



Lyon County

K-State Research and Extension News

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*“Knowledge
for Life”*

**December 2014
&
January 2015**

**Lyon County
Extension Office**

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Farm and Ranch Succession Workshop

K-State Research and Extension, Lyon County is proud to have been selected as one of 5 host sites across Kansas for a Farm and Ranch Succession Workshop. Scheduled for January 17 from 9 a.m. – 4:30 p.m. at Flint Hills Technical College, this one-day succession conference is designed to educate and support families as they prepare for the future of their enterprise. Presentations will be made by extension specialists and will help you through the thinking process as you start to develop your plan for passing your operation to the next operators, hopefully of your choosing in the manner you choose. All who are involved with a family agricultural operation are encouraged to attend.

As this is one of only five sites across the state, we are expecting participants from a wider area. Registration is \$60 for the first family member and \$40 for each additional member, and is required for attendance. Registration will be capped at 150 persons. Registration is being handled through the Manhattan campus and can be made on-line at www.ksre.ksu.edu/kams/p.aspx?tabid=34, or by calling 1-800-432-8222.

Anderson Building Renovation Functional Upgrades

As plans to renovate the Anderson Building on the Lyon County Fairgrounds were announced late this summer, a generous donor from Lyon County presented a challenge to Lyon County Extension. The gift of \$50,000 came with a challenge: match this gift to help make functional enhancements during the renovation of the Anderson Building.

The Anderson Building is a facility that is used for many community events in addition to Extension events and of course the Lyon County Fair. In mid-November approximately \$20,000 had been received by the Emporia Community Foundation as part of the match. There are many options to participate in this fundraising. Your cash contribution would be graciously accepted, but another option could be the gifting of commodities or stock to the Emporia Community Foundation. If you are interested in this exciting opportunity for the greater Lyon County community, please consult with your financial advisor or accountant to determine tax deductibility and see what best fits your situation.



The Clover Connection



4-H Council

4-H Council will not meet in December. The next Council meeting will be Jan. 5, 2015 at 7 p.m.

4-H Day With The Lady Cats

The Annual 4-H Day with the Wildcat Women's



Basketball team has been scheduled for Sunday, Jan. 11, when the Wildcats take on the University of Kansas Women with tip-off beginning at 1 p.m. The \$18 group ticket rate will get each individual a ticket

into the game, a game day T-shirt, hot dog and a drink.

For more details, please see the registration form located at www.kansas4-h.org. Registration must be postmarked by December 15.

Market Beef Weigh-In & Tagging

Market beef weigh-in and tagging is scheduled for Sat., Feb. 1, from 8 to 10 a.m. at the fairgrounds. The cost of the ear tags are \$3 each and must be paid for at the time of weigh-in. You must know the 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.

Bring-back bucket calves:

If you plan to exhibit a bring-back bucket calf, you do not have to bring it to the tagging *so long as* the tag from 2014 is still in its ear and you do not wish to participate in the rate of gain contest. If you will not be bringing your bring-back calf to town Feb. 1, please call the Extension Office before 5 p.m. Jan. 31 to let us know you are planning to exhibit it at the 2015 fair. We will need to know the official 4-H tag number of the calf when you call.

Livestock Breeding Projects Tagged in 2015

If you wish to exhibit a breeding animal of any species at the 2015 Lyon County Fair, you must be enrolled in the breeding project for that respective species by May 1. All breeding livestock to be exhibited at the 2015 Lyon County Fair will need to be tagged at the regular county tagging either in February or April/May. The only exception will be for registered purebred livestock that will not have to have a county tag, if they have

proper tattoos and registration papers. Ownership of these animals must be verified by registration papers showing immediate family ownership by May 1. Please visit the Extension Office **before May 1** with proper registration paperwork in hand (or bring to regular schedule county tagging dates). All breeding ownership, including beef, need only to be verified before May 1, but if you already own your beef breeding project prior to the Feb. 1 tagging, weigh-in, we will be happy to verify that information at that time.

4-H Club Day & Model Meetings

Lyon County 4-H Club Day & Model Meetings have been scheduled for March 7 at Timmerman Elementary School. 4-H Day activities will begin in the morning. If less than 5 clubs sign up for model meetings, the model meetings contest will be hosted on the same day as the other events.

The deadline for all entries is **Friday, Jan. 30 at 5:00 p.m.** You need to register with your club leader. If your club intends to do a model meeting, you must indicate it on the Club Days registration form. When you register with your club leader, you will get a copy of the 4-H Club Days Guidelines. Please keep these guidelines in mind as you are planning your entries.

