## WALNUT CREEK DISTRICT EXTENSION NEWSLETTER

### **MEET THE STAFF**

Lane Office Carissa Kline, Family & Community Wellness Chelsey Shapland, 4-H Program Assistant Donnis Maughlin, Office Professional

Ness Office Robyn Trussel, 4-H Youth Development Lacey Noterman, Ag & Natural Resources Summer Assistant, Ashley Foos Randae Rufenacht, Office Professional

Rush Office Jared Petersilie, Ag & Natural Resources Shelby Robertson, 4-H Program Assistant Janna Knebel, Office Professional

> Summer Interns: Linda Tillitson Kaleigh Maier Melissa Schlegel

### SCHEDULES

Lane Office Carissa Kline Family & Community Wellness Home office: Monday, Wednesday & Friday Tuesday @ Rush Thursday @ Ness

Ness Office Robyn Trussel 4-H Youth Development Home office: Monday, Wednesday & Friday Tuesday @ Rush Thursday @ Dighton

Lacey Noterman Ag & Natural Resources Home office: Monday, Tuesday, & Wednesday Thursday @ Rush Friday @ Dighton

Rush Office Jared Petersilie Ag & Natural Resources Home Office: Monday, Wednesday & Friday Tuesday @ Dighton Thursday @ Ness

## KS 4H Receives Grant

This summer Kansas 4-H has been fortunate enough to receive a grant from the Department of Education, which has allowed us to hire 60 interns across the state. Walnut Creek Extension District and NW Kansas 4-H were allotted three of those interns. Linda Tillitson of Ness City and Kaleigh Maier of Otis, are working in Walnut Creek Extension District to offer an eightweek course in each of our counties. They are offering Architectural Block Construction (Legos) and Foods, Culture and Reading in Lacrosse on Tuesdays, Dighton on Wednesdays and Ness City on Thursdays. Along with those eight-week courses, they are also starting to offer some other one-day activities to help our youth stay busy, and to help them catch up on some of the educational opportunities that they missed out on during Covid.

**NESS COUNTY OFFICE** 

Office: 785-798-3921

Toll Free: 877-798-3921

Fax: 785-798-3540

#### LANE COUNTY OFFICE

144 S Lane, Courthouse PO Box 487 Dighton, KS 67839 Office: 620-397-2806 Toll Free: 866-755-1654 Fax: 620-397-2597

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**CONNECT WITH US ONLINE** www.walnutcreek.k-state.edu Find us on Facebook@Walnut Creek Extension District

#### **RUSH COUNTY OFFICE**

702 Main St PO Box 70 LaCrosse, KS 67548 Office: 785-222-2710 Toll Free: 800-460-9079 Fax: 785-222-2843

#### **OFFICE HOURS**

8:00am - 5:00pm Closed over the Lunch Hour 12:00pm-1:00pm Monday - Friday

## AG & NATURAL RESOURCES



Lacey Noterman Ag & Natural Resources District Extension Agent Inote@ksu.edu

Hello, Walnut Creek Extension District! My name is Lacey Noterman. I started my position as the Agriculture and Natural Resources Extension Agent for the district on May 16th. My primary office will be in Ness County but you will see me in all 3 offices each week. I graduated from Fort Hays State University with a bachelor's degree in Animal Science and a certificate in Leadership Studies. I was previously employed as the Livestock Extension Agent in the Wild West District (Haskell, Grant, and Stevens counties). for the last 13 years. I am very passionate about the mission of K-State Research and Extension and I am even more excited about working with and meeting the needs of the local communities.

Please stop by, call, or send me an email! I look forward to meeting you!

## Lacey Noterman

## Be On the Lookout for ticks

Ticks are slow-crawling, wingless and small parasites that feed exclusively on human and animal blood.Ticks are divided into two primary families: soft and hard ticks. The most common tick in Kansas is the hard ticks.

Typically found in undisturbed grasses, weeds and other overgrown vegetation. Ticks can crawl several feet in response to host stimuli such as carbon dioxide and heat, they most commonly find a host using an ambush technique. Ticks crawl onto blades of grass, weeds, or low bushes and wait for a host to brush against the vegetation. When the host brushes against the plant, the tick immediately releases from the vegetation and crawls onto the host. It then crawls around on the host seeking a site to attach and feed. Ticks do not jump or drop from trees. They are usually found just a few inches or feet off the ground on vegetation.

