

K-State Research and Extension Walnut Creek Extension District

THIS MONTH

- 
- 3/3 - Registration due for SSSH
 - 3/4 - Walk KS Registration Opens
 - 3/4 - Crop Talk - Dryland Tillage and Rotations - Noon - 1 pm
 - 3/5 - Dighton Joy Center program - 11:30
 - 3/5 - Lane County Cloverbuds - 3:30 pm
 - 3/6 - Estate Planning - Rush Center - 6-8 pm
 - 3/10 - Stay Strong Stay Healthy Begins
 - 3/10 - Rush Co 4-H Community Leaders
 - 3/11 - Crop Talk - "A New Corn Disease"
 - 3/15 - Rush Center St. Patrick's Day Parade
 - 3/16 - Lane Co 4-H Beef Weigh-in
 - 3/19 - Ransom Senior Center program - 11:30 am
 - 3/20 - Ness City Leisure Years program- 11:30 am
 - 3/20 - Wheatview Apts. program - 1 pm
 - 3/22 - Super Saturday/NW 4-H Judging-Colby
 - 3/24 - Walnut Creek District Board meeting
 - 3/26 - Ness Co 4-H Beef Weigh-in
 - 3/30 - Rush Co 4-H Beef Weigh-in
 - 3/30 - Walk Kansas Begins
 - 4/2 - Embracing Aging: Aging on your Own Terms- Great Bend - 9:30 am - 3:30 pm

Spring Break Opportunities

Monday, March 17: 9:30am Lane County Horticulture; 2:30pm Ness County Foods

Tuesday, March 18:

10:00am Ness County STEM

3:00pm Lane County STEM

Wednesday, March 18: 10:00am Bugs, Reading and Art with the Ness City Library

Thursday, March 20: 10:30am Rush County Sugar Cookies and 3:00pm Rush County Visual Arts

See <https://www.walnutcreek.k-state.edu/> for the full list of class details and cost.

**Register by calling your local
Extension Office
by March 14th**

WWW.WALNUTCREEK.KSU.EDU

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 Community Wellness - 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 Ext. Agent - jaredp11@ksu.edu
- Berny Unruh, Office Professional - bunruh@ksu.edu

K-State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and is an equal opportunity provider and employer.



**Join us
and Let's Walk
March 30-May 24, 2025!**

Walk Kansas is a K-State Research and Extension (KSRE) health initiative that promotes personal health and well-being by helping participants adopt healthful lifestyle habits. While primarily a team-based program, you can also go solo! Walk Kansas will help you:

- be more active with support from friends and family
- make healthier nutrition and beverage choices
- learn helpful techniques to reduce stress, sleep well, and improve overall well-being.



Kristen Schmidt

Family and Community
Wellness Agent
kbschmidt@ksu.edu


Form or join a Walk Kansas team at your office/workplace, church, school, neighbors, community groups, and family (near and far.) You can participate in Walk Kansas from anywhere-any state or country.

Would you rather go solo? Not a problem. You can register and walk solo on one of our virtual solo trails.

Why record minutes and not actual miles. All minutes and steps are converted to Walk Kansas Miles. This program is based on the Physical Activity Guidelines for Americans, which are conveyed as minutes of activity. The tracker converts minutes (15 minutes of activity=1 mile) and steps (2,000 steps=1 mile) to miles and then adds them to your team total.

Your team captain will register your team, or you register yourself for the solo trail. Teams consist of at least 4 members. Registration is \$10/person. When the program begins, log in your favorite physical activities in 'minutes' in the online challenge tracker, or report your steps from your fitness tracker. You will also log cups of fruits/vegetables you eat daily, and water you drink (optional). You can register online and track your activities at www.walkkansasonline.org.

For more information contact Kristen Schmidt,
Family and Community Wellness Agent, at 785-798-3921.





Lacey Noterman

District Director
Agronomy/Horticulture
lnote@ksu.edu



Test Your Soil

This is a great time to test your soil to prepare for the growing season.

The K-State Research and Extension Soil Testing Lab provides high-quality analysis of soil, plant, forage, grain, and water for farmers, homeowners, and researchers. Visit with your local Extension office for more information.

Fertilizing without a soil test analysis requires guessing which nutrients need to be added. This is likely to result in applying too much or too little fertilizer leading to wasting time and money. Excess nutrients can negatively affect plant growth and contribute to waste runoff into our waterways. Standard soil tests analyze for nitrogen, phosphorus, potassium and soil pH. Additional soil tests can be requested as needed.

