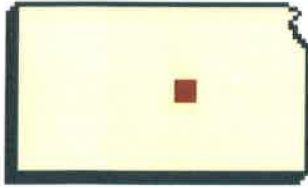


McPherson County



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SEPTEMBER 2022



Ag News

Shad Marston
County Extension Agent
Agriculture and Natural Resources



September is here and that means the ending of summer and 4-H projects, the start of school activities, Labor Day Weekend, Football on Friday Night's, and the Kansas State Fair. The State fair is a wonderful place to visit and see all the happening that go on across the great state of Kansas. September is also the best time to fertilize our cool-season grasses, aerate our yards and seed or over-seed our lawns. Updating lawns this time of year will make a big impact come next spring and summer. Many areas of Kansas and surrounding states are experiencing drought and lack of water for our growing crops and forages. Farmers now will have to do more with less, imagine that. Producers will have to be more efficient and find additional ways to increase yields plus save our soil, water, and natural resources. It will be up to the farmers to continue to feed the world and it all happens right here in McPherson County. With the drought spelling into fall planting and fall harvest, farmers and cattlemen alike will be searching and experimenting with new practices and methods of producing grains and forages. Feed stuffs are in short supply and producers must keep an eye out for high nitrates on many of the forages that have been drought-stressed. K-State Research and Extension is all about informing McPherson County residents on local topics that help community members in their time of need. Whether it's a topic for your home, farm, ranch, 4-H activity, finances, or family health & wellness (mental/physical), we have something for everyone.

Pre-Plant Wheat School

We had a great turn out for our Pre- Plant Wheat school on Monday, August 22. Over 80 producers attended our program, along with our ladies program as well. Thanks goes to Audrey Seeger as she presented our ladies program, creating Infusible Ink Aprons. I want to thank Dennis Friesen for the use of his cooker and the crew from American AgCredit that helped cook and serve the meal. Thanks goes out to all the sponsors for covering our meal costs again this year, Ag360 Insurance, American AgCredit, Central Prairie Coop, Citizen's State Bank/Home State Bank/Terra Financial, Cooperative Grain & Supply, First Bank Kansas, Iron Horse Seeds, Nutrien Ag Solutions, and Peoples Bank and Trust

Volunteer Wheat Control: Protecting Kansas Wheat

Wheat in the Great Plains is often plagued by complex of viral diseases including wheat streak mosaic virus, High Plains virus, and Triticum mosaic virus. As we move toward planting season, it is helpful to have a few timely reminders about ways to reduce the risk of disease problems in 2022.

There are several things producers can do: delay planting dates as long as feasible, control any significant stands of green foxtail and barnyard grass near fields that will be planted to wheat, and plant wheat varieties with resistance to wheat streak mosaic virus (KS Dallas or KS Hamilton). However, getting good control of these virus diseases starts primarily with controlling volunteer wheat, especially after the recent rainfall events. Control volunteer wheat soon in order to protect the wheat crop planted this fall.

Volunteer wheat within a mile or more of a field that will be planted to wheat should be completely dead at least two weeks before wheat planting. This will also help control wheat curl mites, Hessian fly, and wheat aphids (bird cherry oat aphids and greenbugs, etc.) in the fall.

Drought and Heat Stress in Kansas Soybean Fields

Since the end of June, precipitation has been inconsistent with temperatures consistently warmer than normal across Kansas. Similar to corn fields, dryland soybean fields have started to experience heat stress combined with long periods without rainfall. High temperatures have been more frequent since the first weeks of July, exacerbating the drought effect.

Typically, soybeans can withstand drought stress reasonably well during the vegetative phases and is normally less sensitive than corn crop until late reproductive stages (e.g., pod formation). However, the combined effect of water shortage and heat stress has been extreme in many parts of the state, with soybean leaves starting to flip, curl, or even drop, increasing the abortion of flowers and pods.

Leaf flipping is one of the first symptoms that occurs when soybean plants are experiencing drought stress. Leaves flip over, exposing their undersides (Figure 1). This defense mechanism will help reduce transpiration but ultimately reduce crop growth and productivity.



Figure 1: Leaf flipping. Photo by Ignacio Ciampitti, K-State Research & Extension

Leaf curling/clamping is a second mechanism to conserve water by soybean plants. This stress response reduces the leaf area exposed, thus compromising crop productivity.