Ticks can be removed manually by grasping as close to the skin as possible with fine forceps or tweezers. The tick is then pulled slowly straight away from the skin, using slow, steady pressure. The tick should not be twisted or jerked out of the kin because this might cause the head to become

detached and left in the skin. Ticks removed from people should be saved in a vial with alcohol and labeled with the date. If flu-like symptoms – including, headache, skin rash, and fever occur 10 to 14 days after tick removal, see a physician immediately and take the tick with you or send it to your local K-State Research and Extension Office.



Repellents based on DEET and permethrin work well keeping ticks away. Permethrin-based repellents must not be applied directly to skin.

### Helpful Publications for the Growing Season Available Online or at the Extension Office









### Wheat Plot Tours

K-State Research and Extension Walnut Creek District hosted their annual wheat plot tours on Thursday, June 2nd, 2022

The speakers included Romulo Lollato, Extension Wheat Specialist; Kelsey Anderson Onofre, Extension Plant Pathologist. Most of the discussion was focused on the wheat variety selection, agronomic traits of varieties in the plots, production practices and wheat disease management. The tour began at the Rush County plot owned and operated by Mark Baus. The plot is located ½ mile west of 130 on M on the south side of the road or 4 miles north f Alexander to M and 1 and a quarter mile east. There were 22 different varieties planted in the plot.

The next stop was in Ness County at, cooperator, Tyler Ryder's plot which features 24 different varieties. The plot is located on 60 road between M and N, 7 miles south and 5.5 miles west of Ness.

The wheat crop this year shows major damage from drought and heat stress. Heat stress can hinder the test weights. On a positive note, there is very little disease pressure. There have not been many reports of stripe rust in the area due to the lack of moisture.

The final stop of our tour was at Vance and Louise Ehmke's land in Lane County. The plot featured 24 wheat varieties and a few triticale varieties. The plot is located seven miles west of Dighton to Eagle Road, 2 miles south to West Road 130 then 200 years west toward Ehmke farmstead, east of the scale.

These tours would not be successful without the help from our gracious sponsors, supporters, and our cooperators. We are very grateful for our cooperators, Mark Baus, Tyler Rider, and Vance and Louise Ehmke for use of their land. Again, we would like to thank the Kansas Wheat Alliance, Bazine Cooperative Grain and Supply, Midland Marketing, Mid-States Farmers Cooperative, Garden City Cooperative of Dighton, D.E. Bondurant Grain, Frontier Ag, Pride Ag, and Sharp Brothers Seed Company.

### **Big Tomato Plant But No Goods?**

Tomatoes need to be fertilized to yield good but too much nitrogen will result in large plants and no fruit. Tomatoes should be fertilized before planting and sidedresseed with a nitrogen fertilizer three times during the season. The first sidedressing should go down 1-2 weeks before the 1st tomato ripens. The 2nd should be applied 2 weeks after the 1st tomato ripens and the 3rd time one month after the second. Common sources of nitrogen-only fertilizers include nitrate of soda, urea, and ammonium sulfate. Blood meal is an organic fertilizer that contains primarily, nitrogen.

You can also use a lawn fertilizer that is about 30 % nitrogen and apply it at the rate of 1/3 pound per 30 feet of row. Do not use a fertiliezer that contains a weed killer or weed preventer.



Did you miss the "Dealing with Drought" Town Hall Meeting? Listen to the recording by visiting KSUBeef.org.

The meeting provided relevant information to help producers weigh management decisions for their livestock during drought, including the current feed price situation, feed availability, and market opportunities.

## FAMILY AND CONSUMER WELLNESS



Carissa Kline Family & Community Wellness Walnut Creek District carissakline@ksu.edu Hello, Walnut Creek Extension District! My name is Carissa Kline. I have been with the district since April 4th as the Family and Community Wellness Agent (formally FACS Agent). My primary office will be in Dighton, but I will travel to each Ness and Rush counties one day a week I graduated from Wichita State University with a Bachelor's degree in Social Work, and a minor in Psychology. I was a foster care and adoption Social Worker for almost 11 years. Most recently, before becoming employed at Walnut Creek Extension District, I was the Office Manager at the Beeler location of Pride Ag Resources for 3 years. I am very passionate about helping people and the community. I'm very excited about the vision and mission of the extension district. While I am very new to my position, I am hopeful to bring new programming to all of our district counties in the coming months. Please feel free to stop by the office say hello, or call/emailI I would love to hear your ideas for programming. I look forward to meeting you and working in our communities!

