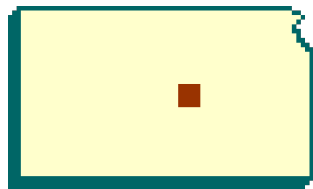


McPherson County



K-State Research & Extension
600 West Woodside, McPherson KS 67460
620-241-1523 FAX 620-241-3407

WWW.mcpherson.ksu.edu

MAY 2018



Living Well

Jana McKinney
County Extension Agent
Family & Consumer Science



Basics of Medicare Learning Program

The McPherson County Extension Office will be offering a Welcome to Medicare program on June 6 at 7 p.m. at the Extension Office meeting room. The program is open to all who are currently on Medicare, or may be turning 65 soon. There is no charge for the program, but please RSVP to jmckinne@ksu.edu or call 620-241-1523. This will help us know how many copies to make and chairs to set up.

The program will discuss Medicare Parts A, B, C and D, as well as information on how the supplemental insurance plans will be changing on January 1, 2020.

Check Your Mouth!



Here's something to ponder. Oral cancer kills one person every hour of every day in America. Many people have never heard of oral cancer and just how deadly it can be. Other names include mouth cancer, tongue cancer, tonsil cancer, and throat cancer.

How can you prevent oral cancer? Some daily simple steps include brushing and flossing your teeth, don't smoke or chew tobacco. Check your mouth and throat by looking in a mirror with a flashlight shining into your mouth. Look for lumps, swelling, anything unusual.

For more information, check out the Oral Cancer Foundation and checkyourmouth.org.

Mold in the home...

Is sampling for mold needed? In most cases, if visible mold growth is present, sampling is unnecessary. Since no EPA or other federal limits have been set for mold or mold spores, sampling cannot be used to check a building's compliance with federal mold standards. Surface sampling may be useful to determine if an area has been adequately cleaned or remediated. Sampling for mold should be conducted by professionals who have specific experience in designing mold sampling protocols, sampling methods and interpreting results. Learn more at www.epa.gov/mold



May is National Arthritis Month

You may think that exercise and arthritis do not go hand in hand. If so, you would be mistaken. It was thought for many years that if you had arthritis you should not exercise because it would damage your joints. Now, however, research has shown that exercise is an essential tool in managing your arthritis.

Regular, moderate exercise offers a whole host of benefits to people with arthritis. Exercise reduces joint pain and stiffness, builds strong muscle around the joints, and increases flexibility and endurance. It also helps promote overall health and fitness by giving you more energy, helping you sleep better, controlling your weight, decreasing depression, and gives you more self-esteem. Exercise can help stave off other health problems such as osteoporosis and heart disease.

Starting an exercise program can seem like a daunting proposition. The important thing to remember is to start slow and make it fun. It is always good to start with flexibility exercises, which are basically stretching exercises that will improve your range of motion and help you perform daily activities. You may be reluctant to exercise because you are in such pain. If this is the case you may want to start with a water exercise program. In the water your body's buoyancy reduces stress on your hips, knees, and spine. Whatever exercise program you decide on you should always consult your doctor before starting out.



Money Talk A Financial Guide for Women

workbook will be used to teach the class. The first 10 to register will get the book at a reduced cost of \$18.50. This workbook discusses financial basics, insurance, investing, retirement planning, and planning for life events. This practical, clearly written guidebook is the work of two certified financial planners and educators at Rutgers University.

A lot of spouses (men and women) fall into the habit of letting their partner handle the money. If you are one of those, that's not your spouse's fault; it's yours. Your partner may be doing a fabulous job with your money—that's not the point. **You** need to understand the family finances and weigh in on all decisions. The fact that women tend to live longer than men means they may need to rely on the money longer and will also find themselves managing it at some point. The longer you wait to engage, the bigger the surprises you may find down the line.

This class will work through the workbook focusing on couple's understanding the finances vs just the woman. It is vital that both partners have a good understanding of money and where the money is being spent. Classes will be offered in June. Details are currently being worked out, but please call to get your name on the list to get more information. 620-241-1523 or you can email jmckinne@ksu.edu

GetOutdoorsKS

The weather will improve, I just know it! To help you get outside and enjoy the great outdoors, the Sunflower Foundation: Health Care for Kansans and other partners have collaborated to promote healthy living in a variety of ways.

