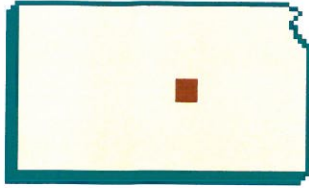


McPherson County



K-State Research & Extension
600 West Woodside, McPherson KS 67460
620-241-1523 FAX 620-241-3407
www.mcpherson.ksu.edu

MAY 2019



Ag News

Shad Marston
County Extension Agent
Agriculture and Natural Resources

Farmers Market

The McPherson County Farmer's Market this year will start May 25th. Tell all your neighbors and friends and check us out on Face book at McPherson County Farmer's Market to get all the details. Every Saturday morning from May 25th thru Oct, the Farmer's Market will be open from 7:30 am till noon right here on the 4H fairground 710 W Woodside. Come get your local produce, eggs, baked goods, meats, flowers and so much more.

Farm Safety Day Camp

Thursday, June 6, 2019
McPherson 4-H Fair Grounds
Ages 8-12 years old
8:30-8:45 Sign In at 4-H Building
2:45-3:00 Leave for Home

Registration forms at the Extension Office
600 W. Woodside,
McPherson.
Call 620-241-1523.

Deadline to register:
Friday, May 24
Limited to first 80
kids!!!



K-State Research & Extension Annual Wheat Plot Tour

Friday, May 17th

- | | |
|----------|--|
| 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 Black Kettle Park (east side) |
| 1:00 pm | Galle Plot
Cherokee Road & 22nd Ave
2 North, 1/4 East, of Moundridge |
| 4:00 pm | Schroeder Plot
4 th and Cheyenne Road
4 West and 1 North of Inman |

Refreshments provided
by MKC

- ^ Romulo Lollato, Asst. Professor, Extension Specialist, Wheat & Forages
- ^ Stewart R. Duncan, Extension Specialist, Crops & Soils
- ^ Erick DeWolf, Professor, Plant Pathology
- ^ Allan Fritz, Professor, Wheat Breeding



Seeding Lawns

Creating a lush, vibrant lawn takes commitment, but the rewards of a successful grass seed project are worth the time and resources you invest. A beautiful lawn can improve your home's value, benefit the environment and enhance your family's quality of life. Even if you're a first time lawn grower, you can seed right and avoid these common mistakes:

1. Planting the wrong type of seed
2. Skipping the soil test and recommendations
3. Using lime incorrectly or unnecessarily
4. Ignoring recommended seeding rates
5. Miscalculating your lawn dimensions
6. Planting without regard for proper timing
7. Using weed treatments or weed & feed fertilizers with seed



A healthy, well-balanced soil provides a solid foundation for grass growth. Our local extension office can help with testing kits and lab referrals. Again, time spent measuring your lawn prevents wasted products and labor. It can be tempting to plant seed as soon as the need arises. But proper timing has an important impact on results. Grass growth occurs in seasonal cycles, which vary according to the grass types common to different regions. Timing your seed projects to coincide with growing cycles greatly improves your rate of success. For most of the country, fall is the best time to plant grass seed. This is when cool-season grasses such as Kentucky bluegrass and tall fescues peak in growth, and conditions enhance fast germination and establishment. Something to remember, weed treatments and fertilizers used too close to planting can injure seed. When it comes to your lawn aspirations, you can bypass common grass seed mistakes and head straight for success. Make the most of your investment of time, money and grass seed, and enjoy the exceptional results. K-State Research and Extension is committed to helping you grow the finest lawn possible and enjoy all the benefits that beautiful, healthy lawn holds.

Turning Out To Grass

Green pastures also means vaccination time for the cow calf producer. The months of April and May are traditionally the time when "spring round-ups" take place. This is the time that large and small cow/calf operations schedule the "working" of the calves. As the majority of the calves reach their second month of life, it is time to castrate the male calves (if this has not already been done) and immunize all of the calves to protect them against blackleg. In some situations, calves may be vaccinated for the respiratory diseases, i.e. IBR and BVD. Check with your large animal veterinarian about these immunizations.