Leaf drop is a third, and more extreme, mechanism involving leaves that wilt and drop, especially during very intense and prolonged periods of water stress. Soybeans that were planted in June or early July are probably still young enough to withstand drought stress for several more weeks without dropping leaves. Soybeans planted in May or early June (and with much larger plant size) will be more vulnerable to rapid leaf loss at this time of year.

Flower and pod abortion - When the crop is already at reproductive stages, a classic symptom is to show an increase in aborted flowers and small pods. Since indeterminate soybeans may produce flowers for about a month, the crop may be able to recover depending on the duration and intensity of the stress. The priority of the plants will be to provide resources to older pods, which may in turn increase the number of seeds per pod partially compensating for the flower and small pods abortion. If the drought and/or heat stress is intense, both the blooming and pod-setting periods could be shortened and compromise yields.

Impact on yield components

By the early reproductive stage, the effects of prolonged heat and drought are critical. As mentioned above, under drought conditions, soybeans in early reproductive stages will have increased flower and pod abortion. Soybeans can tolerate short periods of heat and drought at this time by aborting flowers and forming more later. But the crop will not bloom indefinitely and under prolonged heat and drought may be unable to recover. If no pods are set after the normal blooming period of three to six weeks, it is possible that the crop will not set any pods or make any seed yield. Determinate varieties have shorter blooming periods than indeterminate varieties. Because of extremely high July and August temperatures, irrigated fields are not immune to the effects of drought stress. With numerous days over 100 degrees, even irrigated plants can fail to set or fill pods. If stress continues during seed filling, the crop will have fewer possibilities to compensate yield reduction, with major impacts on final seed weight. The pod setting marks the beginning of the most critical period of the crop, when the main yield component is determined: the seed number. Any stress reducing biomass accumulation during this critical period will impact the number of seeds, and thus yield.

Management considerations

Harvest - Soybeans with 50 to 90 percent leaves and a good number of pods at the R6 stage have a good chance of producing a decent crop if allowed to mature -- especially if timely rains occur. In that case, it would probably best to harvest the crop as normal, even though some of the leaves and flowers have dropped due to stress. Good yields are not guaranteed even if the plants are in good shape at R6.

Cutting for hay - Prolonged heat and drought stress can cause considerable leaf area loss and soybean yield reduction. If the crop is so drought-stressed that it's losing leaves or not setting pods, it may be time to cut it for hay. This might have appeal for livestock producers who are facing dry pastures and supplemental feed costs. The decision depends on the stage of growth and condition of the plants. If possible, it's best to hold off on making any decisions about cutting soybeans for hay until the plants are moving into seed fill (the optimal time to cut beans for hay to retain digestible nutrients).

However, holding off until this stage of growth may not be possible if plants in the vegetative stage are dropping half or more of their leaves already. If too many leaves have dropped, the crop has a reduced value as a hay crop. Producers may need to make the decision to cut for hay while the plants are still in the vegetative stage, before the beginning seed fill stage, and before the soybeans lose too many leaves. Soybean plants that still have 30 percent of their leaves can produce 0.75 to 1.25 tons dry matter of hay per acre, with about 13 percent protein and 48 percent in-vitro dry matter digestibility. The more leaves a plant has, the more hay tonnage it will produce.

The "grey area" is where there are plants with 30 to 50 percent of leaves remaining since those leaves have the capability of filling pods if it rains and of making a soybean harvest that is worth more than the price of the hay.

Final considerations - Scout your acres for drought and heat stress so you can take timely decisions. Yield reductions can be expected also due to poor seed-filling conditions that may reduce the seed weight.

KSU Beef Stocker Field Day to be hosted September 29, 2022

Come and help us celebrate the 23rd KSU Beef Stocker Field Day which will be hosted Thursday, at the KSU Beef Stocker Unit in Manhattan. The day will start at 9:30 a.m. with registration/coffee and conclude with a good old fashioned Prairie Oyster Fry and Call Hall ice cream at 5:30 p.m. Pre registration is \$25 and due by September 15.

Why Should I attend?

The program will include the latest practical information to help you make the most of significant changes occurring in the beef industry. We'll offer management tips to help you optimize your stocker operation and provide greater flexibility in the future. Call Shad today to sign up and plan to ride with him to the Stocker unit on Sept 29.

