JULY 2024

LANE COUNTY FAIR

Wednesday, July 17 thru Saturday, July 20

Here's the Schedule

https://www.facebook.com/lanecountyfairks

NESS COUNTY FAIR

Tuesday, July 23 thru Saturday, July 27

Here's the Schedule

https://www.facebook.com/nesscountyfair

RUSH COUNTY FAIR

Wednesday, July 31 thru Saturday, August 3

Here's the Schedule

www.rc-fair.com

https://www.facebook.com/rushcountyfair

VOLUNTEERS NEEDED

The County Fair takes a whole community to make it a success. Check with your local Extension Office to see how you can volunteer during County Fair.
Also, the local Amusement Company - Carnivals could use your help. Contact:

Lane County – Chandra Bush – 620-397-3505
Ness County – Laurie Dinges - 785-798-0811
Rush County - Dee Bartonek – 620-923-6167

www.walnutcreek.ksu.edu

Walnut Creek District Offices

LANE COUNTY OFFICE
144 S. LANE, COURTHOUSE
P O BOX 487
DIGHTON, KS 67839
620-397-2806

- Lacey Noterman, Director and Agriculture Ext. Agent lnote@ksu.edu
- Chelsey Shapland, 4-H Program Assistant - cshapland@ksu.edu
- Donnis Maughlin, Office Professional - dmaughli@ksu.edu

NESS COUNTY OFFICE
503 S PENNSYLVANIA AVE
NESS CITY, KS 67560
785-798-3921

- Robyn Trussel, 4-H and Youth Agent rdeines@ksu.edu
- Kristen Schmidt, Family and Community Wellness Agent - kbschmidt@ksu.edu
- Randae Rufenacht, Office Professional rrufenac@ksu.edu

RUSH COUNTY OFFICE
702 MAIN, P O BOX 70
LACROSSE, KS 67548
785-222-2710

- Jared Petersilie, Agriculture Extension Agent - jaredp11@ksu.edu
- Berny Unruh, Office Professional bunruh@ksu.edu

THE VALUE

of investing in Youth

BECOME A PART OF A TRADITION

- Attend the Food or Livestock Auction
- Pledge an amount to the Pool to be bid with other donors.
- Add-on Premium can be assigned to a group or youth
- Sponsor a Project Award

Lane County Bake Sale - Wednesday, July 17th at 7pm
Lane County Livestock Auction - Saturday, July 20th at 4:30pm
Ness County Food Auction - Wednesday, July 24th at 6:00pm
Ness County Livestock Auction - Saturday, July 27th at 1:00pm
Rush County Food Auction - Wednesday, July 31st immediately following Flag raising (approximately 6:00pm)
Rush County Livestock Auction - Saturday, August 3rd, at 5:00pm
If you want to be a part of the TRADITION of supporting 4-H youth reach out to 4-H Agent, Robyn Trussel - 785-798-5020

It's County Fair Time... The real reason we do what we do!

Here in 4-H, we empower youth with the skills to lead for a lifetime through research-backed, fun, hands-on activities in areas like science, health, agriculture and civic engagement all with the support of a caring adult mentor.

4-H gives young people experiences where they can learn by doing, grow from failure, express their ideas, and lead. We tap into their potential and empower them to become true leaders. In 4-H, we believe in the power of young people. We recognize that every child has valuable strengths and can have real potential to improve the world...to show us all what it means to be a true leader. 4-H provides the kinds of experiences that help young people grow into true leaders.

We all know a true leader when we see one. They lead by example work well with others; endure through challenges; and stick to a job until it gets done.

Youth development is the purpose of 4-H project work. County Fair is still the opportunity for our 4-H Youth to showcase their hard work.

If a 4Her is interested in Livestock we use the 4-H Projects of beef, swine, sheep, poultry, goats and even rabbits to help them learn about livestock husbandry, responsibility to take care of another living creature and love and caring as they watch and grow with that animal. Lots of times this leads our 4-H members to careers in Ag Business, Feedlot management, or even Vet Science.

Maybe they are fascinated with Art, Lego or Photography. Did you ever think that their 4-H exhibit might be the start of a career path for them? Do you think the engineer that built the Brooklyn Bridge woke up one day and made this fascinating creation just on a whim. Maybe, just maybe, their first engineering skills came from a simple grade school drawing, a Popsicle stick creation or a Lego kit. 4-H gives our local youth the opportunity to explore through 35 different project areas that are laying the groundwork for their future.