Your local extension agent can help you analyze the results of the soil test and make recommendations about a fertilizer protocol.

ARC/PLC elections with Farm Service Agency


Authored by Robin Reid and Jenny Ifft, K-State Department of Agricultural Economics

Producers have until April 15th, 2025 to make their farm program selections for crops to be harvested in 2025. Both Agricultural Risk Coverage (ARC) and Price Loss Coverage (PLC) are offering higher price benchmarks this year, as historical prices setting these guarantees have been higher.

Crop Name	Corn	Grain Sorghum	Soybeans	Wheat
PLC 2025 Reference Price	\$4.26	\$4.51	\$9.66	\$5.56
ARC 2025 Benchmark Price	\$5.03	\$5.30	\$12.17	\$6.72
86% of ARC Benchmark	\$4.33	\$4.56	\$10.47	\$5.78

Continue to the next page for additional information:

(Continued from page 3)




PLC will make payments if the national Marketing Year Price (MYA) falls below these reference prices. Producers will receive a payment calculated as the difference between the reference price and the MYA, times their individual farm's established program yield with FSA, then paid on 85% of their base acres in that commodity. This program will pay on losses in price unless the MYA gets below loans rates established in the 2018 Farm Bill, which means large payments will occur if commodity prices are low.

ARC is a revenue program, which takes the benchmark price in the table above and multiplies it by the county's benchmark yield to establish a benchmark revenue for each crop. If the current year's revenue (national MYA price multiplied by the 2025 county yield) is less than 86% of this amount, there will be an ARC payment. That is why "86% of ARC Benchmark" is also included in the table, as these would be the MYA prices that would trigger an ARC payment if the county had an average yield. The advantage of this program is that it has both a yield and price component, which has produced ARC payments in recent years due to drought, even at high prices. The disadvantage is that the payment is capped at 10% of benchmark revenue, which tends to happen quite quickly if a payment is triggered. Like PLC, it also pays on 85% of the farm's base acres in each crop.

Remember the payments for the 2025 crop year will NOT be paid until October of 2026 once the 2025 county yields are determined and Marketing Year Average price is known, so a lot could happen to market prices between now and then. While ARC may be more likely to pay unless there is a bumper crop yield in the county, overall protection against low prices is less than PLC because of the 10% cap on payments. A great tool for assessing potential ARC-CO versus PLC payments at various MYA price levels and county yields is the ARC/PLC Tradeoff spreadsheet found here: <https://agmanager.info/ag-policy/2018-farm-bill/tradeoff-between-20252026-arc-and-plc>

Another factor in the decision to choose ARC or PLC for each crop is if a producer wants to elect the Supplemental Coverage Option (SCO) on their individual crop insurance. If so, base acres in that commodity cannot be enrolled in ARC. For many counties, their benchmark yield for ARC is much higher or lower than their expected yield (provided by RMA). A much higher benchmark means ARC will trigger easily, a lower benchmark yield means that this is less likely. A new tool that also analyzes SCO in relation to ARC and PLC can be found here: <https://agmanager.info/crop-insurance/crop-insurance-papers-and-information/advanced-arc-plc-sco-tradeoff-tool>

The K-State Department of Agricultural Economics recently had a webinar on these topics, with more in-depth information and analysis. The recording is available: <https://agmanager.info/events/2025-winter-wednesday-webinars>



Decisions between ARC and PLC

With another extension of the 2018 Farm Bill, farmers are now able to make an election decision between commodity programs on their base acres for 2025. The decision between Agricultural Risk Coverage (ARC) or Price Loss Coverage (PLC) needs to be made by April 15th, 2025, and will be for the crop harvested in 2025, with payment (if any) being made in October of 2026. If a producer elects additional SCO, then the deadline is much sooner, so be aware.

According to Robin Reid with KSU Ag Econ Dept, “the biggest difference in making the election decision in 2025 compared to previous years is higher reference and benchmark prices for both ARC and PLC.” While these have separate formulas, both use Marketing Year Average (MYA) prices from 2019-2023, which contain historically high crop prices. At a time when current crop prices are dismal and outlook is uncertain, the higher reference and benchmark prices would lead one to conclude there is a higher likelihood of payments. The big question is how low could crop prices go in the 2025/2026 marketing year and what program will provide better protection and/or higher payment rates.

