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# Lyon County

K-State Research and Extension News

*Knowledge  
for Life*

## September 2016

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## It's Your Chance to Serve!

If you are interested in serving or becoming more involved with Extension work, please consider serving on the Lyon County Extension Council.

The Council is made of 24 members with six each serving on one of the four Program Development Committees (PDC's): Agriculture and Natural Resources, Family and Consumer Sciences, 4-H Youth Development, and Community Development. The Program Development Committees provide guidance for Extension programming for the county.

In Lyon County, the Extension Council is elected in an at-large election. Extension Council members are elected to a 2 year term and may be re-elected once (total of four consecutive years) before they must sit out for a year. Twelve Extension Council members are elected or re-elected annually and represent one of the four Extension programming areas.

All citizens of voting age are eligible to be candidates and vote in the at-large elections. The public annual election meeting is held not earlier than September 1, but not later than ten days before the annual meeting of the council.

**Please contact us by Wednesday, September 7<sup>th</sup>, 2016 to let us know if you are interested in having your name on the ballot!**

**The 2016 Lyon County Extension Council Elections will be:**

**October 5, 2016**

**7:30 a.m. to 5:30 p.m.**

**At the Lyon County Extension Office**

**2632 W Hwy 50, Emporia**



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# The Clover Connection



## Congratulations on a successful 2016 Lyon County Fair.

**A special *Thank You* to all 4-H'ers, parents, and volunteers who put in hours of dedication to make the Lyon County Fair a fun and enjoyable time for everyone!**



### Show Your Appreciation

Were you amazed at the number of people who attended the Friends of 4-H Picnic? All of those individuals have helped to make the 4-H program here in Lyon County a success. **It is important to let them know how much we appreciate them! Remember to write thank you notes for any awards you received at the county fair.** Leaders, please remind everyone in your club to send the proper thank you notes. It is also important to remember to thank these people throughout the year for any other awards or services that you may receive. We have lost sponsors and buyers in the past for lack of expressed appreciation; we don't want to see that continue to happen.

A good idea to show appreciation would be to bake something to drop by and present your thank you in person with a great homemade treat. Sponsors appreciate seeing our fine youth and give these awards because they believe in 4-H and know that it teaches youth generosity. So please be thankful for the great support they give our programs.

Coordinators and superintendents play vital roles in making the fair possible. They dedicate countless hours to help set up the fair, work with judges and organize our events. Please take note of those volunteers listed in your fair book who work in areas you were involved in and take time to send them a note of appreciation for their help. We also want to remember to thank the Lyon County Fair Board members. They work hard year-round to make our fair possible, and I want to encourage you to send a personal thank you to these members.

## 4-H Council Representation

As we look to a new 4-H year, we would like to remind you of the importance of club attendance at 4-H Council meetings. Since the newsletter is an every other month publication, 4-H Council serves as a vital communication tool for the office to get information out to clubs. If your 4-H club does not have an adult and a 4-H member in attendance at the council meeting, you will miss important information and deadlines. 4-H Council has always been an important link between clubs and the Extension Office. It is the club leaders' responsibility to have representation at the council meetings from both adults and 4-H membership. As new officers are elected in your club, please make sure council representation is not overlooked. I look forward to having another great year.



## County-wide 4-H Sunday

We have celebrated 4-H Sunday as a county for the last four years. This year, 4-H clubs are encouraged to select a regular church service to attend as a club as we will not be hosting a county-wide event. 4-H Sunday is "one Sunday during the year set aside to highlight the heart 'H' and the spiritual side of 4-H work. 4-H strives for fourfold development – spiritual, mental, physical and social. Spiritual growth is enhanced as young people take their place in the church and put its teachings into place in everyday living." Watch Facebook for more details. If you haven't "Liked" K-State Research and Extension – Lyon County on Facebook find us now to keep up to date on information and reminders.

## Achievement Celebration

The 2017 Lyon County Achievement Celebration will be held on Sunday, October 23, at the Emporia Granada Theatre. We will begin with the awards program at 3 p.m. followed by snacks and fun festivities. The 4-H Council Committee in charge of the celebration is still working on details, so be watching for news from your club leader.

## 2016 Kansas State Fair

The 2016 Kansas State Fair will be Friday, September 9 through Sunday, September 17. Kansas State Fair entries (Clothing, Arts & Crafts, Photography, Rocketry, etc.) MUST be at the Extension Office by Thursday, September 8 at 5:00 p.m. If you would like to bring exhibits before that day, please do so. The Extension Office will be open at 7:30 a.m. on Friday, September 9 to accept ONLY Foods & Nutrition and Horticulture items. We will be leaving for Hutchinson at exactly 8:30 a.m. Any exhibits not at the office by 8:15 a.m. will not be taken to the State Fair.