The Beef Quality Assurance guidelines include the use of clean syringes and needles for any type of injection to reduce the risk of contamination or infection at the injection site. Correct administration of any injection is a critical control point in beef production and animal health. There is a negative relationship between meat tenderness and injection sites, including injection sites that have no visible lesion. In fact, intramuscular (IM) injections, regardless of the product injected, may create permanent damage regardless of the age of the animal at the time of injection. Tenderness is reduced in a three-inch area surrounding the injection site. Moving the injection-site area to the neck stops damage to expensive steak cuts. Therefore, cow/calf producers should make certain that their family members, and other hired labor are sufficiently trained as to the proper location of the injections before the spring calf-working begins.

Give injections according to label instructions. Subcutaneous (SQ) means under the skin, intramuscular (IM) means in the muscle. Some vaccines (according to the label instructions) allow the choice between intramuscular (IM) and subcutaneous (SQ). Always use subcutaneous (SQ) as the method of administration when permitted by the product's label. Remember to "tent" the skin for SQ injections unless instructed otherwise by the manufacturer. Proper injection technique is just one of many components of the Beef Quality Assurance effort that has had a positive impact on the entire United States beef industry.

Another important aspect of the Beef Quality Assurance effort is keeping of accurate treatment records. Treatment records should include:

- > Individual animal/group identification
- > Date treated
- > Product administered and manufacturer's lot/serial number
- > Dosage used
- > Route and location of administration
- > Earliest date animal(s) will have cleared withdrawal period
- > Name of person administering the product

Treatment records for cattle should be stored and kept for a minimum of three years after the animal(s) have been sold from your operation.

Beef producers are encouraged to learn and practice Beef Quality Assurance Guidelines. You can learn more about the Beef Quality Assurance program by going to the website: <https://www.bqa.org/> The Beef Quality Assurance Manual can be downloaded from that site. Examples of treatment records to be kept and stored are available from the Beef Quality Assurance Manual in Section VIII.

Have Your Breeding Bulls Tested For Trich

Trichomoniasis ("trich") is a reproductive disease that results in early pregnancy loss and open cows. The first thing a producer might notice are cows returning to heat when they should be pregnant. This sexually-transmitted disease is caused by protozoa that live in the reproductive tract of cows and sheath of bulls and occurs most often when stockmen use untested bulls, purchase open cows with unknown background, or when cattle herds co-mingle during breeding season. Bulls should be tested before every breeding seas

Alfalfa Weevil

Alfalfa weevil larvae has been detected in central and north central Kansas. Every field sampled had at least one newly hatched larva. The first indication of these small larvae are very tiny pinholes in the leaves, or a little chewing on plant terminals. These tiny larvae are quite difficult to dislodge from their feeding sites when they are this small. Thus, sampling at this early stage to determine an infestation level is not practical using the bucket-shake method or a sweep net.

Producers should be monitoring their fields every 2-4 days. Treatment thresholds generally are when infestation levels reach between 33-50%, or when there is one larva per 2 or 3 stems. If the treatment threshold is reached, remember to treat with an insecticide labeled for alfalfa weevil control.

Fungicides in Wheat

Fungicides are an effective way to reduce the risk of yield loss caused by leaf diseases on wheat in Kansas. Research continues to demonstrate that it is often possible to achieve high levels of disease control with a single fungicide applied between flag leaf emergence and heading growth stages. The yield response to this fungicide application is influenced by the level of disease risk (amount of disease and predicted weather conditions), variety resistance to the most threatening fungal diseases, yield potential of the crop, and other factors.

Fungicides can be applied in a split or single application. It is important to remember that fungicides will only protect the leaves present at time of application; thus, In K-State studies, the greatest average profit has come from the flag leaf application of fungicides. Fungicides applied prior to jointing are less likely to result in a positive profit.

Always be sure to read the label to determine the maximum amount of a chemical that can be applied in a single season and the exact amount of a chemical(s) that is in a fungicide.

