

Walnut Creek District Extension Newsletter



October 2025

walnutcreek.k-state.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

October Dates

1 - Lane Co. Cloverbuds - 4:10 pm
5-11 - National 4-H Week - School Assemblies held in each county
13 - Offices Closed - Columbus Day
15 - Registration Due for WCD 65th Annual Ag Tour to Springfield, MO
19 - Ness Co. Achievement Banquet
20-23 - Agents attend Annual Conf.
27 - WCED Board Meeting - 6:30 pm
28 - Mystery Tour - RSVP by 10/23
28-30 - Ag Tour to Springfield, MO
28 - 4-H Volunteer Training in Ness

November Dates

Nov. 1- Rush Achievement Banquet
Nov. 2- Lane Achievement Banquet
Nov. 8 - 4-H Officer Training - 10 am in Ness Co.
11 - Veteran's Day - Offices Closed

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, audiotape, 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."





My Mental Health at Work



Kristen Schmidt

Family and Community
Wellness Agent
kbschmidt@ksu.edu



October 6th–12th is National Mental Health Awareness Week, with October 10th being National Mental Health Day. This year, the importance of prioritizing mental health in the workplace is being recognized. The theme is “My Mental Health at Work.”

According to NAMI (National Alliance on Mental Illness), when employees feel supported in their mental health journey, they’re shown to be more productive and engaged at work.

Mental Health Statistics

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experiences a mental health condition each year
- In 2023, 53.9% of U.S. adults with mental illness received treatment

Workplace Mental Health Awareness

- 74% of full-time employees in the U.S. say it’s appropriate to discuss mental health concerns at work. Only 58% say they feel comfortable doing so.
- 1 in 3 full-time employees say their mental health has declined because of work in the past year.
- Burnout is a common problem, with over half of respondents reporting feelings of burnout. Half (52%) of employees reported feeling burned out in the past year because of their job, and 37% reported feeling so overwhelmed it made it hard to do their job.

NAMI
National Alliance on Mental Illness

988 SUICIDE & CRISIS LIFELINE

988 is the national number to connect to the 988 Suicide & Crisis Lifeline

If you're in a crisis, call or text 988 or chat at 988lifeline.org

Immediate crisis intervention and support, available from trained crisis counselors 24/7

#MentalIllnessAwarenessWeek
#WorldMentalHealthDay



RSVP by October 23, 2025 to kbschmidt@ksu.edu OR call 785-798-3921

JOIN US!

2025

MYSTERY TOUR
OCTOBER 28TH

A FUN DAY OF SITE SEEING, LUNCH, AND
TIME TO VISIT AND EXPLORE A FEW
PLACES OUR GREAT STATE HAS TO
OFFER HAS BEEN PLANNED

CONTACT FAMILY AND COMMUNITY WELLNESS AGENT
KRISTEN SCHMIDT FOR MORE INFORMATION OR TO RSVP
AT 785-798-3921

DEADLINE TO REGISTER IS THURSDAY, OCTOBER 23RD

KANSAS STATE
UNIVERSITY

Extension
Walnut Creek District

\$30 FEE TO PARTICIPATE

****FEE INCLUDES LUNCH, ADMISSION FEES, AND FUEL****

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.



Lacey Noterman

District Director

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Producers Urged to Watch for Fall Armyworms in Alfalfa and Wheat



Fall armyworms have made their way into Kansas once again, and producers are encouraged to scout their fields closely. This pest does not overwinter in the Great Plains but migrates north each year from southern states. Typically arriving in July, fall armyworms target corn, sorghum, and other summer crops before moving into early-planted wheat and alfalfa in late summer and fall.

Frequent inspection is highly recommended right now. Fall armyworms can cause significant stand loss if not detected and treated early.

The first visible sign of damage is “windowpane” injury, caused by tiny larvae feeding on seedling leaves. At this stage, larvae are often too small to see easily, hiding near the base of seedlings. Within just a few days, they grow large enough to destroy entire leaves.