Kansas 4-H projects provide members positive ways to learn as they complete their projects. Fairs are also one way to exhibit and showcase what skills 4-H members have learned throughout the year. 4-H is a community for all kids, with programs that suit a variety of backgrounds, interests, budgets and schedules.

Our 4-H members have worked hard during these challenging times to complete their projects, learn and grow. Check with you local Extension Office to see if there is a way that you can support your local 4-H members as they strive to have a positive year and finish what they started back in October.

Come Support the local 4-H Members!

Kristen Schmidt
Family and Community Wellness Agent
kbschmidt@ksu.edu

SAFETY TIPS FOR CELEBRATING JULY 4TH

As Independence Day nears, I want to remind everyone about the importance of Fireworks Safety.
The Office of the State Fire Marshal and The National Safety Council offer the following tips for safe use of fireworks:

·Never used fireworks while impaired by drugs or alcohol
·Always ignite outdoors
·Have an adult supervise all fireworks activities
·Keep a bucket of water or hose nearby in case of fire
·Never hold fireworks in your hands
·Never throw or point fireworks at another person

·Light from a solid, flat and stable platform
·Light only one firework at a time and maintain a safe distance after lighting
·Make sure fireworks debris is cooled off completely before disposal
·Never re-ignite malfunctioning fireworks
·Store fireworks in a cool, dry place
·Use a long-handled lighter

Make sure and include pet safety in your plans. Pets find fireworks highly stressful. Bring your pets indoors, close curtains and blinds and turn on the radio to provide some distraction.

Keep the weather in mind when using fireworks and never use fireworks if you are in a burn ban. Always refer to local ordinances as to whether fireworks are allowed and any restrictions as to dates/times for discharge.

Have a Safe and Happy 4th of July!

Summer is the perfect time to skip the canned and frozen aisle and check out the delicious, in-season fresh fruits and vegetables coming to your local grocery stores and farmers markets.

Learn more about the benefits of adding more color to your diet according to the Kansas Department of Health and Environment at https://bit.ly/45zxgEI.

Market Wheat Show

Lacey Noterman

District Director
Agronomy/Horticulture
lnote@ksu.edu

The Walnut Creek Extension District is currently conducting a Market Wheat Show. All exhibits in the Market Wheat Show shall consist of 5 pounds of wheat grown by the exhibitor in the current year.

It is super easy to enter! Samples can be collected at all grain elevators in Lane, Ness, and Rush counties or stop by the Extension office to pick up a bag and crop data card. It is your decision to enter the show but keep in mind, IT'S FREE!

Samples must include 5 pounds of wheat. All producers that are entered will be given a Crop Data Card. Simply fill out the agronomic information section of the card and drop it in the bag of wheat. Then just leave the bag of wheat at the local elevator or the Extension Office by July 12th.

All wheat entries will be judged by the Kansas Grain Inspection Service of Dodge City. The entries and results will be displayed at your local County Fair.

A listing of Market Wheat Show criteria is as follows:
1. A completed Crop Data Card and wheat sample should be turned into the Extension Office or local elevator no later than July 12th.
2. All wheat exhibits must be produced in Lane, Ness or Rush County during the present year.
3. All exhibits shall be COMBINE RUNS ONLY; samples shall consist of approximately 5 lbs. of wheat. DO NOT CLEAN THE WHEAT SAMPLE.
5. Limitation of entries: Each farmer is limited to one (1) entry for each variety of wheat grown on the exhibitor's farm.
6. All samples will be graded by the Kansas Grain Inspection Service in Dodge City.

Samples will be judged by the following criteria:

Protein	250 points
Test Weight	200 points
Dockage	200 points
Shrunken/Broken Kernels	100 points
Crop Data Card	25 points
Variety (milling & baking)	250 points
Total possible	1000 points.

The 2024 Market Wheat Show would not be possible without our sponsors. We would like to recognize and thank the Midland Marketing Coop, Bartlett Grain Company, Mid-State Farmers Coop, Cooperative Grain & Supply - Bazine, DE Boudurant Grain Company, and Garden City Coop - Dighton.

For more information, please feel free to contact Lacey Noterman, K-State Research and Extension, Walnut Creek District Agriculture and Natural Resources Extension Agent at lnote@ksu.edu or 785-798-3921.

