Rolling Prairie Extension District
Representing Chautauqua and Elk Counties

Spring 2016

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Rolling Prairie Extension District

The Spring and Summer months are always busy for the Extension Offices. Upcoming fairs, camps, and other events make the spring and summer go by really fast. Enclosed is information about many of these events as well as a flyer for the upcoming Elk County Livestock—Conservation Tour on Wednesday, June 8.

Just a side note: Extension like many entities and organizations are going through some significant budget cuts in the state of Kansas. Even with these budget cuts your local Extension District board and Extension Agents are doing their best to continue to provide quality educational programs.

Some say that Extension is out dated and no longer needed as you can just use a search engine like Google to get your answer. However, why not use the best search engine; a “living breathing search engine.” Call or visit your local Rolling Prairie District Extension Agent. The Kansas Extension Service is making a difference in the lives of Kansans. Programs and information from the Extension Service in Kansas are relevant, reliable, responsive and rewardable.

Anaplasmosis

Earlier this month, K-State Research and Extension held an anaplasmosis symposium in Salina. A recording of the meeting will be posted in the near future to the KSU Beef YouTube channel at: KSU Beef

Weed Management in Ponds

This time every year, we get questions on pond weeds and how to kill them. The first thing a pond owner needs to do is identify what kind of weed they have and do they need to be controlled. Ponds need to have some aquatic vegetation to support healthy fish populations. Algae, Floating plants, Rooted floating plants, Submersed plants, Emerged plants and Marginal plants make up the majority of plants that affect ponds. All require different approaches for control. One rule of thumb to remember: never kill more than 1/3 of the vegetation at one time. As the vegetation decays, it causes oxygen deficiency. This causes odor problems and can kill fish. If weeds are causing a problem with your pond, come by the office and ask us for the publication “Aquatic Plants and Their Control.” This publication will help you identify various weeds and suggested methods of control.
6 Benefits of Physical Activity

Want to feel better, have more energy and perhaps even live longer? Look no further than exercise. The health benefits of regular exercise and physical activity are hard to ignore. And the benefits of exercise are yours for the taking, regardless of your age, sex or physical ability. Need more convincing to exercise? Check out these six ways exercise can improve your life!

1. Exercise Controls Weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. If you can't do an actual workout, get more active throughout the day in simple ways — by taking the stairs instead of the elevator or revving up your household chores.

2. Exercise Combats Health Conditions and diseases

In fact, regular physical activity can help you prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls.

3. Exercise Improves Mood

Need an emotional lift? Or need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed.

4. Exercise Boosts Energy

Regular physical activity can improve your muscle strength and boost your endurance. Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently. And when your heart and lungs work more efficiently, you have more energy to go about your daily chores.

5. Exercise Promotes Better Sleep

Struggling to fall asleep? Or to stay asleep? Regular physical activity can help you fall asleep faster and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to fall asleep.

6. Exercise Can Be Fun

Exercise and physical activity can be a fun way to spend some time. It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting.
Youth participants learn to prepare simple, healthy foods they can make for themselves and their family through 8 lessons as part of a series. This program is made available free of charge and participants must be between ages 12-15. Register today!!

Extension Meeting Room
130 S. Pennsylvania, Howard 67349
(620)374-2174 or jillmorg@ksu.edu

Instructor

Session 1: June 7th - 4:00pm (Deviled Eggs)
Session 2: June 9th - 4:00pm (Breakfast Bars)
Session 3: June 14th - 4:00pm (Pretzel Shapes)
Session 4: June 15th - 4:00pm (Baked Potato W/Cheesy Veggies)
Session 5: June 22nd - 4:00pm (Fantastic Fruits)
Session 6: June 28th - 4:00pm (Chicken Fingers)
Session 7: July 5th - 4:00pm (Pizza Wraps)
Session 8: July 7th - 4:00pm (Lasagna Roll-ups)
Chautauqua County Health Fair
Thursday, June 23rd, 2016
9:00 a.m. - 3:30 p.m.
Sedan Fairgrounds