# HYDRATION

### How much should kids be drinking?

The amount a child needs to drink as it can vary greatly, due to factors including age, gender, the weather and how much physical activity they do. It is advised that kids aged 4-13 aim to drink approximately 6-8 glasses of fluid a day in addition to the water included in the food in their diet. Younger kids need relatively small drinks (e.g. 150 ml serving. The European Food Safety Authority (EFSA) has developed the below set of fluid requirements for children of different ages

4- to 8-year old children need about 7.5 cups of fluid per day, while 9- to 13-year old children and 14- to 18-year-old females need about 10 cups. Males 14 to 18 years of age need about 14 cups. Like adults, most children meet about 80 percent of their fluid needs with beverages and about 20 percent with food. Like adults, children will usually meet their hydration needs by letting thirst be their guide. All beverages, including water, milk, juice, and other fluids, can help meet a child's hydration needs.

#### Top tips for keeping kids healthily hydrated

Children should aim to hydrate with plain, natural drinks that are unsweetened and free from additives.

- 1. Starting in the morning with their breakfast, kids should aim to have 6-8 drinks per day which should ideally be water, milk, fruit juice/ vegetable juices.
- 2. Children taking part in sports or exposed to warm weather need to replenish the lost fluids by drinking more water.
- 3. Research suggests adequately hydrated children may perform better in school
- 4. Repeated tastings of water may help kids to develop a taste for water.

#### Water facts for kids

- 1. When we are born water makes up about 75% of our body weight
- 2. Water makes up about 60% of the body weight of older children and adults
- 3. Water is constantly being lost from our body (when we go to the toilet, when we breathe, when we sweat) so if we don't drink enough we become dehydrated.
- 4. Water helps our body in many ways:
  - It carries nutrients to cells;
  - It helps to remove waste products from our major organs;
  - It helps us to control our body temperature.
- 5. Water is found in all drinks and also in food. For example, water is in orange juice and milk; it is also in fruits and vegetables. It is even in cheese!
- 6. People can survive for up to 50 days without food but only a few days without drinking water.

### **Recognizing Dehydration**

If your child has fever, diarrhea, or vomiting, or is sweating a lot on a hot day or during intense physical activity, watch for signs of dehydration, which can include:

- dry or sticky mouth
- few or no tears when crying
- eyes that look sunken into the head
- soft spot (fontanelle) on top of baby's head that looks sunken
- lack of urine or wet diapers for 6 to 8 hours in an infant (or only a very small amount of dark yellow urine)
- lack of urine for 12 hours in an older child (or only a very small amount of dark yellow urine)
- dry, cool skin
- lethargy or irritability
- fatigue or dizziness in an older child

### **Preventing Dehydration**

The best way to prevent dehydration is to make sure kids get plenty of fluids when they're sick or physically active — they should consume more fluids than they lose (from vomiting, diarrhea, or sweating).

How to keep them hydrated can depend on the circumstances. For example, a child with a sore throat may become dehydrated due to difficulty drinking or eating. Easing the pain with acetaminophen or ibuprofen may help, and cold drinks or popsicles can soothe a burning throat while also supplying fluids.

Fever due to various infections can be a factor in dehydration. Although not all fevers need to be treated, if your child is uncomfortable and not drinking enough fluids you can use acetaminophen or ibuprofen to help control the fever.

It's important that kids drink often during hot weather. Those who participate in sports or strenuous activities should drink some extra fluid before the activity begins. They should also drink at regular intervals (about every 20 minutes) during the course of the activity and after it ends. Ideally, sports practices and competitions should be scheduled for the early morning or late afternoon to avoid the hottest part of the day.

Thirst is **not** a good early sign of dehydration. By the time a child feels thirsty, he or she may already be dehydrated. And thirst can be quenched before the necessary body fluids have been replaced. That's why kids should start drinking before thirst develops and consume additional fluids even after thirst is quenched.



Playing board games is one way that a family can spend time together. Strong family relationships are built by families who enjoy spending time with one another and exhibit successful communication.

Board games allow families to create a foundation for trust and, ultimately, long lasting relationships. Each time family members positively interact with one another it builds and strengthens the bond between them. Board games foster that face-to-face interaction needed to connect deeply with each other and develop other traits of strong families.

Board games can help strengthen STEM (science, technology, engineering and math) skills. Stem education helps develop analytical, science and math skills, as well as attention to detail and technical skills. Board games can also help strengthen assorted "soft skills", such as communication, listening, empathy, leadership, teamwork, time management, creative problem-solving and more.

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 (local extension office) two weeks prior to the start of the event. Requests received after this date will be honored when it is feasible to do so.