Fertilizing Tomatoes

Though tomatoes need to be fertilized to yield well, too much nitrogen can result in large plants with little to no fruit. Tomatoes should be fertilized before planting and side-dressed with a nitrogen fertilizer three times during the season.

The first side-dressing should go down 1-2 weeks before the first tomato ripens, and the second side-dressing should be applied two weeks after the first tomato ripens. The third side-dressing should be applied a month after the second tomato ripens.

Fertilizer Recommendations:

Nitrate of Soda (16-0-0): 2/3 # or 1.5 cups/ 30 ft row

Blood Meal (12-1.5-6): 14 oz or 1.75 cups/ 30 ft row

Urea (46-0-0): 4 oz or 1.5 cups/ 30 ft row

Ammonium Sulfate (21-0-0): 1/2 # or 1 cup / 30 ft row

2024 K-State/KARA Summer Field School

Kansas State University and the Kansas Agribusiness Retailers Association (KARA) will be hosting two, 2-day field schools on July 9-10 and July 11-12 at the K-State Agronomy North Farm (2200 Kimball Ave) located just north of the football stadium.This year's program will focus on providing in-depth and hands-on experience with herbicide efficacy and injury, crop insect pests, crop diseases, weed identification, enviromnmental and water quality, soil fertility, soil and nutrient management and (6) 1A and TBD CCA credits. The CCA credits requested are: Soil and Water Management (2); Nutrient Management (1); Pest Management (5); Crop Production (2).

The complete program and registration link can be found at https://www.ksagretailers.org/events-training/ksu-field-days/. The program costs $220 for the 2-day program or $135 for 1 day. The registration fee includes lunch (both days are included for the 2-day program rate).

July 3rd topic is: "Success with Cacti and Succulents" Register for this free Zoom Webinar at: ksre-learn.com/KStateGardenHour

K-State Garden Hour

The K-State Garden Hour is a free webinar series hosted by K-State Research and Extension horticulture staff across the state. We hope you'll join us on the first Wednesday of each month as we discuss new and relevant gardening topics.

The presentations will be given live from Noon to 1:00 pm CST with a 45-minute presentation and 10-15 minutes for questions and answers. Sessions will be recorded and posted to the website after each event.

Your one-time registration will allow you to participate live in any of the featured presentations within the 2024 K-State Garden Hour series.

Walnut Creek District Annual Wheat Plot Tour

As wheat harvest rapidly approaches, K-State Research and Extension Walnut Creek District hosted their annual wheat plot tours on Wednesday, May 29th. This is an excellent opportunity for producers to see and hear about what's available and what farmers in their own area have experienced.

Wheat tours actually tour the wheat crops in the fields.These tours give us a first-hand experience and understanding of the quality of this year's wheat crop even before it is harvested.

The speakers for the day included Romulo Lollato, Extension Wheat Specialist; Bryson Haverkamp, President of the Kansas Wheat Alliance. Most of the discussion was focused on the wheat variety selection, agronomic traits of varieties in the plots, production practices, and wheat disease management.

The tour began in Rush County at the plot owned and operated by Mark Baus. The plot is located 8 ½ miles straight west of the Casey's located in LaCrosse on Highway 4. At 7 miles, continue straight west off of the curve. The plot sits on the south side of the road. There are 18 different varieties planted in the plot.
The wheat crops this year are showing damage from drought stress. Early spring drought and a later freeze event has combined to result in a drought-stressed crop that's showing some signs of freeze damage in parts of the field.

The next tour was in Ness County at the plot owned and operated by Stephen Nichepor. The plot is located at 17282 T Road. From Ness City, go North on Highway 283 for 4 miles and then turn east on road 170 for 1 mile and turn North on Road T. Plot is located north of the scale house on the Nichepor farm. There are 21 different varieties planted in the plot.

The final stop of our tour was at Vance and Louise Ehmke's land in Lane County. The plot featured 30 wheat varieties and a few triticale varieties. The plot is located seven miles west of Dighton to Eagle Road, 2 miles south to West Road 130 then 200 years west toward Ehmke farmstead, east of the scale.

These tours provided great information from K-State Extension on current wheat varieties and the status of wheat production across the state of Kansas.

We are harvesting a few of the plots. Results will be available at your local county fair or the Extension Office.