### 4-H Council

**4-H Council will meet on Tuesday, September 6, at 7 p.m.** in the Extension Office Meeting Room. Please note that the meeting is on Tuesday, NOT Monday, due to the Labor Day holiday. The October Council Meeting will be held on Monday, October 3 at 7:00 p.m. in the Extension Office Meeting Room.

### Online 4-H Enrollment Process

Enrollment for the 2016-2017 4-H year will again be online, but will not begin until October 1. The sooner you get your 4-Hers enrolled the sooner you will be receiving accurate information regarding project meetings and various project related information. Returning 4-H members may be re-enrolled with the original account created for last year's enrollment. It's important that each family enroll their own 4-H members with a valid email address so that we can continue to improve the communications with our 4-H families.

In addition to enrollment/re-enrollment online, a 4-H Participation Form is required. This form is now part of the online enrollment process. It's important the Participation Form information is accurately completed. We appreciate your participation in 4-H and hope that you will stick with us through the new online enrollment process. Please stay in touch with your club leaders for more information.

### 48 Hours of 4-H

Join thousands of 4-Hers and volunteers across Kansas for 48 Hours of 4-H October 8 and 9, 2016. Kansas 4-Hers are encouraged to set up service projects in their local communities to showcase the positive impact 4-Hers can make in just one weekend. Be sure to visit the state 4-H website to find forms to document your service and contribute to the statewide event. Check out [www.kansas4-h.org/p.aspx?tabid=595](http://www.kansas4-h.org/p.aspx?tabid=595) for more information.

## National 4-H Week

National 4-H Week will be October 2 - 8, 2016. Clubs are encouraged to inform their communities about 4-H during this week. 4-H members should be prepared to discuss contests, presentation, displays and other ways to promote 4-H during National 4-H week. Hopefully, we can use the week to promote the 4-H program to the best of our ability.

### Ambassador Applications

Lyon County is looking for 4-H members who are interested in becoming county 4-H Ambassadors. The Ambassadors represent and promote the 4-H program throughout our community. Some of the programs and events Ambassadors have assisted with in the past include the Petting Zoo, Day Camp, Friends of 4-H Picnic, after School programming, and the county fair.



The Ambassador Program is a large time commitment for 4-H'ers and their families. Please take time to carefully consider the time commitment to the program and other requirements before applying. Through the Ambassador program, we hope to offer teenage youth important leadership opportunities by developing their communication and marketing skills. To apply, applicants must be currently in 9<sup>th</sup> grade but no older than 11<sup>th</sup> grade. If selected, an Ambassador serves a two-year term beginning at the Achievement Celebration of the year applying. We plan to continue the Junior Ambassador role, which allows 4-Hers who are currently in 8<sup>th</sup> grade to apply. This is a one-year term.

Applications and reference forms are available at the Extension Office. They are due no later than 5 p.m. on October 3, 2016. No late applications will be accepted. Applications are also available on the county website at [www.lyon.ksu.edu](http://www.lyon.ksu.edu).

Once applications are reviewed, qualified applicants will be invited for a professional interview on Wed., Oct. 12, with time slots beginning at 6:30 p.m. Interviews will be scheduled every 15 minutes during the evening until all invited applicants are interviewed.

Lyon County 4-H Ambassadors meet monthly at 6:00 p.m. on the first Monday of the month. Special meetings are also being planned for the first Wednesday of the month at 7:00 p.m. in the months of February, April, June and July to offer leadership, public speaking and



- An individual may officially enroll on his/her 7<sup>th</sup> birthday and after, **but not before**.
- **To participate in the 2017 Lyon County Fair, the 4-H'er must be 7 by January 1, 2017.**
- Young people who turn 19 before January 1, 2017 cannot re-enroll in 4-H for the 2016 -2017 4-H year.

### **Lyon County 4-H Alumni Association**

This group strives to gather former 4-H'ers, leaders and volunteers to support Lyon County 4-H. Alumni are an excellent resource for the 4-H program because they provide the expertise, ideas, and creativity needed to strengthen our program. The group also offers financial support to local 4-H'ers through scholarships and Extension support. Some activities include: Sponsoring the Kansas 4-H Journal for the 4-H families, providing an informational booth at the Lyon County Fair, and holding an annual meeting each year for fellowship and sharing memories. Any former 4-H member, community or project leaders, and supporters of the 4-H program are encouraged to join. The Lyon County 4-H Alumni Association is planning its annual meeting for Sunday, Oct. 2 at 6 p.m. at the Extension Office Meeting Room. If you are interested in becoming a part of this organization, or if you have more questions, please contact Barb Burum at (620) 443-5790.

