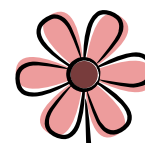




Walnut Creek District K-State Research & Extension



May 2025

Upcoming Events in May

- 1 - 4-H Drop/ Add Enrollment Changes Due
- 3-4 - Hunter Safety - Ness City
- 7 - Lane County Cloverbuds
- 7 - Dighton Joy Center - Scams and Fraud
- 11 - Happy Mother's Day!
- 12 - Rush 4-H: County-wide meeting: 4-H in the Real World
- 14 - Ransom Senior Center - Scams & Fraud
- 15 - Ness Senior Center - Scams and Fraud
- 15 - Wheatview Apts - Ness City - Scams and Fraud
- 15 - Camp Counselor Applications Due
- 17 - Lane County Spring Livestock Show
- 19 - Extension Board Meeting - Dighton
- 19 - SWREC Spring Field Day, Garden City
- 20 - Judging Extravaganza - Open to all WCED 4-H members - LaCrosse
- 24 - Walk Kansas Wraps Up
- 25-26 - Spring Livestock Show - LaCrosse
- 26 - Memorial Day - Office Closed
- 29 - Wheat Plot Tour
- 30 - Deadline to register for 4-H Camps

"K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Language access requests and reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audiotope, and American Sign Language), may be requested by contacting the event contact, Walnut Creek Extension District, four weeks prior to the start of the event at 620.397.2806 or email lnote@ksu.edu. Requests received after this date will be honored when it is feasible to do so.

Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request."

walnutcreek.ksu.edu

Lane County Office
144 S. Lane, Courthouse
P O Box 487
Dighton, KS 67839
620-397-2806

- Lacey Noterman, Director and Agriculture Ext. Agent - lnote@ksu.edu
- Chelsey Shapland, 4-H Program Assistant - cshapland@ksu.edu
- Donnis Maughlin, Office Professional
dmaughli@ksu.edu

Ness County Office
503 S Pennsylvania Ave
Ness City, KS 67560
785-798-3921

- Robyn Trussel, 4-H and Youth Agent - rdeines@ksu.edu
- Kristen Schmidt, Family Community Wellness - kbschmidt@ksu.edu
- Randae Rufenacht, Office Professional
rrufenac@ksu.edu

Rush County Office
702 Main, P O Box 70
Lacrosse, KS 67548
785-222-2710

- Jared Petersilie, Agriculture Ext. Agent - jaredp11@ksu.edu
- Berny Unruh, Office Professional
bunruh@ksu.edu

MEASLES

Measles is an airborne, highly contagious respiratory disease caused by a virus. The disease of measles and the virus that causes it shares the same name. The disease is also called rubeola. Measles virus normally grows in the cells that line the back of the throat and lungs.

A typical case of measles begins with mild to moderate fever, cough, runny nose, red eyes, and sore throat. Two or three days after symptoms begin, tiny white spots (Koplik spots) may appear inside the mouth. Three to five days after the start of symptoms, a red or reddish-brown rash appears.

The rash usually begins on a person's face at the hairline and spreads downward to the neck, trunk, arms, legs, and feet. When the rash appears, a person's fever may spike to make than 104 degrees Fahrenheit.

— Other symptoms include:

- Difficulty breathing or breathing faster than normal
- Signs of severe dehydration
- Confusion, decreased alertness or severe weakness
- For young children: blue color around the mouth, tearless crying, unusually low energy or severe loss of appetite.

Measles is spread when an infected person sneezes, coughs or talks and other people nearby inhale the virus. Touching tissues or sharing a cup used by someone who has measles can also spread it. Symptoms may appear 7-21 days after exposure. People can spread measles starting 4 days before until 4 days after the rash begins.



While there is no specific treatment beyond bed rest, fluids, and control of fever, there is a vaccine available for prevention. The measles, mumps, and rubella (MMR) vaccine—after two doses—is 97% effective. If you or your child has been exposed to measles call your doctor right away. They will let you know if you need to come in for a visit. If you have not been vaccinated, getting an MMR shot within three days of being exposed may prevent measles.