For more information on the Wheat Plot Variety Tours, please feel free to contact Lacey Noterman, K-State Research and Extension, Walnut Creek District Agriculture and Natural Resources Extension Agent at lnote@ksu.edu or 785-798-3921.

The Battle with Flies

Jared Petersilie

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Cattle producers recognize that summer is the season to battle flies on cattle-and this year isn't any different. Seems like every year I think and find my self saying I think they are worse this year. Dr. Bob Larson with the Beef Cattle Institute at K-State released this description of the kinds of flies and what methods of control work. The BCI records a weekly podcast that can be found on their website as well as a library of previous articles.

Several types of flies cause irritation and pain, reduce weight-gain, and transmit disease-causing germs, but each of the fly species have unique characteristics that should be considered before the battle begins. As in many contests, knowing your opponent is critical to increase chances for success. Four of the most common fly pests for cattle in North America are horn flies, face flies, stable flies, and horse flies.

Horn flies are a biting insect that takes more than 30 blood meals a day and spend almost all their time on the backs, sides, and poll of cattle. When horn fly numbers become very large, cattle spend a lot of time and energy fighting them rather than grazing – therefore weight gain and milk production are reduced.

In addition, these flies have been implicated in the spread of mastitis in beef herds. These flies seem to prefer adult cattle more than suckling calves, but when populations get very high, calves will be affected also. Female horn flies deposit eggs in fresh manure and the larvae survive much better in the manure of grass-fed cattle compared to the manure of cattle consuming grain rations. Eggs hatch from the manure pat within a week and then live as a pupae in the soil under the manure pat. The entire life-cycle takes about 10 to 20 days depending on the weather and because each female horn fly will lay as many as 400-500 eggs in her lifetime, the population can become very large in a very short period of time. Horn fly numbers usually peak in early summer and then decline as heat and dryness decrease the suitability of manure pats for the immature larvae and pupae. Late in the summer or in early fall, the conditions may improve for the immature horn flies and the population can increase again.

Because horn flies spend almost all their lives on cattle, applying chemical pesticides to cattle can be an effective method to expose the flies to lethal doses. Several different types of pesticides that are safe to use on cattle are effective against horn flies, but some horn fly populations are resistant to the pyrethroid class of chemicals. If you used a pyrethroid insecticide last year and you were not satisfied with the level of horn fly control you achieved, then it may be wise to switch to a different chemical class for your pesticide this year.

Backrubbers and dust bags can be a very economical method to apply pesticides if the cattle are forced to use them daily to get to water or mineral feeders. Proper placement and frequent re-filling are necessary for this control method to work well. Insecticide ear tags can be an effective method to deliver pesticide to your cattle on a daily basis, but resistance to pyrethroid tags can be a problem unless several general rules are followed: delay tagging until fly populations reach about 200 flies per animal, tag all cattle in the herd by following the instructions on the label, rotate the insecticide class so that cattle aren't exposed to the same chemical class year-after-year, and remove the tags at the end of the fly-season.

Sprays and pour-on products that are re-applied every 7 to 21 days can also be effective and these products have the advantage that timing of re-application can be adjusted based on the fly population with the obvious disadvantage of needing multiple applications. Larvicide (larvae-killing) products that are included in mineral or feed will pass through to kill fly larvae and pupae in the manure pat. To be effective, cattle must consume these oral products daily so that all fresh manure has an effective dose before the female horn fly lays her eggs. Because newly hatched horn flies will migrate to find cattle, control is most effective if all the fresh manure within several miles of your herd is effectively treated. Non-chemical control of horn flies focuses on decreasing the contact between cattle and new flies emerging from manure pats by dragging pastures to speed drying and exposure of larvae and pupae to dry heat.

Face flies don't actually bite cattle, but the female has sharp mouth parts similar to a rasp that she uses to damage the skin so that she can suck up liquids such as eye secretions, discharge from the nose, or blood from wounds. The face fly is different from the horn fly in that this species spends very little time on cattle and spends most of itslife resting on fence posts, plants, or other vegetation. Because they spend so little time on cattle, treating cattle with pesticides is less likely to result in the flies receiving a lethal dose. It does appear that daily application of pyrethroid insecticides directly on the face of cattle does reduce the time that face flies will spend on cattle.

Backrubbers and dustbags that effectively apply insecticide to the face as well as ear tags are methods that can provide daily insecticide exposure. Because pour-ons and sprays are not applied daily, these methods of chemical application are not likely to reduce face fly problems. Like the horn fly, face fly females also lay eggs in fresh, grass-fed manure pats and the immature stages live in the manure pat and in the nearby soil.