For complete details and registration, visit www.KSUbeef.org. For more information, contact Dale Blasi (dblasi@ksu.edu; 785 532 5427) or Lois Schreiner (lshrein@ksu.edu; 785 532 1267)

WEANING CALVES by Shad Marston

As the days seem to be getting shorter, nights are cooler and fall is approaching our thoughts as a cow/calf producer change. Weaning spring born calves is just around the corner and we need to start preparing and planning our operation for this big event. Some of us might even need to explore about the benefits of early weaning this year. Still weaning, without a doubt, is one of the most stressful events in the life of a calf. Anytime we, as producers, can remove stress from weaning, it can be very beneficial to the cow/calf operator and beyond. Most overlook that fact that weaning is also our opportunity as cattle producers to prepare calves for the next phase of the beef production cycle. "We are trying to make a productive member of our feedlot society or a reproductive heifer coming back into our herd," says Dr. AJ Tarpoff, Beef Extension veterinarian at Kansas State University. Everyone's goal of weaning should be a have calves that can make it without their mothers, consume feed and successfully acclimate to a new environment. To do this calves need go thru the separation process, learn a new environment, get acclimated to new feedstuffs and stay healthy all at the same time. Improving on these steps can add value to your animals.

Important steps to follow.

- Establish a herd health program. "The solution for starting cattle does not start with a syringe and a needle" says Dr. Mark Handlin of Heartland Veterinary Clinic. When bringing in cattle, cattle source and handling, feed, water and environment (both weather and pen condition) have a greater effect. I cannot stress this enough, producers should consult with their local veterinarians and develop a herd health plan the meets a sound vaccination program as well as a treatment plan for calves if they do become sick. Planning ahead of time can save lots of money when ordering supplies and cuts back on wasted time running for this or that.
- Don't add stress during weaning. castration, dehorning, and branding can all add stress. Plan to complete these tasks well in advance of weaning, (minimum of 3 weeks) or a month after.
- Prepare weaning pen with proper placement of feed bunks and a good water source. Clean pens to try to minimize dust and allow pens to drain during wet weather. Providing access to the weaning pens prior to weaning helps the calves adapt to their new environment. Provide fence line contact, if you can, to soften and reduce behavioral stress and minimize post-weaning weight loss of the weaned calf.
- Help calves adjust to the new feedstuffs. At the K-State Research Center in Hays, a feeding protocol for weaning calves has been developed that works well for transitioning weaned calves to a total mixed ration. It starts with high-quality grass hay and the weaning ration being offered each at 0.5% of the calves' current bodyweight, dry basis, on the day of weaning. The weaning ration should be placed on the bottom of the bunk and the hay over the top. Each day the weaning ration is increased while hay remains the same. On day 4, place the hay on the bottom of the bunk. Over a period of 7-10 days, the dry intake should be reached at approximately 2.2-2.5% of the calves' bodyweight.

Simply by pre-conditioning, producers are trying to maximize health and well-being of the animals prior to and at weaning, not just post-weaning. Remember, no two groups of cattle are the same and using a one herd health plan that fits all phases of your operation might not work in all situations. Establish a health/vaccination plan that fits your operation by consulting with your veterinarian. Try to reduce stress of weaning as much of possible, along with preparing your weaning pen ahead of time. Getting your weaning calves up to the bunk and eating should be a top priority. This all plays an important part of the successfulness of weaning and keeping your calves headed in the right direction.





Clover Corner

Lindsey Mueting
County Extension Agent



K-STATE
Research and Extension



Believe it or not, it is time to be looking at those record books, encouraging friends to try out 4-H and start looking towards a new year of goals! September brings the last month of the current 4-H year, but exciting things are ahead for 2022-2023! Please review the newsletter information and let me know what questions you may have. I am happy to help you as you complete record books or make goals for the new project year! As always, we would love to increase the number of volunteers and project leaders that are available to our youth! Please let me know if you have an interest in a certain area or know of anyone in our communities that may have an interest in helping our 4-H youth learn and grow!

– Lindsey

Calendar of Events

September

- 5 Labor Day, Office Closed
- 6 State Fair Items received in the Office (9-4 PM)
- 9-18 Kansas State Fair
- 20 Pick up State Fair Items at the Office
- 30 Record Books Due Into Office, Must Be Screened At Club Level First
- 30 Club Seal Due, Along with other Various Club Forms and Awards to Office
- 30 Ambassador Applications Due
- 30 Fairboard Applications Due

Achievement Banquet

We are working hard to plan this annual event to celebrate the year and all of your achievements! Save the date of November 7 and look for more information soon on this end of the year celebration!