While the marketing year is a long ways off yet, several sources of 2025/2026 MYA prices are available, updated regularly, and compiled here: <https://www.agmanager.info/crop-insurance/risk-management-strategies/projections-and-sources-mya-prices-arc-and-plc-commodity> . Current projections are nearly even. ARC-CO will pay at higher prices in the event of yield losses at the county level, and vice versa, where higher county yields will require lower prices to trigger an ARC-CO payment. If commodity prices do start falling below current levels, farmers may consider PLC for better price protection. Remember, PLC will keep paying until commodity prices hit the loan rate, whereas ARC-CO hits a maximum payment rate at 10% of benchmark revenue. This may be the biggest factor in making the ARC or PLC decision this year. Farmers should consider at what MYA price the PLC payment will exceed the ARC-CO maximum, which is a county and farm-level specific threshold. Reid has developed a great tool for assessing potential ARC-CO versus PLC payments at various MYA price levels and county yields.

ARC/PLC Tradeoff spreadsheet found here: <https://agmanager.info/ag-policy/2018-farm-bill/tradeoff-between-20252026-arc-and-plc> . The spreadsheet tool that is very easy to use, downloadable from the AgManager website, with pull down options for county, crop, and if there is an irrigated option.

For instance, in Ness Co. on dryland wheat, ARC program yield is 38.1 and the reference price is \$5.56 with an Olympic yield of 42 and an Olympic price at \$6.72 so PLC will equal ARC at \$4.82. The ARC max is \$28.06. KSU estimates that the MYA price will be \$5.50, so no PLC payment is expected. On wheat the 24/25 marketing year has 5 months remaining with about 25% of the weighted average affected. The predicted amounts with PLC are similar with narrow margins pertaining to PLC payments. Currently we do not expect a PLC payment for corn or sorghum, but there is 8 months remaining and 60% of the weighted average, so those numbers could change as we progress through the growing season.

The Kansas FSA office encourages producers to sign up early. Even if you opt for a change before the deadline, they still want producers to move now. They are expecting the roll out of several programs this spring and if personnel issues become a bigger issue, offices could be strapped for time and this is a decision that can be made to get ahead of the curve.



Jared Petersilie

Extension Agent
Animal Sciences
Farm Management
jaredp11@ksu.edu

4-H Club Days Results

Walnut Creek 4-H Club Days was held Saturday, February 15th at LaCrosse High School. Eighty-seven entries were performed by the 4-H members. Kansas 4-H members have been learning to speak skillfully before an audience for more than 100 years. It is often one of the things people say they most remember about their 4-H experiences – before participating in 4-H, they could not speak comfortably in front of an audience. Through 4-H, thousands of youth have learned the skills necessary to clearly organize and present ideas and instructions through project talks, demonstrations, illustrated talks, and public speaking. Top Blues are the highest rate youth can receive meaning their entry was near flawless, the Blue ranking means above average and Red rankings mean the entry was average and the 4-H member could improve on some parts of the entry. Top Blue rankings will advance to Regional Club Days in Dodge City on Saturday, March 1st. Here are the results of the day.

Demonstrations and Illustrated Talks:

Top Blues: Daphne Rider, Madelyn Randa, Aiden, Maryn and Cameron Ochs Lohrey, Tavish Tracy, Reed Scheib, Harper Shapland, Aubrey Petersilie, Ravanna Roberts and Dylan Schlegel. **Blues:** Jayne Rider, Jamie Stos, Ben Funk, Jarret Shapland, Caiden McClure, and William McClure (2)

Cover Letter, Resume and Interviews (CRI):

Top Blues: Nathan Vondracek, Ethan Petersilie, and Emma Petersilie

Junior Project talks:

Top Blues: Asher Rider, Titus Rider, Christian Funk, Jadyn Petersilie, Madalynn Riffle, Christopher Riffle **Blues:** Bentley Shapland, Stetson Noterman, Zoey Funk, Harley Rietcheck

Digital Presentations:

Top Blues: Grayson Noterman, Madelyn Randa, Emma Petersilie, Eli Tracy, Travis Ross, Robert Schlegel, Aiden Riffle, Hunter Riffle

Extemporaneous Speech:

Top Blues: Travis Ross, Ethan Petersilie **Blues:** Denton Pfannenstiel

Public Speaking:

Top Blues: Ethan Petersilie, and Isabel Petersilie

Talent/Dance/Skits:

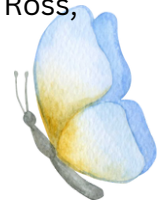
Top Blues: Walnut City Skit, Eager Beaver Skit, Dylan Schlegel Novelty, Paizley Hawkinson Dance, Jamie Stos Dance **Blues:** Rush County Road Runners Skit **Reds:** Devin & Tyndale Smith and Christian Funk Skit,

Readings:

Top Blues: Aubrey Petersilie, **Blues:** Molly George, Devin Smith **Reds:** Tyndale Smith

Music Entries Instrumental and Vocal:

Top Blues: Paizley Hawkinson & Addisyn King, Mollie Georg, Shields Jayhawks, Dylan Schlegel, Isabel Petersilie, Hunter Riffle, Emma Petersilie, Dylan Schlegel, Maggie Showalter, Molly Showalter **Blues:** James Littler, Mollie Georg, Isabel Petersilie, Rylie Larson, Josie Larson, and Nathan Vondracek **Reds:** Jacque Littler, Sophie Scheib, Dice Felder, Jayne Rider, Jadyn Petersilie, Aubrey Petersilie, Harley Reitcheck, Denton Pfannenstiel, Robert Schlegel, and Ava Roberts



**Congrats to everyone
who participated!**

Spring Break Project Opportunities



Monday
March 17

Lane County Horticulture - Lane County Fairgrounds 9:30 am to Noon \$15/family
Herb Garden Plant a Rainbow Garden Stakes Compost Buckets
Ness County Foods - Ness County Fairgrounds 2:30 to 5:00pm \$5/ participant
Bread in a Bag and Ice Cream in a bag

Tuesday
March 18

Ness County STEM ~ Robots, Drones, and Simple Machines
10:00am to Noon, Ness County Fairgrounds ~ FREE
Lane County STEM, Lane County Fairgrounds ~ FREE
3:00 to 5:00pm

Wednesday
March 19

Bugs, Reading and Art with the Ness City Library

10:00am to 2:00pm

“By the Light of the Moon: Insects at Night.” Create an entry into the
KSRE Pesticide Safety Poster Contest as you explore BUGS

Thursday
March 20

Rush County - Rush Extension Office

10:30am to noon: Wet on Wet Royal Frosting Sugar Cookie Decorating
Sugar cookie baking tips, recipes, a full lesson on decorating, plus receive 2
cookie cutters for future use. \$15 per person

Thursday
March 20

Rush County Visual Arts, Rush County Extension Office

Colors, Lines and Cardboard Creations

3:00 - 5:00pm ~\$5.00

All classes open to all youth 4-H and Non 4-H participants, from Lane, Ness or Rush Counties.
Call Lane 620-597-2806, Ness 785-798-5921 or Rush 785-222-2710 to Register by March 14th

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Language access requests and reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language), may be requested by contacting Robyn Trussel four weeks prior to the start of the event March 14, 2025 at 785-798-3921 or rdeines@ksu.edu Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Sign Up by March 3rd. Contact Kristen - kbschmidt@ksu.edu or call 785.798.3921

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 March 10th from 9:30a-10:30a
Sessions will be held weekly for 8 weeks on Mondays and
Thursdays from 9:30a-10:30a, concluding Thursday May 1st

CLASS LOCATION: Ness City Leisure Years (422 N. Topkea)
TO REGISTER: Ness City K-State Research and Extension Office (503 S. Penn) or
contact Kristen at 785-798-3921 or kbschmidt@ksu.edu

COST: \$10.00
Registration Deadline is Monday March 3rd
Register Today-Space is limited!

 **Extension**
University of Missouri
an equal opportunity/ADA Institution

K-STATE
Research and Extension
Walnut Creek District

Sign Up at www.walkkansasonline.org



K-STATE
Research and Extension

Walnut Creek District

Take a walk!