County-Wide Project Meetings

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

Rawhide Wranglers 4-H Horse Club will be led by Amy Jenkins, Amanda Cunningham and Dana Peak. These volunteers will be working to bring forth educational opportunities for youth interested in horses. The club will meet monthly on the 4th Tuesday at 6 p.m. at the Extension Office. Meeting will be Jan. 27, Feb. 24, March 24 and April 28. The winter rodeo series will continue Saturdays at 2 p.m. on Dec. 27, Jan. 10, Jan. 24, Feb. 7, Feb. 21, March 7, and March 21. During the months of May, June and July, regular riding clinics will be hosted Tuesday and Thursdays from 6-8 p.m. The Rawhide Wrangler 4-H Horse Club is also planning May and September open rodeos. Be sure to attend the regular

monthly meetings to help plan these fun events and learn more about the 4-H horse and rodeo projects.

Foods and Nutrition, hosted by Arlene Roberts at the Extension Office Meeting Room, please RSVP to the Extension Office by 5 p.m. the Wednesday prior to the meeting). Mark your calendars for Jan. 24, Feb. 28 and March 28.

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

Hop to It Rabbit Club, led by John McElfresh, meets the 3rd Thursday of each month.

Dog project meetings, led by Lisa Presiner and Linda Heins, monthly meetings are planned pending a place to meet since the Anderson Building is under renovation.

County-wide New Member Meetings

Are you new to 4-H or just a year or so in and still feel like you have lots of questions and want to get more involved? Lyon County has a county-wide new member coordinator who hosts meetings to help 4-H families with important questions about 4-H. Janet Harrouff, a former club leader, will meet with families after the first of the year to help them become more familiar with Lyon County 4-H so please like and watch for news on Facebook at K-State Research and Extension – Lyon County.



College Scholarships

College bound 4-H'ers may pick up an application for State 4-H Scholarships at the Extension Office. They are due back to the Extension Office by Friday, Jan. 23 at 5:00 p.m. A "2015 Kansas 4-H Scholarship Application" must be used when applying for a state scholarship. This form can be picked up at the Extension Office or found online at www.kansas4h.org. Scholarships will be listed in the January issue of the Kansas 4-H Journal. Your 4-H leadership and achievement, financial need, and scholastic records are considered. Lyon County also offers 11 scholarships for Lyon County 4-Hers only:

- **Bluestem Farm & Ranch Supply** \$300 nonrenewable
- **Bill and Marla Bugbee Scholarship** \$200 renewable
- **Larrie Miley Scholarship** \$500 renewable
- **Marjory Fowler Memorial Scholarship** \$100 renewable
- **Homer A. Dailey Memorial Scholarship** \$75 renewable

- **Marcia Arndt Memorial Scholarship** \$100 nonrenewable
- **P.Kay Duncan Memorial Scholarship** \$200 nonrenewable
- **4-H Alumni Scholarship** \$100 nonrenewable
- **Lyon County Fair Board Scholarship** \$250 nonrenewable
- **Lester J. & Shirley A. Kusmaul Scholarship** \$250 renewable
- **Anne Fredrickson Scholarship** \$500

Kansas 4-H Citizenship in Action

Would you like to have more influence in laws and rules that affect your life? Then you'll want to go to Kansas 4-H Citizenship in Action! It is scheduled for Feb. 15-16 at the State Capitol in Topeka and registration is due by Jan.15. All youth who are at least 13 years old by Jan. 1, 2015, are eligible to attend. The purpose of the event will be for Kansas 4-H members to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their communities. There will be workshops, tours of the State House, and opportunities to meet with our legislators. Registration is available on-line at www.kansas4h.org.

2014-2015 4-H Ambassadors and Junior Ambassadors

Ambassador Coordinators Shawna Moyer and Tracy Simmons have an exciting group of youth leaders to work with to help promote 4-H throughout our community. The Ambassador Team for 2014-2015 includes third year members Wyatt Bolen, Katherine MacGregor, Kyle Pedersen, and Maddie Simmons; Ambassadors serving their second year include Kelsey Gordon, Luke Ikerd, Jessica Klumpe, Codie Orender, and Dakota Orender. New Ambassadors serving a 2-year term are Alison Alingh, John Fritts, Kaman Simmons, Allison Smith, Shelby Smith and Karlee Wigton. The new Junior Ambassadors are Riley Botkin and Ashlyn Alingh.

KAP News

I would like to thank the 27 volunteers who helped judge Marion County Kansas Award Portfolios (KAPs) this year. Remember, Senior County Record Book winners need to have their KAPs turned in to the Extension Office no later than Monday, **Jan. 5 at 4-H Council** for the SE Area KAP Screening.