Newsletter Deadline

Any information you would like included in the October edition of the 4-H Clover Corner needs to be emailed or given to Lindsey by September 22, 2022.

4-H Council

The next 4-H Council meeting will be Thursday, October 6 at 7 PM. One agenda item will be Officer Elections for the new year! If you would like to hold an office please make sure you attend the meeting or let Lindsey know in advance! Please make sure you have representation from your club (two youth, two adult). If you currently hold an office be sure to plan to attend as to run this last meeting before the new officers take over!

End of the Year Financial Review

Please remember that each 4-H Club must complete a Financial Review due by November 1. Two youth and two adults are asked to serve on each club committee (These can not be or have relation to those listed as signers on the account). Information on this process has been sent to leaders and those we have listed as treasurers. If you have any questions or need assistance, please reach out to Lindsey!

484H

What is 484H?!? 48 Hours for 4-H'ers to serve our communities and make an impact on the state!

4-H is challenging club members, adult leaders and 4-H alumni to explore their service capabilities and inspire the community around them by taking part in some type of service project during the weekend of October 8-9. We will also have a tailgate service project party on Oct 8 that we will need project booths set up for! (See below!)

Officer Training and Family Event Tailgate Service Project Party

This annual event is set for October 8, in Salina. Watch your emails for more information. We will be needing session instructors for Officer Training as well as other class options. Youth, project groups and clubs will also be given the opportunity to host a service project booth! Service booths will be set up for anyone to participate in. Booths must have a hands-on component to them so participants get to "do" something while there. For example- if you collect pet food/items for the shelter, maybe youth could also tie dog toys. \$10 is available for each booth to reimburse expenses as requested. We cannot host this event without your great service ideas! Please sign up your idea by Sept 9 at:
https://kstate.qualtrics.com/jfe/form/SV_6xRb7zQ5ZXwXZrw

Leadership

Get ready to spend the day “Unearthing Possibilities” at the Central Region Leadership Forum! This event is for all youth 12-18 years of age before January 1, 2023. It will be held Saturday, October 22 at Kansas State University Aerospace and Technology Campus - Salina. Watch your email for more information!

KYLF- Take Flight with Leadership is the theme of the Kansas Youth Leadership Forum to be held at Rock Springs Ranch November 19-20. This event is for all youth 14-18 years old before January 1, 2023. We are also seeking a volunteer to chaperone youth with options to attend adult training during this time at no cost!

Fairboard Members Needed

Are you interested in the fair, how decisions are made and what goes on during fair week? Then consider applying to be a member of the fairboard. There are several spots open for youth and adults. Please consider applying and help make the fair even better. You can find the application online www.mcpherson.ksu.edu or at the Extension Office. Members do NOT need to be current 4-H parents or volunteers, just have an interest in being active in supporting the 4-H Fair! We do encourage at least one person affiliated with each club to apply for a fairboard position so we achieve a balanced group! Spread the word! Applications due October 1.

Importance of Thank You's!

The Fair is complete and we are looking towards another 4-H year, but have all fair responsibilities been taken care of?! What about those Thank You notes?! Spending a few minutes to write a thank you note to your award sponsors, leaders and volunteers is a very important responsibility as a 4-H'er! A thank you list has been emailed to all families, contact Lindsey if you need this sent again. Plaque donor information will be available when you pick up your awards. Stay tuned for notification of those being ready!

National 4-H Week

4-H...AWESOME! National 4-H Week is coming up, October 2-8. What will YOU do to celebrate? Maybe wear green for 4-H, hand out 4-H bookmarks, do a community service project or invite a friend to your 4-H meeting! Start thinking now of how you can show everyone how great 4-H is!

To celebrate National 4-H Week, think about entering the window display, video promo or poster contest! These are open to everyone. Contact Lindsey with questions or if you need space ideas.

WAYS TO PROMOTE!!!

There will be three contests for National 4-H Week this year!

