

Lyon County

K-State Research and Extension News

www.lyon.ksu.edu

*Knowledge
for Life*

**December 2017
&
January 2018**

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The Lyon County Extension Office wishes you a Merry Christmas and looks forward to serving you in 2018! We hope your holidays are filled with cheer and family time.

The 24 member Lyon County Extension Council is made up of the individuals listed below. The Council will elect nine members to serve on the Executive Board for 2018 at the Annual Meeting on December 13, 2017.

Agriculture and Natural Resources:

Kiley DeDonder, Admire
Lisa Fuller, Emporia
Derrick Duncan, Emporia

Mark Robinson, Admire
Beth Skalsky, Hartford
Joel Hanson, Emporia

Family Consumer Sciences:

Emily Darbyshire, Hartford
Amanda Gutierrez, Emporia
Vicki Jones, Americus

Shelley Hansley, Emporia
Judith Putman, Emporia
Doug Stueve, Emporia

4-H Youth Development:

Janet Harrouff, Emporia
Patty Jenkins, Reading
Shawna Moyer, Emporia

Amy Pedersen, Emporia
Joe Smith, Emporia
Bryan Williams, Emporia

Community Development:

Carolyn Turney, Emporia
Martha Jones, Olpe
Jessica Hopkins, Emporia

Mark Lee, Emporia
Alvin "Gene" Houston, Americus
Ruth Wise, Emporia

***The Lyon County Extension Office will be closed
December 25, 2017 – January 1, 2018.***



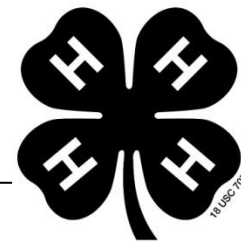
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Research and Extension

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KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE

The Clover Connection



4-H Council

4-H Council will not meet in December. The next Council meeting will be Tuesday, Jan. 2, 2018 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 Saturday, Jan. 13 2018, when the Wildcats take on Oklahoma State with tip-off beginning at 1:00 p.m. The group ticket rate will get each individual a ticket into

the game, a game day T-shirt, and a meal voucher. For more details, please see the registration form located at www.kansas4-h.org.

Market Beef Weigh-In & Tagging

Market beef weigh-in and tagging is scheduled for Sat., Feb. 3, 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 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 for you.

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 2017 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. 3, please call the Extension Office before 5 p.m. Feb. 2 to let us know you are planning to exhibit it at the 2018 fair. We will need to know the official 4-H tag number of the calf when you call.

All Livestock Tagged in 2018

If you wish to exhibit an animal of any species at the 2018 Lyon County Fair, it must be tagged, including dairy animals. All livestock to be exhibited at the 2018 Lyon County Fair will need to be tagged at the regular county tagging either in February or April/May. Breeding animals or dairy cattle/goats can be tagged at the April/May tagging.

The only exception for an official 4-H tag will be for registered purebred livestock 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. 3 tagging, weigh-in, we will be happy to verify that information at that time.

4-H Club Day

Lyon County 4-H Club Day is scheduled for March 3 at Timmerman Elementary School. The deadline for all entries is **Friday, Jan. 26**. 4-Hers will again register online via a Google form that will be available on the Extension website at www.lyon.ksu.edu. The 4-H Club Days Guidelines will be posted online. 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 and Amanda Cunningham. Meetings will be Nov. 28, Jan. 23, March 27 and May 22. Be sure to check out the Rawhide Wranglers Facebook page for dates and information. Clinics will be hosted during summer months.

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. 20 and Feb. 10.

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

Hop to It Rabbit Club, led by Karlee Wigton, meets the 3rd Sunday of each month at 2 p.m. (following Poultry meeting).

Dog project meetings, led by Lisa Presiner, will host meetings on the first Monday of the month at 6 p.m. beginning in February prior to 4-H Council Meetings. Practices will take place in the Anderson Building. Check with the office prior to each meeting.

Junior Producer Days

The Kansas Junior Producer Days are one-day educational programs hosted at Kansas State University for youth, parents, project leaders, and agents to learn about selecting and managing a youth livestock project. For both days, tentative topics include selection, nutrition, reproduction, meat science, and health. There will also be an opportunity to experience Youth for the Quality Care of Animals, which is a new, national, multi-specie livestock quality assurance program.

