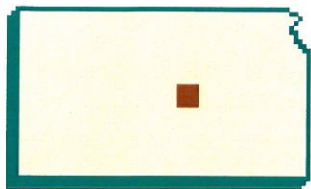


# McPherson County



K-State Research & Extension  
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**SEPTEMBER 2019**



## Ag News

**Shad Marston**  
**County Extension Agent**  
**Agriculture and Natural Resources**



*Every late summer, I participate in the McPherson County Fall Crop and Tillage Tour. On this tour, we stop and chart the crops planted, tillage and conservation practices at 100 intersections throughout the county. I'm sure some of you saw us stopping and checking out your fields as we charted the data on a computer. With that said, I get to see what's going on outside my office and take a look at the current conditions across our county and how each producer attends to his ground. With the ever changing weather conditions and patterns we have had, it is amazing to see how different farmers can adapt and continue to be great stewards of the land we live on. It is interesting to see the different farming strategies that are taking place now verses when I grew up on the farm some 50 years ago. As you all know, we are not making more land, actually it is just the opposite. Farmers now, have to do more with less, imagine that. With that, producers will have to be more efficient and find better 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 continues right here in McPherson County.*

### Pre Plant Wheat School

We had a great turn out for our Pre- Plant Wheat school on Monday night. Over 110 producers attended our program along with our ladies' program as well. Tristen Cope from Marion County Research and Extension came this year to present our ladies program covering Time Management. I want to thank Dennis Friesen for cooking our brats and American AgCredit and Central Prairie Coop, Dale and his wife Jolene and Landon Shaw of First Bank Kansas for serving our meal. I would also like to thank all the sponsors for covering our meal costs again this year. Sponsors for this event were: Ag Seeds, LLC, American AgCredit, Ag360 Insurance, Central Prairie Coop, Citizen's State Bank\Home State Bank, Cooperative Grain and Supply, First Bank Kansas, Nutrien Ag Solutions, and People's Bank & Trust. We had four K-State Wheat specialists talk on soil fertility, wheat variety selection for McPherson County, cleaning, seed treating and germination testing our seed wheat. In addition, the planting date, planting depth and seed rates were also discussed as they are a very important part for maximizing yields and establishing a successful wheat crop.

## Timing Silage Harvest

We're now well into August and that means silage harvest is drawing near (as long as the ground will hold). Corn and sorghum development and maturity is highly variable this year due to all the problems with spring rains. If you always chop silage on about the same date, how will that affect your silage? Harvest timing is critical for success and needs to be based on moisture content of the silage. Silage chopped too early and wetter than 70% moisture can run or seep and it often produces a sour, less palatable fermentation. Conversely, dry silage is difficult to pack adequately to force out air. This silage heats, energy and protein digestibility declines, and spoilage increases. If your silage usually steams during winter, it was probably too dry when chopped. Many corn hybrids are 60 to 65% moisture after kernels dent and reach one-half to three-quarters milkline. This guide isn't perfect for all hybrids, though, so check your fields independently. Research at K-State has established that harvesting sorghums in the mid- to late dough stage of kernel development optimized both silage yield and nutritive value. Others recommend to harvest at the soft-dough stage. Whichever you choose, it's important to know that sorghum kernels, like corn, become increasingly hard and less digestible as the plant matures. Generally, it is more difficult to judge proper plant moisture based on grain stage of maturity with sorghum silage than corn. A good way to handle timing of sorghum silage is to begin cutting when 80% or more heading has occurred and 50% of the grain reaches soft-dough stage. It may be tempting to delay harvest while waiting for whole-plant moisture levels to drop, but that is usually a mistake. Any advantage gained by lower moisture content will be offset by less digestible grain. In fact, it's generally a better idea to harvest your sorghum silage a little early rather than a little late. On average, once the milkline begins to move, corn silage dries down at a rate of 0.5% to 0.6% per day. Sorghum is a tad slower. Dry down is entirely dependent on the weather, though. Rain and cool temperatures can slow the pace while hot, dry weather may be as much as 1% per day. If you find yourself in a tricky situation or just want to make better silage, a little help from inoculants can improve things. While there is no clear, consistent way to predict when inoculants will be most effective, typically, inoculation hastens the fermentation process, reduces face spoilage and can save you about 5% in storage losses. Inoculants consistently improve wet silage, especially sorghums. If you start chopping early enough to prevent silage from being too dry at the end, inoculants should help.

By taking all of this into consideration and chopping your silage at the proper time this year, the outcome will be better feed and better profits.