1. Clubs or groups can enter a Window Display promoting 4-H. Think of where these might be located... store fronts, school entry way or display case, libraries, etc. These do not HAVE to be in a store window! Displays can be located in any public space within the county. Remember to get permission! (The case at the McPherson County Courthouse is typically available during this time as well. Please contact Lindsey if you would be interested in filling this case!)
2. Individual Poster Contest. 4-H members can create a standard size poster promoting 4-H. Posters can have any theme the entrant would like. These need to be hung in a public place for the week!



3. Video Promo Contest. All members, projects or clubs are invited to complete a short video promo for 4-H! This can be a basic recording or edited in any way you would like! 30 seconds to 3 minutes is the recommended time. Please email your video promo entry to Lindsey and share on any social media you can to help spread the word about 4-H!

All contests will be judged for top awards! Entries will need to have a short video (or picture for posters if you choose) that is posted to the McPherson County 4-H Facebook page or emailed to Lindsey. For the window display and poster- the video can be a simple phone capture, but should show the display/poster well and can include any other info you would like the judge to know. These videos must be under 2 minutes. Though it is recommended to have these items up for display by

the start of 4-H week- entries must to be in place with videos completed by October 4. Let us know what type of entry you have and where it is located when you email/post the video! Have fun and think outside the box... time to tell people how awesome 4-H is! Awards will be announced at Achievement Night!



It is that time of year... **Record Book Time!!!** To conclude each 4-H year it is my hope that each 4-H member completes a record book. Remember, this is year two for the new project record pages and this year you can complete info online! Record books allow for another great skill to be practiced and as the chance for scholarships, prizes, awards and recognition for the 4-H year. Please take a look at the record information and work on completing at least one record! Don't let lack of experience or information to include scare you away! Dive into the forms and as you are going make goals for how to grow and improve next year. It will get easier with each completed record!!!

What do I need for a completed Record Book?

1. Personal Information Page
2. Kansas 4-H Project Report (s) - (one report per project)
3. Permanent Record

These forms will be turned into the office in a three ring notebook. You must complete the project record sheet for at least one project, though we encourage you to complete for all of your completed projects. Dividers will be helpful for the notebook with multiple projects in one book.

Where do I find these forms?

All forms can be found online! www.mcpherson.ksu.edu, 4-H Youth Development, Awards and Recognition. There are then links for Pin Applications, Record Books and Other Awards.

Which Project Report Form do I use?

The Animal Project Report Form will be used for Horse, Poultry, Rabbits, Beef, Sheep, Swine, Meat Goat and Dairy. All other projects (including Pets/cat and Dog will use the General Project Report Form. Then just find your age! McPherson County forms will be age 7-9, 10-12 and 13-18. (Note: these ages differ from state, please follow the McPherson County age guidelines).

How do I complete the forms?

There are two ways to complete the record forms- with the PDF fillable forms or NEW THIS YEAR with the online platform Zbooks.

PDF Forms- It is recommended (especially for Intermediate and Seniors) that you type the forms, though hand written is acceptable. You must have the most current edition of Adobe Acrobat DC (FREE!) downloaded to your computer prior to beginning. Save each PDF form to your device and then you can edit, save and print as needed.

Zbooks- Create a family and user profile here: <https://4h.zsuite.org/> A help video for this process came out in email in February and there is helpful info on the county website as well. These forms will be printed when finished and turned in just like you would the PDF forms.

When are these forms due?

All record books, pin applications, special award applications and club summaries are due to the office on September 30. Club leaders must review and sign books and forms prior to this date, so check with them for their deadline!

What is a Pin Application?

Achievement Pins are a yearly goal of accomplishments and activities to complete. There are 9 achievement pins to take you through your 4-H career. Don't worry- if you haven't received any yet or feel ahead or behind- there is no such thing. We can all work at our pace and there are options for you- reach out to Lindsey! You will find the pin applications at the Awards and Recognition Website under Pin Applications. Make sure to read carefully and mark ALL possible accomplishments. Your club leader must also sign these prior to Sept 30.

The 4-H Permanent Record

The 4-H Permanent Record is a complete compilation of a 4-H member's activities, both 4-H and non-4-H. This record grows with the 4-H member, as you add on to it year after year. An up to date Permanent Record can be helpful with many award and scholarship applications. This record is available as a fillable Microsoft Word document. Additional lines are available as needed.





Thank you to our 4-H families, leaders, sponsors and volunteers for a great 2022 4-H Fair!