### **Building Strong Clubs**

The **first impression...**clubs have only one chance to make a first impression! Let's hope it's a positive impression. If new members don't feel comfortable with the club, they won't come back. Therefore, as we are getting ready to start the new 4-H year, we encourage your club to make a plan to be a welcoming environment where young people and adults feel accepted. Create a plan for welcoming new members. Some ideas include:

- Assign an adult volunteer or family to serve as the club's *New Family Coordinator* to greet guests and help them understand 4-H.
- During the club meeting, introduce guests and help them understand what is happening.
- After the meeting, follow up with a phone call or email thanking the guests for visiting. Offer to answer any questions they may have.
- If the guests become members, be available to explain and answer questions about 4-H.

### **Club Financial Reviews due Nov. 15!**

All 4-H clubs, including county-wide project clubs like shooting sports and Rawhide Wranglers, will be required to submit Financial Reviews for the 2015-2016 4-H year which is from October 2015 through September 2016. They are due by Nov. 15 to the Extension Office.

### **State Youth Council**

The Kansas 4-H Youth Leadership Council (K4-HYLC) and Kansas 4-H'ers are looking for committed, enthusiastic members to serve on the 2017 Council. Lyon County's own Katherine MacGregor has served on youth council for the last three years and Kaman Simmons served his first term this past year. These Lyon County 4-Hers were elected by their peers to serve representing the southeast area. It has been a true joy to watch them grow and represent Lyon County and Kansas 4-Hers in this role. They both would agree that it has been a wonderful experience that took hours of dedication. They have made life-long connections and gained valuable knowledge. If you are interested in seeking this level of leadership, please don't hesitate to contact Katherine or Kaman with questions or stop by the Extension Office to visit with Corinne. Twelve Council members (3 from each Extension area) are elected at the Kansas Youth Leadership Forum, November 18-20, 2016, at Rock Springs 4-H Center to serve Kansas 4-H for the 2017 year. Any Kansas 4-H member between the ages of 14 and 18 before January 1, 2017 may apply. The application process requires action by October 1 with references and online requirements. If interested, please touch base with the Extension Office immediately.

### **Lyon County Exchange with Kansas**

With so many 4-Hers in that in between age of not being quite old enough to participate in an exchange program with a distant state, I am working with the agents in Stephens County, Kansas, to host an exchange for 4-Hers interested in visiting the far southwestern corner of Kansas and hosting their 4-Hers here in Lyon County next summer. We are looking at a 3-day exchange both ways, with one visit planned in June and one visit planned in July after the 4-H of July holiday. The exchange will be open to 12 4-Hers who are currently in 6<sup>th</sup> through 8<sup>th</sup> grade. There are many local attractions in Stephens County our 4-Hers will experience, and they will also experience the 4-H program through the eyes of fellow Kansas 4-Hers. It will be a fun exchange where we focus on meeting new friends, local attractions and learning more about 4-H.

If you are interested in participating in this program in summer 2017, please contact Corinne at the Extension Office for more information. We will limit participation to 12 Lyon County 4-Hers and 12 Stephens County 4-Hers. The only fundraising that will take place for this trip will be providing the concessions stand for the High School Rodeo scheduled at the Lyon County Fairgrounds Oct. 15-16.





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## Agriculture and Natural Resources

September 2016

### Now is **STILL** the time to Control Sericea



The August rainfall (during the fair and Beef Fest!!) has kept the pastures and rangeland green and lush across much of the region. It has also enabled the sericea lespedeza to continue to grow and remain in a vegetative state. I have seen a few flowers already, so it is probably time to make the switch from a Triclopyr-based product to Escort, a product containing metsulfuron.

I have heard from many producers this year that there seems to be more sericea than in years past. I cannot confirm if there is actually more, if we are finally doing a better job of identification, or if the early season favored sericea growth over native plant growth.

As a reminder, sericea lespedeza is a shrubby, deciduous perennial about 2 to 5 feet tall and even though we are greener than normal for late August/early September sericea is once again one of the greenest plants in the pasture. Coarse stems are single or clustered with numerous branches. New growth each year comes from buds located on the stem bases or crown about 1 to 3 inches below ground. Stems and branches are densely leaved. Leaves are trifoliate and attached by short petioles. Leaves are club- or wedge-shaped (wider at the tip than the base), 1/4 to 1 inch long and 1/16 to 1/4 inch wide. The leaf is round to flat at the top, with a conspicuous point at the tip. The lower leaf surface has silky hairs. Scale-like stipules are present on the stem.

