

# TWIN CREEKS SPOTLIGHT

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

**MAY & JUNE 2021**



## Radon Recap...

### Have you tested your home for Radon?

Radon is a natural, tasteless, odorless, colorless, radioactive gas produced from the decay of uranium that is found in nearly all soils. Radon gas moves from the ground, under and around your home, through cracks and other holes in the foundation. Where there is soil, Radon gas is emitted. This silently deadly gas is the #1 cause of lung cancer among non-smokers, nationwide.

The Twin Creeks Extension District partnered with Midwest Energy, Inc. in presenting a video series about Radon, and free test kits were given out to the public. In return, we asked them to submit their results to be compiled into an anonymous survey for our district. Our informational videos were posted on the Twin Creeks Facebook page, website, and other Facebook pages across the district.

On February 23rd we hosted a Radon Mitigation and Q&A Zoom session with K-State's Radon Program Coordinator, Brian Hanson where he provided various information about Radon.

If you are interested in receiving one of these free kits home testing kits, stop by your local Twin Creeks office. ***Special thanks to Midwest Energy, Inc. for their sponsorship of the free kits in the TCD!!***

***Head over to our website to watch all videos in the series!***

<https://www.twincreeks.k-state.edu/fcs/home-family/energy-and-housing/free-radon-kits/index.html>



## Roots & Chutes

Written By: Alyssa Rippe-May  
Interim District Director &  
Livestock and Farm Management Agent



### "The Chute..."ABC's of the Farm Bill"

Remember this time last year when we were looking over spreadsheets, decision tools, and farm records trying to select a Farm Bill program? Well, believe it or not, it's that time of year again. The most recent Farm Bill allows producers to make a new farm program election by March 15th of 2021, 2022, and 2023. This is in contrast to the last Farm Bill where we made one selection that lasted the whole 5 years. So, if the government has given us the option to look over and make a change where necessary, why not?

To refresh our memory, let's go through the 3 available Farm Bill program options again.

**Price Loss Coverage or PLC:** PLC is a program similar to the old payment programs where we look at price alone. Payments are made when the national Marketing Year Average price (MYA) drops below the effective reference price set by legislation. Reference prices for our major crops are:

- Corn: \$3.70
- Wheat: \$5.50
- Soybeans: \$8.40
- Grain Sorghum: \$3.95

Anytime the MYA drops below those prices, a payment is made. The payment is equivalent to the difference between the MYA and the reference price multiplied by your farm's established program yield then multiplied by 85% of your base acres of that commodity.

It's important to note that the MYA is not our local cash price. It's an average seen throughout the marketing year for that particular commodity at a national level. You can see estimates for MYA prices from K-State, the USDA, and other resources at our K-State Agricultural Economics website, [AgManager.info](http://AgManager.info).

In addition, if you elect PLC, you will have some supplementary margin protection options available for purchase through your regular crop insurance provider.

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**Agricultural Risk Coverage - County level or ARC-CO:** This program is revenue-based, and payments are dependent on your county-level yield and the national MYA price. So when does ARC-CO payout? ARC-CO pays when county-level revenue falls below the county guarantee. The county guarantee is 86% of the county benchmark, calculated by multiplying a 5-year Olympic average of MYA price and a 5-year Olympic average county yield. Anytime the county revenue falls below that guarantee number, you'll see a payment based on the difference in those numbers multiplied by 85% of your base acres. Now ARC-CO payments do max out at just 10% of the county benchmark. This has been a challenge with the ARC-CO program, as the low prices we've experienced in recent years have made that 10% cap low.

**Agricultural Risk Coverage - Individual or ARC-IC:** Again, this program is revenue-based like ARC-CO. However, it differs from ARC-CO as payments are dependent on your individual yield, not the county yield, and the national MYA price. One key thing to remember for ARC-IC is that this program pays out on only 65% of your base acres. This program had very little use in Kansas, but if you would like to explore the option, check out [AgManager.info](http://AgManager.info) for more details.

Now that we have the programs straightened out, let's chat about this year's decision. The decision laid before us in March of this year is for the crops we harvest in 2021. Now, the marketing year for those crops used to calculate prices doesn't begin until June for wheat or September for corn, sorghum, and soybeans. This means the decision we make now won't see potential payments until late 2022.

So, as we think about the decision for our staple crops here in Northwest Kansas, we can see it's not as straight-forward as it seemed last year. What do you see happening to crop prices or yields in the coming year? Remember, we're concerned about prices starting in either June or September of this year for our current decision. Do you predict a potential for a downward price slide? If so, PLC might be worth your consideration for certain commodities. If anything, the past year has sure reminded us just how volatile our commodity markets can be. Or are you concerned that our drought might continue into this summer and fall causing lower yields? ARC programs might be worth your consideration in that case.

K-State Research and Extension has a number of tools available to help provide additional information as you make your program election decisions. These tools are available for you to utilize at home on our K-State Agricultural Economics website, [AgManager.info](http://AgManager.info). You can also give us a call at any Twin Creeks District office, and we will set up a time to work through the tools together.