## Volunteer Wheat Control: Protecting Kansas Wheat

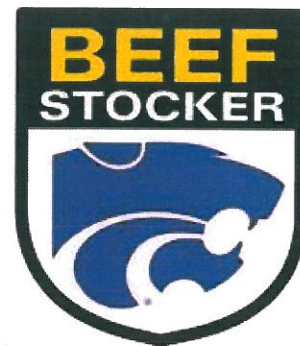
Wheat in the Great Plains is often plagued by complex of viral diseases including wheat streak mosaic virus, High Plains virus, and Triticum mosaic virus. As we move toward planting season, it is helpful to have a few timely reminders about ways to reduce the risk of disease problems in 2020.

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 (Joe or Oakley CL) or to the wheat curl mite (Byrd, Langin, TAM 112, T-158, etc.). 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.

## 20<sup>th</sup> Annual KSU Beef Stocker Field Day

Date: Thursday, September 19  
Time: 9:30 AM  
Location: K-State Beef Stocker Unit  
4330 Marlatt Ave, Manhattan, KS

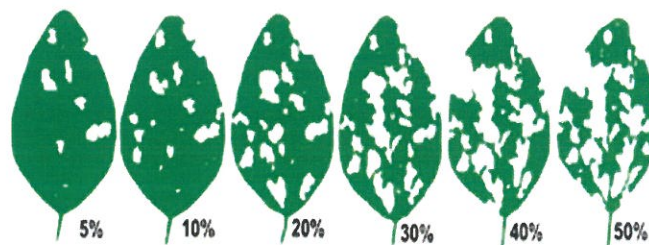


The 20th annual Beef Stocker Field Day starts with registration and coffee at 9:30 a.m. and the program at 10:15 a.m. Attendees will have a chance to win door prizes, including a fishing trip, ATV sprayers and more. The day will conclude with an old-fashioned Prairie Oyster Fry and Call Hall ice cream. Pre-registration is \$25 and due by September 10. For complete details and registration, visit [www.KSUbeef.org](http://www.KSUbeef.org). For more information, contact Dale Blasi ([dblasi@ksu.edu](mailto:dblasi@ksu.edu); 785-532-5427).

## Scouting Soybeans for Insect Pests

Soybean fields are reaching that critical point of development as they progress through the reproductive stages. This time of year the insects can develop in large populations, with a wide diversity. Determining when those insects need to be controlled by an insecticide can be difficult. This article is a brief guide to help you define the damage you are seeing and determine when it is the correct time to treat. First off you need to determine what insect or multiple insect species is causing the damage. Some people will use sweep nets to catch bugs by brushing the net across the plant in a sweeping motion. The nice thing about a sweep net is you have captured the insect which allows you to get a good look at the insects. While a sweep net is good for identifying insects it is not a good tool to quantify how many insects are present. To calculate population numbers, take a small area of a row and hit the plants multiple times to knock the insects off the plant. Then you can determine how many insects you are dealing with over that area. Some people lay down a white cloth between the rows to make the insects stand out. You will need to sample multiple times in various locations to determine the population across the whole field, as insects do not tend to be uniformly dispersed. The size of an insect is an indicator of the stage of development. Small worms present will take longer to cycle out versus larger ones that have already completed much of its life cycle. Most of the feeding an insect does will occur later in its development. It is also significant to note when you see dead worms. In some species like green cloverworm, a fungus can set in, sometimes controlling the population before treatment is warranted. Walking the field, you are most likely to find several species of insects. How do we determine if a treatment is justified? It all comes down to a judgment call based on what insect population is currently there, where on the plant they are feeding, and how much damage has already occurred. It is the cumulative effect of the entire insect population in the soybean field to estimate the loss of yield. The thresholds for treating depends on species but many include both insect populations as well as the damage present on the crop. Determining damage is quite deceiving when you are talking about defoliation. A soybean plant can lose a very large amount of leaf tissue before it becomes detrimental to the production. Prior to reproductive stages a soybean can withstand up to 30% leaf-feeding before treatment is justified. Now that soybeans have entered reproductive stages of growth a leaf loss of 20% is treatment threshold because plants are producing less vegetative tissue and putting energy into producing pods.

When feeding on the pods begin the timing becomes critical, at that point the insect is directly influencing yield. One pod per plant is the standard threshold people use. To figure the loss of your field with this calculation. 1 pod per plant cost of a field with 100000 plants, 2.5 seeds/pod, 3000 seed/# and soybean price. 1 pod/plant x 100000 plants/ac x 2.5 seeds per pod = 250000 seeds / 3000 seeds/# = 83.34#/ac or 1.39Bu/ac x \$7.84/bu = \$10.90 an acre loss. You can change the numbers to fit your field and the fluctuating price.



**Bean Leaf Beetle** is a 1/4 inch Red to light tan beetle similar to a lady beetle with six spots black spots on their back. Most years require 50 beetles per foot of row to cause too much defoliation though also can feed on pods early in development.