Fly Season

The time has arrived to plan for controlling summer fly populations. Adequate fly control programs are multi-faceted, systematic and in addition to directly enhancing cattle performance. Maybe a combination of at least two fly control strategies needs to be used, but one first needs to identify the problem species and the problem area. Stable flies and house flies both breed in manure, so the first step in fly control is manure management. Without it, few measures will produce good results. Stable flies require a moist mixture of soil and organic matter between 4 and 12 inches deep in which to lay their eggs. This year there is about of deep manure around our winter feeding areas. Stable flies take 3 weeks to develop while house flies only take two weeks. Scraping aprons, pens and feeding areas every two weeks or less should greatly reduce fly populations. Plan now to clean these areas and it will reduce the breeding grounds for the flies.

May Garden Calendar

Vegetables and Fruits

- * Plant tomato, pepper, and eggplant transplants in early May
- * Seed sweet corn, cucumbers, squash, beans, and other warm season vegetables
- * Lightly cultivate soil with a hoe to control weed growth
- * Mound soil around potato plants to encourage tuber formation
- * Harvest fresh asparagus Remove rhubarb seed stalks to encourage leaf growth
- * Plant kitchen herbs for summer use in dishes or food preservation
- * Treat fruit trees with needed pesticides to control insects and disease
- * Thin heavy fruit set on apples to increase fruit size and next year's crop

Flowers

- * Plant annual flowers for summer color
- * Continue to plant and divide perennials
- * Mulch perennial and annual gardens for weed control and moisture retention
- * Begin pinching chrysanthemums for bushier plants
- * Do not remove foliage from spring bulbs until it dies down naturally, this develops stronger blooms for next year
- * Plant container gardens and hanging baskets using a good quality potting mix
- * Keep a garden journal for permanent reference

Lawns

- * Reduce thatch layers from zoysia by verticutting or core aerating
- * Sod or sprig zoysia lawns to fill in bare areas
- * Fertilize zoysia lawns with high nitrogen to promote green up and summer growth
- * Mow zoysia at 1 to 2 inches tall
- * Apply slow release nitrogen fertilizer to bluegrass and tall fescue to promote summer growth if watering during the summer. Lower maintenance lawns skip this application
- * Mow bluegrass and tall fescue at 3 inches
- * Spot treat broadleaf weeds
- * Withhold early summer watering until needed to promote more drought tolerant lawns

Trees and Shrubs

- * Plant new trees and shrubs
- * Prune spring flowering shrubs after bloom to shape plant and encourage flowers next year
- * Mulch around young trees and shrubs to conserve moisture and control weed growth
- * Water young ornamentals as needed
- * Remove tree wraps for summer growth
- * Remove tree stakes that have been in place more than one growing season
- * Fertilize trees to help increase growth rates
- * Caution, use line trimmers around trees and shrubs so as not to damage tender bark

Houseplants

- * Move plants outdoors for summer by gradually increasing the exposure to sunlight
- * Fertilize plants to promote summer development
- * Rotate plants to develop a well-rounded plant
- * Wash dusty leaves in the shower under room temperature water
- * Four to six inch cuttings are a great way to start new plants, root in potting mix under low light
- * Repot plants into a one inch larger pot
- * Check for insects



Clover Corner

Lindsey Friesen
County Extension Agent



Happy May!!! 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! :-) Some of you are aware that I will be out some time this summer as I am expecting a baby girl in June. We are working hard to ensure there are staff and volunteers to help cover our summer activities and events. The Executive Board has also decided to hire a part-time program assistant to help with some tasks in my absence. We will be welcoming Julie Wedel as part of our 4-H staff in the coming month! If you would be willing to volunteer for a specific activity or event this summer we would sure appreciate your help! Please contact Lindsey if you may have an interest in something! Also, a special CONGRATULATIONS to all our 4-H'ers graduating from High School!!! Hope everyone has a wonderful month!
~Lindsey

Welcome our Summer Program Assistant

A warm welcome to Julie Wedel who will be working at the Extension Office as a part time program assistant this summer. Julie is a long time 4-H volunteer and we look forward to her assistance with events throughout the summer as Lindsey will be on maternity leave. Look for more information in the June Clover Corner on contact info for the summer months.

All Schools Day Parade- HELP NEEDED

4-H Council has voted to have 4-H'ers walk in the All Schools Day Parade. The parade will be the morning of Friday, May 10. Look for an email on when and where to meet! We are looking for a few adults who would volunteer to meet and walk with the 4-H'ers so they can show the thousands of people attending the parade just how cool we are! Please contact the Extension Office if you would be willing to help with this event on May 10!