**ARC/PLC Tradeoff Spreadsheet:** <https://tinyurl.com/yekhdpf4>

**Historical ARC/PLC Payments Spreadsheet:** <https://tinyurl.com/56vu7rpu>

## 2021 Twin Creeks District Extension Council Appreciation Award

By: Jenilee Godsey



The Extension Council Appreciation Award is presented to an individual, couple or organization that has given a considerable amount of extra effort in support of the Extension Council education programs. In many cases, their hard work and dedication have lightened the load for the Extension Service personnel, in addition to making the Extension Council's efforts more effective. The success of Extension programs depends on the unselfish energy of such people who have spent considerable time supporting our endeavors for no monetary rewards. Their service and support are greatly appreciated.

The 2020 Twin Creeks District Extension Council Appreciation Award was presented to Bev Stafford of Hill City at the monthly Extension Council meeting held on January 20th.

Bev Stafford says that she can date her tenure in extension clear back to being a 4-H member in Lincoln County, Colorado for ten years. "I have roots in extension that go back to me as a seven-year-old 4-Her," says Bev. As an active participant in the sewing and foods project areas, she recognizes her membership in 4-H as being an integral part of her growing-up years and finding her passions, which she would later put to work in future careers and in raising her family.

Upon graduating high school, Bev attended Colorado State University to pursue a degree in Home Economics Education. Once obtaining her degree, she secured her first job in Hill City, KS as a teacher. After a period of time staying home with her children, Bev later began working as the Food Service Director for the USD 281 School District. Eventually, she went on to work for the Kansas State Department of Education to serve as the Child Nutrition Consultant for the Northwest Region, covering 43 school districts.

Through her time serving as Child Nutrition Consultant, Bev had the opportunity to experience several community gardens across the northwestern part of our state. She recognized that although each of these gardens worked and looked differently, they served a great purpose in the community. It was at this time that Bev recognized the need for such a project in the Graham County community.

Bev began working with the Graham County Extension Agent at the time, Tressie Mitzner. Together they went to researching possible locations, methods that would fit best in Hill City and even went to tour one of the community gardens that stood out to Bev the most, Larned, KS. The Graham County Community Garden would later be mirrored after the Pawnee County project.

After retiring from her position with KSDE, Bev was looking for a way to provide something that would leave a lasting impression on the community. She mentioned always finding herself reflecting on a saying her father used to say... "Always leave things better than you found it."

Bev has been an integral part in the success of the Graham County Community Garden. On just about any summer day, she can be found either weeding, watering or harvesting at the garden located directly east of the Graham County Elementary School. Bev is also a key part of incorporating local youth into the vital parts of the garden.

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"It is a priority of ours to get the kids to the garden as much as possible, we've seen the benefit of the hands-on learning opportunity that the garden offers," says Jenilee Godsey, Twin Creeks District Youth Agriculture Agent. Bev added, "A project like the Community Garden teaches you much! Taking the Master Gardener class was only a starting point. I've learned to rely heavily on advice from many great gardeners in our area who, through their own experiences have been able to give good advice and good volunteer help. Many have benefitted! That's a community!"

Together she and her husband, Warren, have three grown children and two grandchildren. Warren is also retired, after 37 years of teaching music. Throughout her adult life, Bev has served many roles in both Graham County and Twin Creeks District Extension. Becoming a Graham County Extension Executive Board member in 1980, she served as a member for five years. Additionally, she served as a member of the Family and Consumer Sciences Program Development Committee (PDC) for approximately 12 years – guiding our extension agents in programming decisions appropriate for the needs of Graham County. She also educated local 4-Her's while serving as a project leader in the foods, cake decorating and sewing projects.

Bev is a true champion for Extension and 4-H and has been one of our biggest promoters for a long time. She was an original member of the Graham County Girls EHU (Extension Homemakers Unit). She says she can recall several extension programs that she attended throughout the years. "I can remember a program I attended at the Hill City park where I learned how to use a gas grill! It wasn't long after that that we went out and purchased our first grill," says Bev.

"You just cannot underestimate the power of extension," says Bev. "I can attribute many of the life lessons my children and I learned to extension, specifically 4-H."

The Twin Creeks District Extension Council is honored to recognize Bev Stafford for her support of and contribution to extension. We appreciate and value her dedication and support of the work we do in here in the Twin Creeks District.