FCW NEWS

Chuck Laughlin
County Extension Agent
Family & Community Wellness



Empower Yourself to Make Better Financial Decisions **Register for our Check Your Credit Email Program**

Did you know that one in five people have an error on at least one of their credit reports according to a study conducted by the Federal Trade Commission? The three national credit reporting agencies are required by the Fair Credit Reporting Act to provide a consumer with a free copy of their credit report each year. Despite this, according to the most recent data available, only one in three Kansans check their credit report annually and Kansas adults rank at or near the bottom of the 50 states in checking their credit reports each year.



Credit is a tool many of us use for managing our financial lives. We use credit to achieve not only long-term goals, such as higher education and home ownership but also shorter-term goals. A credit report is an explanation of an individual's credit history. Lenders and creditors use the information in this report when deciding whether or not to lend to us, how much credit to extend and what interest rate to charge. Landlords and utility companies use the information in credit reports to make decisions about deposits. Employers use the information prior to hiring or before allowing employees access to company-sponsored credit cards for company business expenses. In addition, regularly checking your credit reports in one way to identify and guard against identity theft. It is recommended that consumers check their credit reports annually.

K-State Research and Extension has an email program called "Check Your Credit" that will remind you to check your credit report three times during the year on February 2, June 6, and October 10. Through this program, you will also be sent periodic emails with information about how to understand your credit report, correct errors, and use your credit report to your advantage. You will also be sent a tool to help you keep track of what credit bureau you have checked and dates that you did them on.

There is no cost to participate, and the registration is easy! Scan the QR Code to register for this program or register at <https://forms.gle/mmF3ra5arua1GW4r8>. Take a step towards financial well-being today by signing up for K-State Research and Extension's "Check Your Credit" email program. For more information contact your local K-State Research and Extension Office. We are excited to support you as you take action to secure your financial well-being.



Family & Community Wellness 2022 Brochure

Family and Community Wellness has been working over the past month to create a brochure to introduce you to the services offered through our program. We will be updating as new services are added to our program offerings and hope this provides some insight into the resources available through Family & Community Wellness.

Family & Community Wellness Email Update

Family and Community Wellness email update is working on getting our email program update off the ground. If you would like to receive updates on Family & Community Wellness and/or Community Vitality Programs and Events in McPherson County, please use the QR code here to sign-up to begin receiving emails.



National Preparedness Month

It's the official start of day of National Preparedness Month! Here are some quick things to think about in making preparations for a disaster be it a tornado, wind, fire, etc.

More: <http://ready.gov/september> #LastingLegacy

Kids

- Children are the future & an important part of building a national culture of preparedness. Teach your kids how to #BeReady in case of disaster! Find fun activities & safety tips: ready.gov/kids
- Build a #LastingLegacy: Prepare your kids for disasters and emergencies. Take time to make a plan and have conversations about preparedness. Help them know how to stay safe and navigate potentially scary situations. Ready.gov/kids #NPM2022
- Disasters can leave children and teens feeling frightened, confused, and insecure. Their responses can be quite varied. It's important to not only recognize these reactions, but also help children cope with their emotions. #NPM2022 <https://www.ready.gov/helping-children-cope>

Emergency Kit

- This National Preparedness Month, we are reminding you to build your emergency kit. Don't forget to include:
 - Non-perishable food and water that can last several days.
 - Flashlights, radios & extra batteries.
 - First aid kit.

#LastingLegacy

- An emergency kit should have everything you need to survive for several days. Keeping your kit stocked with necessities like food, water, and medical care can make the difference in the face of a disaster. Ready.gov/kit
- Build an emergency supply kit this #NationalPreparednessMonth! Consider unique needs of your family. Include supplies that might be needed by pets, older adults, and those with disabilities in the event of the emergency. Ready.gov/kit

Make a plan

- Make a plan this #NationalPreparednessMonth!
 - Consider any special needs your family might have.
 - Make sure your kids know important phone numbers.
 - Learn your evacuation routes.www.ready.gov/plan
#LastingLegacy
- Disasters can happen anywhere, any time. That's why it's important you're prepared. Do you have a plan for yourself, your pets, and your family? Consider the specific needs you might have in an emergency. Ready.gov/plan

Pets

Your pets are also part of your legacy! Add these items in your emergency bag in case you need to evacuate with your four-legged buddies:

- A selfie with them in case you get separated.
- Medicine & grooming items.
- Collar with an ID & a leash.

