

# TWIN CREEKS SPOTLIGHT

**K-STATE** | Twin Creeks  
Research and Extension | District

**MAY & JUNE 2022**



## "Farm-2-Table Success"



Did you know cheeseburgers were grown in Kansas? A number of 4th and 5th grade students from Hill City and Hoxie learned this fun fact, and so much more, during the Farm-2-Table Series held over the last couple of months!

If you keep up-to-date with my columns, it is no secret that food industry knowledge is a favorite of mine to discuss. And, the goal behind the pilot year of the Farm-2-Table Series was just that – to teach our youth about the food on their tables, clothes on their backs and the agriculture that surrounds them each day.

Over the course of 8 sessions participants learned about some very important agriculture topics including: General Ag Facts, The Importance of Soil, Kansas Crops, Dairy, Poultry, Fruit & Vegetable Production, Livestock Production and the Cheeseburgers Grown in

Kansas. Once a week for eight weeks, we visited 5th-grade students during school at the Hill City Elementary School and both 4th & 5th grade students after-school in Hoxie.

Throughout our series we completed a variety of educational activities, enjoyed a number of healthy snacks and learned so many fun agriculture facts! Participants were able to make their own butter, plant a garden in a glove, make sourdough pizza starter, create their own livestock brand on an ear tag keychain, test water infiltration rates in different types of soil and more. Additionally, we enjoyed some tasty snacks such as soil horizon pudding cups and our very own version of "pig feed" trail mix. To wrap-up our series, we celebrated with a cheeseburger grand finale – which included a locally grown hamburger and a lot of knowledge on how every part of our tasty snack is or can be grown right here in the wheat state!



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K-STATE RESEARCH AND EXTENSION  
TWIN CREEKS DISTRICT



<https://www.twincreeks.k-state.edu/>

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One of our participants said: "My favorite new agriculture fact is that dirt is what you find under your refrigerator, and soil is what we find outside and underground."

Another said: "I enjoyed learning the process of eggs and how it takes three weeks for a baby chick to hatch!"



"The-Farm-2-Table Series was so much fun, I think everyone should do it if they can! One of my favorite parts was having a board and being able to match up all the different meat cuts and by-products of cows and pigs. My favorite snack was the cheeseburgers!", says another participant.



The Farm-2-Table Series has been a high priority of mine since starting my career in extension. Although it took some time to work out all the fine details, I couldn't be more excited about the result of our pilot series! Twin Creeks District 4-H Program Assistant, Dana Geisinger, and I look forward to continuing this series in the future across all four counties of the district – so watch for details.



*Jenilee Godsey is a Youth Agriculture Agent for the Twin Creeks Extension District which covers Decatur, Graham, Norton and Sheridan counties. Email her at [jenileem@ksu.edu](mailto:jenileem@ksu.edu) or reach her by telephone at the Graham County Office, (785) 421-3411.*

# "GET YOUR SHINE ON"

*Spring Livestock Show*



*Sunday, May 8th, 2022*

**GRAHAM COUNTY FAIRGROUNDS, HILL CITY, KS**

### *Weigh-In Times*

**Goats - 6:30AM-7:30AM  
Swine - 8:00AM-10:00AM  
Sheep - 11:30AM-1:00 PM  
Cattle - 2:00 PM-4:00 PM**

### *Show Times*

**Goats - 8:00 AM  
Swine - 10:30 AM  
Sheep - 1:30 PM  
Cattle - 4:30 PM**

**SCALES OPEN AND CLOSE AT ABOVE TIMES, NO EXCEPTIONS!**

## *Buckles, Banners & Payouts*

### **GOATS + SWINE + SHEEP**

**Grand Champion: Buckle + \$300 + Showtimes Banner  
Reserve Champion: Buckle + \$250 + Showtimes Banner  
3rd Overall - \$150    4th Overall - \$100    5th Overall - \$50**

### **MARKET & BREEDING BEEF**

**Grand Champion: Buckle + \$400 + Showtimes Banner  
Reserve Champion: Buckle + \$300 + Showtimes Banner  
3rd Overall - \$200    4th Overall - \$150    5th Overall - \$100**

### **SHOWMANSHIP IN EACH SPECIES**

**Buckles for Champion Showmanship in Each Age/Species  
Banner for Reserve Showmanship in Each Age/Species**



## **GENERAL INFORMATION**

- Find us on the Showtimes App!
- Rules can be found on the "Get Your Shine On" and North Central Kansas Livestock Circuit Facebook Pages.
- Entries due: May 2nd (*Find the entry form on our 'Get Your Shine On' Facebook Page.*)
- Contact Ty Hockman (785) 421-7109 with any questions.