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Agriculture and Natural Resources

December 2014 – January 2015

Sunflower Supreme Heifer Program

Friday, November 14 was a landmark day for the Sunflower Supreme Heifer program as it marked the first sale for the program! I was able to attend and help a little with the sale that was held at Parsons. Over 400 spring-calving heifers were sold, and the sale barn was FULL of people. There was a variety of genetics to select from, but most importantly there was a consistent protocol for animal health, pregnancy confirmation, and a very strong focus on calving ease EPD's, regardless of breed.

We did not have any local producers participate in the program this year, but I am hoping we will have interest for 2015. There are deadlines that will need to be met for the fall 2015 sale (the timeline has already passed for the spring sale for fall calving heifers).

Coordinated by K-State Research and Extension and the Kansas Department of Agriculture, the Sunflower Supreme Heifer program is set up to help producers make management decisions about development of replacement heifers and improve record-keeping and planning for herd improvement. Heifers that meet all the guidelines will be eligible for special heifer sales. The program is modeled after the Missouri Show-Me-Select Heifer program that has run successfully for 18 years and we hope this program can bring similar improvements for producers in the state of Kansas.

The program requires verification of good production practices you probably already follow. Requirements include BQA certification, Kansas residency, certification of specified vaccinations at specific times, a negative BVD-PI test, following sire selection guidelines, a breeding soundness exam (certain specs on that), a breeding season of 60 days or less, and preg-check within 90 days of the start of the breeding season, as well as a follow-up 30-45 days prior to the sale.

This is a very brief description of the guidelines. There is an annual membership fee of \$20 per producer, and there is also a certification fee to be assessed. More details are available locally. Initial paperwork is also available here. This should be a good opportunity for many producers who are already following these good production practices to capture additional premium for the work they are doing. Paying attention to these details has the potential to net you and your cow-calf operation substantial long-term results whether buying or selling.

Farm and Ranch Succession

The transfer of ownership, management and leadership from one generation to another is an important issue for farms, ranches and rural communities across Kansas. This winter, K-State Research & Extension and Kansas Agricultural Mediation Services will partner with Frontier Farm Credit, Kansas Bankers Association, Kansas Farm Bureau, Kansas Farm Management Association, Kansas Farmers Union and the USDA Farm Service Agency to offer a one-day succession conference designed to educate and support families as they prepare for the future of their enterprise.

The conference brings together a network of K-State Research & Extension professionals offering comprehensive insights for families transferring their farm or ranch. Topics include: developing a vision and goals for the operation, financial planning, legal issues, power transfer and family communications.

Beyond the conferences, succession resources will be accessible online through videos, webinars and other electronic sources. Trained facilitators will also be available to guide families through the succession planning process.

Flint Hills Technical College in Emporia will be the site on Saturday, January 17 from 9-4:30. Other locations across the state (on various dates) include Iola, Pratt, Manhattan, and Hays. All who are involved with a family agricultural operation are encouraged to attend.

Registration for this conference is being handled through Manhattan, and is required for attendance at this event. www.ksre.ksu.edu/kams/p.aspx?tabid=34 is a link for registration. Registration is \$60 for the first family member and \$40 for each additional family member.

Soil Testing Yet This Fall

It's not too late to take samples for your spring crops. A soil test, whether you do it yourself or have it done by a local provider, is a valuable management tool to help keep excess nutrients out of lakes, rivers and streams, maintain the productivity of your land, and provide information to make sound year-end purchase decisions. Economic analysis by K-State shows that returns to soil sampling are often greater when grain prices are lower.

Farm Bill Workshops

The 2014 Farm Bill will have lasting effects on ag producers throughout the country. In an effort to provide education and resources to understand the Farm Bill, there are 2 sessions scheduled at this time.

The Lyon/Chase County Farm Service Agency is hosting a Farm Bill meeting on Monday, **December 1, 2014**, from 10:00 a.m. to 12:00 p.m. at the Lyon County FSA Service Center, 3020 W 18th Ave in Emporia. The meeting is free and open to the public, but seating is limited and will be on a first come first serve basis.

Attendees will learn about the Agricultural Risk Coverage (ARC) and Price Loss Coverage (PLC) programs included in the new Farm Service Agency (FSA) Farm Bill. Learning more about ARC and PLC is extremely important for producers who must make a one-time decision about base and yield updates as well as ARC or PLC election and enrollment decisions. An FSA representative will be in attendance to answer questions on ARC and PLC policy and procedure.

On **January 14, 2015**, Dr. Art Barnaby and Dr. Mykel Taylor will discuss what is in the new farm bill legislation. The new Farm Bill has several new programs for agricultural producers, but eliminates Direct Payments, Counter Cyclical Payments, SURE (Supplemental Revenue Assistance) and ACRE (Average Crop Revenue Election). The new Title I programs include Agriculture Risk Coverage (ARC) and Price Loss Coverage (PLC). Producers will have to make a one-time irrevocable decision this year to select one of the two programs. If they do not choose, the PLC is the default option and farmers/landlords who fail to make a decision will give up any 2014 payment.