***Head over to our website to watch a video showcasing Bev!***

**<https://www.twincreeks.k-state.edu/volunteer-opportunities/appreciation-award/index.html>**



# Virtual Crop Talk

webinars focused on crop production  
in Northwest and North Central Kansas  
on Tuesdays & Wednesdays at 10:30-11:30am CST

## Registration

[www.sunflower.ksu.edu/  
agronomy](http://www.sunflower.ksu.edu/agronomy)

## For CCAs

1 Continuing Education  
Credit for each session  
has been applied for

## For more information

Jeanne Falk Jones  
Multi-County Agronomist for  
Cheyenne, Sherman and Wallace  
Counties  
(785) 462-6281  
[jfalkjones@ksu.edu](mailto:jfalkjones@ksu.edu)



## Topics

### Soil Fertility Questions from Growers for the 2021 Season

Dorivar Ruiz Diaz, K-State Soil Fertility Specialist

**February 2:** Northwest Focus

**February 3:** North Central Focus

### Weed Management and that Pesky Palmer Amaranth

Sarah Lancaster, K-State Weed Scientist

Vipan Kumar, K-State Weed Scientist

**February 9:** Northwest Focus

**February 10:** North Central Focus

### Corn Insect Resistance: Rootworm and Western Bean Cutworm

Julie Petersen, UNL Entomologist

**February 16**

### Grain Sorghum Weed Control: Start Clean, Stay Clean

Sarah Lancaster, K-State Weed Scientist

**February 23**

### Sorghum Insects: Aphids, Headworms and Chinch Bugs.. Oh My!

J.P. Michaud, K-State Entomologist

**February 24**

### Alfalfa Management and Weevil Update

Romulo Lollato - Wheat & Forage Specialist

Anthony Zukoff, K-State Extension Entomology Associate

**March 2**

### Dryland Corn Dynamics

Lucas Haag, K-State NW Regional Agronomist

**March 9**

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 Emily Bennigsdorf two weeks prior to the start of the event February 2nd, 2021 at 785-460-4582 or [ebennigsdorf@ksu.edu](mailto:ebennigsdorf@ksu.edu). 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.



## Chasing Clovers

Written By: Patsy Maddy  
4-H & Youth Development Agent



### "4-Hers Develop Lifeskills Through Presentations"

Kansas 4-H members have been learning to speak skillfully before an audience for more than 100 years. It is often one of the things people say they most remember about their 4-H experiences -- before participating in 4-H, they could not speak comfortably in front of an audience. Through 4-H, thousands of youth have learned the skills necessary to clearly organize and present ideas and instructions through project talks, demonstrations, illustrated talks and public speaking.

Every 4-H member profits in some way from planning and presenting a project talk, demonstration, illustrated talk or public speech. Shy, retiring members will develop the ability to express themselves, become part of the group and develop more interest in 4-H.

Even confident members will learn to organize, to complete a job and to establish a standard of excellence for themselves and others. Good presenters are made, not born. Presenting is a skill that must be learned, just as other skills are.

The real value of a presentation is to the member who prepares and presents it. Poise, confidence and self-assurance grow each time a presentation is given. Members also learn cooperation and appreciation for the work of others.

Giving presentations in 4-H will teach members many skills that have value later in life, including these marketable skills:

- How to organize thoughts in a logical manner
- How to find information and research a subject
- How to express ideas clearly and convincingly
- How to prepare visuals and use them to support the presentation
- How to listen to the opinions of others and accept feedback
- How to teach others
- How to manage time
- How to manage stress

Learning takes place through the five senses: seeing, hearing, feeling, tasting and smelling. Research indicates 85 percent of learning comes through the sense of sight, 8 percent through hearing, 3 percent through feeling, 2 percent through tasting and 2 percent through smelling. All presentations include seeing and hearing, but some presentations involve all five senses. Effective presentations involve as many senses as possible.

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The purpose of the evaluation or score sheet at 4-H Club Days is to help members accept and benefit from constructive criticism. The evaluation is designed to give feedback to help members improve their performances.

All youth need to develop healthy attitudes toward competition. Throughout life, youth will be in situations in and out of school where they will be judged and compared with peers or set project or presentation standards. Competition should be an exciting experience, not something youth dread or fear.

Competition, done the right way, is a way to motivate youth to work hard and to try to do their best. Youth, and adults, often learn more from failures or mistakes because they provide opportunities for improvement and growth. The ultimate goal in any presentation experience is for members to complete the presentation with a good feeling about themselves and what they have done and learned.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Twin Creeks Extension District, Norton office, 785-877-5755.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.

# TWIN CREEKS DISTRICT 4-H *Club Day Schedule*

March 22nd	March 29th
Decatur County recordings due.	Norton and Sheridan County recordings due.
April 1st	April 12th
Graham County recordings due.	District Club Day qualifiers recordings due.



Kansas State University is committed to making its services, programs, and activities accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Patsy Maddy at 785-877-5755. Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity employer.

Contact Twin Creeks Extension District 4-H Youth Development Agent, Patsy Maddy, at [pmaddy@ksu.edu](mailto:pmaddy@ksu.edu), (785) 877-5755 (office) to learn more about how you can share your expertise with today's youth. I will be anxiously awaiting to hear from you!

## Tired of Winter? Get out and get into the garden!

*Written by: Pat Melgares, KSU News and Feature Writer*

*Information by: Ward Upham, KSRE Horticulturalist*

MANHATTAN, Kan. – Like many eager gardeners, Ward Upham is about tired of winter. There's just a certain itch to get out and work on flower and vegetable beds.

Fortunately, Upham said, some early work can be done right now.