**Keep updated with more show information on our Facebook Page!**

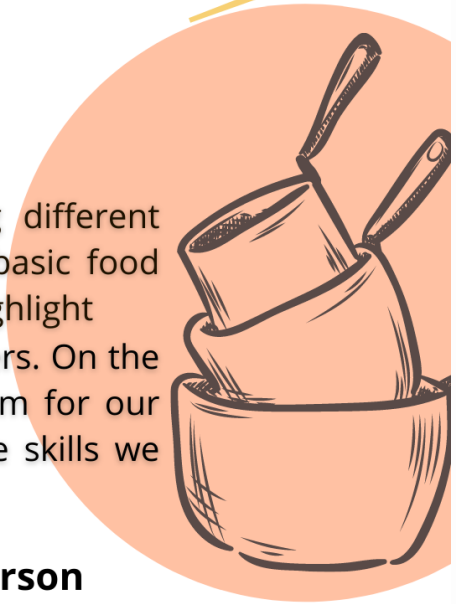


# YOUTH SUMMER COOKING CLASS

**For ages 10 and older**

## ABOUT THIS CLASS

Each day we will be preparing different parts of a meal while learning basic food preparation skills. We will also highlight nutrition, setting a table properly and table manners. On the last day of the class we will prepare the final item for our meal and then we will sit down and using all the skills we have learned eat our meal as a group.



**Fee for program is \$10.00 per person**

*To register stop in at one of your local Twin Creeks Extension Offices  
For more information - Call (785) 421-3411 or e-mail Karen Shepard at [kshepard@ksu.edu](mailto:kshepard@ksu.edu).*

Tues. - June 21st  
Wed. - June 22nd  
Thurs. - June 23rd

Tues. - June 28th  
Wed. - June 29th  
Thurs. - June 30th

9:30 am  
to  
12:30 pm

**NORTON**

4-H  
Building

*Register by:  
Friday, June 17th*

9:30 am  
to  
12:30 pm

**HOXIE**

4-H  
Building

*Register by:  
Friday, June 24th*





## Roots & Chutes

Written By: [Alyssa Rippe-May](#)  
 Interim District Director &  
 Livestock and Farm Management Agent



### "Early Weaning Opportunities"

Last time, I discussed various ways to navigate a drought with your cowherd. The options are endless, from culling decisions to buying in feed to rotational grazing. One that may be overlooked, but just as viable, is early weaning of spring-born calves. In the following article, Dr. Justin Waggoner, KSRE Beef Systems Specialist based in Garden City, discusses K-State research showing the opportunities calves have in an early-weaning system to still grow well while keeping mom in better condition on her own pasture.

Under normal production circumstances calves are typically weaned at 180-220 days of age, however under circumstances where forage supply is limited or cow body condition is lacking weaning calves at 180 days of age or less may be one of the easiest ways to reduce cow nutrient requirements and improve cow body condition. Many cattle producers express concerns over the thought of weaning 350-450 lb calves during the heat of the summer and believe that early-weaned calves will not perform well in a dry lot environment. In a recent study (Bailey et al. 2013) conducted at the K-State Agriculture Research Center-Hays, 243 spring-born calves were weaned at 113 ± 17 days of age and were limit-fed a common diet to achieve target average daily gains of 1.0, 2.0, or 3.0 lbs per day during an 84-day receiving period.

The results of this study are summarized below.