For more information visit <https://www.cdc.gov/measles/index.html> or contact your local health department.



Kristen Schmidt
Family and
Community
Wellness Agent
kbschmidt@ksu.edu

Save the Date

Our Walnut Creek District Wheat Plot Tour will be held on
Thursday, May 29, 2025.
Stay tuned! More information to come!

SWREC Spring Field Day

Mark your calendars for the SWREC Spring Field Day on May 19, 2025! Look at current research, crop performance, and management strategies tailored to western Kansas.

Attracting Butterflies

Selecting plants to attract butterflies has become increasingly popular among gardeners. Understanding which plant species butterflies favor can guide gardeners in making the best choices for their gardens.

Butterflies play an important role in pollination and bring beauty and enjoyment to the garden. Gardeners interested in creating certified butterfly habitats can find helpful resources through the North American Butterfly Association.

Certification requires gardeners to plant a minimum of three different caterpillar host plants, three different native nectar plants for butterflies, and to avoid the use of insecticides and pesticides.

Listed below are a few annual plants that attract butterflies:

- Ageratum.
- Cosmos.
- French marigold.
- Petunia.
- Verbena.
- Zinnia.

Planting similar species of annuals in groups can make the garden more attractive to butterflies. Incorporating a variety of annuals with different bloom times will also help extend the butterfly season.

To make your garden even more inviting to butterflies, include full sun areas, as butterflies are cold-blooded and rely on sunlight to regulate their body temperature. Providing shade is also essential, giving them a place to retreat from intense heat. Additionally, offering a water source, such as a birdbath or a shallow saucer placed on the ground, helps meet their need for hydration.

Early blooming perennials that attract butterflies include:

- Allium.
- Chives.
- Forget-me-not.
- Lilac.

Mid-Season blooming perennials include:

- | | |
|---------------------|-------------|
| • Bee balm. | • Lavender. |
| • Butterfly bush. | • Lily. |
| • Black-eyed Susan. | • Mint |
| • Buttonbush. | • Phlox |
| • Butterfly weed. | • Privet |
| • Daisy. | • Sunflower |
| • Daylily. | • Veronica |
| • Gaillardia. | |

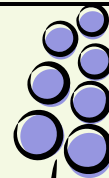
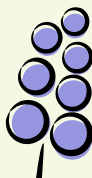
Late-Season blooming perennials include:

- Aster
- Glossy
- Abelia
- Sedum



Lacey Noterman

District Director
Agronomy/
Horticulture
lnote@ksu.edu



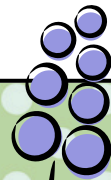
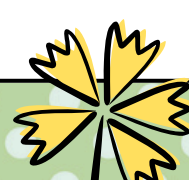
The Benefits of Camping Experiences



If you are considering summer camp for your child, you may be wondering if it is the right fit for your child's personality. Perhaps your child has never spent much time away from you besides going to school, or maybe your child has special interests, and you are worried they will feel out of place at camp. Although each child is a unique individual, we believe summer camp is beneficial for all kids. No matter what your child's interests are, camp helps children develop important social, emotional and cognitive skills. Best of all, children create memories that last a lifetime at camp.

Although each camp offers a special variety of activities, all camps offer the opportunity to make friends, learn new skills and grow as a person. Why is summer camp important, and what are the benefits of summer camp for your kids? Here are benefits of summer camp for youth.