Junior Sheep Producer Day is scheduled for Saturday, March 17, 2018, and Junior Beef Producer Day is scheduled for Saturday, March 24, 2018. Registration information will be released in December, so watch the KSU Youth Livestock Program Facebook page and website for further details!

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. 19 at 5:00 p.m. A "2018 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. Your 4-H leadership and achievement, financial need, and scholastic records are considered. Lyon County also offers scholarships for Lyon County 4-Hers only:

- **Bluestem Farm & Ranch Supply** \$300 nonrenewable
- **Bill and Marla Bugbee Scholarship** \$300 renewable

- **Larrie Miley Scholarship** \$500 renewable
- **Marjory Fowler Memorial Scholarship** \$200 renewable
- **Homer A. Dailey Memorial Scholarship** TBA
- **Marcia Arndt Memorial Scholarship** \$100 nonrenewable
- **P.Kay Duncan Memorial Scholarship** \$200 nonrenewable
- **4-H Alumni Scholarship** \$250 nonrenewable
- **Lyon County Fair Board Scholarship** \$250 nonrenewable
- **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. 18-19 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, 2018, 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. Capitol Federal provides \$100 scholarships to those who apply for the award online by Jan. 2, 2018, at <http://tinyurl.com/ybr2o34x>

2017-2018 4-H 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 2017-2018 includes Lindsay Torrens, Riley Botkin and Viola Fritts. Junior Ambassadors include Garland Hanlin, Kaylie McKay, Josie Orear and Kate Rees.

KAP News

I would like to thank the volunteers who helped judge Reno 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 Tuesday, **Jan. 16** for the SE Area KAP Screening.



Board Leadership Series Planned for February and March

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

Designed to provide basic training for members of community-based boards, the series will be hosted by local Extension professionals at locations across the state. “K-State Research and Extension’s Board Leadership Series provides an opportunity for board members to learn the basics of being a good board member,” said Trudy Rice, Extension Community Development Specialist. Whether you are a member of a church board, a township board, a United Way agency board, or a rural water board, this training is appropriate for you.

Topics covered during the series will be:

- **Conducting Effective Meetings.** During this session, participants will learn about their roles and responsibilities as a board member, basics of parliamentary procedure, and strategies to make meetings more productive and effective.
- **Understanding Fellow Board Members and Conflict Management.** Participants will explore how personalities and generational differences affect the decision-making process, and learn how to manage conflict in a way that is productive, not destructive, to the board.
- **Fund Management, Legalities and Ethics.** This session will explore a board’s options for managing money, understanding such things as articles of incorporation, bylaws, and policies.
- **Fundraising and Strategic Planning.** Participants will learn about options for raising funds and understanding such things as establishing a common mission and vision for the board, and how to plan priorities for the future.

The Board Leadership Series will be held February 26 and 28 and March 5 and 7, 2018 from 6:00 p.m. to 8:00 p.m. in the Anderson Building located on the Lyon County Fairgrounds.

Pre-registration for the event is required by February 16, 2018

The cost is \$40 for all four sessions per person. Each registration buys a seat which can be rotated by board members. For a group rate contact Travis Carmichael at (620) 341-3220. Registration includes refreshments and a Board Basics workbook. To register either call the Lyon County Extension Office at (620) 341-3220 or visit lyon.ksu.edu.

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 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 trees 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 wind-chill 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.

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 that 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

Start Planning Your Landscape Now

During the dark, cold days of winter when spring feels so far away; now would be a good time to dream and plan about the upcoming growing season. If you have been thinking about the landscape around your home, but 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.

2018 Extension Master Calendar

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

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

JANUARY

01 New Year's Day Holiday – Extension Office Closed
02 4-H Council Meeting, 7 p.m., EMR
08 Master Gardeners Meeting, Noon, EMR
11 Farming for the Future, 8:30 a.m., AB
13 4-H Day with Wildcat Women's Basketball, KSU
15 Martin Luther King Day - Extension Office Closed
16 Cloverbuds, 6 p.m., EMR
19 SE Area KAP Screening, Eureka
19 4-H Scholarships due to Extension Office by 5:00 p.m.
20 Countywide Foods Meeting, 9 a.m., EMR
21 Poultry Club Meeting, 1 p.m., EMR
21 Hop To It Rabbit Club, 2 p.m., EMR
23 Rawhide Wranglers, 6 p.m., EMR