Area providers will have booths set up with health information!
(For booth information, contact the Sedan Extension Office at 620-725-5890)

Tests and Screenings Available

Lipid Panel, Comprehensive Metabolic Profile (CMP), Complete Blood Count (CBC) --- $20
Lipid Panel - (Do not eat for 12 hours prior to test. Results include Cholesterol, Triglycerides, HDL, LDL, VLDL, & C/H Ratio)

Comprehensive Metabolic Profile (CMP) - (Do not eat for 12 hours prior to test. Results include BUN, Calcium, CO2, Chloride, Creatinine, Glucose, Potassium, & Sodium)

Complete Blood Count (CBC) - (White Blood Cell Count, Red Blood Cell Count, Hemoglobin, Hematocrit, Platelet Count, & Auto Differential Count)

Hemoglobin A1C (HbA1C) --- $10 (Provides information about a person’s average levels of blood glucose, also called blood sugar, over the past 3 months)

Prostate (PSA) MEN ONLY -- $30.00 (Levels for detecting prostate problems)

Thyroid (TSH) -- $25.00 (High values may be related to hormone therapy, birth control pills, or medications)

Free T4 -- $25.00 ((TSH) test has come back with abnormal results. A T4 test will help your doctor determine what is wrong with your thyroid)

Sponsored by Sedan City Hospital, Chautauqua County Farm Bureau, Rolling Prairie Extension District, Friendly Neighbors Extension Homemakers Unit, & Floyds Market

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Tennessee Time
Presented by the Rolling Prairie Extension District
September 17 - 23, 2016

Day 1  Sikeston, MO
Careers and memories are made in Tennessee. Capture our own memories and bask in the glow of stardom on our trip dedicated to exploring the Volunteer State.

Day 2  CB, D  Pigeon Forge, TN
Today, piece together a colorful experience in Paducah. Begin with the Paducah Wall to Wall Mural, paintings on the floodwall that depict events in the city's history in a lively and educational way. Later, visit the hives where quilting bees buzz at the Museum of the American Quilter's Society in Paducah. Learn about the heritage of American quilting, including the special significance that quilts have in different communities. Witness the intricate handwork of antique quilts as well as new creations. This evening, enjoy a fabulous country feast while the large, award-winning cast captivates us with the physical and comedic stunts as part of the Hatfield McCoy Dinner Feud.

Day 3  CB  Nashville, TN
This morning, Dollywood awaits! Enjoy live entertainment showcasing the best in country, bluegrass, mountain and gospel music with more than a dozen stage shows. Master craftsmen demonstrate centuries-old crafts including blacksmithing, glass blowing and wood carving, and the ever-present Smoky Mountains provide a pleasant setting for beautiful walks.

Day 4  CB, L  Nashville, TN
Music City, USA, is opened up for us this morning on a city tour. See everything related to country music in this mecca for country fans: homes of the stars, studios, famous venues and legendary sites. After lunch, tour the Hermitage, home of one of Tennessee’s favorite native sons, Andrew Jackson. Visit the main house and the many outbuildings that help present a picture of life on this southern plantation. This afternoon, spend some free time this afternoon at Opry Mills. Big name outlet stores provide plenty of opportunity to buy something for everyone on your list — including yourself! Finally, pull out the cowboy boots, since we have seats at the famous Grand Ole Opry tonight.

Day 5  CB, L  Memphis, TN
Memphis is known for barbecue and blues. Experience both today, beginning with a barbecue lunch. Continue on to the Gibson Guitar Factory to watch craftsmen build these legendary guitars, and tour the museum to learn how this brand influenced American music. This evening, witness the famous March of the Peabody Ducks as they visit the marble fountain in the lobby of the Peabody Hotel.

Day 6  CB  Springfield, MO
Though Elvis has left the building, Graceland is still the mecca for rock and roll enthusiasts. And why not? With platinum covering the walls and the famous jungle den, Graceland is the place to be this afternoon. Continue to Springfield this afternoon.