"Try planting peas as soon as the soil dries and the soil temperature reaches 40 degrees Fahrenheit," said Upham, a horticulture expert with K-State Research and Extension. "There are several types of peas we can plant in Kansas; probably the most common is the shelling pea, and the old standard in this group is Little Marvel."



Other varieties that do well in Kansas are Green Arrow, Knight, Maestro, Burpeeana and Mr. Big. "All of these are early maturing types that allow us to harvest a crop before the hot weather arrives and stops production," Upham said.

Snow peas, common in stir-fry, have a crisp, edible pod. Upham recommends Dwarf Grey Sugar and Mammoth Melting Sugar. "Sugar snap peas resemble shelling peas but have a thick, fleshy pod and can be eaten fresh, steamed or cooked," Upham said. "Like snow peas, they are not shelled, but eaten pod and all." Upham's recommendations for sugar snap peas include Sugar Bon, Sugar Ann, Super Sugar Snap and Sugar Sprint.

He said peas should be planted shallow – about one-half inch deep – to encourage rapid germination and emergence. Seeds should be spaced 2 inches apart in a row. "Many people plant two rows 6 to 8 inches apart so the floppy plants can support one another," Upham said. "For some older varieties, this may not be enough. They may need trellising to support the growing vines. You might consider installing fence to keep rabbits away."

Some other early gardening chores to cure the winter blahs, according to Upham, include:

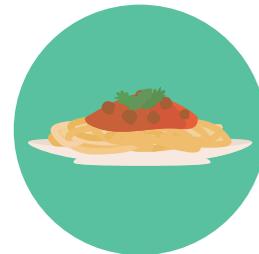
- Start lettuce transplants indoors. "Transplants allow lettuce to mature earlier so that it escapes the excessive heat that can lead to a strong flavor and bitterness," he said. Transplants should be started 4 to 5 weeks before moving the plants outdoors.
- Implement control measures for iris leaf spot by removing old, dead leaves. Iris leaf spot is a disease that attacks the leaves and occasionally the flower stalks and buds of iris. The disease over-winters in old leaves, so it's important to remove and destroy them. Wet weather, common in early spring, encourages infection. Heavily-infected plants from last year should be sprayed with a fungicide containing chlorothalonil.
- Prune deciduous shrubs. Not all shrubs need to be pruned (such as witch hazel), but others need to be pruned to maintain or reduce size, rejuvenate growth or to remove diseased, dead or damaged branches. Shrubs that flower in the spring should not be pruned until immediately after flowering.

Interested persons can also send their garden- and yard-related questions to Upham at [wupham@ksu.edu](mailto:wupham@ksu.edu), or contact your local K-State Research and Extension office.



## Eating & Aging Well

Provided By: Karen Shepard  
Family Consumer Science Agent



*Here is an article written by Nebraska Extension Services with some excellent planning-ahead goals to keep in mind!*

### Making Leftovers into Planned-Overs

Using leftovers is a great way to minimize food waste and save time. They can be a great snack, next-day lunch, or even be used to make a quick meal. Larger meals can be prepared earlier in the week and leftovers can also be used later in the week or put in the freezer. Take precautions with leftovers to make sure the food being eaten is safe. Check out the following food handling tips and ideas for making over leftovers so you can enjoy delicious and safe “Planned-Overs.”

**Food Safety Tips for Leftovers:** Cooked foods should not remain at room temperature for more than two hours. Refrigerate or freeze food within 2 hours of cooking or being served at a restaurant. Discard any food left out longer than 2 hours. Label and date leftover containers to keep track of how long it has been in the refrigerator or freezer. Reheat leftovers thoroughly on a stove or in the microwave to a temperature of 165 degrees Fahrenheit (°F) or until hot and steamy. Bring soups, sauces, and gravies to a rolling boil. Wash hands before and after handling leftovers, use clean utensils and surfaces, and never taste a food to determine if it is safe. There is a limit to how long food can be kept safely, so when in doubt, throw it out! Check out general tips for refrigerator and freezer storage below for more detailed information.

- Refrigerator storage. Your refrigerator should be kept at or below 40 °F. This can be measured by keeping a thermometer in your refrigerator. For quicker cooling, separate big amounts of leftovers into shallow 2-inch containers and cut large pieces of food into smaller pieces. Food should always be covered or in a storage container with a lid sealed to slow the growth of bacteria.
- Freezer storage. If you are not planning to eat your leftovers within a few days, store leftovers in the freezer. Your freezer should be kept at or below 0 °F. This can be checked by keeping a thermometer in your freezer. It is important to store food in good quality, air-tight containers. Frozen foods should be used as quickly as possible after freezing.

Planned-Overs by Food Group: Below are some ideas for making over leftovers by different food groups.

#### Grains:

Rice - Can be used to make rice pudding and fried rice, or added to meatballs, soups, and casseroles. It can also be frozen. You may need to add a small amount of liquid when reheating leftover rice.