FEBRUARY

02 FCS President's Council, 11:30 a.m., EMR
03 Beef weigh-in and tagging, 8-10 a.m., Fairgrounds
05 Master Gardener Meeting, noon, EMR
05 Dog Project Meeting, 6 p.m., AB
05 Ambassadors Meeting, 6 p.m., EMR
05 4-H Council Meeting, 7 p.m., EMR
10 Countywide Foods Meeting, 9 a.m., EMR
17 Hop to it Rabbit Club Show, 9 a.m., AB
18 Poultry Club Meeting, 1 p.m., EMR
18-19 Kansas 4-H Citizenship in Action, Topeka
19 Presidents Day – Extension Office Closed
20 Cloverbuds, 6 p.m., EMR
23-24 State 4-H Ambassador Training, Rock Springs
24-25 Flint Hills Greener Living Show, AB
26 Board Leadership Series, 6 p.m., AB
28 Board Leadership Series, 6 p.m., AB

MARCH

02 FCS President's Council, 11:30 a.m., EMR
03 4-H Co. Club Days, Timmerman Elem. School
05 Master Gardener Meeting, noon, EMR
05 Board Leadership Series, 6 p.m., AB
05 Dog Project Meeting, 6 p.m.
05 Ambassadors Meeting, 6 p.m., EMR
05 4-H Council Meeting, 7 p.m., EMR
07 Board Leadership Series, 6 p.m., AB
15 Gardening 101, 6 p.m., EMR
17 Junior Sheep Producer Day, KSU
17 Regional 4-H Club Day, Madison High School
18 Poultry Club Meeting, 1 p.m., EMR
18 Hop To It Rabbit Club, 2 p.m., EMR
20 Cloverbuds, 6 p.m., EMR
24 Junior Beef Producer Day, KSU
27 Rawhide Wranglers, 6 p.m., EMR
28 Farmers Market Vendor 101, 6 p.m., EMR

APRIL

02 Master Gardener Meeting, 5:15 p.m., AB
02 Dog Project Meeting, 6 p.m., AB
02 Ambassadors Meeting, 6 p.m., EMR
02 4-H Council Meeting, 7 p.m., EMR
06 FCS President's Council, 11:30 a.m., EMR
07 4-H Poultry Spring Show, AB
15 Poultry Club Meeting, 1 p.m., EMR
15 Hop To It Rabbit Club, 2 p.m., EMR
17 Cloverbuds, 6 p.m., EMR
25 Swine, Sheep, Meat Goat & Bucket Calf Tagging, 6-8 p.m., Fairgrounds
28 Swine, Sheep, Meat Goat, Bucket Calf Tagging, 8-10 a.m., Fairgrounds

MAY

TBA Petting Zoo, Fairgrounds
01 KJLS & KSF Steer Nominations Due
01 4-H Add/Drop Deadline for projects
01 Horse & Dog ID's & Breeding Animal Registration Due
04 FCS President's Council, 11:30 a.m., EMR
07 Master Gardener Meeting, 5:15 p.m., AB
07 Dog Project Meeting, 6 p.m., AB
07 Ambassadors Meeting, 6 p.m., EMR
07 4-H Council Meeting, 7 p.m., EMR
5-6 Gary Fuller Spring Classic, Fairgrounds
15 Cloverbuds, 6 p.m., EMR
20 Poultry Club Meeting, 1 p.m., EMR
20 Hop To It Rabbit Club, 2 p.m., EMR
22 Rawhide Wranglers, 6 p.m., EMR
23 Keep it a Safe Summer (KISS), Fairgrounds
28 Memorial Day - Extension Office Closed
29-6/1 Discovery Days, K-State Campus

JUNE

02 Camp Counselors to 4-H Camp
03-06 Sunny Hills 4-H Camp, Rock Springs
04 Master Gardener Meeting, noon, EMR
04 Dog Project Meeting, 6 p.m., AB
04 Ambassadors Meeting, 6 p.m., EMR
04 4-H Council Meeting, 7 p.m., EMR
05 Veggie Issues, 6 p.m., EMR
15 KSF & KJLS all other Livestock Nominations Due
16 Master Gardener Garden Tour
17 Poultry Club Meeting, 1 p.m., EMR
17 Hop To It Rabbit Club, 2 p.m., EMR
19 Cloverbuds, 6 p.m., EMR
26-29 Campference, Rock Springs Ranch
TBA SE Area Horticulture, Crops & Photography Judging Contest
TBA SE Area FCS Judging
TBA Favorite Foods Contest
TBA SE Area Livestock Judging, Yates Center
TBA Lyon Co. Open Youth Rodeo, Fairgrounds Arena
TBA Lyon Co. Open Horse Show, Fairgrounds Arena