GetOutdoorsKansas is available to help you plan your activities. It encourages healthy, active outdoor lifestyles; conservation, awareness and respect; natural resources stewardship; and recreation participation.

Learn more at www.getoutdoorskansas.org/, follow them on Facebook, and download the app to your phone to plan activities on the go.



Kansas WildLifer Challenge

Below is a basic list of things that might help you out in your quest to become an official Kansas WildLifer. It's not hard, but it's not easy either. Easy is for the couch potatoes, and THAT'S NOT YOU! Check their website at www.kansaswildlifer.com

WHAT DO I HAVE TO DO TO COMPLETE A CHALLENGE?

You have to take a picture of yourself actually doing each particular challenge. If you have a digital camera and a computer, you can transfer each digital photograph from your camera to your computer, and then upload each photo into each challenge on this website as you complete it. On the "Tasks" tab for each challenge, you will see a few questions that you'll need to answer regarding your experience during the challenge. Once you answer all of the questions, you'll be able to then upload your photo and complete the challenge!

There are 20 challenges, but you only have to complete 15 of them. The reason we set it up this way is because we understand that not every challenge may be appropriate for you, or there may be a few challenges that you're uncomfortable with. And we're cool with that. Simply choose your 15 challenges that you would like to do and get going! More details on the website!

Strawberries

What's the best way to store strawberries? For strawberries to stay fresh, do not wash them right away. Store them in a large container with a dry paper towel at the bottom. Separate the berries by layering them with paper towels to maximize freshness. Just before using, wash strawberries with the caps attached under a gentle spray of cool water. For best flavor, allow strawberries to reach room temperature before serving



How Many Seeds? On the average, there are 200 tiny seeds in every strawberry.

Do Small Berries Taste Better Than Large Ones? Flavor is influenced by growing conditions (i.e., weather), stage of ripeness when harvested, and the variety. Size is not a factor in determining flavor.

How Much Vitamin C is in Strawberries? Eight medium-sized strawberries contain 160% of the U.S. RDA for Vitamin C. In addition, strawberries are good sources of folic acid, potassium and fiber. Potassium and fiber are fundamental parts of a healthy diet. Best of all, strawberries are also fat-free and low in calories.

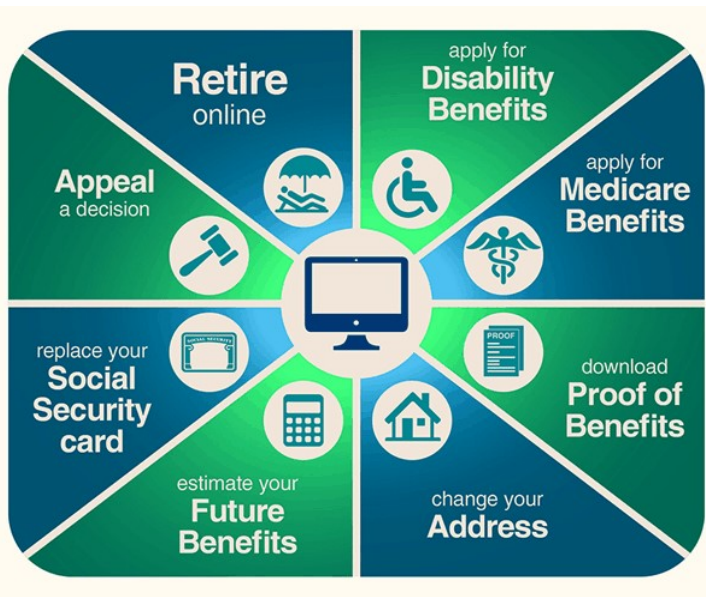
National Social Security Month!



Securing today
and tomorrow

See what you can do on-line. Visit www.ssa.gov to be able to do all the things below. Be sure to set up your MySocialSecurity

account – write down the user name and password. You have instant access to many benefits.



Celebrating the Season ... and the Environment

Entertaining Made Easier, Inexpensive and Green

As your warm-weather entertaining ideas turn to backyard barbeques and Mother's Day brunches, be sure to keep Mother Earth in mind too.

One way to drastically cut down on your waste production this season is to use non-disposable dishes, utensils, tablecloths and napkins. Not only will your table look even more festive, you'll know that you're doing the right thing for the environment, not to mention your wallet! If you don't want to use breakable dishes outside, or your budget doesn't call for investing in a set of outdoor flatware and place settings, remember that you can put some disposable plastic utensils in the dishwasher and use them again. Perhaps they won't last for 10 years, but certainly they'll hold up for a summer season.