Day 7  CB  Home
The timeless tunes of Tennessee linger with us on our way home today.

Pricing Information:
$1049 - PER PERSON DOUBLE
$1369 - SINGLE
$969 - PER PERSON TRIPLE
$899 - PER PERSON QUAD
$50 DEPOSIT PER PERSON

INCLUDED:
Deluxe Motorcoach Transportation
Quality Accommodations & Luggage Handling
Admissions Listed & 9 Meals
Services of a Village Tour Director
Optional Cancellation Insurance Available
Final Payment due 35 days prior to departure

RESERVATION REQUEST - Return with a $50 per person deposit to:
NAME:__________________________
ADDRESS:________________________
CITY:_________________ STATE:________ ZIP:________ PHONE:________
Type of Lodging: (Circle One) Single Double Triple Quad
Roommate(s):________________________

Rolling Prairie Extension District
Jill Morgan
PO Box 647
Howard, KS 67349-0647
(620) 374-2174

Village Tours & Travel
8620 W 21 St., Wichita, KS 67205
MAKE CHECKS AVAILABLE TO VILLAGE TOURS
Village Tours - Tennessee Time - Rolling Prairie Extension District - 09/17/2016
800-333-0312
Across the Rolling Prairie District the start of spring means one thing 4-H. We just finished up our Regional 4-H Club Days and have started our preparations for the county fairs by weighing and tagging our beef market animals. Next up is the Small Animal Weigh-Ins in April and May. Then it is time to start thinking about out of district trips such as Discovery Days, area judging contests, Campference and Sunny Hills 4-H Camp.

We kick off summer with a trip to Manhattan, Kansas with our youth ages 13-18. The primary purpose of 4-H Discovery Days is to gain new ideas and expand your 4-H experience. Youth experience this through action oriented learning activities, fun tours, and great evening social events. Youth will meet new people, build leadership skills and grow as a person! For the second year one of our own members, Bailee Ellis is part of the Discovery Days Task Force which plans the event. She works hard to make this an awesome event.

4-H members are invited to test their knowledge and skill against other area 4-H’ers at the Area Contests. The Ag Contests will take place in Yates Center on June 16th and will include Livestock Judging, Livestock Skillathon and Meats Judging. On June 30th, members will be able to compete in Photography, Crops and FCS Judging in Emporia. Also those members that qualify will compete in the Favorite Foods Contest.

Then we will head off to Rock Springs 4-H Camp for two events June 24-27. The first will be 4-H Campference. It is for youth ages 12-14 (before January 1, 2016), and will be held June 24-27 at Rock Springs 4-H Center. Participants will experience the feel of a conference, while enjoying the 'camp' activities Rock Springs 4-H Center has to offer. This is a great transitional opportunity, as these tweens go from being a camper to attending educational conferences. 4-H Campference will feature workshops about opportunities in the 4-H program and how to better interact with others. Participants will meet other youth from around the state of Kansas.

For the next event, Rolling Prairie comes together with Harper, Sumner, Cowley, Cherokee, Greenwood, Reno, Harvey, and Lyon counties as well as, Flint Hills, Wildcat and Southwind Districts to form Sunny Hills 4-H Camp Group. While at camp, kids get to do shooting sports, swim, learn about nature, do crafts and meet new friends. Kids who have completed 3rd—7th grade are welcome to join us for this event. We also are taking applications for camp counselors. These youth must have completed the 9th grade to be considered for camp counselors.

So as the weather gets warmer please take the time to encourage local 4-H’ers in their activities.
Spot Spraying Rates and Recommendations for Brush Control

Richard H Fechter
Rolling Prairie Extension District Director, Agriculture and Natural Resources

This guide offers both per acre rates and spot spraying rates of herbicides to use for controlling brush and costs based on prices from the Kansas State University 2016 Chemical Weed Control Book (SRP 1126).

A list of herbicides that are typically used for brush control and the prices that are used to calculate the cost of treatment.