**Thistle Caterpillar**, the larval form of the painted lady butterfly, a brown to black with yellow stripe caterpillar has spiny hairs across the body. Thistle caterpillars will cause webbing of leaves where they seem to take refuge as they eat and then pupate. Treatment is recommended if the defoliation will exceed 30% during soybean vegetative growth and 20% during soybean reproductive stages.

**Garden Webworm**, a green worm normally with noticeable stripes and 3 dark spots on the side of each segment of its body. Causes webbing at the top of the plant and matures about 1-inch long. Treatments are warranted when the defoliation is 20% during reproductive stages of growth.

Garden Webworms have been out in very high numbers this year, particularly in wheat stubble fields where they have completely skeletonized whole fields of pigweeds. I know of several instances of webworms in soybeans being targeted and had to be treated.

**Green Cloverworm**, a light green worm with three pairs of stripes, it has three leg pairs in the middle of the body with a pair of legs at the end of the body. The easiest way to identify them is how they really wiggle when disturbed. Thresholds of green cloverworm are high 10-12 per foot of row and 30% defoliation soybean plants as they tend to just feed on leaf tissue. Soybean Podworm (corn earworm or sorghum head worm) Generally they are light brown in corn though most podworms I have found in soybeans are light green in color. The head tends to be tan in color with alternating light and dark stripes running the length of the body and spots. Micospines or small hairs can be seen on mature larva is a distinct characteristic that is not seen on other worm species.

**Podworm** as the name suggests feed on pods as well as leaves making the threshold less. 1 worm per foot of row is the threshold. I have not found podworm in soybeans yet this year though should be on the lookout as they have been present the last few years and earlier generations in corn are thick this year.

## ***Scouting Soybeans for Insect Pests (continued)***

**Stinkbugs** are generally green or brown large shield-shaped insect with sucking mouthparts. Stink bugs can cause shrunk or deformed seeds from feeding on pods in early in development as they are tender and moist. Treatment levels are reached when you find 10 bugs in 30 feet of row.

**Soybean Aphid** is a yellowish aphid that can populate in large numbers very fast with the correct environment. The environment that they prefer is around 80-degree F which has limited their development in most years. Though soybeans aphids have been found in Kansas every year since 2002 only a few times have the conditions been conducive enough to warrant spraying. Soybeans aphids have been found in Riley county this year.

Other Species like grasshopper, woollybear caterpillar, and yellow striped armyworm can also be found though I have not witnessed large populations recently. Additional resources to identify insect pests you can go to the KSU entomology web page. The second is a link you can find from the entomology web page with insecticide information, and the last link to purchase an excellent book for reference Crop Insects of Kansas put out by the department of entomology: \$11.40 <https://entomology.k-state.edu/extension/insect-information/crop-pests> <https://www.bookstore.ksre.ksu.edu/pubs/MF743.pdf> OR <https://www.bookstore.ksre.ksu.edu/Item.aspx?catId=236&pubId=13159>

## **Fall Lawn Care Tips for a Beautiful Lawn**

Once fall arrives many are tired of mowing our lawns and we just want to put off lawn care until the spring. Although many of us don't realize that fall lawn care is the best time to help improve your lawn. Here are a few lawn care tips that will help you to get your lawn into its best shape for the spring season.

### **Mowing**

Fall lawn care requires that you lower your blades by about an inch from the height that you set during the summer months. This will allow you to get rid of any weed seeds and get more air into the soil. It is also a good idea to use the mulching option if you have it on your mower, by mulching the horde of leaves on the ground you can add a great fertilizer to your lawn.

### **Aerate**

You will have the most benefit from fall lawn care if you aerate in the areas that have the highest traffic. Areas with a lot of foot traffic become compacted and air can't get to the grass roots which cause trouble when the grass tries to grow. This is what leads to bare patches in a lawn. Basically with aerating you are punching holes in the soil so that water and nutrients can spread all the way down to the roots. When it comes to aerators there are several options to choose from. The manual option is special shoes that you can strap over your footwear with large spikes in the bottom. Then you just walk around your lawn in order to aerate it. Then there is a larger manual aerator with four hollow tubes on a horizontal bar that you push into the ground, this option is probably the most labor intensive. Once you are done you can leave the large plugs removed from the lawn as organic matter or compost. To help fill the holes once you are done spread a layer of compost, fertilize and water.

### **Reseed**

After aerating and de-thatching if necessary then you will need to reseed. You will have nice holes and fresh compost in your yard which is an excellent time for seeds to take a hold. Fall lawn care is also the best time for grass growth since there is less weed competition. After spreading the new seedlings, you need to remember that the key to fall lawn care is to keep them moist.

### **Water**

The most important of all the fall lawn care tips is water. In the fall your lawn needs just as much water as it does in the summer months. Watering allows the new seedlings root systems to become established and fertilizers will be able to sink into the ground better.