Consider using older tablecloths that might no longer work for more formal gatherings, and try a mix of different napkins for a casual feeling. Invite the kids to make decorations for the table or buffet. Better yet, get the kids involved by having them set the table! After all, if it's a Mother's Day celebration, the mother of the house should do as little work as possible.

When it comes to cleaning up, again, get the kids involved by encouraging them to clear the table and load the dishwasher. Just follow these tips to make sure your dishwasher use is as energy efficient as possible:



- * Follow directions on the dishwashing detergent, and use as directed.
- * Save energy by running the dishwasher when it's full.
- * If necessary, scrape food residue and heavy grease prior to washing.
- * Pre-soak cooked-on stains.
- * Recycle dishwashing detergent containers when empty.

Just by following these simple ideas, your spring and summer entertaining will be festive, attractive and oh so green!

–Cleaning Matters newsletter



Ag News

Shad Marston
County Extension Agent
Agriculture and Natural Resources

I'm sure everyone is thankful for the recent moisture we have had and the thoughts of it helping out our farmers and ranchers all over our county. All segments of agriculture have been effected by the drought and hopefully this will just be a start of what needed in terms of moisture.

The development of the Kansas wheat crop is behind this year as compared to historical values due to a delayed sowing, colder-than-average winter and spring seasons, and the extreme drought conditions experienced. With a hard frost the past two weekends, we are just being able to access the damage to our winter wheat crop. We have seen some cosmetic damage, but we still need a few more days to determine the final outcome. Farmers decisions will be especially important in areas where the crop currently is stressed by drought; infected by virus diseases, or has a very poor stand. Our dry conditions have resulted in little cool-season native pasture growth prompting producers to consider grazing out poor wheat and delaying grazing of native pasture.

Factors affecting the decision of whether to graze-out or harvest for grain include estimates of future wheat grain yield, prices of wheat and beef, stocking rate and stocker gains, weather, and grazing length during the spring. Most of these factors are field-specific and need to be customized for each producer-field situation. Please contact us here at the K-State Research and Extension McPherson County office to help answer any of these question you might have for your operation.

K-State Research & Extension Annual Wheat Plot Tour Friday, May 18th

- 9:00 am Patrick Plot
Marquette on Highway 4
- 12:00 pm Lunch - a free BBQ, sponsored by MKC will be held in Moundridge at Pack Memorial Park, 809 Koehn Avenue (**note NEW location**)
- 1:00 pm Galle Plot
Cheyenne Road & 22nd Ave
3 North & 1 East of Moundridge
- 4:00 pm Schroeder Plot
4th and Comanche Road
4 West and 1 North of Inman

❖ Refreshments provided by MKC

❖ Speakers:
Romulo Lollato
Asst. Professor, Ext. Specialist, Wheat & Forages

Stewart R. Duncan
Ext. Specialist, Crops & Soils



Farm Safety Day Camp Wednesday, June 6, 2018 McPherson 4-H Fair Grounds Ages 7-12 years

Registration form available at McPherson County Extension Office, 600 West Woodside, McPherson, KS 67460 or online www.mcpherson.ksu.edu For information call 620-241-1523. Registration deadline Friday, May 25.

Master Gardeners Open House June 23 – 4-H Building



“Master Garden Open House” on June 23 at the 4-H building. Topics discussed will be:

Xeriscape The Seven Principals
Native Landscaping
Pollinator Landscape

Refreshments will be served at the garden during the Open House.

Soil-Applied Residual Herbicide Options For Soybeans

With the introduction and use of new herbicide-resistant technologies in soybeans, it will be important to utilize an integrated weed management system that includes soil-applied residual herbicides to optimize weed control and sustain the technology.

Broadly speaking, there are many good reasons to use a soil-applied residual herbicide for soybeans, including:

- Get early-season control of weeds and grasses to minimize early-season weed competition.
- Provide more flexibility with post-emergence treatment timing.
- Provide additional herbicide sites of action to help manage and slow the development of herbicide resistant weeds.
- Help reduce the weed seed-bank over time.

There are a number of good soil-applied residual herbicide options for soybeans depending on the primary target weeds.