<table>
<thead>
<tr>
<th>Herbicide</th>
<th>Manufacturer</th>
<th>Cost</th>
<th>Active Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crossbow</td>
<td>Dow AgroSciences</td>
<td>$43.35/gallon</td>
<td>2.0 lb 2,4-D &amp; 1.0 lb Triclopyr/gallon</td>
</tr>
<tr>
<td>Chaparral</td>
<td>Dow AgroSciences</td>
<td>$5.81/ounce</td>
<td>52.5% Aminopyralid &amp; 9.45% metsulfuron</td>
</tr>
<tr>
<td>Escort XP</td>
<td>DuPont</td>
<td>$9.90/ounce</td>
<td>MetSulfuron</td>
</tr>
<tr>
<td>GrazonNext HL</td>
<td>Dow AgroSciences</td>
<td>$51.70/gallon</td>
<td>0.41 lb Aminopyralid &amp; 3.33 lb 2,4-D Amine/gallon</td>
</tr>
<tr>
<td>Remedy Ultra</td>
<td>Dow AgroSciences</td>
<td>$74.80/gallon</td>
<td>4.0 lb Triclopyr/gallon</td>
</tr>
<tr>
<td>Tordon 22K (restricted use)</td>
<td>Dow AgroSciences</td>
<td>$71.50/gallon</td>
<td>2.0 lb Picloram/gallon</td>
</tr>
<tr>
<td>2,4-D LVE</td>
<td></td>
<td>$21.00/gallon</td>
<td>4.0 lb/gallon</td>
</tr>
</tbody>
</table>

HEDGE: (Foliar Application) June - July. Can use Remedy Ultra OR Crossbow. Remedy Ultra is cheaper on a per treatment basis. One gallon of Remedy Ultra contains four times as much triclopyr as one gallon of Crossbow.

<table>
<thead>
<tr>
<th>Sprayer Size/Amount of Water</th>
<th>Remedy Ultra &amp; Cost</th>
<th>Crossbow &amp; Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per Acre Rate</td>
<td>1.5 pints/$14.03</td>
<td>1.5 gallons/$65.03</td>
</tr>
<tr>
<td>14 gallon</td>
<td>9 ounces/$5.26</td>
<td>27 ounces/$9.14</td>
</tr>
<tr>
<td>25 gallon</td>
<td>1 pint/$9.35</td>
<td>1.5 quarts/$16.26</td>
</tr>
<tr>
<td>50 gallon</td>
<td>1 quart/$18.70</td>
<td>3 quarts/$32.51</td>
</tr>
<tr>
<td>100 gallon</td>
<td>2 quarts/$37.40</td>
<td>1.5 gallons/$65.03</td>
</tr>
</tbody>
</table>

GENERAL BRUSH & LOCUST: (Foliar Application) June - July. Whenever you have locust trees you are treating, you need to have some Tordon 22K in your mix for more effective control.

<table>
<thead>
<tr>
<th>Sprayer Size/Amount of Water</th>
<th>Remedy Ultra &amp; Cost</th>
<th>Tordon 22K &amp; Cost</th>
<th>2,4-D LVE &amp; Cost</th>
<th>Surfactant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per Acre Rate</td>
<td>1.5 pints/$14.03</td>
<td>1 pint/$8.94</td>
<td>1 pint/$2.63</td>
<td>1 pint</td>
</tr>
<tr>
<td>14 gallon</td>
<td>9 ounces/$5.26</td>
<td>9 ounces/$5.03</td>
<td>9 ounces/$1.48</td>
<td>9 ounces</td>
</tr>
<tr>
<td>25 gallon</td>
<td>1 pint/$9.35</td>
<td>1 pint/$8.94</td>
<td>1 pint/$2.63</td>
<td>1 pint</td>
</tr>
<tr>
<td>50 gallon</td>
<td>1 quart/$18.70</td>
<td>1 quart/$17.88</td>
<td>1 quart/$5.25</td>
<td>1 quart</td>
</tr>
<tr>
<td>100 gallon</td>
<td>2 quarts/$37.40</td>
<td>2 quarts/$35.75</td>
<td>2 quarts/$10.50</td>
<td>2 quarts</td>
</tr>
</tbody>
</table>

Heavy Brush: (Foliar Application) June - July. Very dense with multiple species present. This information is from Dow AgroSciences.