### **Fertilizing**

In general, turfgrasses should be fertilized when they are actively growing. So cool-season grasses, such as Kentucky bluegrass, tall fescue, and perennial ryegrass, should be fertilized primarily in the fall. Warm-season grasses, bermudagrass, buffalograss and zoysiagrass, should be fertilized in late spring and/or summer. For cool-season lawns, most of the fertilizer should be applied in the fall. Fescue, bluegrass and ryegrass benefit most from fall-applied nitrogen applications. September is the most important time. N applied during September helps thicken the stand, and encourages development of a healthy root system. A November application (at about the time of the final mowing of the season) helps the turf build food reserves. This enables the lawn to green up earlier in the spring, without encouraging the excessive shoot growth that often accompanies early spring N applications. Doing fall lawn care only takes a few months and then you will be able to enjoy the benefits of a beautiful yard all year long.





# Clover Corner



**K-STATE**  
Research and Extension

**Lindsey Mueeting**  
**County Extension Agent**  
**4-H Youth Development**



*Hello 4-H'ers and Families! Thank you so much for accomplishing another great summer in McPherson County 4-H! Your extra time, help and patience as I was away is much appreciated. Thank you so much to Julie Wedel for all her time and assistance to make this summer great! Thank you families for your thoughts and well wishes in the birth of my daughter, Jordyn, and struggles with storm damage to our new home. What a blessing for this 4-H community to show so much care and concern, I thank you! I am officially back to work as of Sept 3, so please stop by and say hello! Believe it or not, it is also time to be looking at those record books, encouraging friends to try out 4-H and start looking towards a new year of goals! What would you like to see happen in McPherson 4-H? What could be improved? I encourage you to think outside the box and share your ideas! There are many opportunities for leadership in the county including County 4-H Council (2 youth and 2 adult reps from each club), Leadership Challenge, 4-H Fairboard, Jr Leaders, County-wide Committees and Project Leaders. I hope you are all having a great start to the new school year and as always, let me know if you have any questions!*

– Lindsey

## Help Judge Record Books

As we each work to complete our KAP record books for the year- other counties are also doing the same! It will soon be time for us to help screen others record books. 4-H families- please watch your email for these details, but all are welcome and appreciated! It is helpful for past 4-H'ers, parents and volunteers to come help! No experience is necessary!!!

### 4-H Council

The next 4-H Council meeting will be Thursday, October 3 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!

## 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!

## Calendar of Events

### September

- 2 Labor Day, Office Closed
- 3 Leadership Challenge Plan Evaluation Due
- 5 Bring State Fair Items to Office
- 6-15 Kansas State Fair, Hutchinson
- 27-29 Kansas Junior Livestock Show, Hutchinson
- 30 Records Book 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

### October

- 3 4-H Council- 7 PM Extension Office
- 6-12 National 4-H Week
- 9-20 Tractor Supply Paper Clover Event
- 12-13 484H Service Weekend
- 12 Officer Training & Family Event
- 27 4-H Achievement Banquet

## 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 18, 2019.

## 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](http://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 September 30.

## National 4-H Week

**4-H...AWESOME!** National 4-H Week is coming up, October 6-12. 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 or poster contest! These are open to everyone. Contact Lindsey with questions or if you need space ideas.



### WAYS TO PROMOTE!!!

There will be two 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!
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!

Both contests will be judged for top awards! Entries will need to have short video (or picture for posters if you choose) that is posted to the McPherson County 4-H Facebook page or emailed to Lindsey. 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. Videos must be under 2 minutes. Entries need to be in place with videos completed by October 8. 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!

## Leadership Opportunities

### JR LEADERS

If you are between the ages of 12 and 18 please consider being a part of Jr. Leaders. EVERYONE is invited!!! This is a super fun group whose members are leaders in 4-H and the community. We have fun, learn a lot, help others and grow together as a group through activities and trips. Watch your email for start of the year info!

Also, if you submitted a Leadership Challenge form this year, make sure to have your Evaluation complete and to the Extension Office no later than September 3. Reference form due September 16. If you have any questions on this process, let Lindsey know!

### BE AN AMBASSADOR!

Do you think 4-H is awesome?! Want to help spread the word to others and plan fun events? Think about applying to join a fun group of 4-H teens, the McPherson County 4-H Ambassadors! All Ambassadors are expected to help at a variety of county events, and present about the McPherson County 4-H program at local elementary schools and other venues. Ambassadors should be prepared to devote their time and talents to promote the 4-H program and be "the face of 4-H in McPherson County." More information and the application form is available on the county website. Applications for 2019 are due by September 30. Interviews will be scheduled in October with new Ambassadors beginning at the Achievement Banquet!