American Legion Family Night

McPherson County 4-H will be the benefitting organization for the June 20 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 6 Family Night Tickets. Each club will also be in charge of providing desserts for the event and will receive serving amounts shortly- be thinking about how you can help with this task! If you have questions please contact Lindsey.

We will have tickets available after May 16. Tickets will be \$5 each which includes a hamburger, fries, dessert and drink! Please mark June 20 on your calendars to come eat supper to benefit 4-H!

4-H Council

Just a reminder that the next 4-H Council meeting will be June 6 at 7 PM. Watch your email for reminders!

Calendar

May 1	Enrollment & Add/Drop Deadline
May 6	OzSome Camp Registration DUE
May 10	All School's Day
May 27	Office Closed
May 28	Multi-County Livestock Day
May 29-31	Discovery Days, Manhattan

Get Published!

Please get any information you would like included in the June Clover Corner to Lindsey by May 17. Exciting club happenings, project meetings and accomplishments are needed! Email information to LMueting@ksu.edu



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 \$73 off the price of camp and Rookies will receive \$43. 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 14-17. 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 14-15 or June 16-17) 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 accomodate 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.

REGISTRATION— All registration for camp will be done ONLINE again this year! This will include registration information, scholarship paragraph for 4-H members, health profile and payment by credit card or electronic check (E-Check saves camp money in processing fees!!!). You can find registration at: <https://app.campdoc.com/register/ozsome>

CAMP REGISTRATION CLOSES MAY 6 @ 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 Friday, June 14 and Monday, June 17. Volunteers will help by riding the bus and driving the Extension Pick-Up. For more information please contact Lindsey at 620-241-1523 or Lmueting@ksu.edu

4-H Campference 2019

4-H Campference is for youth ages 12- 14 (before January 1, 2019), and will be held June 23-26 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 Thursday, June 6 from 8:30-3:00. All youth ages 8-12 are invited to attend. Registration will be open until May 24 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 18-21, 2019** **Camp Mennoch, 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, 2019, please turn into Lindsey before May 7. More information on camp can be found at <http://rangelands.org/kansas/kansas-range-youth-camp/>.

PROJECT NEWS

Beef- There is an upcoming local opportunity for members! Bring your bucket calves and breeding and market animals to McPherson County Fairgrounds, Canton on May 12 and 13. Info is available on Facebook: 1) McPherson Spring Beef Show and 2) Beauty and the Beast Spring Beef Show. The show will start at 1:00 on Saturday and 10:30 on Sunday. The Sunday show will offer one fee for as many animals that McPherson County 4-H Members want to show.

Dog - Upcoming practices will be Wednesday, May 1 and Thursday, May 2, each at 6:30 PM

Geology- 2019 State Geology Field Trip scheduled for June 7-9th - Find more information on the routes and registration at: <https://www.kansas4-h.org/events-activities/conferences-events/geology-field-trip/>

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_bdTaBSHaFyv4bbv The show will be Thursday, July 27 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.

Sheep & Meat Goats - There will be a Spring Show at the 4-H Fairgrounds on Saturday, June 1! Watch your email for registration information. There will be Showmanship, breeding, market and McPherson County Only classes available!

Shooting Sports - Rifle: May 6 & 20, June 3 & 17 all meetings are at the 4-H Building from 6:00-8:00 p.m. Archery is every Thursday until the end of June at 6:00 p.m. at Smokey Valley Shooting Sports, 2341 14th Ave, Lindsborg. Shotgun will start June 9 every Sunday at 4:00 p.m. at Double E Ranch, 2038 15th Ave, McPherson.

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

Livestock- There will be a multi-county livestock field day on May 28 in Newton from 9-2 with an opportunity to complete the required YQCA training from 2-3 that afternoon. Each participant will be able to pick two species to focus on! Lunch will be provided. Watch your email for more details and registration information.



Living Well

Jana McKinney
County Extension Agent
Family & Consumer Science



Pinching Pennies? Food is expensive....