JULY

- 01 Lyon Co. Fair Pre-Entries due to Extension Office
- 02 Master Gardener Meeting, 5:15 p.m., AB
- 02 Dog Project Meeting, 6 p.m., AB
- 02 Ambassadors Meeting, 6 p.m.
- 02 4-H Council Meeting, 7 p.m.
- 04 Independence Day - Extension Office Closed
- 15 Poultry Club Meeting, 1 p.m., EMR
- 15 Hop To It Rabbit Club, 2 p.m., EMR
- 26 Friends of 4-H Picnic, 6:30 p.m., AB
- TBA Fairboard pass out Fair Tickets to Clubs
- TBA 4-H Clubs – Turn in Fair Tickets - times to be assigned

AUGUST

**8/2 – 8/11 Lyon County Fair
Fair schedule to be announced**

- 15 KJLS Entries due
- 17-19 Beef Fest, Fairgrounds
- 19 Poultry Club Meeting, 1 p.m., EMR
- 19 Hop To It Rabbit Club, 2 p.m., EMR

SEPTEMBER

- 03 Labor Day - Extension Office Closed
- 04 Ambassadors Meeting, 6 p.m., EMR
- 04 4-H Council Meeting, 7 p.m., EMR
- 06 KSF entries except Foods & Hort. due to Extension Off.
- 07 KSF Foods & Hort. entries accepted 7:30-8:00 a.m.
- 07 FCS President's Council, 11:30 a.m., EMR
- 07-16 Kansas State Fair
- 10 Master Gardener Meeting, 5:15 p.m., AB
- 16 Poultry Club Meeting, 1 p.m., EMR
- 16 Hop To It Rabbit Club, 2 p.m., EMR
- 18 Cloverbuds, 6 p.m., EMR

OCTOBER

- Kansas & National 4-H Week
- 01 Record Books & Award Applications due to Extension Office
- 01 Ambassador Applications Due
- 01 Master Gardener Meeting, noon, EMR
- 01 Ambassadors Meeting, 6 p.m., EMR
- 01 4-H Council Meeting, 7 p.m., EMR
- 05 FCS President's Council, Noon, EMR
- 05-07 Kansas Junior Livestock Show
- 08 Columbus Day – Extension Office Closed
- 15-12/7 Medicare Part D Enrollment
- 16 Cloverbuds, 6 p.m., EMR
- 21 Poultry Club Meeting, 1 p.m., EMR
- 21 Hop To It Rabbit Club, 2 p.m., EMR
- 28 Lyon Co. 4-H Achievement Celebration

NOVEMBER

- 02 FCS President's Council, 11:30 a.m., EMR
- 05 Master Gardener Meeting, noon, EMR
- 05 4-H Council Meeting, 6:30 p.m., AB
- 05 Officer Training, 7 p.m., AB
- 12 Veterans Day Holiday - Extension Office Closed
- 18 Poultry Club Meeting, 1 p.m., EMR
- 18 Hop To It Rabbit Club, 2 p.m., EMR
- 16-18 Kansas Youth Leadership Forum, Rock Springs
- 20 Cloverbuds, 6 p.m., EMR
- 22-23 Thanksgiving Holiday - Extension Office Closed
- 23-27 National 4-H Congress, Atlanta, Georgia
- 27 Rawhide Wranglers, 6 p.m., EMR

DECEMBER

- 03 Master Gardener Recognition, 6 p.m., AB
- 16 Poultry Club Meeting, 1 p.m., EMR
- 16 Hop To It Rabbit Club, 2 p.m., EMR
- 18 Cloverbuds, 6 p.m., EMR
- 24-25 Christmas Holiday - Extension Office Closed
- 31 Extension Office closed for inventory



Lyon County Extension Agent
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Agriculture and Natural Resources

December '17 - January '18

Farming for the Future

Farmers and ranchers are currently experiencing one of the biggest downturns in history with many parallels to the 1980's. Planning for the future is not only critical for the short-term viability of the farm business but also for the long-term growth and sustainability of the farming legacy.