Item,	Targeted ADG, lb/d			SEM
	1.0	2.0	3.0	
Weaning BW, lb	342	342	346	17
Ending BW, lb	443 <sup>a</sup>	470 <sup>a</sup>	509 <sup>b</sup>	12.8
ADG, lb/d	1.21 <sup>a</sup>	1.52 <sup>b</sup>	1.94 <sup>c</sup>	0.095
DMI, lb/d	5.93 <sup>a</sup>	7.67 <sup>b</sup>	9.52 <sup>c</sup>	0.001
Feed:Gain <sup>1</sup>	4.81	5.03	4.88	—
Incidence of Fever, %	4.89	6.05	5.85	—

a,b Means within rows without common superscripts differ (P ≤ 0.05)

<sup>1</sup>Analyzed as Gain:Feed

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Although we were unable to achieve the target ADG of 3.0 lbs/day (which is a rather lofty goal), the calves in the 3.0 lb/d treatment group gained 1.94 lb/d, consumed 9.5 lbs of dry feed per day, exhibited a feed conversion of 4.88:1 (feed:gain) and weighed 509 lbs at the conclusion of study (197 days of age). Additionally, over 5.0% of the calves exhibited clinical signs of illness and were treated. The results of this study demonstrate that early-weaned calves are capable of utilizing dry feeds, and have a tremendous capacity to convert feed resources into gain in a dry lot environment.

One of the keys to successfully managing newly-weaned calves (early or conventionally weaned) and achieving acceptable levels of feeding performance (~ 2.0 lb/d ADG) is getting calves to consume dry feed.

See this past BeefTips article for suggestions on a feed management protocol for weaned calves regardless of age: [September 2016 - Beef Tips \(k-state.edu\)](https://www.k-state.edu/beeftips/2018/07/02/performance-of-early-weaned-calves/#more-1229)

#### References

Bailey, E. A., J. R. Jaeger, J. W. Waggoner, L. A. Pacheco, G. W. Preedy, and K. C. Olson. 2013. Efficiency of early-weaned beef calves is not improved by restricting feed intake during 84-d growing period. *Proc. West. Sec. Amer. Soc. Anim. Sci.* 64:218-222. 2013 WASAS Bailey proceedings-1jm0pt6

Waggoner, Justin. "Performance of Early-Weaned Calves." <https://enewsletters.k-state.edu/beeftips/2018/07/02/performance-of-early-weaned-calves/#more-1229>



The poster features a purple background with a silhouette of a person leading a cow. On the left, there are four circular icons containing silhouettes of a cow, a pig, a sheep, and a goat. The text is in white and yellow. The main title is 'TWIN CREEKS SHOWMANSHIP CLINIC'. Below that, it says 'SATURDAY, JUNE 11, 2022'. At the bottom, it says 'Norton County Fairgrounds, Norton, KS' and 'BRING YOUR OWN LIVESTOCK!'. The logos for K-STATE Research and Extension and Twin Creeks District are at the bottom.

**TWIN CREEKS  
SHOWMANSHIP  
CLINIC**

**SATURDAY, JUNE 11, 2022**

Norton County Fairgrounds, Norton, KS  
BRING YOUR OWN LIVESTOCK!

**K-STATE** |  Twin Creeks  
Research and Extension | District

Watch for an email and follow the Facebook event for more information:



# John Lewis Memorial

## *Fishing Clinic*

**Sheridan State Fishing Lake**

**Monday, May 23rd**

**9:00-1:00**

**All youth - ages 7 to 13**

**Meal Provided**

**No cost to attend**

**RSVP by May 13th**

**Twin Creeks**

**Extension District**

**Sheridan Office**

**785-675-3268**

**K-STATE**  
Research and Extension



Twin Creeks  
District

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 Patsy Maddy two weeks prior to the start of the event May 9, 2022 at 785-877-7262 and pmaddy@ksu.edu. Requests received after this date will be honored when it is feasible to do so.

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## Eating & Aging Well

Submitted By: Karen Shepard  
Family Consumer Science Agent



### Get Your Dial Gauge Pressure Canners Tested!

How important is it to know if your dial gauge canner is at the proper pressure? It is critical to the safety of any products you can in a dial-gauge pressure canner.

Our local Extension offices have the ability to test specific brands of dial gauge canners. They include the brands National, Presto, Magic Seal, and Maid of Honor.

Dial gauges need to be tested yearly, and before any canning takes place. This reduces the possibility of using inaccurate pressure, which could lead to under processed food and the potential of foodborne illness. A 1-pound error in a 20-minute process can cause a 10% decrease in sterilizing value. A 2-pound error can lead to a 30% decrease in sterilizing value. Knowing these differences can allow you to make adjustments, but it is best to replace inaccurate dial gauges.