Pigweeds (including waterhemp and Palmer amaranth). Glyphosate-resistant waterhemp and Palmer amaranth are now fairly common in many fields throughout Kansas. Pigweed emergence will generally start in April but the greatest amount of emergence will occur in May and June. Pre-emergence or burndown-plus-residual herbicide applications will need to be targeted before pigweed has emerged or while it is still at small growth stages.

For early-season pigweed control, the Valor-based herbicides (Valor SX, Valor XLT, Rowel, Encompass, Outflank, Panther, Fierce, Fierce XLT, Gangster, Surveil, Trivence, Afforia, Envive, and Enlite) and Authority-based herbicides (Authority First, Sonic, Authority Assist, Authority MTZ, Authority Maxx, Authority Elite, Blanket, Broadaxe XC, Spartan, and Spartan Elite) can all provide very good to excellent control to supplement a post-emergence program. If glyphosate-resistant pigweed is suspected, higher use rates may be required to give adequate residual control.

Prefix, Zidua, Zidua Pro, and Anthem, are other excellent “foundation” herbicides for residual pigweed control in soybeans. Metribuzin, Warrant, Dual, Boundary, Outlook, and Prowl products can also provide some early-season pigweed control, but may not provide as much residual control as those previously mentioned products. Split applications of overlapping residual herbicides -- early pre-plant and at-planting or early post-emergence -- may be the best approach to manage glyphosate-resistant pigweed in no-till systems.

Marestail. Marestail is probably the most widespread glyphosate-resistant weed in Kansas. Marestail control in soybeans should begin in early spring by controlling fall-germinated seedlings and rosettes before they start to bolt. 2,4-D and dicamba can be used in early spring, but the proper pre-plant intervals need to be followed. The pre-plant intervals for 2,4-D LV4 are 1 week for up to 1 pt/acre and 30 days for 1 to 2 pt/acre. The pre-plant interval for Clarity is 14 days following an application rate up to 8 oz/acre and accumulation of 1 inch of rainfall. Dicamba has generally provided better marestail control than 2,4-D. Xtendimax, FeXapan, and Engenia can be utilized ahead of Xtend soybeans without a pre-plant waiting interval.

The Kixor-containing products Sharpen, OpTill, Zidua Pro, and Verdict can be used any time before soybean emergence (cracking), but are most effective if applied before plants get too big. To optimize marestail control with Kixor products, use an adequate spray volume to insure good spray coverage and apply in combination with a methylated seed oil.

Liberty herbicide may be the best option as a rescue treatment to burn down bolted marestail prior to planting. There is no waiting interval required between a Liberty application and planting soybeans, but it will not provide any residual marestail control. Other pre-plant herbicides that can help with burndown and provide residual marestail control include FirstRate-based herbicides, such as Authority First, Sonic, Gangster, or Surveil in combination with glyphosate.

Crabgrass and other small-seeded grasses. Glyphosate usually gives good control of most grasses, but producers may want to apply a foundation herbicide to control grasses early, followed by a post-emergence grass control herbicide. Fierce, Fierce XLT, Prefix, Zidua, Zidua Pro, Anthem, Dual II Magnum, Outlook, Warrant, and Prowl H2O can all provide early season grass and pigweed control ahead of post-emergence treatments. Of these, Fierce, Fierce XLT, Prefix, and Zidua, Zidua Pro generally provide the best pigweed control, and Prowl H2O the least.

Soybean Planting Dates and Maturity Group: Trends and K-State Recommendations

Trends in Kansas

After considering the effects of genetic yield potential and the environment, planting date is one of the primary management practices under the farmer's control that can highly influence soybean yields. In recent decades, Kansas producers have been planting soybeans slightly earlier -- at the rate of about one third-of-day per year (Figure 1). The past two growing seasons, however, the "50% planting date" mark was achieved at a similar time (first week of June) statewide.