Flowers are yellowish-white with purple to pink markings and appear from mid-July to early October. The flowers occur in clusters of 1 to 3 in the upper leaf axils and are 1/4 inch long, fused at the base (Figure 3). The tan to greenish seeds are 1/16 to 1/8 inch long.

In K-State Research studies, Triclopyr (Remedy) and triclopyr + fluroxypyr (PastureGard) have given excellent control of sericea lespedeza when applied in June and early July, sometimes into August and even early September. Metsulfuron products (Ally, Cimarron Plus, Escort XP, and others) have given excellent control when applied in September. Sericea **has not been controlled** with 2,4-D, and only minimal kill has been achieved with a mix of either 2,4-D + picloram (Tordon), or 2,4-D + dicamba. Always read and follow label instructions and cautions.

For more details on sericea lespedeza ID and control, see "Sericea Lespedeza: History, Characteristics, and Identification," K-State publication MF-2408 from the Extension Office or give me a call at 620-341-3220.

### KSU Beef Stocker Field Day

The 2016 KSU Beef Stocker Field Day will be held on Thursday, September 22 at the KSU Beef Stocker Unit in Manhattan. Registration will begin at 9:30 a.m. and the day will conclude with a good old-fashioned Prairie Oyster Fry.

In between will be presentations by Glynn Tonsor – Beef Cattle Outlook; a panel on Pasture Burning Issues – The necessity, alternatives and consequences; Animal Health Research Update with Dr. Tim Parks of Merck; Receiving diets – Implications on health and Performance from Dr. Sean Montgomery with Corn Belt Livestock Services; Parasite and Fly Control Options with Dr. Justin Talley from Oklahoma State; Technology Applications for Beef Cattle by Dr. Ray Asebedo with K-State; and ending with a session on Beef Cattle Handling with Dr. Tom Noffsinger, DVM of Benkelman, Nebraska.

Pre-registration is \$25 by September 15 (\$35 at the door). Complete details are at [www.KSUbeef.org](http://www.KSUbeef.org). For more details, call me at 620-341-3220, contact Lois Schreiner at [lschrein@ksu.edu](mailto:lschrein@ksu.edu) or 785-532-1267.

### 2016 Agricultural Lenders Conference

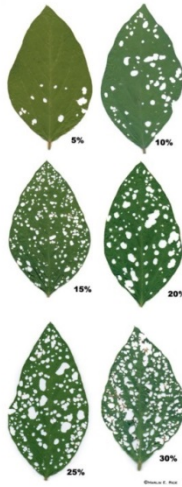
The 2016 Agricultural Lenders Conferences will take place on October 4 in Garden City and on October 5 in Manhattan. The Manhattan session will start at 8:30 with registration, first session at 9:00, and be held at the International Grains Program Conference Center.

Topics will include: Grain Market Outlook for 2017; Macroeconomics and Interest Rate Outlook; Farms in Various Financial Vulnerability Categories; Family Living Expenses; Beef Cattle Market Outlook for 2017; Financial Benchmarking and Position; and Diversified Crop-Livestock Operations.

Pre-registration deadline is September 25, and is \$90. Registration at the door is \$100. More information on the conference and speakers is available at our office, or at [www.agmanager.info](http://www.agmanager.info).

## CROP SCOUTING

If you haven't already been doing so, I would encourage you to be on the lookout for pests in your soybeans, alfalfa and grain sorghum. Many area producers sprayed soybeans in mid-late August and I am not convinced it was necessary, as I think a lot of the spraying was for green cloverworms and yellow-striped armyworms, both of which are foliage feeders and rarely require control. Normally there are predators or diseases that do a very good job of controlling cloverworms before they do enough damage to justify insecticide application. Please note the image with percentage defoliation, courtesy of Iowa State University. The picture at lower right, which most of us would think is terrible, has 70% of the leaf area remaining – **only 30% defoliation!**



There were instances of soybean podworms (corn earworms, sorghum headworms) working on the soybean pods that would have justified an application. For those situations where there were no podworms present, I would **STRONGLY** encourage you to scout aggressively in the coming days to watch for the next generation of podworms that will develop without any predators to try to keep them in check. This is especially true with any late-planted or double crop soybeans.