<table>
<thead>
<tr>
<th>Sprayer Size/Amount of Water</th>
<th>Remedy Ultra &amp; Cost</th>
<th>GrazonNext HL &amp; Cost</th>
<th>Surfactant</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 gallon</td>
<td>4 tsp/$0.39</td>
<td>2 tsp/$0.13</td>
<td>4 tsp</td>
</tr>
<tr>
<td>14 gallon</td>
<td>9.5 ounces/$5.55</td>
<td>4.75 ounces/$1.90</td>
<td>9.5 ounces</td>
</tr>
<tr>
<td>25 gallon</td>
<td>1 pint/$9.35</td>
<td>8 ounces/$3.23</td>
<td>1 pint</td>
</tr>
<tr>
<td>50 gallon</td>
<td>1 quart/$18.70</td>
<td>1 pint/$6.46</td>
<td>1 quart</td>
</tr>
<tr>
<td>100 gallon</td>
<td>2 quarts/$37.40</td>
<td>1 quart/$12.93</td>
<td>2 quarts</td>
</tr>
</tbody>
</table>
BLACKBERRIES: Apply in spring after plants have dropped their flower petals. Usually late May. Plants flower on year-old wood, so if plants were mowed off last summer or burned this spring, plants will not flower. In this case, wait until new growth has produced 18 inch long stems, then spray. Early June in most years.

<table>
<thead>
<tr>
<th>Sprayer Size/Amount of Water</th>
<th>Remedy Ultra &amp; Cost</th>
<th>or</th>
<th>Escort XP &amp; Cost</th>
<th>Surfactant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per Acre Rate</td>
<td>1.5 pints/$14.03</td>
<td></td>
<td>0.5 ounce/$4.95</td>
<td>1 quart</td>
</tr>
<tr>
<td>14 gallon</td>
<td>18 ounces/$10.52</td>
<td></td>
<td>0.14 ounce (4.2 grams)/$1.39</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>25 gallon</td>
<td>1 quart/$18.70</td>
<td></td>
<td>0.25 ounce (7.5 grams)/$2.48</td>
<td>1 cup</td>
</tr>
<tr>
<td>50 gallon</td>
<td>2 quarts/$37.40</td>
<td></td>
<td>0.5 ounce/$4.95</td>
<td>2 cups</td>
</tr>
<tr>
<td>100 gallon</td>
<td>1 gallon/$74.80</td>
<td></td>
<td>1 ounce/$9.90</td>
<td>1 quart</td>
</tr>
</tbody>
</table>

BUCKBRUSH: Apply when buckbrush is nearing full leaf stage and growing actively. Normal treatment time is May 1 - 15. 2,4-D LVE can be used at 1 - 2 quarts/acre or a 1% solution for spot treatments.

<table>
<thead>
<tr>
<th>Sprayer Size/Amount of Water</th>
<th>2,4-D &amp; Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per Acre Rate</td>
<td>2 quarts/$10.50</td>
</tr>
<tr>
<td>14 gallon</td>
<td>18 ounces/$2.95</td>
</tr>
<tr>
<td>25 gallon</td>
<td>1 quart/$5.25</td>
</tr>
<tr>
<td>50 gallon</td>
<td>2 quarts/10.50</td>
</tr>
<tr>
<td>100 gallon</td>
<td>1 gallon/$21.00</td>
</tr>
</tbody>
</table>

SERICEA LESPEDEZA: Two chemicals work well on Sericea Lespedeza. They are Remedy Ultra and Escort XP. Remedy Ultra applications work best when the new growth is 12 to 15 inches tall, which usually occurs in June. The broadcast application rate for Remedy Ultra is 1.5 pints per acre. Triclopyr is the active ingredient in Remedy Ultra. Escort XP works best when applied in the fall when the Sericea Lespedeza plants are flowering. Depending on moisture, that could be as early as mid-August, but generally occurs in September. If fall weather is dry, delay application until flowers open. Dry weather will result in poor herbicide uptake and poor control. Add a non-ionic surfactant to Escort XP.