The presentation will provide analysis of both the primary programs (ARC and PLC) for the major crops in Kansas, and the SCO (Supplemental Coverage Option) that provides additional crop insurance if the farm is not enrolled in ARC. The Act made major improvements to crop insurance as well which will also be discussed.

Dr. Taylor will follow this discussion with the use of a computer decision aid that will help farmers sort through the options to help make a decision, and explain that decision to their landlords. USDA Farm Service Agency (FSA) will also provide instruction on the mechanics of the program and what producers will need to do to make this election and sign up for the program of their choice.

The session runs from 8 to noon on January 14, 2015. Complimentary tickets are available at the Lyon County Extension Office, 2632 W Hwy 50 in Emporia. Please make reservations by calling the Extension Office at 620-341-3220.

Cow-Calf School

On December 16, Coffey County Extension will be hosting a cow-calf/calving school in Burlington. I know it will be an evening meeting but I do not have the actual start time at this point.

At last word, two speakers were planned. KC Olson is scheduled to discuss matching the cowherd to available resources, while Dr. Dave Rethorst with the Beef Cattle Institute will bring their new calving dystocia cow and calf simulator for "life-like" calving difficulty demonstrations and a "hands on" learning experience.

I am sure reservations will be requested by early December. For further information on this opportunity, please contact Darl Henson at the Coffey County Extension Office, 364-5313.

EXCEL and Small Farms Workshops

Due to interest expressed earlier this year, on February 5, 2015 from 9:30 to about 2:30 at the Lyon County Extension Office, Rich Llewelyn with the Department of Agricultural Economics at Kansas State University will present "Using EXCEL Spreadsheets Effectively". This will be not only an intro to EXCEL, but will also include sessions on estimating machinery costs, crop budgets, principal and interest payments, and livestock economics, as well as tips and tricks for using EXCEL.

There is a \$10 registration fee, and lunch will be included in the session. Registration deadline will be January 30, 2015. To register, contact the Lyon County Extension Office at 620-341-3220, or drop payment by the office at 2632 W Hwy 50 in Emporia.

As a follow-up to the Small Farms Workshop held in 2013, February 7, 2015 has been scheduled at the Flint Hills Technical College for "Small Farms 2". Starting at 8:30 with registration, topics will include: goals; plant, water and soil interactions; bee basics; creating habitats for pollinators; Cage Free Chickens 101; Local Food/Local Farm Task Force; Landscaping with fruit trees and garden plants; marketing; and preserving the harvest. Registration details will be announced soon!

2015 Extension Master Calendar

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

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

JANUARY

01 New Year's Day Holiday – Extension Office Closed
05 Master Gardeners Meeting, Noon, EMR
05 4-H Council Meeting, 7 p.m., EMR
09 SE Area Record Book Screening, Eureka
10 Rawhide Wrangler Winter Rodeo Series, 2 p.m.
11 4-H Day with Wildcat Women's Basketball
14 The 2014 Farm Bill: Making the Decision, 8 a.m.,
Harvest House
15 Hop To It Rabbit Club, 7 p.m., EMR
17 Demonstration/Project Talk Workshop, 9 a.m., EMR
17 Planning for Farm & Ranch Succession, 9 a.m. –
4:30 p.m. Flint Hills Technical College
18 Poultry Club Meeting, 1 p.m., EMR
19 Martin Luther King Day - Extension Office Closed
20 Cloverbuds, 6 p.m., EMR
21 Dog Project Meeting, 7 p.m.
23 4-H Scholarships due to Extension Office by 5:00 p.m.
24 Rawhide Wrangler Winter Rodeo Series, 2 p.m.
24 Countywide Foods Meeting, EMR
27 Rawhide Wranglers, 6 p.m., EMR

FEBRUARY

02 Master Gardener Meeting, noon, EMR
02 Ambassadors Meeting, 6 p.m., EMR
02 4-H Council Meeting, 7 p.m., EMR
05 Excel Workshop, 9:30 a.m., EMR
06 FCS President's Council, noon, EMR
07 Beef weigh-in and tagging, 8-10 a.m., Fairgrounds
07 Small Farms Workshop, 8:30 a.m., Flint Hills
Technical College
07 Rawhide Wrangler Winter Rodeo Series, 2 p.m.
15 Poultry Club Meeting, 1 p.m., EMR
15-16 Kansas 4-H Citizenship in Action, Topeka
16 Presidents Day – Extension Office Closed
17 Cloverbuds, 6 p.m., EMR
18 Dog Project Meeting, 7 p.m.
20-21 State 4-H Ambassador Training, Rock Springs
21 Rawhide Wrangler Winter Rodeo Series, 2 p.m.
24 Rawhide Wranglers, 6 p.m., EMR
25 Board Leadership Series, 6-8 p.m., EMR
26 Board Leadership Series, 6-8 p.m., EMR
28 Countywide Foods Meeting, EMR