We are now being faced with a strong reality check. Many younger producers are facing stressful times for the first time in their career. Just because you want to do this, or your school buddies (ag or non-ag) can do some "fun" things, doesn't mean that it's necessarily a good thing for you to do with the income from your operation. And just because you raised a crop – grain or livestock – and have a crop to sell doesn't mean it will cover the expenses for the year.

On January 11, 2018, K-State Research and Extension – Lyon County and the Department of Agricultural Economics at K-State will host for one of four statewide "Farming for the Future" workshops. The workshop will offer a host of outlook talks to assist in planning for the upcoming years. Having a grasp of input costs and projected prices can assist in making equipment purchasing decisions, land rental arrangements, cattle and grain marketing plans, and much more. Managing a farm's financials will also be discussed, as it pertains to the current economic times.

At the end of the program there will be sign-up opportunities to work one-on-one with a K-State Farm Analyst, or you could sign up now! Appointments will be offered here in Emporia on February 12 and 13 to assist producers in gathering their financial information and planning for the upcoming year and future direction of their business.

The January 11, 2018 program will start with sign-in at 8:30 at the Anderson Building on the Lyon County Fairgrounds, with the first presentation starting at 9:00. Lunch is included with registration, and we should be wrapped up by 3:30 in the afternoon. Registration is \$20 paid in advance or \$30 if paid at the door.

To allow for proper meal preparation, pre-registration is requested by January 5, 2018. You can register by either stopping by the Lyon County Extension Office, 2632 W Hwy 50 here in Emporia, or register on-line at <http://commerce.cashnet.com/KSUagecon>.

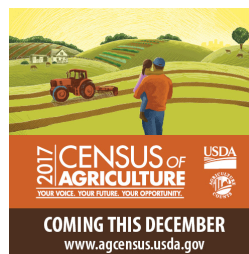
If January 11 is not good for you, other dates and locations are December 14 in Pratt, December 19 in Salina, and January 10 in Scott City. We are expecting a good crowd from across eastern Kansas, and look forward to sharing some very good information.

As mentioned earlier and as a follow-up to this program, five Farm Financial Workshops are being scheduled across the state. These workshops will provide the opportunity for an individual appointment with a K-State Farm Analyst to evaluate your farm's financial performance and provide insight and planning for the future.

The dates selected for the Emporia Workshop sessions are February 12th and 13th. There will also be a charge for this service, as the plan allows for up to 4 hours for the analysis and discussion. There will be a requirement for pre-registration for this as well, since a determination will need to be made regarding how many Analysts will be needed, and data will need to be collected and put into the software prior to starting the appointment.

Register for a workshop appointment by contacting Robin Reid with the KSU Department of Agricultural Economics at 785-531-0964 or robinreid@ksu.edu. Registration deadline for the individual appointments is January 16, and financial records must be received by January 31. We look forward to seeing you!

Coming in December: 2017 Census of Agriculture



Kansas farmers and ranchers have the opportunity to make a positive impact on their communities by participating in the 2017 Census of Agriculture.

Conducted every five years by the USDA's National Agricultural Statistics Service (NASS), the Census of Agriculture is a complete count of all U.S. farms and ranches as well as those who operate them.

The Census is the only source of uniform, comprehensive agricultural data for every county in the nation. It is a critical tool that gives producers a voice to influence decisions shaping the future of their community, industry and operation. The Census looks at land use and ownership, operator characteristics, production practices, income, expenditures, and other topics. This information is used by all who serve farmers

and rural communities from federal, state and local governments to agribusinesses and trade associations. Answers to the Census impact farm programs and rural services that support Kansas communities. Whether you're rural or urban, working thousands of acres or just a few plots, your information matters.

Census forms will be mailed to producers in December. Completed forms are due by **February 5, 2018**. Producers may complete the Census online via a secure website, or return their forms by mail.

Federal law requires all agricultural producers to participate in the Census and requires NASS to keep all individual information confidential. Remember, the Census of Agriculture is your voice, your future, your opportunity. Respond when you receive your census in December. For information about the process and a list of frequently asked questions, visit www.agcensus.usda.gov.

Crop Input Purchase Decisions

Have you made your input purchases for the 2018 crop year? Have you sampled your soil, or looked at company or university herbicide or crop yield trials to evaluate what products you are going to use for 2018?

If you have answered no to any or all of these, you are not alone. But hopefully you are preparing to make these decisions as the end of the year approaches. As of this writing, most of the K-State Crop Performance Test results for corn have been posted on the KSU Agronomy site, www.agronomy.k-state.edu, and soybean plot results are being added. Look under "services" and then under Kansas Crop Performance Tests to find your crop.