## Kansas Youth Leadership Forum... November 23-24

Come and build your leadership skills and potential through workshops, consulting groups, inspirational speakers and more. Available class sessions will be online soon! This is a 2 day event this year.

<http://www.kansas4-h.org/events-activities/conferences-events/kansas-youth-leadership-forum/>

In addition, the 2020 State 4-H Youth Leadership Council will be elected at KYLF. Registration and info is online and will be due by October 15, 2019. KYLF is for all youth 14-18 years old before January 1, 2020.

**4-H Youth Leadership Council** - Apply to be on the group that helps run 4-H in Kansas. This group also plans awesome events such as: *CIA, KYLF, 484H and Campference!* – Due October 1

**Discovery Days Task Force** - Help plan and run Discovery Days 2020! – Due October 1

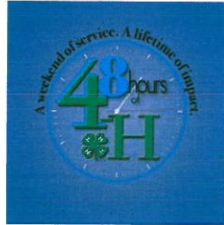
**National 4-H Conference** - Apply to attend this conference in Atlanta and come back to be a leader in Kansas 4-H! – Due October 1

## Officer Training and Family Event Saturday, October 12, 2019

This event will be in conjunction with Central Kansas District again this year and held in Salina. This will also be in conjunction with a 484H Tailgate Service Project Event. We will be looking for leaders to help teach sessions! This event will be open to all family members, cloverbud age to adult! Fun and informative sessions will be available for all ages, with lots of friends from surrounding counties to learn with, so plan to attend! Final plans and registration will be available soon, watch your email and October Clover Corner!

### 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 12-13.

On Oct 12 McPherson County and CKD will host a Tailgate Service Project that all are invited to help with and/or attend! Clubs and families are also invited to participate in any service they choose during that weekend and report it to the Extension Office to be added in to our statewide efforts!

## Tailgate Service Project

We need YOUR help to provide service activities for this fun event on Oct 12 (Following Officer Training and Family Event). We are looking for 4-H members to provide a HANDS-ON service activity for this event. 4-H Members will tend to the service activity from beginning to end. We have budgeted \$10 for each service activity to help offset the cost of the projects (keep receipts for reimbursement purposes).

There is an online registration for service project sign-up. We ask that projects are registered online at <https://tinyurl.com/tailgateservice> by Sept 8!!!

Get creative and think what projects we could do. Attendees will have the opportunity to visit any or all of the service project tables to participate. You could even relate a service to one of your projects!

## Time to Celebrate!

The annual McPherson County 4-H Achievement Banquet will be held on October 27, 2019. This will be at St. Joseph's Catholic Church beginning at 4:30 pm. Dinner will follow the awards ceremony. Look for more info about purchasing tickets in the October Clover Corner! Remember- everyone who returns a record book (KAP) will get a free ticket! Don't forget that all Fair Judging Contest awards will be given this night! Please plan to attend to celebrate the entire 4-H year and all those receiving various awards!

## Year End Information

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. This allows for another great skill to be practiced as well 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!!!

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!

All forms can be found online! [www.mcpherson.ksu.edu](http://www.mcpherson.ksu.edu), 4-H Youth Development, Awards and Recognition, Record Books. You can choose to complete the applications on the computer (copy to another folder on your computer) or print out the applications and fill in by hand.

**STORY TIPS:** The first paragraph should be facts about you, your family, where you live and a list of your projects. The next portion (largest section) should discuss your involvement in the project for which you are completing the form. Next briefly discuss work in each of your other projects. Then discuss other leadership or community service and club activities you have done. Finally evaluate your year and mention your future plans. The majority of your KAP story should be focused on the project you are filling it out for!

**As each of you are working hard on finishing up your yearly record books, don't forget to save the date for Achievement Night! We will celebrate all your accomplishments on Sunday, October 27 at 4:30 PM. Check out the October Clover Corner for more information.**



# Living Well

**Jana McKinney**  
**County Extension Agent**  
**Family & Consumer Science**



## Dates for Financial Program in Planning – Save the Dates

“Farm Financial Skills for Kansas Women in Agriculture” is a Signature Program from the Farm Management PFT that will be held January 15th, 22nd, 29th and February 5th of 2020. This four-part series is designed to provide an educational experience with distance technology for the main speakers, but having a local facilitation and speaker presence as well.

This program is in the planning stages, but I wanted to have you save the dates if you are interested. The meetings will be held at the McPherson County Extension Office meeting room. We will use Zoom technology to be able to see the speaker without having to leave our own county! More details to come, but please, if interested, save the dates, be watching for more information!

## Stay Strong Stay Healthy Reunion

Please save Thursday, September 12 at 6 p.m. for a Stay Strong Stay Healthy Level 1 Reunion! It will be at the McPherson County Extension Office meeting room with light refreshments! And, drum roll....an introduction of Stay Strong Stay Healthy Level 2!