MARCH

02 Master Gardener Meeting, 5:15 p.m., Emporia Presb.
Church, West Campus
02 Ambassadors Meeting, 6 p.m., EMR
02 4-H Council Meeting, 7 p.m., EMR
04 Board Leadership Series, 6-8 p.m., EMR
05 Board Leadership Series, 6-8 p.m., EMR
06 FCS President's Council, noon, EMR
07 4-H Co. Club Days, Timmerman Elem. School
07 FCS Judging Kit –Timmerman Elem. School
07 Rawhide Wrangler Winter Rodeo Series, 2 p.m.

14 Regional 4-H Club Day, Madison High School
15 Poultry Club Meeting, 1 p.m., EMR
15 Walk Kansas begins
16 Tractor Safety Class, PrairieLand Partners
17 Cloverbuds, 6 p.m., EMR
18 Dog Project Meeting, 7 p.m.
21 Rawhide Wrangler Winter Rodeo Series, 2 p.m.
24 Rawhide Wranglers, 6 p.m., EMR
28 Countywide Foods Meeting, EMR

APRIL

03 FCS President's Council, noon, EMR
06 Master Gardener Meeting, noon, EMR
06 Ambassadors Meeting, 6 p.m., EMR
06 4-H Council Meeting, 7 p.m., EMR
15 Dog Project Meeting, 7 p.m.
16 Hop To It Rabbit Club, 7 p.m., EMR
19 Poultry Club Meeting, 1 p.m., EMR
21 Cloverbuds, 6 p.m., EMR
28 Rawhide Wranglers, 6 p.m., EMR
25 Swine, Sheep, Meat Goat, Bucket Calf Tagging,
8-10 a.m., Fairgrounds
29 Swine, Sheep, Meat Goat & Bucket Calf Tagging,
6-8 p.m., Fairgrounds

MAY

01 KJLS & KSF Steer Nominations Due
01 4-H Add/Drop Deadline for projects
01 Horse & Dog ID's & Breeding Animal Registration Due
2-3 Lyon Co. Livestock Extravaganza, Fairgrounds
04 Master Gardener Meeting, 5:15 p.m., Emporia
Presb. Church, West Campus
04 Ambassadors Meeting, 6 p.m., EMR
04 4-H Council Meeting, 7 p.m., EMR
06 Petting Zoo, Fairgrounds
09 Walk Kansas ends
17 Poultry Club Meeting, 1 p.m., EMR
19 Cloverbuds, 6 p.m., EMR
21 Hop To It Rabbit Club, 7 p.m., EMR
25 Memorial Day - Extension Office Closed
26-29 Discovery Days, K-State Campus
27 Dog Project Meeting, 7 p.m.
Tuesday & Thursdays during May – Rawhide Wranglers
Riding Clinics, 6 – 8 p.m., Fairgrounds
TBA Lyon Co. Open Youth Rodeo, Fairgrounds Arena
TBA Lyon Co. Open Horse Show, Fairgrounds Arena

JUNE

TBA Campference, Rock Springs Ranch
 01 Master Gardener Meeting, noon, EMR
 01 Ambassadors Meeting, 6 p.m., EMR
 01 4-H Council Meeting, 7 p.m., EMR
 14 Camp Counselors to 4-H Camp
 15-18 Sunny Hills 4-H Camp, Rock Springs
 15 KSF & KJLS all other Livestock Nominations Due
 16 Cloverbuds, 6 p.m., EMR
 17 Dog Project Meeting, 7 p.m., Anderson Building
 18 Hop To It Rabbit Club, 7 p.m., EMR
 21 Poultry Club Meeting, 1 p.m., EMR
 23 SE Area Horticulture, Crops & Photography Judging Contest, Neodesha City Hall
 23 SE Area FCS Judging, Neodesha City Hall
 23 Favorite Foods Contest, , Neodesha City Hall
 TBA SE Area Livestock Judging, Yates Center
 Tuesday & Thursdays during June – Rawhide Wranglers Riding Clinics, 6 – 8 p.m., Fairgrounds