Fields where 25–30 percent of seedlings show windowpane injury should be re-examined daily. If stand establishment appears threatened, treatment should be applied immediately.

As larvae grow, their feeding accelerates, and later stages can wipe out entire stands of alfalfa or wheat. These larger larvae also become less susceptible to insecticides, making early detection and control critical.

Fall armyworms are considered “broadleaf” feeders and are usually found in alfalfa before moving into wheat during the fall. They cannot survive Kansas winters, but they cause problems until a killing freeze ends their feeding cycle. Producers are urged to check fields regularly to protect their fall crops.



Kansas Forest Services Conservation Tree Planting Program

The Kansas Forest Service's Conservation Tree Planting Program offers tree and shrub seedlings, as well as other items for use in conservation plantings. Plantings may function as wildlife habitat, windbreaks, wood lots, timber plantations, or educational and riparian (streambank) plantings. Find out more and order trees by visiting: https://www.kansasforests.org/conservation_trees/

The Fall distribution offers only container-grown seedlings and orders are accepted from the first Tuesday of September through October 15th. Shipping usually occurs within one day of receiving the order during Fall distribution.

Beginning Farmer/Rancher Conferences

The Office of Farm and Ranch Transition at Kansas State University Agricultural Economics, in partnership with community college agricultural programs, is hosting one-day conferences designed for beginning farmers and ranchers. As many baby-boomer farmers/ranchers across Kansas prepare for retirement, there is a growing need to equip the next generation of farm and ranch operators to ensure the future of rural communities. This conference aims to help young people, particularly those between the ages of 17 and 35, understand what it takes to enter and succeed in production agriculture. Participants will gain practical skills in transition planning and farm management that can be applied to their own family farming operations.

Check the website below for four conferences to be held in four different sites in the state. There is no fee for the 9 am to 3 pm conference but registration is required for a lunch count. Lunch will be sponsored by K-State College of Agriculture.

More information on this and other upcoming agriculture programs can be found here: <https://www.agmanager.info/beginningfarmer>

Spring Flowering Bulbs

It's time to plant those spring flowering bulbs! The best time to plant spring flowering bulbs is in late September through October. It is an excellent time to plant bulbs such as crocus, tulips, and daffodils.

These plants need to develop roots in the fall and must meet a chilling requirement over the winter in order to bloom in the spring. It is hard to start thinking about next year's flower bed but you will not regret it when you have a flower bed full of beautiful colors next spring!





Identifying Anaplasmosis



Jared Petersilie

Extension Agent
Animal Sciences
Farm Management
jaredp11@ksu.edu

New World Screw Worm is making the news readily. Yes, it is a serious matter, especially close to the border, and efforts are being used to keep it out of the U.S.A. However, we have several other blood borne issues that are here now that warrant our attention.

Anaplasmosis is a vector-borne infectious, hemolytic, rickettsial disease of cattle, sheep, goats, and other wild ruminants. In Cattle the most common etiological agent is *Anaplasma marginale*, while cattle also are affected with *Anaplasma caudatum*, which may result in severe disease and *Anaplasma centrale* generally resulting in mild disease.

An anemia results from extra-vascular hemolysis when parasitized red blood cells (RBC's) membranes are altered and recognized by the reticuloendothelial system. These RBC's are removed and finally destroyed. Accordingly, antibodies that develop against the altered cell membrane can cause destruction of uninfected erythrocytes. The severity of anaplasmosis depends on the species involved and age of animal. Young calves seem to have an innate resistance to the disease while the acute form generally occurs in cattle from 1 to 3 years. In cattle over 3 years, the peracute or most severe form, with rapid onset and death, predominates. Animals that survive anaplasmosis can become carriers for life and act as a reservoir of infection for susceptible animals. Economic losses from anaplasmosis include abortions, death, weight and gain losses, decreased milk production, bull infertility, and treatment expense.