Participants must have completed SSSH level 1 to be able to do Level 2. Tamme Lackey will be teaching the Level 2 class as she is certified. I will be teaching a Level 1 class, probably an evening class this Fall.

Please come, learn about Stay Strong Stay Healthy (SSSH)! It is a great program that helps you strengthen your muscles.

## Renter’s Insurance

So, you moved out – to the dorm, a cooperative living situation or an apartment. Don’t think you have much? Well, if there is a fire, and your belongings are destroyed. You really don’t have anything because the structure insurance is not going to pay for your possessions. Please, check into getting Renter’s Insurance. It is not expensive, like \$11/month, low deductible and necessary.

## Celebrate *Family Day* in Your Home

It’s never too early to start the tradition of regular family dinners with your children. Make dinnertime special by turning off the TV and not answering the phone during mealtime. To download a free Family Dinner Kit that includes menu cards, placemats and recipes that you can use, visit: [www.CASAFamilyDay.org](http://www.CASAFamilyDay.org).

### Be a *Family Day* STAR

Join parents all across the country in logging onto [www.CASAFamilyDay.org](http://www.CASAFamilyDay.org) to take the *Family Day* STAR

Pledge to commit to:

Spend time with your kids by having dinner together

Talk to them about their friends, interests and the dangers of drugs and alcohol

Answer their questions and listen to what they say

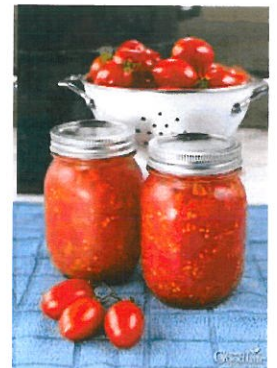
Recognize that **YOU** have the power to keep your kids substance-free!

Celebrate Family Day is the 4<sup>th</sup> Monday of September; this year, September 30, 2019. Can’t do it on Monday due to a conflict; pick another day. Maybe even pick a specific day each week to celebrate your family. You’ll be glad you did!

## Lemon Juice, Tomatoes, and Salsa

In canning tomatoes, it is very important to add lemon juice to increase the acidity. This is because tomatoes have a pH level that is just above 4.6 making them a low acid food. With the addition of lemon juice, this lowers the acidity and makes them high acid.

Need help with Food Preservation? We have many great free resources available to help you. It’s always best to know the most recent recommendations regarding food preservation to be sure the food you are preserving will be safe for your family.



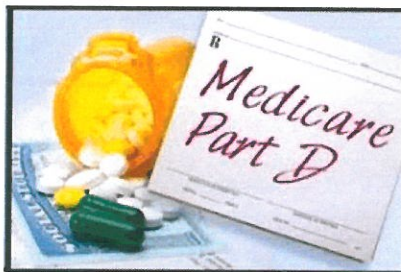


## Medicare Part D Open Season October 15 - December 7

The Medicare Open Season is almost here! People that have Medicare Part D should be receiving letters indicating how your current Prescription Drug Plan (PDP) is going to change – this includes Premiums, Tier level coverage for drugs, if the medicine is on the formulary and also, some plans have a name change. We also want to make sure you are using a Preferred Pharmacy to get the best prices. It can make a big difference.

Should you check it each year? My opinion. Yes. We want you to have the best drug plan for coverage, cost and convenience.

To check it, it is free with a SHICK (Sr. Health Insurance Counselor of Kansas. Jana McKinney is one at the McPherson County Extension Office, other options include the McPherson County Council for Aging and the McPherson Senior Center. Please call to get an appointment.



**NEW:** This year, we are going to have to do Personalized Searches. This means you need to bring:

- \*\* Your Medicare Card
- \*\* A list of your current Medications
- \*\* We will create a Medicare account for you – unless you have then you will need to bring your user name and passwords with you.
- \*\* Also – what pharmacy you want to use.

It may take us a few minutes longer to search, but it is certainly going to be helpful in the future!  
Please call 620-241-1523 to make an appointment!  
October 15-December 7.

## Affordable Care Act Open Season

Open Enrollment for 2020 health plans starts November 1, 2019. Important dates to note: November 1, 2019: Open Enrollment starts — first day you can enroll, re-enroll, or change a 2020 insurance plan through the Health Insurance Marketplace. Coverage can start as soon as January 1, 2020.

Affordable Care Act Navigators are getting harder to find. GraceMed has hosted one in the past at their location on specific days. Jana McKinney will assist as well. Please be sure to bring your username and password for your Healthcare.gov account when you make your appointment.

## Volunteers Needed Guide our Extension Program

It's the time of year when the McPherson County Extension program is seeking volunteers to serve on the Program Development Committee, often abbreviated PDC. These members work together with extension agents to develop local programming.