JULY

TBA 4-H Clubs – Turn in Fair Tickets - times to be assigned
 01 Lyon Co. Fair Pre-Entries due to Extension Office
 03 Independence Day - Extension Office Closed
 06 Master Gardener Meeting, 5:15 p.m., Emporia Presb. Church, West Campus
 06 Ambassadors Meeting, 6 p.m.
 06 Fairboard pass out Fair Tickets to Clubs, 6:30 p.m.
 06 4-H Council Meeting, 7 p.m.
 16 Hop To It Rabbit Club, 7 p.m., EMR
 19 Poultry Club Meeting, 1 p.m., EMR
 21 Cloverbuds, 6 p.m., EMR
 30 Friends of 4-H Picnic
 Tuesday & Thursdays during July – Rawhide Wranglers Riding Clinics, 6 – 8 p.m., Fairgrounds

AUGUST

8/6 – 8/16 Lyon County Fair
Fair schedule to be announced

15 KJLS Entries due
 16 Poultry Club Meeting, 1 p.m., EMR
 22 State Horticulture Judging Contest

SEPTEMBER

04 FCS President's Council, noon, EMR
 07 Labor Day - Extension Office Closed
 08 Record Books & Award Applications due to Extension Office
 08 Ambassadors Meeting, 6 p.m., EMR
 08 4-H Council Meeting, 7 p.m., EMR
 10 KSF entries except Foods & Hort. due to Extension Off.
 11 KSF Foods & Hort. entries accepted 7:30-8:00 a.m.
 11-20 Kansas State Fair
 20 Poultry Club Meeting, 1 p.m., EMR
 14 Master Gardener Meeting, 5:15 p.m., AB
 15 Cloverbuds, 6 p.m., EMR
 17 Hop To It Rabbit Club, 7 p.m., EMR
 22 Rawhide Wranglers, 6 p.m., EMR
 25-27 Kansas Junior Livestock Show

OCTOBER

TBA Lyon Co. 4-H Achievement Celebration
 01 Ambassador Applications Due
 02 FCS President's Council, Noon, EMR
 4-10 Kansas & National 4-H Week
 05 Master Gardener Meeting, noon, EMR
 05 Ambassadors Meeting, 6 p.m., EMR
 05 4-H Council Meeting, 7 p.m., EMR
 12 Columbus Day – Extension Office Closed
 15 Hop To It Rabbit Club, 7 p.m. – EMR
 15-12/7 Medicare Part D Enrollment
 18 Poultry Club Meeting, 1 p.m., EMR
 20 Cloverbuds, 6 p.m., EMR
 27 Rawhide Wranglers, 6 p.m., EMR

NOVEMBER

02 4-H Online Enrollment due
 02 Master Gardener Meeting, noon, EMR
 02 4-H Council Meeting, 6:30 p.m., AB
 02 Officer Training, 7 p.m., AB
 06 FCS President's Council, Noon, EMR
 11 Veterans Day Holiday - Extension Office Closed
 15 Poultry Club Meeting, 1 p.m., EMR
 17 Cloverbuds, 6 p.m., EMR
 19 Hop To It Rabbit Club, 7 p.m. – EMR
 20-22 Kansas Youth Leadership Forum, Rock Springs
 24 Rawhide Wranglers, 6 p.m., EMR
 26-27 Thanksgiving Holiday - Extension Office Closed
 27-12/1 National 4-H Congress, Atlanta, Georgia

DECEMBER

15 Cloverbuds, 6 p.m., EMR
 17 Hop To It Rabbit Club, 7 p.m., AB
 20 Poultry Club Meeting, 1 p.m., EMR
 22 Rawhide Wranglers, 6 p.m., EMR
 24-25 Christmas Holidays - Extension Office Closed

Season's Greetings! We hope everyone has a fun and safe Holiday Season!

Christmas Tree Tips

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

What to Do With the Christmas Tree After Christmas

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

hawks or cats threaten, and the dense boughs reduce the windchill on a cold night.

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

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

Now is a Good Time to Design Your Landscape

During these dark, cold days of winter when spring feels so far away, now would be a good time to dream and plan the upcoming growing season. If you have been thinking about the landscape around your home, but you have no idea where to start; contact the Lyon County Extension Office. We have a number of publications that are available to help you accomplish your landscaping ideas. We have publications that include "Residential Landscape Design," "Naturalistic Landscaping," "Water-Wise Plants," and many more. If you have any questions, please contact the Lyon County Extension Office at (620) 341-3220.

Plants Deer Do Not Like

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

Rarely Damaged:

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

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

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

Ice Melters

As the cold weather starts to show itself and since our lovely Kansas weather can be unpredictable, here are some things to think about when purchasing ice melt. There are five main materials that are used as chemical de-icers: calcium chloride, sodium chloride (table salt), potassium chloride, urea, and calcium magnesium acetate. Calcium chloride is the traditional ice-melting product. Though it will melt ice to about -25 degrees F, it will form slippery, slimy surfaces on concrete and other hard surfaces.