## **ANIMAL SCIENCE**



Jared Petersilie Ag & Natural Resources District Extension Agent jared11@ksu.edu





The period of rest varies by breed but somewhere around 8 weeks would probably work for most home flocks. If you want eggs for the holidays, then you need to start your lights again after the rest. If you don't start lights, most breeds of chickens will not start laying again until early spring. One caution on setting your lighting times is the presence of stray light. Stray light could affect the stimulation of your birds for egg production. If this light sneaks in all night long, it could even reset the clock on your hens to 24 hours! Two major sources of stray light are barn and yard lights and light that comes from bulbs or heaters intended to keep birds warm in winter. First, mature birds in good health and feather cover, with a place where they can stay dry and out of the wind, do not need the heat from a light bulb in the henhouse in Kansas. Dealing with the stray light from a barn light is more difficult, especially with the new LED style lights that can spread bright light over a wide area. You will either need to move your hens, put the barn light on a timer, or substantially shield the light away from your birds. Do not forget to check on your timers occasionally. Power outages and daylight changes could affect your 16- hour cycle. One type of timer I find useful is one that reads the natural light, then adjusts the start time as needed while keeping the dark period steady. This saves energy costs and requires less monitoring. Using light to manage your birds is a great strategy to get more eggs during the year. There are many breeds of chickens that could easily handle increased egg production. Keeping a well-managed egg production cycle is also useful for maintaining egg quality. Time for rest in the fall allows your birds to molt and have new feathers before winter arrives, while also building up calcium supply for thicker eggshells in the next cycle.



The figure shows blue diamonds representing the relationship of May and June precipitation, when below 6.25 inches, explaining nearly 70% of yield variation (R2=0.693). With more precipitation, represented as red squares, the average yield is about 1100 lb/acre of dry matter higher than the average when rainfall is below 6.25 inches. However, the relationship of rainfall to yield is weak.

This May and June time period coincides with the physiological stages of our dominant rangeland grasses in which the most rapid growth occurs. In fact, nearly 65% of the forage produced within a growing season usually occurs by the end of June. The relationship of end of season pasture yield and May and June total rainfall, especially when below average, appears to support that precipitation during May and June is critical for rangeland grasses and forbs to reach their growth potential.

The dry conditions in western Kansas have producers considering their options for rangeland use for the coming grazing season. The May and June precipitation total is a tool for making decisions that relate to expected total forage produced in a growing season, which in turn can inform decisions on making stocking rate adjustments for the remainder of the growing season, especially when rainfall is below average.

The end of June is a logical within growing season trigger date for decisions to adjust stocking rates on pastures in western Kansas, and could be especially useful this growing season with much of the region experiencing drought conditions.

## **4-H AND YOUTH**



Robyn Trussel 4-H & Youth Development **District Extension Agent** rdeines@ksu.edu

### Summer Camp

4-H Camp is an important part of summer programming. Camp gets our kids to un-plug and see the world around them. Camp helps our youth learn to interact with other youth, take instruction from teen counselors and adult staff and helps them grow independently as they learn to maneuver overnight without the guidance of their parents. Former 4-H'ers hold dear for a lifetime their wonderful summer camp experience. This love of 4-H camp has resulted in a rich 75-year history of Kansas 4-H camping. Many resources have been invested, including hours of volunteer time, to create this positive experiential learning environment in county or multi-county 4-H camps. Walnut Creek Extension 4-H Youth participate in 4Clover Camp in Dodge City along with 4-H members from Clark, Ford, Gray and Hodgeman counties. This camp is for 4-H youth from ages 7-10 with teen 4-Hers providing leadership as counselors, and Extension Staff providing classes that include fishing, nutrition, active lifestyles and creative activities.

Rock Springs Ranch 4-H Camp is for our youth 9-13 years of age. This year this camp has seen some major changes, but the one thing that remains is that our youth will participate in shooting sports, swimming, STEM education, canoeing, horseback riding and many outdoor activities while they are at camp. This is a state-wide camp that is available for both 4-H youth and non-4-H youth.

Cedar Bluff Overnight Camp is or "roughing it" camp where we overnight tent camp one night up at the Cedar Bluff State park with other youth from Golden Plains Extension District (Logan, Gove and Trego counties). This camp allows the youth to get back to nature as we play games outside, enjoy the nature around us and sleep under the stars.

No matter what camp kids attend, these life skills seem to see large improvement over the years:

To respect the rights and property of others.

To be responsible for their own actions.

To make friends with people that are different than themselves.

To be a member of a team and feeling of belonging.

To listen to what others, say.

Counselors that have volunteered their time over the years

state that they learn how to

Work well with others.