- 1. Develops Lifelong Skills** - During summer camp, children participate in a variety of group activities, through these activities youth will learn how to work on a team, communicate with other children and solve problems on their own. Perhaps a child will build important decision-making skills as they face challenges and overcome obstacles while trying new and exciting activities like ziplining or archery. All these skills are important in the real world and are nurtured in summer camp.
- 2. Promotes Independence** - At camp, a child experiences time away from a parent. This independent time is important in helping children develop a sense of identity. Kids learn to become more self-reliant as they explore their interests and discover their strengths and weaknesses. They learn to trust their inner voice instead of depending on a parent or teacher to tell them what to do. Independence is vital to becoming a self-sufficient adult. Independence also helps boost a child's self-esteem. Raising an independent child means teaching responsibility, encouraging exploration and providing a safe environment for a child to make decisions independently. Summer camp nurtures all three of these elements.
- 3. Makes Time for Play** - Although still structured, summer camp is more relaxed than the school routine and provides time and freedom for spontaneous play. Free play is important to a child's development because they learn to develop creative thinking skills and explore their imagination through play.
- 4. Provides Fun Screen-Free Activities** - Kids and adults are spending too much time in front of a screen. Camp helps children connect to the joy of life beyond the screen. In all our camp programs, children will have endless opportunities to engage their minds in ways they'll enjoy. Regardless of what your child's interests are, they will learn and socially interact in a healthy real-world setting at summer camp. Time away from the screen is vital to a child's brain, body, spirit and future, and could benefit us all.





5. Encourages a Connection with Nature - Speaking of time away from technology, kids also need nature in their lives. Nature stimulates all the senses. When a child is outdoors, they get to see, touch, hear, smell and sometimes even taste nature. Sensory development makes life richer, fuller and all-around more pleasurable. Most importantly, outdoor time encourages movement, which is vital for physical, mental and emotional health. Lastly, nature helps children experience the magic and wonder of childhood, and it gets them thinking about life's greatest mysteries.

6. Fosters Growth - They will grow as they develop their skills doing their favorite activities, and they will develop new skills as they try activities they have never tried before. In general, they will leave camp with a stronger sense of identity and a better idea of what they love, which may help them choose a career path in the future.

7. Builds Self-Esteem - At summer camp, children have the opportunity to achieve, whether that be to catch a fish or to paint their first painting in a less competitive environment than school. Achievement is the main ingredient in self-esteem.

8. Keeps Kids Intellectually Engaged - Over the summer, kids might become sluggish without the intellectual stimulation of school, but camp provides mental stimulation in fun ways children can enjoy. Kids get the chance to participate in activities that interest them, and some programs include time for reading.

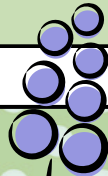
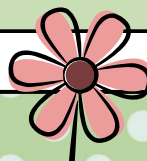
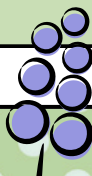
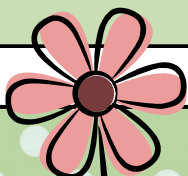
When a child feels safe and secure, they feel free to explore their interests, to play and to laugh. Camp gives kids a chance to express themselves and learn who they are.

The benefits of summer day camp or overnight camp are endless and can last a lifetime. Not only will your child return from camp with greater independence and a stronger sense of identity, but they will also have developed new skills, made new friends and created memories they will cherish forever.

Summer Time Camp Fun

4-Clover 4-H Camp June 11-13 for 4-H Members 7-10 years of age
4-H Leadership 101 June 17-19 for youth 11-13 years of age
Cedar Bluff Overnight June 26-27 for youth 7-10 years of age
Leadership Opportunities - for teens 13-18 year of age we also need
Camp Counselors to help with camps.

Click on the links for more information and to sign up
Counselors by Thursday, May 15th
Campers by Friday, May 30th



Injectable vs. Pour-on Dewormers



Jared Petersilie
Agriculture
Extension Agent
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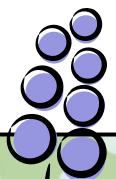
Every month I seem to say the same thing, where did the days and weeks go? April is all but wrapping up and May will be here quickly. Planters are making their way out to fields and that means cows will be hauled to grass and calves will get processed soon. I realize that some rain would make that move more enlightening, but it did rain on Easter, so we'll see if the old tale will hold true.

This week I'm going to address dewormers, more specifically injectable vs pour-ons. Many producers are aware that gastrointestinal parasites can reduce cattle performance, and accordingly, take measures to protect their animals. Gastrointestinal parasites are typically controlled through application of drugs called anthelmintics (dewormers). There are three major dewormer categories available to livestock producers: benzimidazoles, macrocyclic lactones, and imidazothiazoles. Dewormers in the benzimidazole and macrocyclic lactone classes are the most widely utilized for cattle. Macrocyclic lactones are available as in pour-on or injectable forms, while benzimidazoles are typically administered orally.