It seems our wallets are getting thinner each day with the rising costs of many items from gas to food. To help ease of the pain on your wallet, try these strategies to save money on food:

- Create a food budget – Calculate how much money you need each month for food. Get that amount in cash and only take that amount to the store.
- Make a meal plan before shopping – Prepare a weekly menu to fit your budget. Consider the food you already have to help clean out the pantry.
- Make a grocery list – *Stick to this list!* If you have options for stores, choose one that will give you the most for your money.
- Shop grocery store ads and clip coupons – Use coupons for items you will use. Combine sale prices with coupons for bigger savings.
- Buy store brands – These are often the same quality as name brands and can save you money.
- Eat before you shop – Grocery shopping on an empty stomach can lead you to buy more food, including items you don't need.
- Beware of end caps – These items are not always bargains.
- Shop by cost per unit – Look at the cost of the item per unit of measure for the best savings. Compare forms of food such as frozen vs. fresh to save money.



Did You Know....We Test Canners?

Spring is here and now is the time to make sure your pressure canner is safe to use. If you have a dial gauge pressure canner, bring your lid and gauge in to us at 600 W Woodside and we will test for accuracy. Weighted gauge canners do not need to be tested. You can do it any day; but we like to do the testing on Tuesdays.

In addition, we have free publications on the most recent recommendations for home preservation. Extra produce? Stop by and see what we offer. Our website also has the publications available www.ksre.ksu.edu Home Preservation is a great way to save money, but please, make sure it is safe for your family to consume.



McPherson County is fortunate to have a strong FCE program! Many counties have lost their FCE groups all together – but we still have 4 going strong! The Kansas Association for Family and Community Education has evolved from a group of ladies meeting in 1914 in Leavenworth County, Kansas (Glenwood Club) who were requesting help in food preservation from a national leader. The name has changed through the years, Community Club, Farm Bureau Unit, Home Demonstration Units (HDU), Extension Homemaker Units (EHU) and in 1992 the name was changed to the Kansas Association for Family and Community Education. (KAFCE). The members of KAFCE Area also members of the National Association for Family and Community Education (NAFCE)

If you are interested in joining, or learning more about this organization, please give me a call at 620.241.1523. I'll be glad to help you connect with our ladies!

Stay Strong Stay Healthy

Stay Strong Stay Health – Level 1 Classes
Monday and Wednesdays, 9 a.m. OR Tuesday and Thursdays 2:30 p.m.
Extension Office Meeting Room – class size limit of 15
\$20 registration fee; all materials are provided



Stay Strong, Stay Healthy (SSSH) is an evidenced based eight-week program for older adults that meets the recommendation for healthy muscle strength. The program's goal is to improve health and quality of life.

The program's goal is to improve health and quality of life. The hour long sessions meet twice each week. They include warm-up exercises, strengthening exercises with or without weights, and cool-down stretches. Participants are also encouraged to do the exercises on their own once more during the week. Over the eight weeks, participants learn the exercises and begin to improve strength and balance.

We are offering a Level 2 class as well, you must have completed a Level 1 class to advance to Level 2, and your doctor must authorize your participation as well. Level 2 does involve getting on the floor for some of the exercises, Level 1 does not. Please call 620.241.1523 if you are interested in signing up.

It is a \$20 class fee. All weights and materials are provided for you. Men and women are welcome!



National Festival of Breads

A Fun, Free Family Festival

Live Music | Children's Area | Door Prizes | Bread Samples | Baking Demos

June 8, 2019 | 8:30 a.m. - 3:00 p.m.

Hilton Garden Inn, Manhattan, Kansas

Talk About a Perfect Saturday!

The National Festival of Breads is a fun, educational day for the whole family! Inside the ballroom will be baking demonstrations, eight finalists competing for the title of 2019 NFOB champion, a children's area, bread samples, new recipes and much more!

It's Free!

Watch the Contestants Compete for the Title – Eight contestants from all over the United States will be competing for the title of National Festival of Breads Champion. The contestants will have seven hours to mix, shape, rise and bake their award-winning yeast breads. Swing by their kitchens in the ballroom to see their magic in action and perhaps even get a sample of their delicious breads. Come early before the samples are gone!