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- Bread - If your bread, leftover rolls, hamburger or hot dog buns are getting a little dry, consider making bread pudding or letting them dry out so you can make your own breadcrumbs. Use day-old bread to make French toast. If you have one or two hamburger or hotdog buns left in the package, use them to make cheesy toast by spreading with soft margarine, topping with any kind of cheese, and broiling in the oven until cheese is melted and lightly browned.
- Pasta - Use in a pasta salad or casserole. Freeze for later use in casseroles, soups, vegetable dishes, or as a side dish with a sauce.

Fruit:

- Leftover fruit can be added to salads or pureed and used as pancake or ice cream topping. It can be mixed with yogurt, cottage cheese, or pudding. Leftover fruit can also be used in baked goods such as muffins or quick breads. Overripe bananas can be used to make banana bread or muffins, or frozen and used in fruit smoothies. Fruit juice can be frozen in ice cube trays and used for flavoring and chilling fruit drinks.

Vegetables:

- Use vegetables in soups, salads, omelets, pasta dishes and casseroles. Leftover baked potatoes can be cut up and fried in a pan, used to make a quick potato casserole or potato soup, or the potato pulp can be scooped out and used to make twice baked potatoes. Chopped raw onions, celery, or green peppers can be frozen in freezer bags or containers for use in soups, stews or casseroles.

Protein:

- Baked Beans - Used in casseroles or to make chili.
- Roasts - Can be sliced to make sandwiches or shredded for use in tacos, enchiladas or barbecued meat. It could also be cubed and used to make beef and noodles or frozen for use in casseroles.
- Steak/Chops- Could be thinly sliced and used to make fajitas (cook with onions, peppers, and fajita seasoning). Make a sandwich by topping meat with sautéed peppers, onions, and cheese. Top a tossed salad with sliced steak for a quick meal.
- Turkey or Chicken: Can be used in casseroles, soups, tacos, or enchiladas. The meat can also be thinly sliced to make sandwiches or it can be shredded to make chicken/turkey salad sandwiches. It can also be cubed to make chicken/turkey and noodles or frozen for later use in casseroles or soups.
- Ham: Can be used to make ham and cheese sandwiches (either hot or cold), or it can be sliced, frozen, and used later for sandwiches. It could also be cubed and used in casseroles or soups.

*Source: Patton, P., Larvick, C., Albrecht, J. (2011). Food Safety for Families: Leftover Food Safety. Nebraska Extension.*





## Views With Van

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



### "Spring Wheat in Northwest Kansas"

Spring wheat can be produced in northwest Kansas and adjoining areas. Yields will be lower than summer fallow winter wheat. Grain quality will be an important component of marketability. The long-term ability to produce quality spring wheat in northwest Kansas, and its economic viability, has yet to be demonstrated.

Traditionally, spring wheat has not been a recommended crop in northwest Kansas. However, if spring wheat is planted, the K-State recommendation is to plant from February 25 through March 15. Particular emphasis should be given to the ending date relative to the starting date for minimizing heat stress, which will be the yield-limiting factor in most years. Seeding rates significantly higher than those typically used in winter wheat will be necessary due to the reduced window for initiating productive tillers. In addition, heat stress will be exceptionally detrimental to tillers of spring wheat as compared to winter wheat, making the density of main stems even more important to achieving yield potential.

K-State does not have any current data regarding appropriate seeding rates for spring wheat, but limited experience would suggest 1.3 to 1.8 million seeds per acre to be an appropriate range. The first year of a seeding rate study was conducted at Colby in 2020 with rates ranging from 750k to 2M live seeds per acre. At 15,000 seeds per pound 700,000 is about 50 lbs. per acre. At 1.2 million seeds per acre that is about 85 lbs. per acre. There was no response to seeding rate, however, this was with yield levels in the 20-25 bu/ac range. With respect to nitrogen management, growers should consult the recommendations offered by North Dakota State University in the publication SF712, "Fertilizing Hard Red Spring Wheat and Durum". Spring wheat will reach physiological maturity and be harvested slightly later than winter wheat in our region. Spring wheat has been evaluated at several points in time in northwest Kansas. From a historical context, during a 35-year study at Colby (1915-1950), spring wheat grown on fallow averaged slightly less than ½ of winter wheat grown (also on fallow). Additional research in the 1970's demonstrated a similar relationship. More modern research was conducted in 2001 through 2005 in which spring wheat averaged 49% of winter wheat. Data would show a significant reduction in yield potential for spring wheat relative to winter wheat when both are grown on fallow. Yields are likely to be more similar when grown immediately following a row crop.

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However, it is important to note, yield is not the lone determining factor for the viability of the practice. Differences in cost structure and revenue could very well make spring wheat an economically feasible fallow alternative, provided that quality grain can be raised and marketed at a premium to winter wheat.

Producers should be aware that hard red and hard white spring wheats are different market classes than hard red or hard white winter wheats. Additionally, a producer may have success using on-farm storage to allow proper segregation, time to perform necessary testing of grain quality, and then direct marketing to a mill. Spring wheat can be produced in this region. Producers should have marketing plans in place prior to production and manage the crop to ensure quality.