Anaplasmosis can be transmitted by several different methods, however it is not contagious. A transfer of blood must take place from an infected animal to an animal that is susceptible if infection is to occur. The disease commonly occurs during the warm months when arthropod vectors, both biological and mechanical are abundant. Ticks are the most important biological vector with the *Dermocentor* species implicated in most cases in the United States. A biological vector implies that the etiological agent is passed between different stages of the tick; for example, from the larval to nymph stage and then to the adult stage. Mechanical transmission can occur with other vectors such as blood sucking flies (horse and stable flies) and mosquitoes. Mechanical transmission in this manner must occur rather quickly, and as a result, is more important in operations with closely confined cattle. Accordingly, humans can be a mechanical vector by using anaplasma-contaminated equipment such as scalpels, needles, and tattoo equipment on susceptible animals.

As you start processing weaned calves this fall, use plenty of needles and continue your fly and tick control measures now as we proceed into fall.





65th Annual Walnut Creek District AG Tour Springfield, MO October 28-30, 2025

Springfield is the “Queen of the Ozarks, the beginning of Route 66, and the original site of Bass Pro Shops. People have traveled thru Springfield on their way to Branson, but we want to stop and stay to see the sights. Springfield plays a key part in being a business hub for SW Missouri, eastern Oklahoma and northern Arkansas. Agriculture is also a key part with shipping and distribution of milk, eggs, and aquatics – all having large facilities that reside in Springfield.

Some of the tour stops will include:

Big Brutus in Cherokee County, Kansas

Bass Pro – the original store, World of Wildlife and Aquarium

Farm to Fork – Milsap Farms, Blue Silo or Vital Farms site

Stainless Steel Manufacturing for distillers equipment

Hatchery

We always look to find stops and restaurants that are unique to the area .

We will travel in a Village Tours chartered bus and will leave from LaCrosse, KS at 7 am on Tuesday, October 28th. Rooms are blocked at Drury Inn for both nights (the 28th and 29th). Breakfast will be included at the hotel. Lunch and dinner is planned at some fantastic restaurants.

The tour cost is \$550 per person for double occupancy or \$650 for single occupancy. This includes bus, lodging, meals, and admission fees to sites. Incidentals, souvenirs, and occasional meals in route to our destination are paid individually. **Registration fees are due October 15th.** If you would like a letter with registration forms or if you have specific questions, please email jaredp11@ksu.edu or call 785-222-2710.

Hope you can join us on the 2025 Ag Tour to Springfield Missouri.



National 4-H Week October 5-11, 2025

Discover the 4-H experience—building a ready generation in a world of change.

4-H is more than just a program—it's a place where you can grow, make a difference, and have a blast along the way. Join a community where you're valued and supported. Meet other enthusiastic youth like yourself, connect with mentors, and be part of a team that encourages your growth and success. Discover your passions and create unforgettable memories.

Why I joined 4-H

I was pretty little when I joined but my mom knew how beneficial it would be so she signed me up! From there on I found my own love and excitement for it!!!- Addie

I was enrolled by my mother but I kept with 4-H because I enjoyed the projects we did. – Alysso

4-H gave me

Lifelong lessons I use every day as a parent. Now my kids are in 4-H carrying on the family tradition. We Bleed Green! - Rusty

The opportunity to learn the proper technique to bake goods from scratch and the knowledge and skills to care for animals from a bottle calf all the way to butcher time. It also taught me responsibility, respect and the importance of community. – Jordan

ENROLL IN 4-H EASY AS 1-2-3

1 Find a Club
Contact your local extension office or find a club near you. There are several options in every county!

2 Visit A Club
Visit 2-3 clubs to see which one is the best fit for your family, based on schedule, location, and project focus.