Learn How to Bake Your Own Yeast Breads – Baking experts will be giving demonstrations throughout the day. Visit nationalfestivalofbreads.com for a complete schedule of events.

Sorghum: An Old Player in a New Field

Sorghum is a staple food in African, Asian, and South American diets. In the U.S. it is typically found in animal feed or made into ethanol.

But sorghum is becoming a popular food item in American diets. It contains 10 grams of protein per half cup serving. It is also a good source of fiber, antioxidants and is gluten-free. It is the latter that has landed sorghum into many American diets.



Using sorghum in gluten-free foods has helped those with Celiac disease or other medically diagnosed reasons to avoid gluten. It helps increase whole grain consumption in gluten-free diets.

Sorghum also decreases insulin and glycemic responses compared to corn and rice. While sorghum has a lower glycemic index than wheat, sorghum syrup does not.

Antioxidants in sorghum help prevent cell and DNA damage. Many studies have shown the potential of sorghum to decrease certain cancer risks. While it may not be the cure to cancer, it certainly is a healthy addition to the diet.

Toss cooked sorghum into soups or salads, use in place of oatmeal for breakfast, or pop it like popcorn!



Dining with Diabetes is a K-State Research and Extension health and wellness program that consist of a series of four classes that includes learning, demonstrations, physical activity and tasting healthy foods. The program's focus is to help individuals learn strategies to lessen the health risks of diabetes.

Program Objectives:

- > Increase knowledge about healthy foods
- > Present healthy versions of familiar foods and taste testing of recipes
- > Demonstrate new cooking techniques
- > Provide basic information regarding diabetes and nutrition
- > Provide opportunities for sharing and learning from one another and from diabetes health professionals

Dining with Diabetes is a national extension program provided to Kansans by K-State Research and Extension Family and Consumer Sciences professionals and community health partners. The program is a series of four 2-hour classes that are held once a week. Classes consist of a presentation on diabetes self-care or healthful food choices; a five to ten minute low-impact physical activity; presentations on tasty, healthy familiar foods, sampling foods, and demonstrations of cooking techniques using artificial sweeteners, reduced-fat foods, herbs, and spices.

Who can participate? The program is designed for people with diabetes and their family members, caregivers, and support persons.

The program will be offered at the McPherson County Extension Office on July 10, 11, 16 and 17th at 6:30 p.m. Please be sure to RSVP at the Extension Office by calling 620.241.1523 or email jmckinne@ksu.edu There is a \$20 program fee to help with material costs. Scholarships may be available.

RETURN SERVICE REQUESTED

May is National Stroke Awareness Month



A stroke occurs every 40 seconds and yet up to 80% of strokes can be prevented.

This is why McPherson 4-H Building is hosting Life Line Screening, the nation's leading provider of preventive health screenings, on Wednesday, May 22, 2019.

Screenings are fast, painless and affordable. Three key tests check for blocked carotid arteries, an irregular heart rhythm called atrial fibrillation, and high blood pressure, which are the three leading risk factors for stroke. Nearly 800,000 strokes will occur this year, taking a life approximately every four minutes.

Other tests check for abdominal aortic aneurysms and hardening of the arteries in the legs. A bone density screening to assess osteoporosis risk is also offered and is appropriate for both men and women. Many events also offer blood tests, including cholesterol, glucose and c-reactive protein screenings, as well as take-home colon cancer early detection tests.

Screening packages start at \$139. Single tests cost around \$70.

For more information regarding the screenings or to schedule an appointment, call 1-888-653-6441 or go to www.lifelinescreening.com/communitycircle or text the word **circle** to 797979. Pre-registration is required.

AGENT CONTACT INFORMATION

Jana McKinney
County Extension Agent
Family & Consumer Science
jmckinne@ksu.edu

Radio: Wednesday, 7:25 a.m.

Lindsey M. Mueting
County Extension Agent
4-H Youth Development
lmueting@ksu.edu

Radio: Thursday, 7:25 a.m.

Shad Marston
County Extension Agent
Agriculture and Natural Resources
smarston@ksu.edu

Radio: Friday, 7:25 a.m.