m., PrairieLand Partners  
20 Cloverbuds, 6 p.m., EMR  
24 Junior Beef Producer Day, KSU  
27 Rawhide Wranglers, 6 p.m., EMR

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