Please note, we cannot test All American brand gauges. The manufacturer states to use the weighted gauge, not the dial gauge, to measure pressure.







**Date:** May 18th & 25th; June 1st & 8th

**Time:** 6pm-8pm

**Location:** The Gathering Place  
745 S. Country Club Drive  
Colby, KS 67701

**Nutrition and physical activity** are keys to managing your type 2 diabetes, but where do you start? The *Dining with Diabetes* program can help!

Designed especially for people with type 2 diabetes, this program will help you learn the skills needed to promote good health.

*Dining with Diabetes* is taught by trained and caring educators. The program includes:

- planning meals and snacks with delicious and healthy recipes
- cooking demonstrations and food sampling
- motivation and support — connect with others who are living with diabetes
- ideas for being more active
- an understanding of how diabetes affects your overall health

**Together, Citizens Health and K-State Research & Extension will be hosting a four part series class!**

**Presented by:**  
Courtney A. McCarty, RDN, LD, CDCES &  
Karen Shepard, Family & Consumer Science Agent

**This class is provided FREE of charge through a \*PERK grant!**

\*Patient Experience in NWKS

**To register, call Courtney McCarty 785-460-1237 & leave your name & number.**

For more information visit [k-state.edu/diningwithdiabetes](http://k-state.edu/diningwithdiabetes)



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## Views With Van

Written By: Keith VanSike  
Agronomy, Natural Resources,  
& Entomology Agent



## Considerations on Adjusting Seeding Rate for Soybeans

### 1. Seeding rate versus plant density

There are three important terms: "Seeding rate" refers to the target number of planted seeds per acre. "Plant population" or "plant density" refer to the effective number of plants growing in a field. "Seed survival rate" refers to the percent seed germination and emergence. Normally, we may expect that about 80% percent of the seeds planted will survive to become part of the final plant density. Example of seeding rate calculation with a plant density target of 100,000 plants/acre, and expected survival rate of 80% (0.8 plants/seed)

$$\frac{100,000 \text{ plants/acre}}{0.8 \text{ plants/seed}} = 125,000 \frac{\text{seeds}}{\text{acre}}$$

From a planting date standpoint, seeding rate will need to increase at later planting dates to compensate for the reduction in the length of the growing season and reduced potential for branches to contribute to yield.

### 2. Adjusting by yield environment

A recent study by Carciochi, Ciampitti and collaborators published in *Agronomy Journal* evaluated soybean yield performance in a database of hundreds of experiments across the Midwest. Seeding rates ranged from 69,000 to 271,000 seeds/a, and final plant density and seed yield data were considered for the analysis. The data was classified by yield environments as follows: Low (<60 bu/a), Medium (60-64 bu/a), and High (>64 bu/a). On average plant densities were 127,000 plants- Low; 96,000 plants- Med; 97,000 plants- High.

- Another reason for the need for higher plant density in low yield environments is that there is often less precipitation during the reproductive period in these environments, reducing the crop's reproductive ability (reduction in yield contribution from branches).

### Expected Profit or Loss

For site-specific management, the previous information can be used to generate prescriptions for variable rate seeding. For example, lower seeding rates could be used in certain zones, thus improving profitability by reducing seed costs and/or reducing the risk of unnecessary risk of lodging and disease development. Maintaining a fixed seeding rate for the whole field can reduce profitability compared to using a variable seeding rate.

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For a given field, the potential lost profits (\$/a) will increase when using fixed seeding rates for the whole field compared to using optimal rate for each yield environment zone

On the one hand, a farmer may be using a fixed seeding rate for the whole field that is “below” the optimal rate for some of the yield environment zones within the field. In that case, adjusting the seeding rate for each zone will reduce the potential lost profit since achieving the extra-yield will more than compensate for the additional seed cost.

- In summary, adjusting seeding rates based on plant survival rates, soil conditions, and planting dates can reduce the risk of yield and profit losses due to suboptimal densities in a low yield environment, while limiting higher seed costs due to supra-optimal densities, especially for medium and high yield environments. Moreover, soybean plant density levels above the optimal plant density increase the risk of lodging and disease development without adding a yield benefit.
- If planting early, try to maximize plant survival and reduce threatens to emergence by:
  - Avoiding planting when soil temperatures are below 60°F. If planted into soils cooler than 60°F, seedlings may eventually emerge but will have poor vigor.
  - Treating seeds with fungicide and insecticide.
  - Selecting varieties with resistance to soybean cyst nematode and sudden death syndrome.