I would encourage you to talk with your input supplier about fertilizer and herbicide options. And if you have specific weed control issues, let the suppliers know so you can put a plan in place to help keep those problem weeds in check this summer. The suppliers would really like to help design a plan that works for you. Believe me, it really makes their life a LOT easier when herbicide programs work like they are supposed to!

Some lenders and many suppliers of crop inputs have very attractive programs in place to encourage producers to lock in their inputs for the spring crop. Whether it is attractive financing rates, early pay discounts, volume discounts, or any other opportunity, I would encourage you to investigate – and even ask! Occasionally you might be better off taking the early pay discounts and working with a local lender for the actual financing.

And one more time, I would encourage you to test your soil!! It is better to provide the needed nutrients where they need to be than either over OR under apply. And if the soil tests show you don't need to apply the nutrients, put your dollars to use somewhere else!

Forage Testing – Know what you feed

Over the past years I have frequently suggested testing forages prior to feeding. This is important for a number of reasons, but becomes increasingly important as margins get tighter in agriculture. For the \$15-20 it costs for a forage test, you might save that much in a day or two of feed costs, or pick up considerably more in enhanced animal performance from meeting their nutritional demands! But what do you really need?

The basic components that nutritionists need to evaluate a feedstuff or develop a ration are dry matter/moisture; crude protein; an estimate of the energy content of the feedstuff in Total Digestible Nutrients (TDN), Net Energy for Maintenance (NEM), Net Energy for gain (NEg)]; and macro minerals Phosphorous and Calcium. These are the most basic numbers that are required but including some additional analyses in the report can provide additional insight into the quality of the feedstuff or improve the ability to predict animal performance. That said, the report should include acid detergent fiber (ADF) and neutral detergent fiber (NDF). ADF and NDF values are correlated to digestibility and intake, with lower values generally being better for both.

The objective of analytical testing of forages and feedstuffs is to improve our ability to meet the animal's nutrient requirements and ultimately predict animal performance. The unequivocal best method of evaluating the quality of a feedstuff is feeding the feedstuff to an animal and evaluating performance over a set period, under a specific set of conditions. Since that would not be cost effective or timely, analytically evaluating feedstuffs in a laboratory is the next best thing and although it is not perfect, it is unequivocally better than the "this looks like really good stuff" method of evaluating feedstuffs. For more information, give me a shout at the office (620-341-3220) and we'll talk!

Lease Review

Now is a good time to review your ag leases! Remember if you are going to make changes to the lease or in the landlord/tenant relationship, notice is to be given not less than 30 days prior to March 1. If you know you are changing, take care of it sooner rather than later.



Rhonda Gordon
County Extension Agent
rgordon@ksu.edu

Family & Consumer Sciences

President's Council Dates

(11:30 a.m.)

December 1st

February 2nd, 2018

March 2nd, 2018

April 6th, 2018

May 4, 2018

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.

Unit tour

Wednesday, December 13th

RSVP by December 4th

Meet at the Extension Office at 8:45

9:00 - Fanestils

10:45 - Radius

1:00 - Sweet Granada

3:00 - Twin Rivers

The cost is \$27.00. This includes lunch and treats along the way. Call the office to reserve your spot if you are interested by Monday December 4th. We must have 10 people sign up to have the tour.

Kansas Healthy Food Initiative

In Kansas, did you know?

- More than 800,000 Kansans do not have access to healthy, affordable food a reasonable distance from their home.
- More than 30% of Kansas counties are considered food deserts.
- Kansas is in the bottom five of states working to reduce food deserts.

The Kansas Healthy Food Initiative (KHFI) wants to improve access of food to Kansans. The KHFI is a public-private partnership with the goal to improve access to food and improve underserved Kansas communities.

The KHFI will provide technical assistance and financing to those wanting to start a food retail operation or improve existing operations. Besides grocery stores, other projects that can apply include farmers markets, co-ops, production and distribution operations. All applicants are encouraged to accept SNAP and WIC benefits. Financing will be given through loans, forgivable loans, grants, or a combination of the three.

To learn more about this program and how food operations can apply, go to <http://kansashealthyfood.org/> or contact the Center for Engagement and Community Development at 785-5326868 or khfi@k-state.edu.