I haven't seen any sugarcane aphids on sorghum in Lyon County yet, although there have been reports in Butler County. Be on the lookout, and again check the thresholds prior to an insecticide application. Also, you may want to be watching for headworms in the sorghum (again, corn earworms or soybean podworms), although much of the sorghum may be getting past the point of being damaged by headworms.

And if you missed the first page, this year there seems to be more sericea lespedeza showing up in pastures. Whether it was there previously or not, it has been more noticeable in many places that it was not noted before. Do what you can to control it early!!

### Soil Health – Is it Important?

One definition of soil health is the capacity of the soil to function to sustain life. A healthy soil can be used productively without adversely affecting its future productivity, the ecosystem or the environment.

Soil works for you if you work for the soil by using practices that improve soil health and increase productivity and profitability both now and into the future. Maximizing soil health is essential to maximizing profitability. Soil will not work for you if you abuse it.

Managing for soil health is mostly a matter of maintaining suitable habitat for all of the creatures that comprise the soil food web. Some key practices to help maintain this habitat include disturbing the soil as little as possible, growing as many different species of plants as practical, keeping living plants in the soil as often as possible, and keeping the soil covered all the time.

There are many complex, technical aspects of soil health but the basics really are that simple. And everything can help in the long run. Many producers are seeing improved infiltration, as well as improved crop health during hot and dry periods. This is mainly due to increased organic matter of the soil, as well as a cooler soil surface due to the soil being covered or shaded.

So I would conclude that yes, soil health is important for many reasons. Is there one right way to achieve a healthy soil? I would say no, but there are many ways to improve your soil health and keep it alive and productive for years to come.

### Other Upcoming Events

On September 20, Kansas Farm Bureau will host the first Kansas State University/Washburn Law School Agribusiness Symposium at the Kansas Farm Bureau Headquarters, 2627 KFB Plaza in Manhattan. Law and regulation impacting the businesses of farming and ranching are the focus of this symposium.

The symposium examines the intersection between the business and economics of agriculture and the legal environment in which they operate.

Registration is \$50. More information is available at [http://www.agmanager.info/sites/default/files/Flyer\\_AgLawMeeting.pdf](http://www.agmanager.info/sites/default/files/Flyer_AgLawMeeting.pdf) or [click here to register by Sept. 10](#).

November 10 brings the Kansas Crop Insurance workshop to the Bicentennial Center in Salina. This one-day workshop will help crop insurance agents, agricultural lenders, farmers/ranchers, and other financial consultants provide better risk management information and advice to their clients or apply to their farm-ranch. More information and registration details will be coming soon at [www.agmanager.info](http://www.agmanager.info).

## Twig Girdler

Now is the time that we see fallen twigs up to 3 feet long. This damage is caused by twig girdlers. Host trees include elm, oak, linden, hackberry, apple, pecan, persimmon, poplar, sour gum, honey locust, dogwood, and some flowering fruit trees. This insect is distributed throughout the eastern United States from New England to Florida and as far west as Kansas and Arizona. Adults are long-horned beetles with a grayish-brown bodies that are stout and cylindrical. The larvae are also cylindrical with small heads and shiny exteriors. Larvae can be up to an inch long and are light brown to brownish-gray.

Girdled twigs often remain on the tree until a strong wind blows them down. Large infestations can result in a high percentage of girdled twigs. Though this may reduce the vigor and appearance of the tree, the overall effect on the tree's health is not severe. Twigs are unsightly and do not fall all at once, so clean up is a drawn out process.

This beetle has a one-year life cycle. Late in the growing season, the female deposits eggs in small scars chewed through the bark and then chews a continuous notch around the twig, girdling it. The notch is cut below the site of egg deposition apparently because the larva is unable to complete development in the presence of large amounts of sap. Girdled twigs die and fall to the ground where the eggs hatch.

Girdled twigs look like a beaver has chewed on them, only in miniature. The outside of the twig is smoothly cut, but the center of the twig appears broken. The larvae begin feeding on dead wood inside the twigs the following spring and continue through most of the summer. Pupation takes place inside the feeding cavity. Development is completed during August when the adult emerges to repeat the cycle.

Though adults feed on the bark of host twigs, damage is minimal until the female starts girdling. Chemical control is impractical, so gather and dispose of fallen twigs in the fall or spring to destroy the larvae inside. Often, natural mortality is high because fallen twigs are excessively dry or carry too many larvae per twig.

## Adding Organic Materials Directly to the Garden

If your garden has come to an early end, consider adding organic materials directly to the soil rather than composting. Materials such as residue from a lawn renovation, rotted hay, or rotted silage can be added and then tilled in the soil. Coarser materials such as tree leaves or garden residue should be shredded. Using a lawn mower with a bag attachment to shred and collect these materials in one operation is acceptable.