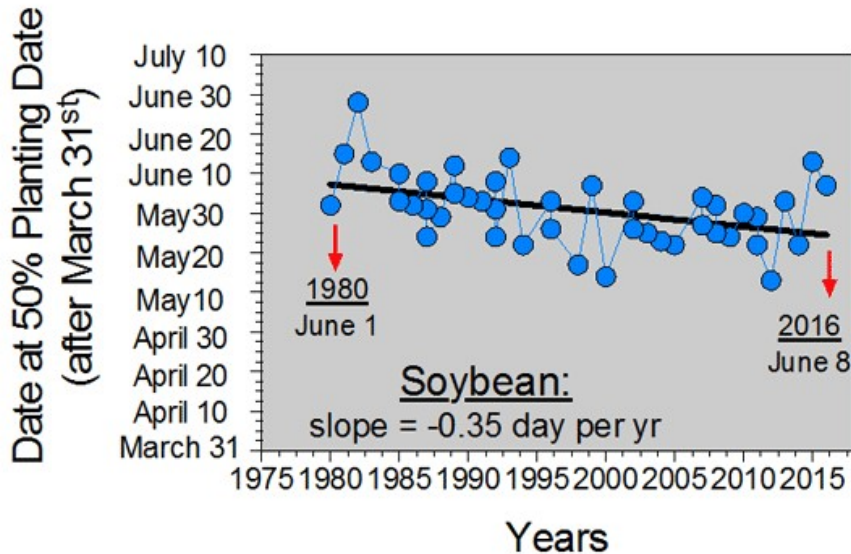


Figure 1. Trend in the date at which 50% of planting progress was achieved for soybean from 1980 to 2016 in Kansas. Source: USDA-NASS. Kansas Planting Dates and Maturity Groups

Soybeans can be planted over a wide range of planting dates (Figure 2, upper panel) with adequate soil moisture conditions, although germination and emergence could be reduced and/or delayed in cool soils (less than 60 degrees F). The recommended maturity groups vary across Kansas by area (Figure 2, lower panel).

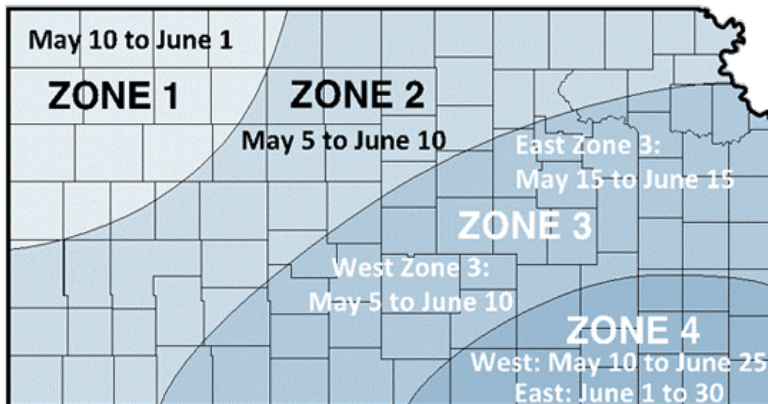
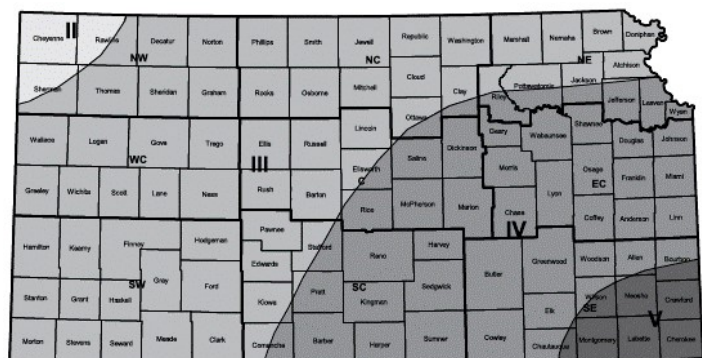


Figure 2. Recommended soybean planting dates (upper panel) and suggested maturity groups (bottom panel) across Kansas. Maps from K-State Research and Extension





Clover Corner

Lindsey Friesen
County Extension Agent



Happy May!!! I want to say THANK YOU to the County Social Committee for planning such a sweet wedding shower for me and Stephen. The games were so fun, cake was delicious and everything looked so nice! I appreciate everyone who came out to wish us a happy wedding! After May 12 I will be Lindsey Muetting. New email info should be available in the June Clover Corner! May will be another busy and fast month! Continue to learn and grow in your 4-H projects and see how many things you can accomplish before July even hits! :) I am looking forward to 4-H Camp and the rest of the fun that summer brings! A special CONGRATULATIONS to all our 4-H'ers graduating from High School!!! Hope everyone has a wonderful month!