Walk Kansas is a K-State Research and Extension health initiative that promotes personal health and well-being by helping participants adopt healthful lifestyle habits. While primarily a team-based program, you can also go solo! Walk Kansas will help you:

- be more active with support from friends and family
- make healthier nutrition and beverage choices
- learn helpful techniques to reduce stress, sleep well, and improve overall well-being

For more information contact Kristen Schmidt, Family and Community Wellness Agent, at 785-798-3921 or visit www.walkkansas.org

REGISTER @
WWW.WALKKANSASONLINE.ORG
REGISTRATION IS ACCEPTED MARCH 4TH THROUGH APRIL 7TH
THERE IS A \$10/PERSON ENROLLMENT FEE

K-STATE RESEARCH AND EXTENSION IS COMMITTED TO PROVIDING EQUAL OPPORTUNITY FOR PARTICIPATION IN ALL PROGRAMS, SERVICES, AND ACTIVITIES. ACCOMMODATIONS FOR PERSONS WITH DISABILITIES MAY BE REQUESTED BY CONTACTING THE EVENT CONTACT, KRISTEN SCHMIDT TWO WEEKS PRIOR TO THE START OF THE EVENT AT 785-798-3921. REQUESTS RECEIVED AFTER THIS DATE WILL BE HONORED WHEN IT IS FEASIBLE TO DO SO. KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE. K-STATE RESEARCH AND EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

Estate Planning



**Thursday March 6th, 2025
6p.m. - 8p.m.**

**Rush Center Township Hall
220 Union Street
Rush Center, KS 67575**

Need to start the estate planning process but don't know where to begin?

Join us as we cover information about the fundamentals of estate planning so you will be better prepared to design and implement an effective estate plan.

Our panel will include:

- A CPA (Certified Public Accountant)
- An Attorney
- A CFP (Certified Financial Planner)
- Jason Murray, Golden Belt Community Foundation
- Kristen Schmidt, Family and Community Wellness Agent

RSVP to Kristen by March 5th by email to kbschmidt@ksu.edu or call 785-798-3921


GOLDEN BELT
COMMUNITY FOUNDATION


K-STATE
Research and Extension
Walnut Creek District

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services, and activities. Accommodations for persons with disabilities may be requested by contacting the event contact, Kristen Schmidt two weeks prior to the start of the event at 785-798-3921. Requests received after this date will be honored when it is feasible to do so. Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.



CROPTalk



Webinar Series

**Broadcast Live from 12:00 – 1:00 pm CT
via Zoom and YouTube**

February 11

Weed Management in the Age of New Technology

Sarah Lancaster, K-State Extension Weed Scientist

February 18

Getting the Most Out of Your Irrigation Water

Jonathan Aguilar, K-State Irrigation Engineer

February 25

Leveraging Precision Ag Tools

Deepak Joshi, K-State Extension Precision Ag Specialist

March 4

Dryland Tillage and Rotations

Lucas Haag, K-State Northwest Area Agronomist

March 11

A New Corn Disease: Corn Stunt

Anthony Zukoff, K-State Entomologist & Rodrigo Onofre, K-State Plant Pathologist



**Register to attend at
www.northwest.ksu.edu/events**

Links for joining will be sent after registration.

One Certified Crop Advisor (CCA) Credit per session has been applied for

If you have questions, please contact your local Extension agent or the K-State Northwest
Research and Extension Center at 785-462-6281.

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

Register Here: https://kstate.qualtrics.com/jfe/form/SV_dajjdd7SK7HICeW



NW 4-H

Judging Event

Super Saturday

Saturday, March 22, 2025, 9:00am -Finish

**Host Site: Colby Community College Student Union and
Thomas County Fairgrounds. Colby, Kansas**

Judging Contests include: 9:00am to 12:30pm -- \$7.00

Crops, Entomology, Horticulture, Life Skills, Photography, Livestock Skill-a-thon

Volunteer Sessions for Parents and Volunteers - Free, 10:00am

Livestock Judging : 12:30pm Thomas County Fairgrounds

Project Opportunities: (NON-LIVESTOCK Judging youth): 1:00 -3:00pm \$5.00

The afternoon will be filled with engineering and technology stations (robots, circuits, building bricks, etc.) and Visual Arts Stations (Scrapbook, clay, paper crafts, etc.)

Sack Lunches provided with mandatory RSVP - \$8.00



Registration Link:

https://kstate.qualtrics.com/jfe/form/SV_dajjdd7SK7HICeW

If you have any questions concerning this event, you may contact Robyn Trussel at 785-798-5020 or rdeines@ksu.edu or Chandra Plate at 620-388-7157 or cplate@ksu.edu