Yields will likely be less relative to winter wheat due to heat stress during grain fill. However, there are still many unknowns regarding the production of spring wheat and its long-term viability in northwest Kansas and adjacent areas. The spring wheat variety performance test results are available to view and download on the Northwest Area Agronomy website: [www.northwest.ksu.edu/agronomy](http://www.northwest.ksu.edu/agronomy)

The 2020 New Corn Performance Test booklets are online and will be out in print soon. Go to [twincreeks.ksu.edu](http://twincreeks.ksu.edu) and search for SRP 1159.

You may contact any of the Twin Creeks District offices:  
(Hill City- 785-421-3411  
Hoxie- 785-675-3268  
Norton-785-877-5755,  
Oberlin- 785-475-8121)

Or the Colby Northwest Area Extension Office at:  
785-462-6281





## Meat the Future

Written By: Jenilee Godsey  
Youth Agriculture Agent

### "Use Caution While Attending Spring Pig Sales"

PEDv (Porcine Epidemic Diarrhea Virus) has recently flared up again in the midwest. The virus that first appeared in the United States in 2013, rocked the swine industry as it was found in most states and affected millions of pigs along the way. Fast forward to 2021, and it has been making its way through swine shows in Texas and Oklahoma as of early this year.

#### What is PEDv and what symptoms will I see?

Clinical signs of PEDv include severe diarrhea and vomiting, which leads to a near 100% mortality rate in pre-weaned piglets. The virus affects older pigs less and might start with shown symptoms such as loss of appetite, lethargy, and of course severe diarrhea that can lead to dehydration. For older pigs, you can easily think of it as a stomach virus for humans.



#### How is it spread and why should I be concerned?

PEDv is a highly contagious virus, that is spread in a multitude of ways and can survive in the environment for extended periods of time. The virus can be spread from animal-to-animal or from farm-to-farm through pig, boots and clothing, tires, vehicles, trailers, shovels/pitchforks, show equipment, and any other item that may have come in contact with an infected pig. Being fully knowledgeable about and committed to proper biosecurity measures will help ensure that your 4-H projects remain healthy and you are helping to limit the transmission from one farm to another.

#### How can I practice appropriate biosecurity to protect from transmission of PEDv?

It is important to know that you can be an important part of slowing the transmission of this virus. Follow the following steps to help limit the spread of PEDv:

- Limit your (and your pig's) exposure to other swine.
- Wear disposable boots that can be applied over the top of your shoes if you are attending another farm, sale, or show. These need to be disposed of upon leaving, prior to getting into your vehicle.
- If possible, try to keep 24-hours between swine farm, sale, or show visits with a shower, change of clothing/shoes, and disinfection of any equipment that may have come in contact with pigs at a prior location.

***The Twin Creeks Extension District will be monitoring the situation of PEDv and it's spread at the time of county 4-H small animal (swine) weigh-ins. Please watch for more updates as we get closer to time.***



# Porcine Epidemic Diarrhea Virus (PEDv)

PEDv is not a human health risk. Pork is safe to consume when cooked properly. PEDv only infects pigs - not humans or other livestock.

Introduced to the United States in 2013, PEDv is caused by a virus from the family *Coronaviridae* and is related to transmissible gastroenteritis virus.

## Clinical Signs and Symptoms

- Severe diarrhea in pigs of all ages
- Vomiting
- High mortality - almost 100% in baby pigs

## Incubation Period

*(Time from exposure to clinical signs)*

Only 12-24 hours

## Shedding Period

*(Amount of time animals can infect others)*

A minimum of 10 days, but up to 3-4 weeks.

## Diagnosis

Diagnosis requires sample submissions to a diagnostic laboratory. To do this, contact your local veterinarian.

## Treatment

Supportive care through hydration. Provide clean, dry, draft-free environment with access to high quality drinking water. Electrolytes may also be beneficial.

## How do I prevent PEDv in my herd?

- If you are taking animals from shows to your farm, isolate those animals until you can confirm they have not been exposed or are contagious. This is a highly infectious disease where a very small amount of virus can cause an infection in pigs.
- Keep all sick pigs out of contact with sows - this virus has an extremely high mortality rate for baby pigs.
- Do NOT wear the same clothes, shoes, etc. you wore at the shows once you arrive home.
- Clean and disinfect your shoes, clothes, and outerwear as soon as possible.
- Clean and disinfect your trailer and any tack or equipment you had at the show. It is best if you clean and disinfect at a location NOT on your farm.
- Dispose of any unused feed that was in the barns at the stock shows. It is possible for virus particles to survive on feedstuffs for some time.
- Monitor your animals daily for illness. If any symptoms arise, alert your vet immediately.
- If your pigs do get ill, it is very important to manage your biosecurity off the farm as well. If you have sick pigs at home, do not go visit other farms or shows. Shower and put on clean clothes and shoes before leaving your farm.