Spread organic material to a depth of 3 inches and then till it in. Be sure the soil is not too wet before tilling. The material will decompose quickly during warmer weather. The process of added organic materials can be repeated every two weeks from now until late November to early December. Just know that the process may take longer later in the fall.

Organic matter helps improve most of our soils. Clay soils are improved by improving tilth, aeration and how quickly the soil takes up water. In sandy soils organic matter acts as a sponge by holding water and nutrients.

This is just one way to add organic material to your gardens. If your garden is still producing and you are unable to add organic materials directly you can always use compost as it will improve our soils in the same way.

## Call “Kansas One Call” Before Digging

Most people don't know what is buried under their property. Always call Kansas One Call before planting or setting fence. You may reach them at 811. Actually, people should never dig deeply enough by hand to hit a gas line while planting a tree unless a large tree spade is used. When hand digging, make the hole just deep enough so that the tree sits slightly above nursery level. To determine the depth of the hole, measure the distance from the root flare (point where trunk and roots meet) to the bottom of the root ball. If the flare isn't visible (very common), remove enough soil or media so that it is. The width of the planting hole is also very important. It should be two to three times the width of the root ball. Loosening the soil outside the hole so it is five times the diameter of the root ball will allow the tree to spread its roots faster.



## Fall Lawn Seeding Tips

The keys to successful lawn seeding are proper rates, even dispersal, good seed to soil contact, and proper watering. Evenness is best achieved by carefully calibrating the seeder or by adjusting the seeder to a low setting and making several passes to ensure even distribution. Seeding a little on the heavy side with close overlapping is better than missing areas altogether, especially for the bunch-type tall fescue, which does not spread. Multiple seeder passes in opposite directions should help avoid this problem.

A more serious error in seeding is using the improper rate. For tall fescue, aim for 6 to 8 pounds of seed per 1,000 square feet for new areas and about half as much for overseeding or seeding areas in the shade. Using too much seed results in a lawn that is more prone to disease and stress damage. The best way to avoid such a mistake is to determine the square footage of the yard first, and then calculate the amount of seed. Using too little seed can also be detrimental and result in clumpy turf that is not as visually pleasing.

Establishing good seed to soil contact is essential for good germination rates. Slit seeders achieve good contact at the time of seeding by dropping seed directly behind the blade that slices a furrow into the soil. Packing wheels then follow to close the furrow. The same result can be accomplished by using a verticut before broadcasting the seed, and then verticutting a second time.

Core aerators can also be used to seed grass. Go over an area at least three times in different directions, and then broadcast the seed. Germination will occur in the aeration holes. Because those holes stay moister than a traditional seedbed, this method requires less watering. If seeding worked soil, use light hand raking to mix the seed into the soil. A leaf rake often works better than a garden rake because it mixes seed more shallowly.

Water newly planted areas lightly, but often. Keep soil constantly moist but not waterlogged. During hot days, a new lawn may need to be watered three times a day. If watered less, germination will be slowed. Cool, calm days may require watering only every couple of days. As the grass plants come up, gradually decrease watering to once a week if there is no rain. Let the plants tell you when to water. If you can push the blades down and they don't spring back up quickly, the lawn needs water. Once seed sprouts, try to minimize how much traffic (foot, mower, dog, etc.) seeded areas receive until the seedlings are a little more robust and ready to be mowed. Begin mowing once seedlings reach 3 to 4 inches tall.

## Planting Trees in the Fall

The fall season can be an excellent time to plant trees. During the spring, soils are cold and may be so wet that low oxygen levels inhibit root growth.

The warm and moist soils associated with fall encourage root growth. Fall root growth means the tree becomes established well before a spring-planted tree and is better able to withstand summer stresses. However, certain trees do not produce significant root growth during the fall and are better planted in the spring. These include beech, birch, redbud, magnolia, tulip poplar, willow oak, scarlet oak, black oak, willows, and dogwood.

Fall-planted trees require some special care. Remember, that roots are actively growing even though the top is dormant. Make sure the soil stays moist but not soggy. This may require watering not only in the fall but also during the winter months if we experience warm spells that dry the soil. Mulch also is helpful because it minimizes moisture loss and slows the cooling of the soil so root growth continues as long as possible. Evergreens should be moved earlier in the fall than deciduous plants. They need at least six weeks before the ground freezes for the roots to become established.