### *Responsibilities*

- Assess needs and issues of agricultural producers, communities, families, and youth.
- Identify new local audiences and develop a proactive plan to expand the scope of extension programming.
- Use K-State Research and Extension resources to meet local programming needs.
- Develop program action plans to address community needs and submit those plans to the extension board and area director for review and approval.
- Implement, participate in, and evaluate extension programs.
- Promote K-State Research and Extension program successes and impacts.

### *Qualifications*

- At least 18 years old and a resident of the county in which the PDC is represented.
- Interested in working within the philosophy and mission of K-State Research and Extension.
- Willing to work closely with the local extension agent and other members of the PDC.
- Sincere interest in improving the quality of life for community residents.

### *Time Required*

In counties, a PDC member serves a two-year term. Members are expected to participate in PDC meetings scheduled throughout the year.

**Interested?** If you are interested, please contact the McPherson County Extension Office at 620-241-1523 or you can contact a current Extension Council Executive Board Member. We have vacancies in the program areas of 4-H Youth Development, Ag Natural Resources, Family and Consumer Sciences and Economic Development. Please consider volunteering!



## Save Money on Home-Packed Lunches

Lunches provided at school are affordable options. But if your family members choose packed lunches to tote to school or to work, here are some ways to keep costs down.

*Use reusable containers.* Using paper lunch sacks, disposable plastic wrappers and sandwich bags, and other single-service items is like throwing money away every day. Instead, buy durable food containers with tight-fitting lids in a variety of sizes to fit your lunch box needs. You will save money, help the environment and maybe, add color.

*Avoid single serving packages.* You will save money and also help the environment if you buy large containers of common lunch box foods and beverages instead of buying packaged lunch meals or single serving sizes. A home-packed lunch not only costs less than pre-packaged lunch meals, but typically provides more food and more nutrients. Portion out a lunch-sized amount of each food into reusable containers. The same advice goes for cheeses.

*Prepare, cook and bake ahead.* In the evenings and on weekend, prepare extra servings of cold foods, such as chopped vegetables, pasta or rice salads, and puddings. Similarly, cook larger batches of soups, casseroles, spaghetti, stews or other inexpensive and healthy main dishes. In the morning, reheat and pack a serving into a hot thermos for lunch. IN the addition, bake healthful breads, muffins, cookies and even brownies.

*Plan ahead.* Plan weekly menus and buy enough food to include two servings of a fresh, frozen, canned or dried fruit or vegetable, or both, for each lunch. Pack at least part of each lunch the night before, or even over the weekend. This will help you avoid rushing to throw the meal together minutes before your or your child have to leave home. Make packing lunches a fun family affair. When kids are involved, they'll be more likely to try new foods and it raises their interest in nutrition.

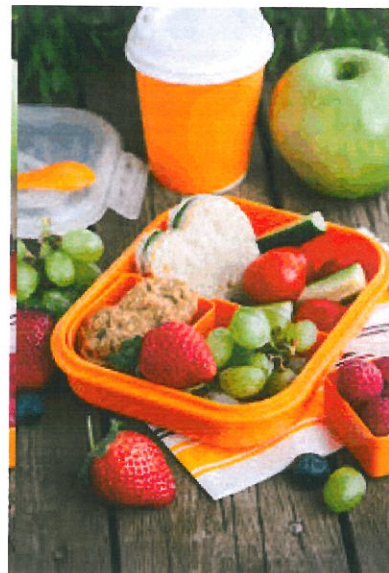
Struggling to get things organized in the morning; here are some ideas.

Acquire a big calendar for the kitchen—one with enough space for writing school assignments and deadlines. Making entries can be part of the coming-home-from school ritual. Position an “in” basket so notes and papers requiring parental signatures can go straight from backpack to basket and back again. Hang a clear vinyl shoe bag (at a height the kids can reach) on the inside of the coat closet. Use it for mittens, caps and maybe even the grownups' car keys and house keys so there's no “treasure” hunt in the mornings.

Help children organize their rooms. Once school supplies are purchased and all is organized, take “after” photos of the room, desk and backpack. Many children, especially young ones, need visual reminders of where everything goes.

Finally, when purchasing new school clothes, check the care labels to make sure they can be easily laundered. Then, if a favorite item needs a night-before washing, it won't be a family crisis.

Be sure to read the school newsletters and check the website. The more information you have, the better! Plus, teachers like to hear from parents so send them an email, let them know your concerns. Don't wait for Parent Teacher Conferences, open the lines of communication right now.



## Intentional Harmony

Is there a correct way to fold a towel? Really? Or, if someone in your home is willing to help with a household chore, isn't it okay how it's done as long as “it” gets done? Think about it.