Be a Gracious Guest at Holiday Meals

- Let the host know of your diet restrictions ahead of time to lessen last minute changes.
- Bring your favorite dish that you can eat, such as a hearty salad or casserole.
- Thank your host for their efforts, but also be honest with them and other guests as to why you cannot eat a meal item.

The Quest for Perfect Mashed Potatoes

The classic holiday meal side dish is mashed potatoes. But, what can make or break this dish is the type of potato used.

There are more than 200 species of potatoes, but they all contain two primary components, starch and moisture. Low starch potatoes give a firm, waxy texture and maintain shape after boiling. High starch potatoes give a crumbly, mealy texture, and become soft after boiling.

Low starch potatoes include small round red or white potatoes with a thin skin, such as Red Bliss potatoes. They are good for boiling, stewing, or chunkier mashed potatoes. Low starch potatoes absorb less liquid, thus yielding a firmer texture.

High starch potatoes include oblong Russets with thick skins. They are easy to mash and make great baked potatoes. High starch potatoes absorb more liquid, which easily breaks for a fluffy texture.

Yukon Gold potatoes fall in between these two and can be used either way.

Source: The Science of Good Cooking, Cook's Illustrated Rapid

New Year, Healthier You

New Year's resolutions are a bit like babies: They're fun to make but extremely difficult to maintain.

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% 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.

It's hard to keep up the enthusiasm months after you've swept up the confetti, but it's not impossible. This year, pick one of the following worthy resolutions, and stick with it. Here's to your health!

Lose weight

The fact that this is perennially among the most popular resolutions suggests just how difficult it is to commit to.

Stay in touch

Feel like old friends (or family) have fallen by the wayside? It's good for your health to reconnect with them. Research suggests people with strong social ties live longer than those who don't.

Save money

Save money by making healthy lifestyle changes. Walk or ride your bike to work, or explore carpooling. (That means more money in your pocket *and* less air pollution.)

The Best Post-Workout Food

After a strenuous workout, it is important to refuel muscles with carbohydrates and protein, but you don't need anything fancy to accomplish this. Research has found that low-fat chocolate milk contains the ideal carbohydrate-to-protein ratio that is needed, and it is recommended by the American Council on Exercise. One cup (8 ounces) of chocolate milk provides 8 grams of protein and 22 grams of carbohydrates. Most people already like the taste of chocolate milk, plus it is easy to find and inexpensive.

So, enjoy chocolate milk as the best post work out food.

Thank you for your support of our programs during the last year. We wish you all a happy and blessed holiday season and a fantastic New Year. See you all soon!



March 17th – May 12th, 2018

Registration due by March 15th

Forms will be available Feb. 15th & 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 17th year of Walk Kansas. I challenge our community to meet last year's numbers, let's try for 100 teams. For more information go to: www.lyon.ksu.edu registration packets will also be posted on the website.

Walk Kansas is an opportunity to involve your entire family and community – those that live close to you and even those at a distance. Family and friends from other communities, states, and countries can participate. This is a chance to promote healthy lifestyle habits to people of all ages through the community.

Walk Kansas Registration fees will include a t-shirt, Kick-Off party, wrap up event, and Poker Walks at C of E Park.

Return Service Requested

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

December

- 01 FCS President's Council, 11:30 a.m., EMR
- 04 Master Gardener Recognition, 6 p.m., AB
- 13 FCS Unit Tour, 8:45 a.m.
- 17 Poultry Club Meeting, 1 p.m., EMR
- 17 Hop To It Rabbit Club Meeting, 2 p.m., EMR
- 19 Cloverbuds, 6 p.m., EMR
- 25-31 Extension Office Closed for Christmas Holiday

January

- 01 New Year's Day Holiday – Extension Office Closed
- 02 4-H Council, 7 p.m., EMR
- 08 Master Gardeners Meeting, noon, EMR
- 11 Farming for the Future, 8:30 a.m., AB
- 15 Martin Luther King Day – Extension Office Closed
- 16 Cloverbuds, 6 p.m., EMR
- 19 SE Area KAP Screening, Eureka
- 19 4-H Scholarships due to Extension Office by 5 p.m.
- 20 Countywide Foods Meeting, 9 a.m., EMR
- 21 Poultry Club, 1 p.m., EMR
- 21 Hop To It Rabbit Club, 2 p.m., EMR
- 23 Rawhide Wranglers, 6 p.m., EMR

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