Plants are not likely to be harmed unless excessive amounts are used. Rock salt is sodium chloride and is the least expensive material available. It is effective to approximately 12 degrees F but can damage soils, plants and metals. Potassium chloride can also cause serious plant injury when washed or splashed on foliage. Both calcium chloride and potassium chloride can damage roots of plants. Urea

(carbonyl diamide) is a fertilizer that is sometimes used to melt ice. Though it is only about 10% as corrosive as sodium chloride, it can contaminate ground and surface water with nitrates. Urea is effective to about 21 degrees F.

Calcium magnesium acetate (CMA), a newer product, is made from dolomitic limestone and acetic acid (the principal compound of vinegar). CMA works differently than the other materials in that it does not form a brine like salt but rather helps prevent snow particles from sticking to each other or the road surface. It has little effect on plant growth or concrete surfaces. Performance decreases below 20 degrees F.

Limited use of any of these products should cause little injury. Problems accumulate when they are used excessively and there is not adequate rainfall to wash or leach the material from the area. Since limited use is recommended it is best to remove the ice and snow by hand when possible. When they are applied, practice moderation. Resist the temptation to over apply just to make sure the ice and snow melts. Keep in mind this can damage concrete surfaces as well as the plants and grass growing along the walks and driveways. These problems are normally latent and do not show up until spring or summer.

Care of Gift Fruit Baskets

A holiday tradition is to give gifts of fruits and nuts (along with other products). Usually these are placed in an attractive basket, wrapped with cellophane covering, and brought (or shipped) to your house. It is important that the fruit contained inside is kept in cool conditions to maintain its quality for as long as possible. Thus, it is wise to disassemble the fruit basket as soon as you receive it and place the fruit in refrigerated storage. If all the products in the basket are tree fruits (such as apples, pears, oranges or grapefruit), you can place the entire basket in a cool place- around 40 degrees F for best results. If the basket contains any bananas or other tropical fruits (with the exception of citrus) remove those fruits and store them separately. About 3-4 weeks is about as long as you can expect to store these fruits without some shriveling and loss of crispness.



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Family & Consumer Sciences

Emporia Community Foundation.

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

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

You may make a donation to this fund by downloading a donor form at http://www.emporiacf.org/types_funds_define_becomeadonor.htm

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

some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better. Why not make this the time to start getting in shape. Make a resolution to join Walk Kansas.

3. Save Money

Save money by making healthy lifestyle changes. Walk or ride your bike to work or explore carpooling. Cut back on gym membership costs by exercising at home. Many fitness programs on videogame systems can get you sweating. Take stock of what you have in the fridge and make a grocery list. Aimless supermarket shopping can lead to poor choices for your diet and wallet.

4. Volunteer

We tend to think our own bliss relies on bettering ourselves, but our happiness also increases when we help others. Guess what? Happiness is good for your health. A 2010 study found that people with positive emotions were about 20% less likely than their gloomier peers to have a heart attack or develop heart disease. Other research suggests that positive emotions can make people more resilient and resourceful. Volunteer and make someone else's day and feel good doing it. Everyone benefits.

New Year's Resolutions



Each January, roughly one in three Americans resolve to better themselves in some way. A much smaller percentage of people actually make good on those resolutions. While about 75 percent of people stick to their goals for at least a week, less than half (46 %) are still on target six months later, a 2002 study found. Here are a few of the Healthiest New Year's resolutions.

1. Lose weight

The fact that this is perennially among the most popular resolutions suggests just how difficult it is to commit to. But you can succeed if you don't expect overnight success. Plan for bumps in the road. Use a food journal to keep track of what you eat and have a support system in place.

2. Get in Shape

The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of

President's Council

Friday February 7th (Noon)

Friday March 7th (Noon)

Friday April 3rd (Noon)

Extension Office Meeting Room

What do you look forward to most about holiday celebrations?

Are holiday foods on your list? The holiday season brings many special celebrations with fun, family, and food galore. Many families have traditions centered on fabulous foods and drinks that they get to enjoy only a few times per year. While celebrations are to be encouraged, it is wise to think carefully and make a plan of action before heading into a season traditionally filled with fat-laden and sugar-filled foods.

Americans typically gain 1 to 3 pounds (or even more) between Thanksgiving and the New Year. On face value, this is no big deal. The problem is that most people don't lose that excess weight and it adds up over

several years, creating the possibility of chronic health problems. Research from the Centers for Disease Control and Prevention indicates chronic disease is responsible for more than 70 percent of health-care expenditures in the state of Kansas. Furthermore, many chronic conditions can be prevented and controlled by healthy lifestyle behaviors, including maintaining a healthy weight.

Holiday celebrations and traditions are an important part of life to be enjoyed. And it is possible to reduce the large amounts of fats and sugar usually found in holiday recipes and focus more on the “star” ingredients — fruits and vegetables. With a little planning and a few simple changes, you can enjoy great-tasting holiday foods and still maintain a healthy lifestyle.