The majority of Americans increasingly find themselves called upon to manage out-of-the-home work and the needs of personal and family life. Recent studies have reported that most people work more hours than they would prefer to and one third of American workers chronically feel overworked. Work-life stress can have serious effects on emotional and physical well-being and on relationships with family members. At work, stress leads to increased dissatisfaction and absenteeism, low productivity, conflict with co-workers, worker turnover, and higher health insurance costs. Although commercial work-life balance materials and programs exist, these can be costly, are often not research-based, and frequently address only small parts of the problem.

# Food Safety For College Students AND All of Us!

The college lifestyle is not exactly conducive to a healthy and safe eating environment. From four-day-old pizza to uncooked microwavable hot dogs, there isn't much a college student won't eat. Food safety is not quite at the top of a college student's priority list. The college setting can be a hotbed for unsafe food handling practices and foodborne illness.

The reality is that basic food safety is incredibly simple and painless to follow..

The first rule: *do not eat anything that has been left unrefrigerated for more than two hours.* Bacteria grow rapidly at temperatures between 40° F and 140° F and can double in number every 20 minutes. Discard all perishable food left at room temperature for longer than 2 hours.

The second rule: *keep hot foods hot and cold foods cold.* Holding food at unsafe temperatures is the prime cause of foodborne illness. To avoid exposing your food to harmful bacteria, make sure to keep hot foods above 140° F and cold foods below 40° F when storing them for later consumption. Leftover food that has been properly stored in the refrigerator generally keeps for 3 to 4 days; food stored in the freezer for 1 to 2 months.

When reheating refrigerated or frozen food, *cook all leftovers to 165°F and never reheat food more than once.* It is also important to never partially cook food. A microwave can be a college student's best friend, but it can also be tricky to safely use. When defrosting meat, poultry, egg products, and fish in a microwave, it's important to cook the food immediately out of the microwave as some of the frozen food may begin to cook during the defrosting time. If you prefer to defrost frozen meat without a microwave, let the food thaw in the refrigerator and not on the counter. This greatly reduces the possibility of cross-contamination by preventing the raw meat or poultry juice from coming into contact with other foods.

When actually cooking food in the microwave, *allow the food to stand for 2 minutes after cooking* so that all parts of the food reach the right temperature. It's important to use a thermometer to gauge the internal temperature – the food may feel hot on the outside while remaining uncooked on the inside. If the thermometer reads lower than 165° F, microwave it for a bit longer.

For those of you who like to cook your own food, *be sure to cook your meat to the necessary temperature.* Different kinds of meat require different safe minimum internal temperatures, so it is essential to use a food thermometer to gauge the meat's internal temperature. Beef, veal, and lamb steaks need to be cooked to 145° F, ground meat of the same to 160° F; all cuts of pork to 160° F; and all poultry to a minimum temperature of 165° F. It is especially important to take the internal temperature when grilling meat, as the grill can cause the meat to brown prematurely. While cooking, remember to *limit the risk of cross-contamination* by thoroughly cleaning and separating utensils and cooking surfaces with hot, soapy water.

Finally, *use common sense.* If any food shows signs of spoilage such as discoloration, presence of mold, or bad odors, toss it out. Additionally, remember to wash your hands after using the restroom and before you eat.

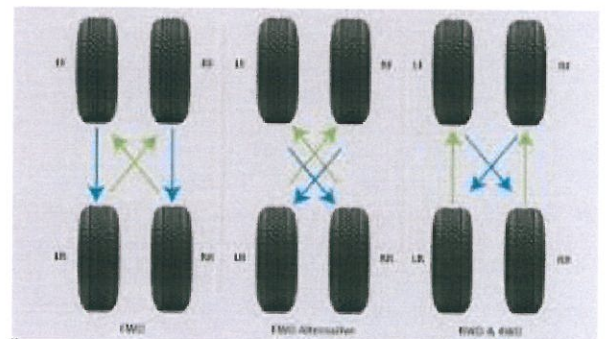
Please, always be mindful of proper food safety practices.

*References: Food Safety 101: USDA Offers Food Safety Tips For College Students."*



## Tire Rotation – Yes! It's Necessary!

Tire rotation is undertaken to ensure that the tires wear evenly. Even tire wear is also important for balanced handling. For example, failure to rotate tires on a front-wheel-drive vehicle will eventually result in the front tires having significantly less tread than the rear tires. Check your owner's manual to see if there is a recommended rotation scheme. During rotation, each tire and wheel is removed from your vehicle and moved to a different position to ensure that all tires wear evenly and last longer. Tires should be rotated every six months or 6,000 to 8,000 miles. Tires are not cheap, please, extend the life of your tires and drive safer on rotated tires!





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## RETURN SERVICE REQUESTED

### AGENT CONTACT INFORMATION

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**Lindsey M. Mueiting**  
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Radio: Thursday, 7:25 a.m.

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Agriculture and Natural Resources  
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