~Lindsey

All Schools Day Parade- HELP NEEDED

4-H Council is still hoping someone might step up to help 4-H'ers walk in the All Schools Day Parade. The parade will be the morning of Friday, May 11. Lindsey will be unavailable on that day. We are looking for someone who would volunteer to get this activity together for our 4-H'ers so they can show the thousands of people attending the parade just how cool we are! There will not be a float- just walking and the suburban would be available to drive with the group if they wanted. Please contact the Extension Office if you would be willing to help get a group together on May 11! A volunteer is needed by May 4. Emails will be sent to members on May 7 on if we are able to walk this year as a group.

American Legion Family Night

McPherson County 4-H will be the benefitting organization for the June 21 American Legion Family Night! Our responsibilities as 4-H families will be to sell tickets to the event and provide desserts.

4-H Council voted that each 4-H family will be in charge of selling at least 10 Family Night Tickets. Each 4-H member will be responsible for 5 servings of dessert. Please discuss this as a club as those numbers could be combined to be club totals or divided any way you wish. If you have questions please contact Lindsey.

We will have tickets available after May 17. Tickets will be \$5 each which includes a hamburger, fries, dessert and drink! Please mark June 21 on your calendars to come eat supper to benefit 4-H! More info will be available after the April 4-H Council Meeting.

Concert for a Cause

Mark your calendars for July 12 when 4-H will be benefitting from the Concert for a Cause Event at Hopp's Sno Shack! This is the 3rd year for this event and it is a lot of fun! We will need helpers to sell popcorn and water! Everyone should come enjoy some music and snocones for the benefit of 4-H! Look for more info coming soon!

4-H Council

Just a reminder that the next 4-H Council meeting will be June 7 at 7 PM. Watch your email for reminders!

Calendar

May 10	OzSome Camp Registration DUE
May 11	All School's Day
May 28	Office Closed
May 29-June 1	Discovery Days, Manhattan

Get Published!

Please get any information you would like included in the June Clover Corner to Lindsey by May 18. Exciting club happenings, project meetings and accomplishments are needed! Email information to FriesenL@ksu.edu

Pirates of the Camp-ibbean

Oz-Some 4-H Camp Information

Register online at <https://app.campdoc.com/register/ozsome>

If you have already registered... awesome!! So glad you have signed up to attend 4-H Camp this summer. Double check to make sure all of your health profile page on CampDoc is complete and any updates are made to medications, etc. All campers will receive a letter in the mail by the end of May regarding camp details! Looking forward to OzSome Camp!

Walk the Plank!

We are still several campers away from seeing Lindsey Walk the Plank! Invite your friends (4-H members and not) and let's make McPherson County win this challenge and send Lindsey off the plank! Registration closes May 10.

SCHOLARSHIPS AVAILABLE

All McPherson County 4-H members are eligible for a scholarship to help with the cost of camp. (Mark yes during registration when asked if you have a scholarship code). You will then be asked to write a paragraph stating "Why you want to attend camp." Upon submitting, you will see a coupon code. Exit from the paragraph page and complete your camp registration with the coupon code. Members attending regular camp will receive \$60 off the price of camp and Rookies will receive \$40. Thank you to the Tractor Supply Paper Clover Campaign for these extra funds to help with the cost of camp!

3rd-7th Graders

Four action-packed days await 4-H'ers ready for exploring Rock Springs 4-H Center, June 13-16. Meet new and old friends to enjoy swimming, canoeing, horseback riding and more when you sign up for 4-H camp.

Who can go? 4-H members and their friends who will be completing grades 3-7 may attend. The cost of camp is \$223 without the scholarship.

1st-2nd Graders- Rookie Camp

Come one come all 1st and 2nd graders for an overnight camp. We will again have two Rookie Camp sessions. Once registered you will be asked if either of the sessions (June 13-14 or June 15-16) will NOT work into your summer schedule. You will be notified once registration closes which session you will attend. We will make every effort to accommodate schedule requests, but no session is guaranteed. Each camper is only allowed to attend ONE session. Enjoy swimming, camp activities, crafts and more! The cost of camp will be \$108 without the scholarship.

CAMP REGISTRATION CLOSES MAY 10 @ 11:59 PM

Registration Notes:

If you are a current McPherson County 4-H Member mark YES when asked if you have a scholarship code. This will bring up more information on how to write a paragraph and receive your code!