For more information about the optimal soybean seeding rates and optimal plant densities see Publication **MF3460** in our bookstore. <https://bookstore.ksre.ksu.edu/pubs/MF3460.pdf>

Study done by: Ignacio Ciampitti- K-State Farming systems Specialist for Row-Crops.

## BEEF ACROSS KANSAS SERIES

'Quality Matters'



MAY 1ST  
2:00 PM

Do you know all about proper health and daily care practices?

Join us as we learn about maintaining healthy beef projects from a veterinarian and proper daily care practices from a beef industry professional!

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## Chasing Clovers

Written By: Patsy Maddy  
4-H Youth Development Agent



## How Four Generations Differ in Their Approaches to Work

This article is written by Dr. Tim Elmore, CEO of Growing Leaders. He puts some thought into work environments that include multiple generations. Check out what Dr. Elmore has to say:

“In 2020, I heard a 19-year-old member of Generation Z use the word cheugy as he made fun of someone who was trying too hard to be hip and trendy. When I asked what older person he was poking fun at, he explained it was a 29-year-old Millennial. I laughed in disbelief. The generation gap surfaces so quickly. Too often, instead of bridging the gap between old and young, we’ve allowed the chasm to widen. During lunch breaks, water cooler conversations, or even text message threads, we find it easier to talk to our own kind. When we don’t understand someone, it’s easier to make fun of them. It’s like different demographics living in different zip codes at times. It often feels like too much work to get to know a 22-year-old when we are 55.

Want proof? Over the last several years, hashtags on social media surfaced like:

- #HowToConfuseAMillennial (Boomers and Gen Xers making fun of Millennials)
- #OKBoomer (Millennials making fun of Boomers)
- #OKNancy (Generation Z making fun of Generation X)
- #Doggo (Generation Z making fun of Millennials)
- #BoomerRemover (Millennials and Gen Z making fun of Boomers)

*(This last one was in poor taste, citing COVID-19 as the cause of death for many Boomers.)*

## Four Generations Working Together

The diversity we feel among our teams is not going away anytime soon. Because people are living and working longer, we will experience multiple generations on our staff. Because people are relocating more often, we will experience multiple backgrounds on our staff. To wish for a homogenous group of people to work with is wishing for a past that is long gone. At Growing Leaders, we have four generations attempting to collaborate: Generation Z, millennials, Gen Xers, and baby boomers. Each one of them:

- Brings a different approach to work and the workplace.
- Embraces a different expectation for the role of work.
- Shares a different opinion about finances and compensation.

GoodHire just released a new study uncovering how full-time American workers (really) feel about their jobs in 2021. They surveyed 4,000 Americans, an equal number of baby boomers, Gen Xers, millennials, and Gen Zers. Their findings were enlightening to me:

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- Eighty-three percent of all American workers would prefer a four-day workweek.
- Fifty-seven percent of millennials are very happy at work, making them the happiest generation.
- Twenty-two percent of Gen Zers are either unhappy or hate work, making them the most unhappy generation.
- Sixty percent of millennials find great meaning and purpose at work — making them the most fulfilled generation.
- Gen Z is the least fulfilled with just 41% finding great meaning and purpose.
- Gen Z is the least satisfied with work-life balance while millennials are the most satisfied.
- Only 30% of baby boomers are completely happy with their pay, followed by Gen Z (32%), Gen X (42%), and millennials (47%).
- Sixty-eight percent of millennials are happier working remotely, while baby boomers are the least happy with remote work (37%).
- Only nine percent of all American workers surveyed are less engaged and satisfied when working remotely.
- Millennials lead the charge in searching for a new job in the next 12 months, with 46% of them planning to do so.
- Baby boomers are the least likely to be on the job hunt next year (19%).
- Gen Xers, millennials, and Gen Zers are most bothered by their boss or manager, while baby boomers are the most bothered by insufficient pay.