Preparing for a
DISASTER
is as easy as
PREPARING
for game day



Share Key Fast Facts

These are only a few of the reasons why it's important to take part in promoting Suicide Prevention Awareness Month. Please use these facts and others, including the "[It's Okay to Talk About Suicide](#)" infographics on our website, to encourage discussions with your community through social media or other forms of outreach.

Individual Impact:

- 79% of all people who die by suicide are male.
- Although more women than men attempt suicide, men are nearly 4x more likely to die by suicide.
- Suicide is the second leading cause of death among people aged 10–34 and the 12th leading cause of death overall in the U.S.
- The overall suicide rate in the U.S. has increased by 35% since 1999.
- 46% of people who die by suicide had a diagnosed mental health condition.
- While nearly half of individuals who die by suicide have a diagnosed mental health condition, research shows that 90% may have experienced symptoms of a mental health condition.

Community Impact:

- Annual prevalence of serious thoughts of suicide, by U.S. demographic group:
 - 4.9% of all adults
 - 11.3% of young adults aged 18-25
 - 18.8% of high school students
 - 45% of lesbian, gay and bisexual high school students
- Suicide is the leading cause of death for people held in local jails.

Data from CDC, NIMH and other select sources.



Scan the QR code to be connected to the National Alliance on Mental Health - NAMI.org.



#BeThe1To is the 988 Suicide & Crisis Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.



Kellogg's® Feeding Reading program is all about fueling minds and bodies for school success. They are teaming up with Penguin Random House to build kids' reading confidence and empower young imaginations.

Buy any participating Kellogg's® product before September 30, 2022, take a picture of your receipt and get credit for a free book. There is a limit of 10 books per participant. This is the last month for the free book program.

One box of participating Kellogg's® products is equal to one free book (English and Spanish books are available to choose from). Scan the QR code to register and select your free book.





Preschool Programs

McPherson County Extension will offer a monthly program for children ages 3 – 5 and their families throughout the school year. These free programs will feature a monthly theme with story time followed by a variety of hands on activities designed just for preschoolers! Our September theme will be Sunflowers. This program will be held on Thursday, September 22 from 9:30-10:30 am at the McPherson County Extension Office. To sign up, please visit: <https://tinyurl.com/SeptemberPreschoolFun>.

Back to School!

This time of year brings many changes for children and families! The start of school often means the start of extracurricular activities, sports, and brand new schedules. For parents of students who have headed off to college, this can also be a time of transition. Here are some resources as families adapt to new routines! (You can click the links or pick up a copy at the Extension Office!)

[MF2830 Sleep: Want It, Need It, Get It, Fact Sheet \(ksu.edu\)](#) [Make Time for Family Mealtime - It's Worth the Effort | USU](#)
[MF2554 What Happens Now? The Children Are Gone: Fact Sheet \(ksu.edu\)](#)

Classroom Programs Available

McPherson County Extension Office offers a variety of programs to area classrooms! Some of our current programs include:

- **Ag Innovators: Honey Bee Challenge**- In this one hour activity, extension office staff will introduce youth (grades 3-6) to the importance of honey bees in food production. This program encourages youth to use problem solving and STEM skills to address an agricultural challenge. Youth will build brush bot bees and help them navigate a foraging route.
- **Handwashing** – Now is a great time to review proper handwashing! With the help of the glitterbug unit and potion, students will learn how to make sure they are thoroughly washing away the germs. This unit can be checked out or staff can come to your school to facilitate the activity. This program can be used for students in any grade – even middle school/high school health and FACS classes!
- **Embryology** - Students will learn about the lifecycle of chickens by incubating and hatching eggs in the classroom.



Look for more programs in the coming months! Current programs for in school enrichment, homeschool, community based programs and home check out kits can be found online:

<https://www.mcpherson.k-state.edu/4-h/youthenrichment/index.html>

If you are looking for programming on a specific topic or skill, please reach out to Audrey Seeger at aseeger@ksu.edu and let us know how we can help!

Information Request

Want more information about any of the programs listed here? Are you interested in scheduling a program? Do you want to know about new programs as we make them available? Fill out the information request at <https://tinyurl.com/EnrichmentInfo> or scan the QR!





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RETURN SERVICE REQUESTED

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