Green Bean Sauté (Try this instead of green bean casserole)

Makes 6 servings.

- 1 cup sliced onion
- 1 cup sliced mushrooms
- 1 teaspoon minced garlic
- 1 can (16 ounces) cut green beans

Spray a skillet with non-stick cooking spray. Over medium heat, cook onions, mushrooms, and garlic until onions are soft. Add drained green beans and heat thoroughly. *Source: USDA Snap-Ed Connection.*

Nutrition per ½-cup serving: 35 calories, 0 g fat, 0 mg cholesterol, 200 mg sodium, 6 g carbohydrate, 2 g fiber, 2 g sugar, 2 g protein



Walk Kansas March 15th – May 9th, 2015

Registration due by March 15th

Forms will be available Feb. 1st & can be picked up M-F During Office Hours

Walk Kansas is a team-based program that will help you and others lead a healthier life by being more active, making better nutrition choices, and learning positive ways to deal with stress. This is the 14th year of Walk Kansas. I challenge our community to meet last year’s numbers, let’s try for 120 teams. For more information go to: www.lyon.ksu.edu registration packets will also be posted on the website.

Walk Kansas is an opportunity to involve your entire family and community – those that live close to you and even those at a distance. Family and friends from other communities, states, and countries can participate. This

is a chance to promote healthy lifestyle habits to people of all ages through the community.

Walk Kansas Registration fees will include a t-shirt, Kick-Off party, fat bucks buffet, WalkABOUTs, Bodies in Motion, The Sustainable American Dinner Plate and Nutty Nibbles. Watch for dates and locations to be announced in January.

WalkABOUTs will still happen during Walk Kansas. Stay tuned for more information on the WalkABOUTs. I am looking for suggestions on what day and where to have the WalkABOUTs.

Fat Bucks Buffet is a fun way to introduce the concepts involved in controlling the fat content of the diet by making educated food choices. Come and learn to measure the amount of fat in the food that we eat. We will be having a build your own sandwich bar for demonstration purposes.

The Sustainable American Dinner Plate

Don’t wait for the government or big food companies to solve the world’s sustainability problems. Consumer choices help shape the food supply. People — you, for example — can make many small changes over time. Starting with at least one today, you can make a big difference to maximize health (how you look and feel) for yourself, your children, their children, and so on; save money; increase the well-being of the environment; and improve the vitality of local communities (increase their food production capacity and food security).



Nutty Nibbles

Nuts can be a beneficial and tasty addition to any diet. They are a good source of fiber and protein, plus many vitamins and minerals. Eating nuts in moderation can even help keep your heart healthy. Scientific evidence suggests that eating 1.5 ounces per day of most nuts (almonds, hazelnuts, peanuts, pecans, pistachios and walnuts) may reduce the risk of coronary heart disease.



Bodies in Motion

Let’s work on creating time for activity. Choosing an activity that you enjoy is one of the keys to lifetime health. Come and explore the many options that exist, as we introduce you to some new and exciting possibilities. Let’s get you moving and keep you moving.

Return Service Requested

Check out our website at
www.lyon.ksu.edu

December

- 05 Christmas Around the World Celebration, 11 am, EMR
- 07 Ambassador Christmas Party, 4:30 pm, EMR
- 16 Cow-Calf School, Burlington
- 16 Cloverbuds, 6 pm, EMR
- 18 Hop To It Rabbit Club, 7 pm, EMR
- 21 Poultry Club Meeting, 1 pm, EMR
- 23 Rawhide Wranglers, 6 pm, EMR
- 25-26 Christmas Holidays – Extension Office Closed
- 31 Inventory – Extension Office closed to public

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

January

- 01 New Year's Day – Extension Office Closed
- 05 Master Gardeners, noon, EMR
- 05 4-H Council, 7 pm, EMR
- 09 SE Record Book Screening, Eureka
- 11 4-H Day with Wildcat Women's Basketball
- 14 The 2014 Farm Bill: Making the Decision, 8 am, Harvest House
- 15 Hop To It Rabbit Club, 7 pm, EMR
- 17 Demonstration Workshop, 9 am, EMR
- 17 Farm & Ranch Succession Workshop, 9 am – 4:30 pm,
Flint Hills Technical College
- 18 Poultry Club Meeting, 1 pm, EMR
- 19 Martin Luther King Day – Extension Office Closed
- 20 Cloverbuds, 6 pm, EMR
- 21 Dog Meeting, 7 pm
- 23 4-H Scholarships due to Extension Office
- 24 Countywide Foods Meeting, EMR
- 27 Rawhide Wranglers, 6 pm, EMR