3 Enroll Online
Ready to join? Enroll at v2.4honline.com

**MORE YOUTH
MORE COMMUNITY
MORE READY**



**Beyond
Ready**

Club Leaders in our District:

Lane County: Katie Riffle, Nick Noterman, Rene' Roberts and Tia McClure

Ness County: Brittany Nichepor, Amanda Wittman and Laurie Petersilie

Rush County: Sandy Showalter, Heather Ross, Erin & Jared Petersilie, Paula Shaw,
Stephanie Maier, Lynn Seppanen, Patricia Duffey



Kansas 4-H Projects

Animal Science

Beef
Dairy Cattle
Dairy Goats
Dog
Horse
Meat Goats
Pets
Poultry
Rabbits
Sheep
Swine
Veterinary Science

Communication & Expressive Arts

Communications
Interior Design & Architecture
Performing Arts
Photography
Visual Arts

Engineering & Technology

Aerospace/Rocketry
Ag Mechanics Welding
Astronomy
Building Block Engineering
Computer Science
Electric & Renewable Energy
Robotics
Small Engines
Uncrewed Aircraft Systems
Woodworking

Family & Consumer Sciences

Family Studies
Fiber Arts (includes 9 projects)
Foods & Nutrition
Health & Wellness
Sewing & Textile Design
Shopping in Style

Leadership & Personal Development

Civic Engagement
Entrepreneurship
Leadership
Reading Adventures
Self-Determined

Natural Resources

Environmental Science
Geology
Shooting Sports (includes 10 projects)
Wildlife

Plant Sciences

Agronomy
Entomology
Forestry
Horticulture & Landscape Design



Fall Family Fun

Fall is the perfect time to spend quality time doing low-key, yet fun activities together as a family!

- Visit a pumpkin patch
- Go apple picking at an orchard
- Play in a pile of leaves
- Have a fall themed picnic
- Take outdoor Fall family photos
- Bake Fall cookies
- Bake a pumpkin pie
- Decorate the doors inside the house for Fall
- Have a family movie night and watch Fall films
- Create a scrap book of Fall leaves
- Go on a hayride
- Challenge yourself or the family by doing a corn maze
- Go fishing at a nearby lake
- Take a drive to look at the Fall colors in nature

Family time is essential for overall well-being and promotes the development of healthy, supportive, and resilient families. By prioritizing quality time together, families can create lasting memories and nurture their relationships.

Harvest Hash (a fun recipe to make with the Kids)

- 1 box of Crispix
- 1 bag of Bugles
- 1 bag of Reese's Pieces (230g)
- 1 cup roasted and salted peanuts
- 1/2 cup salted butter
- 2 cups brown sugar
- 1 cup corn syrup
- 1 1/2 teaspoons vanilla extract

Directions

- Preheat oven to 250 degrees F. Line two cookie sheets with parchment paper or get a large roasting pan out!
- In a large bowl or the roasting pan, combine the Crispix, Bugles and peanuts. Mix together.
- In a medium-sized saucepan, combine the butter, brown sugar and corn syrup. Boil until it reaches the soft-ball stage on a candy thermometer.
- Remove from the heat and add the vanilla extract in.
- Pour the butter and sugar mixture over the Crispix mix and stir thoroughly.
- Once fully mixed, transfer to the two large sheet pans lined with parchment paper. If you are mixing everything together in a roasting pan, it is good to go in the oven like that!
- Place in the oven for 1 hour, stirring halfway through.
- Remove from the oven and let the mix cool. Give it a stir every 15 minutes or so, otherwise, it will all harden together as it cools!
- Once the mix has cooled, sprinkle the Reese's pieces in.

4-H VOLUNTEER TRAINING



*for 4-H club leaders, project leaders
and volunteers in Western Kansas*

Join us as we explore the 4-H Thriving Model and the importance of **DEVELOPMENTAL RELATIONSHIPS** in youth development. Participants will work to build individual plans focused on intentionally strengthening relationships with youth, while going home with tangible activity and club strengthening ideas.



MON., OCT. 27TH
6:30-8:30 PM

HAYS
MEADE
PRATT
RUSSELL



TUES., OCT. 28TH
6:30-8:30 PM

COLBY
HILL CITY
HUGOTON
NESS CITY
ULYSSES



REGISTER ONLINE:

[BIT.LY/4-HVOLUNTEERTRAINING2526](https://bit.ly/4-HVOLUNTEERTRAINING2526)

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