Because face flies can fly long distances, dragging pastures to break up manure pats and using oral insecticides in the mineral or feed may not be as effective as for horn flies which migrate less.

Stable flies are blood-suckers that mainly feed on the front legs of cattle. These flies have a very painful bite, and even a small population can cause a great deal of discomfort and cattle will try to avoid them by stamping their legs, bunching together, or standing in water. Stable fly eggs are deposited in rotting plant matter mixed with moist manure or soil such as around hay feeding sites, the edges of feeding aprons, and around hay stacks. Because the fly eggs aren't laid in fresh manure, the oral larvicides do not provide effective control.

Applying insecticides with a spray or mist at weekly intervals is the only chemical control that is effective for pasture cattle. Sanitation and clean-up of wasted feed around hay rings, feedbunks, and fence rows is an important non-chemical method of stable fly control. For cattle confined to a feedlot, fly predators (also called parasitic wasps) can be used because they effectively kill immature flies. But because these types of non-stinging wasps are not strong fliers, they are not effective in pasture situations. Parasitic wasps must be purchased and released in areas likely to have fly eggs about once a month during the entire fly season.

Horse flies are very large and have a painful bite. After a blood meal, female horse flies will lay their eggs on plants near ponds or streams. Because horse flies are large and hardy, chemical pesticides seem to have little effect, and because they do not lay their eggs in manure or decaying plant matter, sanitation is not effective as a control method.

Complete elimination of all flies is not possible, but by knowing about different fly pests that will confront your cattle, effective control strategies can be planned. Because fly populations will vary from one year to the next based on factors such as rainfall, grazing density, and previous exposure to chemical insecticides, fly control strategies have to be flexible and may need to be changed. Any effort to ease the discomfort of bovines is a move in the right direction, but getting the most out of those efforts both in length of control and cost of control is key.

Stay Strong, Stay Healthy

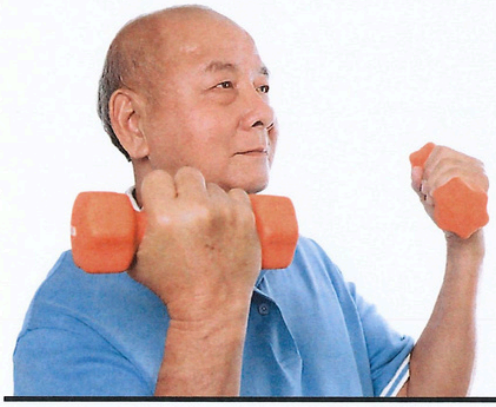
Strength Training Program for Older Adults

Strength training is no longer just for bodybuilders. Stay Strong, Stay Healthy is an eight-week, evidence-based strength training program designed for older adults who want to improve their quality of life and stay active. Classes are held in familiar settings such as senior centers and church halls, not the gym. The exercises are easy to learn, safe and effective. No need to wear special clothes—just comfortable, loose-fitting pants and shirt, along with sturdy, closed-toe walking shoes.

What are the benefits?

Strength training:

- Increases muscle strength
- Improves balance
- Enhances flexibility
- Strengthens bones
- Relieves arthritis
- Helps control weight
- Lifts depression
- Reduces stress
- Reduces risks for heart disease



Here's what we do

Stay Strong, Stay Healthy classes include:

- Warm-up exercises
- Eight strengthening exercises, with or without hand and ankle weights
- Cool-down stretches

Over the course of the program, you will increase your strength and improve your balance. After the eight weeks are over, you can continue the strength training program in the comfort of your home or with a group.

Weights will be available on-site, and a trained instructor will help you learn and do these exercises safely.

WHEN: Classes begin Monday August 26th from 10a-11a
The second session is Thursday August 29th from 10a-11a
They will then be held Tuesdays and Thursdays from 10a-11a

CLASS LOCATION: Lane County Health Department (125 W. Long)
CONTACT TO REGISTER: Kristen Schmidt, Family and Community Wellness Agent
620-397-2806 or kbschmidt@ksu.edu

COST: $20.00
Registration Deadline is Friday August 16th
Register Today-Space is limited!

MU Extension
University of Missouri
an equal opportunity/ADA institution

K-STATE
Research and Extension
Walnut Creek District