Work as a member of a team

Lead a group or team,

Take charge of an activity,

How to prepare and lead an activity,

Share leadership with others, and

Know my responsibilities as a leader.



Watch our Walnut Creek Extension District Facebook page to see our kids at camp this summer.

We all have beliefs about our abilities and talents. These beliefs form our mindset — and they impact everything from relationships to academic success. Developing the right kind of mindset means the difference between hiding from life's challenges and handling them with confidence.

Studies show the mindset associated with a full, happy life is called a growth mindset. Psychologist and researcher Carol Dweck created this term after decades of studying

children who faced obstacles with curiosity and excitement rather than fear or avoidance. But what exactly does growth mindset mean and how can we help children understand it? Read on to learn a simple way to explain this critical concept, as well as four key elements of growth mindset to instill in your child and family.

## What Does It Mean To Have a Growth Mindset?



Early in her career, Dweck intentionally gave her students a problem that was slightly too difficult for them. Some reacted with enthusiasm ("I love a challenge!") and set to work, while others quickly gave up. The excited students — those embodying a growth mindset — recognized the challenge as an opportunity to learn and get better. They believed effort and persistence would eventually lead to solving the problem. A fixed mindset is often at the root of a child's fear of failure. Believing they are born with a certain amount of ability or intelligence makes any mistake feel risky. Each challenge presents a potential threat to "looking smart."

Conversely, children with a growth mindset tend to love learning and all that comes with it. Rather than avoiding mistakes and errors, they view them as a crucial part of the learning process. A growth mindset means seeing mistakes as evidence of a developing brain.

There is a reason this 3-letter word is considered magic. Adding it to any phrase creates a monumental shift in perception: "I can't do this...YET."

No other word captures the meaning of growth mindset quite like it. Dweck notes "YET" can "give children greater confidence, give them a path into the future that creates greater persistence."

Encourage your child to add "YET" to the end of any statement about learning. Watch how their feelings shift and potential grows with the addition of this powerful word.

Resilience, or the ability to bounce back, cannot exist without obstacles. We all face trauma, challenges, and stressors from which we can grow.

Not surprisingly, studies show growth mindset promotes resiliency. When children believe their intellectual and social abilities can be developed, they perform better academically and experience less stress. They stand tall in the face of challenges.

Cultivating the right kind of mindset can make the difference between a successful life and one limited by fear of failure. A growth mindset means acceptance (and even celebration of) struggles, with an emphasis on the effort and hard work that lead to success. Children with growth mindsets believe they can learn anything and use the power of YET.

## County fairs



County Fairs are just around the corner and we invite our communities to come out and see what the 4-H kids have worked on this year along with partake in the activities and events that the County Fair Boards have arranged for. If the gas prices are keeping you close to home, County Fair will be a great time to meet up with family and friends and enjoy an

event in your neighborhood. Lane County Fair July 20-23 Ness County Fair July 27-30 Rush County Fair August 3-6 Watch for local fair schedules and fair books coming soon!



Melissa Schlegel is the intern that was hired to work with all of the NW Kansas area counties to provide more 4-H project-based learning daycamps. She will be providing half-day daycamps that relate to cameras, bread-baking, wildlife, robots, pollinators and thrifty threads. She is teaching from lessons that the NW 4-H Advisory created during Covid and helping to collect evaluation data that can be shared to show impact and our stakeholders what our kids are learning.

Here are the dates and locations of the upcoming events these three ladies have planned for our WCED youth.

LaCrosse

Rush County Kids Day Camp June 27, from 9:30am – 3:30pm at the fairgrounds Emergency Preparedness, June 28th, 1:30-3:30pm Extension Office Cameras and Robots, July 6th at the Extension Office

Otis Emergency Preparedness, June 21st, 1:30-3:30pm at the Library Celebrate the Red, White and Blue, July 5th, 1:30-3:30pm at the Library

Ness City Pirate Daycamp in conjunction with the Ness City Public Library 10:00am – 4:00pm, Legion building Emergency Preparedness, June 24th, 1:30-3:30pm at the Fairgrounds Celebrate the Red, White and Blue, July 8th, 1:30-3:30pm at the Fairgrounds

Cameras and Robots , July 12th at the fairgrounds

Dighton Breads and Robots, June 30th, at the fairgrounds Lane County Kids Day Camp July 1st, 9:30am – 3:30pm, at the fairgrounds

For more information on each of these events or to register call 785-798-3921 or watch the Walnut Creek Extension District Facebook page or the www.walnutcreek.ksu.edu website.