Although cattle producers have the best intentions when it comes to treating their animals for intestinal parasites, routine and frequent treatment is likely contributing to resistance. Similar to antibiotic resistance, continued overuse of dewormers inadvertently selects for drug-resistant parasites. Dewormer resistance has been well-documented in small ruminant production systems and those producers have had to adopt strategies to cope with significantly reduced efficacy of dewormer treatment. Data from cattle herds in the U.S. as well as those in other countries suggest that economically important parasites to the cattle industry are also developing resistance to available dewormers.

This means we need to focus our efforts to deworm much like we would on fly control. A multifaceted approach using different active ingredients. In the Central U.S. we rely on summer grass, so we are not typically over-using dewormers, but we are often times using the same product in the same way every year or twice a year. Sometimes we administer dewormer to animals that do not actually need to be dewormed but the bigger issue is administering a product with poor efficacy in their herd. Both situations represent an economic loss to the producer and contribute to the development of dewormer resistance. In order to mitigate the development of dewormer resistance in cattle production systems, producers should take measures to evaluate and adjust their parasite control program.

Producers can determine if their current program is working by conducting a fecal egg count reduction test on a group of cattle. The premise of the fecal egg count reduction test is to determine dewormer efficacy by measuring how many parasite eggs are present in the manure before dewormer treatment and how many are present after treatment. Producers who are interested in conducting a fecal egg count reduction test should contact their veterinarian or local extension agent for additional details and instruction. Most herds aren't necessarily to the point of having to test, but switching to an injectable dewormer in the spring is one way to alleviate some of that concern before it becomes an issue that does require testing. Generic pour-ons are quick, relatively cheap, and easy to use and we want that to always be the case, so switching products and treatments is one way to assure that we don't lose an easy tool.



Air Fryers 101



Air fryers offer a safe, healthy and convenient cooking style, not to mention how easy they are to use!

Join me to learn about the types of units, cooking times, temperature conversion, and cleaning. There will be hands-on demonstrations with samples to show how universal they are!

*Rush County Extension Office
Tuesday, June 10th 3p-5p*

*Ness County 4-H Building
Thursday, June 12th 3p-5p*

*Dighton Community Room
Wednesday, June 18th 2p-4p*

This program is for anyone 10 or older

Space is limited so RSVP today!

***For questions or to RSVP contact
Kristen at 785-798-3921***



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services, and activities. Accommodations for persons with disabilities may be requested by contacting the event contact, Kristen Schmidt two weeks prior to the start of the event at 785-798-3921. Requests received after this date will be honored when it is feasible to do so. Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.



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BACK IN BLACK

LANE COUNTY SPRING LIVESTOCK SHOW

Saturday

May 17, 2025

Lane County Fairgrounds, Dighton, KS

\$15 per
head

No pre-entry
required

Buckles will be
awarded

Open to all 4-H/
FFA members

CONTACT INFO

Lacey Noterman 620-397-1927

Justin Shapland 620-397-3024

OUTLAW BLOWOUT & BULL RING ROUNDUP

20 Rush County Fairgrounds 25

LACROSSE, KANSAS



BULL RING ROUNDUP Sunday, May 25th

Cattle Show Only (including Bucket Calves)

Show starts at 10:00 a.m.

Weigh-in from 7:00 - 9:00 a.m.

Old Timers Show Sunday afternoon following the show

OUTLAW BLOWOUT Monday, May 26th

Cattle Show First (including Bucket Calves)

Followed by Sheep and Goats

Cattle start at 9:00 a.m. - Weigh-in 6:30 - 9:00 a.m.

Sheep start at 1:00 p.m. - Weigh-in 11:00 - 12:00 p.m.

Goats start at 3:00 p.m. - Weigh-in 1:00 - 2:00 p.m.

CONTACT US

Kandee Eidson (620) 708-3074

Billy Legleiter (785) 259-5049

CORNHOLE

Tournament starts at

5:30 p.m. Sunday

FITTING IS OPTIONAL EACH DAY