### Preventing Sunscald on Thin-Barked Trees

Many young, smooth, thin-barked trees such as honey locusts, fruit trees, ashes, oaks, maples, lindens, and willows are susceptible to sunscald and bark cracks. Sunscald normally develops on the south or southwest side of the tree during late winter. Sunny, warm winter days may heat the bark to relatively high temperatures. Research done in Georgia has shown that the southwest side of the trunk of a peach tree can be 40 degrees warmer than shaded bark. This warming action can cause a loss of cold hardiness of the bark tissue resulting in cells becoming active. These cells then become susceptible to lethal freezing when the temperature drops at night. The damaged bark tissue becomes sunken and discolored in late spring. Damaged bark will eventually crack and slough off.

Trees often recover but need TLC — especially watering during dry weather. Applying a light colored tree wrap from the ground to the start of the first branches can protect recently planted trees. This should be done in October to November and removed the following March. Failure to remove the tree wrap in the spring can prove detrimental to the tree.



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# Family & Consumer Sciences

## Thank You

I want to thank all of the volunteers that helped at the 2016 Lyon County Fair. I feel that the 2016 fair was a huge success! The fair would not happen without the Lyon County Fair Board and the *many, many* other volunteers it takes to make the fair run smoothly. **Thank You to all that volunteered; we appreciate all your hard work and dedication.**

### President's Council Dates

**September 2nd**

**October 7th**

**November 4<sup>th</sup>**

**December 2nd -**

**We will set spring dates at the September meeting.**

### SHICK

**(Senior Health Insurance Counselors of Kansas)**

That is what SHICK stands for. Open Annual Enrollment Period for 2017 are from October 15 - December 7<sup>th</sup> 2016. There are several changes being made to drug plans this fall that will take effect next year. You should always review your Part D plan every year, just so you aren't surprised. I will be taking appointments starting October 17<sup>th</sup>. Please call ahead to schedule an appointment. Bring your Medicare Card and a list of your prescriptions with you to your appointment.

### Extension Election

The Extension Council Election will be Wednesday October 5<sup>th</sup>, the office is open 7:30 to 5:30 the day of the elections. Absentee ballots are usually available the week prior to the election if you are unavailable on October 5<sup>th</sup>. The Council is made of 24 members, six serving on one of four Program Development Committees (PDC): Agriculture, Family and Consumer Sciences, 4-H Youth Development and Community Development. The Program Development Committees provide guidance for Extension programming for the county.

### Fall Classes

Must have 10 participants pre-registered to hold classes. Register by calling the Extension Office at 341-3220.

### Medicare Basics: Workshop

**September 21<sup>st</sup>**

**Anderson Building**

**10 a.m. and 7 p.m.**



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

### Senior Health Fair

**Wednesday October 19**

**Change of Location**

**\*Anderson Building, Lyon County Fairgrounds\***

### Doors open at 8:30 – 2:00

8:00 Registration and Vendor Booth Open  
9:00-11:30 Blood Pressure Checks by the nursing students from Flint Hills Technical College  
9:15 Education Session- Preparing for the Next Step  
10:30 Education Session- Active Life  
11:45 Lunch with Entertainment- Catered by Olpe Chicken House  
12:45 Keynote Address- Happy On Purpose, Esther Luttrell, Author and Businesswoman  
1:45 Door Prizes Drawing  
2:00 Closing

### Watch Your Weight and Help Protect Your Brain

**Health eating and lifestyle pay off in lower risk of mental decline.**

Staying Healthy and maintaining a normal weight may be good not only for your body but also your brain. A 10-year study of 6,401 British civil servants, initially

ages 39 to 63, reports an association between being overweight or obese and impaired cognitive function. Combined with other health issues such as diabetes, or high cholesterol, extra weight also increased the odds of mental decline over time.

“I think that it’s important to point out that metabolic abnormality was predictive of poorer cognitive performance regardless of BMI, says Tammy Scott, PHD a scientist at Tufts’ HNRCA nutrition and Neurocognition Laboratory. “One of the most important findings of this study, though, was that amongst metabolically healthy individuals, higher BMI was associated with worse cognitive function. In the metabolically unhealthy group, higher BMI was associated with greater cognitive decline over a 10-year period. This trend over times was not seen in the metabolically healthy group.”

Those associations, Scott says, underline the importance of maintaining a healthy weight- not only for your physical health but, apparently for a healthy brain as well. Like obesity and overweight, moreover, most of the metabolic abnormalities also associated with performance can be combated with healthy eating and lifestyle.