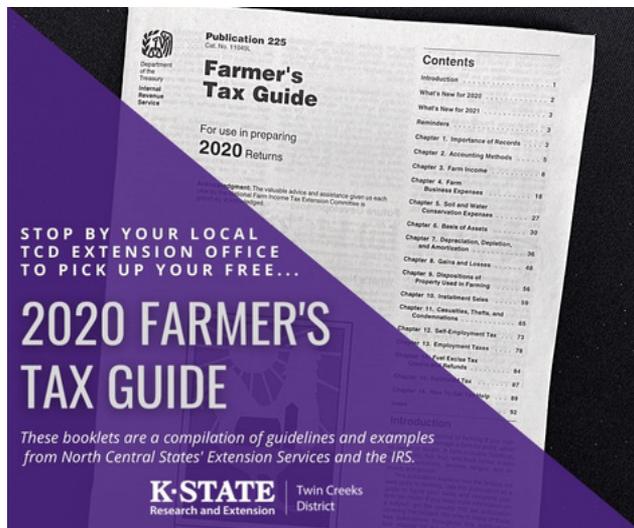




## Stay Tuned for Walk Kansas Registration!

Walk Kansas is a team-based program that will help you and others lead a healthier life. Join this program and be more active with friends and family, make better nutrition choices, and walk away your stress.

*Watch for registration information to be released soon via our Twin Creeks District Facebook and website.*



**Stop by your local TCD Extension Office to grab your FREE copy of these items!**



## WATCH FOR DATES & INFORMATION ON THESE UPCOMING PROGRAMS!

### Ag & Natural Resources

- Green Thumb Thursday Facebook Posts -- *Beginning of March 2021*
- Twin Creeks District Farmland Leasing Summary Information and Meeting -- *Early Spring 2021*
- TCD Wheat Plot Updates -- *Virtually in Early 2021*
- Sprayer Calibration Training -- *Virtually in Early 2021*
- Sheep & Goat Management Meeting (Norton) -- *April 20th, 2021 @ 5:00 PM*

### Family & Consumer Science

- Walk Kansas -- *Begins March 28, Watch for Registration Info to Come Soon!*
- Dining with Diabetes -- *Virtually Early Spring 2021*

### Youth Agriculture

- Swine Across Kansas Series -- *Multiple Session thru 2021, 1st Session: March 7th!*
- NW KS Junior Beef Day -- *Spring 2021*
- Livestock Showmanship Workshops -- *Spring 2021*
- Junior Gardeners Program -- *Spring 2021*

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



WATCH FOR MORE INFO...

**FARMLAND LEASING SURVEY SUMMARIES COMING SOON!**

Surveys have been sent to randomly selected residents in Decatur, Graham, Norton & Sheridan Counties about farmland, pasture, crop residue grazing and recreational (hunting) leasing arrangements. We will be compiling survey summaries for each county that will be distributed through our TCD offices for educational purposes.

ALSO WATCH FOR A DATE TO BE SET FOR A FARMLAND LEASING ARRANGEMENTS MEETING TO BE HELD VIRTUALLY EARLY 2021!




**SWINE ACROSS KANSAS SERIES**

*Ask Before You Buy*

**MARCH 7TH**  
2:00 PM



**WHAT SHOULD YOU KNOW BEFORE PURCHASING YOUR NEXT SHOW PIG PROJECT?**  
Join us as we meet with Kansas show pig producers for their insider tips on selecting the best pig for your barn!

Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer. [http://www.k-state.edu/extension\\_resource\\_center.cfm](http://www.k-state.edu/extension_resource_center.cfm)

**K-STATE** Research and Extension **4-H** GROWS HERE



*Rock Springs Ranch*  
**GREAT NORTHWEST  
 4-H CAMP** 

**JUNE 9-12**  
 COUNSELOR TRAINING: JUNE 8-9

*Everyone is welcome!*  
 Join us for learning, the outdoors and FUN at 4-H Camp with the Great Northwest Camp Group! You don't have to be in 4-H to attend, only need to be 7-12 years old.  
**Counselors ages 14+ are needed!**





Kansas State University is committed to making its services, programs, and activities accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Jenilee Godsey at 785-421-3411. Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity employer.

*Rock Springs Ranch*  
**GREAT NORTHWEST 4-H CAMP**  
 *Twin Creeks District Cost Guide* 

<b>TCD Camper Investment:</b>	<b>\$210 -- Covers housing, meals, activities, &amp; transportation</b> (Pay in full by Apr. 9th, or pay \$100 at registration and remaining \$110 by April 28th)
<b>TCD Counselor Investment:</b>	<b>DC, NT and SD Counties: Counselor Fees are Sponsored by Local County 4-H Council</b> <b>GH County: \$105 -- for Non-4-H Member Counselor Applicants, 4-H Members fully sponsored by 4-H Council</b> (Must be paid in full by April 28th, 2021)

**Registration & partial/full payment is due by April 9th to your local Twin Creeks Office. Remainder due by April 28th.**  
*Register today, space is limited! First-come, first serve priority will be placed on registrations.*

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**FOR MORE INFORMATION OR REGISTRATION FORMS, CLICK HERE:**

[https://www.twincreeks.k-state.edu/4-h/youth\\_development/index.html](https://www.twincreeks.k-state.edu/4-h/youth_development/index.html)

# SWINE ACROSS KANSAS SERIES

## *Ask Before You Buy*



**WHAT SHOULD YOU KNOW BEFORE PURCHASING YOUR NEXT SHOW PIG PROJECT?**  
 Join us as we meet with Kansas show pig producers for their insider tips on selecting the best pig for your barn!