### The Ironies in Our Take Away

Did you notice some ironies from this data? Millennials are the happiest with their work but are the most likely to pursue a new job. They find work fulfilling but maybe not in the job they currently have. Could we change that by connecting with them? If Gen Zers are the least happy with their jobs but the second most happy with their pay, can we find a better way to remunerate them? If baby boomers are unhappy with their compensation but not looking for new places to work, are there ways we can honor them beyond a paycheck?

GoodHire offers its own conclusions. It's important for both employers and employees to have a plan when it comes to compensation, goals, and what they truly want out of their jobs in terms of pay. Remote work is the new way of the world, and just a tiny percentage of workers said they feel less engaged because of it. So the return-to-office topic must be discussed at all workplaces. And finally, our work-life balance needs improvement. People value their time away from work more than ever before, and this concept can't be avoided by employers. Leaders must demonstrate that they value their employees' lives outside of their work.

Let's build bridges rather than walls to these various generations."

Take a few minutes to consider your own work experience to see if it compares to the above study.





# Clover Corner



## Statewide Events & Deadlines

- May 1:** Discovery Days Registration Deadline
- May 1:** Market Beef Nominations Due
- May 7:** Shutterbug Photography Project - Lee Richardson Zoo, Garden City
- May 13:** Horse Judging Camp Registration Deadline
- May 20:** Registration Deadline by Midnight: Boxes/T-Shirts, 4-H Geology Field Trip, Fredonia
- May 27:** Registration Deadline by Noon: 4-H Geology Field Trip, Fredonia
- June 1-3:** Discovery Days - KSU Campus
- June 7-8:** Horse Judging Camp - Manhattan, KS.
- June 9:** Kansas 4-H State Horse Judging Contest - Manhattan, KS.
- June 10-12:** 4-H Geology Project Field Trip - Fredonia, KS.
- June 15:** Commercial Heifer, Swine, Sheep, and Meat Goat Nominations Due

## County Events & Deadlines

- May 1:** Livestock Pictures Due - Norton (Goat, Sheep, Swine, - Market & Breeding)
- May 1:** Deadline to Add or Drop Projects
- May 1:** Beef Across Kansas - Virtual 2:00pm
- May 2:** Livestock Pictures Due - Decatur (Swine - Market & Breeding)
- May 8:** "Get Your Shine On" Spring Livestock Show - Graham County Fairgrounds
- May 23:** John Lewis Memorial Fishing Clinic - Sheridan State Fishing Lake
- June 1:** Registration Deadline for Twin Creeks Showmanship Clinic Norton County Fairgrounds
- June 11:** Twin Creeks Showmanship Clinic - Norton County Fairgrounds
- June 17:** Northwest District Horse Show Registration Deadline

**Summer Day Camp Programs - May 31st through August 11th - Twin Creeks District**

## Check Out Our 4-H Newsletter For Details & Deadlines On Upcoming Events!



*Note: Youth events are open to ALL youth (with Extension agent approval for youth not currently enrolled in the 4-H program). If you have a youth that is interested in an event please contact Patsy Maddy, Twin Creeks Extension District 4-H Youth Development Agent [pmaddy@ksu.edu](mailto:pmaddy@ksu.edu).*

Go to the Twin Creeks District website at <https://tinyurl.com/qukdd97> for a complete listing of all activities and events at the local, district, area and state levels.





## INFORMATION ON UPCOMING PROGRAMS

### Family & Consumer Science

- Dining with Diabetes - Colby, May 18th & 25th, 2022, June 1st & 8th, 2022
- Youth Summer Cooking Class - Norton, June 21st - 23rd, 2022
- Youth Summer Cooking Class - Hoxie, June 28th - 30th, 2022

### Ag & Natural Resources

- Registration Deadline Insect Spectacular - LeRoy, KS, May 16th, 2022
- Insect Spectacular, Arnold's Greenhouse - Leroy KS & Chanute High School

### Youth Agriculture

- YQCA (Youth for the Quality Care of Animals) - Registration Deadline, May 18th, 2022
- YQCA (Youth for the Quality Care of Animals) - Decatur, May 20th, 2022

*To stay current on upcoming program dates, registration info, etc. [follow us on Facebook](#) and/or check our [Twin Creeks District Website!](#)*



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TWIN CREEKS DISTRICT



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