You will be asked if you would like to add "Travel Protection" to your camp fee. This is a service offered by Camp Doc NOT by 4-H. We already provide extra insurance the entire time at camp plus travel if you are riding the bus. There is an option to simply decline this extra Travel Protection Offer.

After you complete registration you must still complete the CAMPER PROFILE for each camper. This includes personal and health info as well as T-Shirt size and roommate requests. PLEASE get this done ASAP after registration!!

CAMP HELP!

Bus transportation is a privilege for McPherson County and a very fun experience for our 4-H youth and friends! In order to make it work we need volunteers! We will need 2-3 adults to help on Wednesday, June 13 and Saturday, June 16.

Volunteers will help by riding the bus and driving the Extension Pick-Up. For more information please contact Lindsey at 620-241-1523 or FriesenL@ksu.edu

4-H Campference 2018

4-H Campference is for youth ages 12- 14 (before January 1, 2018), and will be held June 26-29 at Rock Springs 4-H Center. Participants will experience the feel of a conference, while enjoying the 'camp' activities Rock Springs 4-H Center has to offer. This is a great transitional opportunity, as tweens go from being a camper to attending educational conferences. 4-H Campference will feature workshops about opportunities in the 4-H program and how to better interact with others.

Registration is open until full or May 15, whichever comes first. Register online <http://www.kansas4-h.org/events/> Register early as the space will fill on a first come basis and almost always has a wait list!

Farm Safety Day Camp

Farm Safety Day Camp will be held on the 4-H Fairgrounds on Wednesday, June 6 from 8:30-3:00. All youth ages 7-12 are invited to attend. Registration will be open until May 25 or until the first 80 youth have registered. Please contact the Extension Office for more information or a registration form.

Jr Leaders are needed to help lead groups through activities. Please contact the office if you are available to help on June 6!



FULL SCHOLARSHIPS AVAILABLE!!! Kansas Range Youth Camp- June 19-22, 2018 Camp Mennoscah, Murdock KS (in Kingman County)

If YOU are interested in plants, livestock, or wildlife, attend an educational event like no other in Kansas! This camp is open to upcoming high school sophomores, juniors and seniors. Two scholarships will be given in McPherson County. If you are interested contact the Extension Office for scholarship availability! Registration is due May 15, 2018. More information on camp can be found at <https://tinyurl.com/rangecamp>

PROJECT NEWS

Dog - April 30, May 7, 14, 29, June 4, 11, 25, July 9, July 23 Block Building\Chief Building. *We will NOT meet on Tuesday, May 1.*

Entomology- Insect Spectacular- June 22-23. This is an incredible opportunity for all Kansas 4-H members enrolled in the entomology project. Mark your calendars now and plan to "fly with us" in the Air Capitol of the World, Wichita, KS, for the 2018 Kansas 4-H Insect Spectacular. This year's event will highlight the Lepidoptera order (moths & butterflies). Learn identification, pinning, collecting, storing, displaying and much more. Classes will be appropriate for both beginners and those with more experience. Check the state 4-H website for more information coming soon or call the Extension Office.

Geology- If you are interested in ordering a Geology Box please visit the following link:
<http://www.kansas4-h.org/tipsheet/announcement.php?id=41317> Orders are due May 14.

Horse- If you are interested in showing at the District Horse Show (this is the qualifying show for the Kansas State Fair) you may register at https://kstate.qualtrics.com/jfe/form/SV_ba9I5qqWoq5CWZn. The show will be Tuesday, July 10 in Hutchinson. Participants must be 4-H age 9-18 and have completed Level 1 testing. If you need more information on Horse Testing please contact the Extension Office.

Leadership- Please sign up to help counsel a camper group at Farm Safety Day Camp on June 6 from 8:30 to 3:00.

Rabbit - Rabbit ID's are due to the Extension Office by June 1. All info must be complete for fair entry.

Shooting Sports - **Rifle**- May 14, 21, 28 in the 4-H Building 6-8 pm

Archery - April 5 and run thru June 28 (6:30 PM Thursdays at Smoky Valley Shooting Sports, 2341 14th Ave., Lindsborg. Cost is \$25 for the Archery Session.

Shotgun - This will begin June 3 at Double E (4:00 pm). Fee for Shotgun will be \$75 to cover expenses.

Wildlife- Check out the information in the newsletter on Kansas Youth Range Camp. This is a great opportunity and there are FULL scholarships available!