<table>
<thead>
<tr>
<th>Sprayer Size/Amount of Water</th>
<th>Remedy Ultra &amp; Cost</th>
<th>or</th>
<th>Escort XP &amp; Cost</th>
<th>Surfactant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per Acre Rate</td>
<td>1.5 pints/$14.03</td>
<td></td>
<td>0.5 ounce/$4.95</td>
<td>1 quart</td>
</tr>
<tr>
<td>14 gallon</td>
<td>18 ounces/$10.52</td>
<td></td>
<td>0.14 ounce (4.2 grams)/$1.39</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>25 gallon</td>
<td>1 quart/$18.70</td>
<td></td>
<td>0.25 ounce (7.5 grams)/$2.48</td>
<td>1 cup</td>
</tr>
<tr>
<td>50 gallon</td>
<td>2 quarts/$37.40</td>
<td></td>
<td>0.5 ounce/$4.95</td>
<td>2 cups</td>
</tr>
<tr>
<td>100 gallon</td>
<td>1 gallon/$74.80</td>
<td></td>
<td>1 ounce/$9.90</td>
<td>1 quart</td>
</tr>
</tbody>
</table>

Spray Solution - In order to get good control, the amount of spray solution per acre must be increased. This is necessary to insure complete coverage of the sericea lespedeza plant. The recommended rates are:
- By air -- minimum of three gallons per acre to as much as five gallons per acre for dense stands.
- By ground -- a minimum of 10 gallons per acre to as much as 20 gallons per acre for dense stands.

All chemicals are subject to label statements. Those who apply chemicals are responsible for correct use. **ALWAYS READ THE LABEL BEFORE PURCHASE AND/OR USE.** Be sure you know how to apply, rate to apply, time of year to apply and use restrictions. **The user is responsible.**

**Helpful Measurement Conversions**

<table>
<thead>
<tr>
<th>3 teaspoons = 1 tablespoon</th>
<th>1 pint = 2 cups = 16 ounces = 1 pound</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons = 1 ounce</td>
<td>1 quart = 4 cups = 2 pints = 32 ounces</td>
</tr>
<tr>
<td>1 cup = 16 tablespoons = 8 ounces</td>
<td>1 gallon = 16 cups = 8 pints = 128 ounces</td>
</tr>
</tbody>
</table>

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77th Elk County Livestock – Conservation Tour

Wednesday, June 8, 2016

7:30 a.m. – Coffee & Rolls @ Howard Fairgrounds; 8:00 a.m. – Leave for First Tour Stop

TOUR STOPS

1. Stotts Ranch
   - Brush Clearing - Oak Trees

2. John and Shari Cannon
   - Cattle Pens
   - Livestock Watering and Fenced Pond
   - Dan Hueser, BioZyme Area Sales Manager - “VitaFerm® Heat Products”

3. Old World Bluestem
   - Identification and Control of Old World Bluestem

4. Harshman Construction - Black Quarry

Lunch sponsored by Merck Animal Health - Kyra O’Brien-Brownback Territory Representative and VitaFerm/BioZyme

The Livestock Conservation Tour is sponsored by: Rolling Prairie Extension District, Elk County Conservation District, Elk County Farm and Ranch Association, and Natural Resources Conservation Services

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Rolling Prairie Extension District on Facebook

“Like” our Facebook page to get the most up-to-date information and news about the happenings of Rolling Prairie District! Visit https://www.facebook.com/pages/Rolling-Prairie-Extension-District/146463602083477 to like our page.

K-State Research and Extension News

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