## **Sea Salt Ineffective for Sodium Reduction**

Don’t count on sea salt to reduce your dietary sodium intake. A recent American Heart Association survey found that 61% of consumers believe sea salt is a “low-sodium alternative: to table salt, which is mined rather than harvested from the ocean ( and also contains iodine and anti-clumping agents). Testing reported in *Food Research International* concludes that sea salt is “not viable “as a sodium-reduction strategy. Little difference was seen in taste intensity or sodium content between seven varieties of sea salt and regular kosher salt, which has similarly large crystals. By weight, sea salt contains the same amount of sodium as other salts; the only difference is when measured by volume, as both sea and kosher salt contain less salt per spoonful.

## **Take the challenge: Plan ahead to keep food safe with Prepare Kansas starting Sept. 1**

Ice storms, tornadoes, and flooding – Kansas has them all and more. Do you really know how long food will stay safe in the refrigerator if your power is out? Or what foods and supplies you should have on hand in case of emergencies?

Starting Sept. 1, Prepare Kansas 2016 will provide tips on keeping food safe in emergency situations. This year’s program will be conducted through the [K-State Research and Extension Facebook page](#). No registration is required, so Kansans and anyone interested in planning ahead for emergencies can follow on Facebook at any time during September, pick up handy information and interact with K-State extension specialists and agents.

Throughout 2015, a total of 126 tornadoes occurred across the state, which made it the fourth highest year for tornados since 1950, according to the Kansas Department of Emergency Management.

“Kansas has its share of disasters, whether it’s a homeowner’s basement flooding or a fire affecting a whole block in a community. We’re committed to working with people across the state to help them be prepared for anything that comes their way,” said Kansas State University associate professor Elizabeth Kiss. “We can’t always keep disasters from happening, but we know that being as prepared as possible, whether it’s making an emergency kit or having copies of your financial and personal information in a separate, safe place, aids in the recovery from disasters.

Kiss, a K-State Research and Extension financial management specialist produces the [Prepare Kansas](#) blog, which provides tips and resources on a range of emergency preparedness topics, including this year’s focus on food safety during September.

“It is very important to keep food safety in mind before, during and after emergencies such as power outages and floods, to help to reduce the likelihood of people getting sick from eating contaminated food. That would make a challenging situation even worse,” said Londa Nwadike, consumer food safety specialist with K-State Research and Extension. “Some of the food safety practices that are important in emergency situations are good practices to help prevent people from getting sick at any time.”

Kiss and Nwadike, along with several K-State colleagues, are delegates to the [Extension Disaster Education Network](#), a network of extension professionals across the country working to mitigate the effects of disasters through education.

More information on Prepare Kansas will be available in September at <https://www.facebook.com/KStateRE> and any time at <https://blogs.k-state.edu/preparekansas/>.

## Return Service Requested

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

### September

- 02 FCS President's Council, noon, EMR
- 05 Labor Day, Extension Office Closed
- 06 Record Books & Award Applications Due
- 06 Ambassador Meeting, 6 p.m., EMR
- 06 4-H Council Meeting, 7 p.m., EMR
- 08 KSF entries (except food & hort.) due to Extension Office by 5 p.m.
- 09 KSF food & horticulture entries accept from 7:30-8:15 a.m.
- 9-18 Kansas State Fair
- 12 Master Gardener Meeting, noon, EMR
- 15 Hop To It Rabbit Club, 7 p.m., AB
- 20 Cloverbuds, 6 p.m., EMR
- 20 Agribusiness Symposium, Manhattan
- 22 KSU Beef Stocker Field Day, Manhattan
- 27 Rawhide Wrangles, 6 p.m., EMR
- 30-10/2 Kansas Junior Livestock Show

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

### October

- 02-08 National 4-H Week
- 02 4-H Alumni Meeting, 6 p.m., EMR
- 03 Master Gardener Meeting, noon, EMR
- 03 Ambassador Meeting, 6 p.m., EMR
- 03 4-H Council Meeting, 7 p.m., EMR
- 03 Ambassador Applications Due
- 05 Extension Election, 7:30 a.m. – 5:30 p.m., Extension Office
- 05 Agricultural Lenders Conference, Manhattan
- 07 FCS President's Council, noon, EMR
- 08-09 48 Hours of 4-H
- 10 Columbus Day, Extension Office Closed
- 16 Poultry Club Meeting, 1 p.m., EMR
- 18 Cloverbuds, 6 p.m., EMR
- 20 Hop To It Rabbit Club, 7 p.m., AB
- 23 Lyon County 4-H Achievement Celebration, 3 p.m., Emporia Granada Theatre
- 25 Rawhide Wrangles, 6 p.m., EMR