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[https://www.ksre.k-state.edu/employee\\_resources/civil\\_rights/](https://www.ksre.k-state.edu/employee_resources/civil_rights/)




## SWINE ACROSS KANSAS SERIES

### *"Ask Before You Buy!"*

#### *Session Agenda*

<b>2:00-2:30 PM</b>	<b>2:30-3:00 PM</b>
<i>Selection 101</i> Parts of your show pig, physical trait selection and more!	<i>Producer Panel</i> Hear from KS show pig producers on their inside tips!
<b>3:00-3:15 PM</b>	<b>3:15-3:30 PM</b>
<i>Start Right</i> How to prepare for and start your new pig off right.	<i>Q &amp; A</i> Your chance to ask any of our presenters your questions!

**K-STATE** Research and Extension | **4-H** GROWS HERE | Kansas State University is committed to making its services, programs, and activities accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Jenilee Godsey at 785-421-3411. Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity employer.

## SWINE ACROSS KANSAS SERIES

### *'Ask Before You Buy!'*

#### SHOW PIG PRODUCER PANELISTS



**JOHN MENEFEE**  
*Menefee Farms*



**LANE MAI**  
*Mai Family Show Pigs*



**GRADY GODSEY**  
*Godsey Show Pigs*

**MARCH 7**  
**2:00 PM**



**K-STATE** Research and Extension | **4-H** GROWS HERE

**TO REGISTER FOR THE 'ASK BEFORE YOU BUY' SESSION  
 BY MARCH 4TH, CLICK HERE:**

[https://kstate.qualtrics.com/jfe/form/SV\\_3wJvwV3EnlI08Jw](https://kstate.qualtrics.com/jfe/form/SV_3wJvwV3EnlI08Jw)



## Statewide Dates & Deadlines

- March 1:** Kansas 4-H & Vanier Scholarship Application Deadline
- March 8:** K-State Junior Meat Goat Producer Week Registration Deadline
- March 15-20:** K-State Junior Meat Goat Producer Week -- Virtual
- March 23:** 4-H Ambassador Training I -- Virtual
- March 30:** 4-H Ambassador Training II-- Virtual
- April 7:** Horse Panorama Digital Uploads Deadline
- April 18-24:** State 4-H Horse Judging Contest
- May 15:** Kansas State Fair/KJLS Market Beef Nominations Due

## County Dates & Deadlines

- March 4:** Swine Across Kansas - 'Ask Before You Buy' Registration Deadline
- March 6:** Norton Co. Large Animal Weigh-In -- Norton Sale Barn, 2-4 p.m.
- March 7:** Swine Across Kansas - 'Ask Before You Buy' -- Virtual
- April 11:** Sheridan Co. Small Animal Weigh-In (Sheep, Swine & Goat)
- April 24:** Decatur Co. Small Animal Weigh-In (Sheep & Goat)
- May 1:** Horse ID's Due to Local Extension Office
- May 3rd&5th:** Graham Co. Small Animal Weigh-In (Sheep, Swine & Goat)

*Our district will be implementing protocols to help reduce the threat of COVID-19 transmission. These protocols will include wearing a mask, practicing social distancing and excellent hygiene. Participation in face-to-face meetings will not be allowed without the wearing of a mask.*

*If you choose not to wear a mask, please join our meeting via our virtual option or request a recorded version that would be distributed following the meeting.*

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).

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.



# Communications: The Basics



The goal in any public speaking experience is for members to complete the presentation with a good feeling about themselves, what they have done, and learned.

Using good resources and organizing your thoughts into an effective and impactful presentation is a useful life skill for successful educational and vocational paths. You will use effective communication skills every day with family, friends, employers, and co-workers.

No matter who you are or where you come from, communication takes practice!

Starting Out	Learning More	Expanding Horizons
Learn about different types of 4-H Presentations: <ul style="list-style-type: none"> <li>• Project Talk</li> <li>• Demonstration</li> <li>• Illustrated Talk</li> <li>• Extemporaneous Speaking</li> <li>• Public Speaking</li> </ul>	<ul style="list-style-type: none"> <li>• Use the Presentation Brainstorming Activity to identify and develop a presentation topic.</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare and give a presentation.</li> <li>• Record yourself and review to evaluate.</li> </ul>

## Inspire Kids to Do

### Skill Building

- Learn to develop presentation skills and understand the most effective type for your information.
- Practice to improve communication skills.

### Goals

- Understand different types of presentations.
- Understand how to find information.
- Understand how to organize ideas for a presentation.
- Learn how to prepare visuals to support a presentation.

### Project Ideas

- Share your presentation with a school class.
- Have your club work on presentation boards at your club meeting.
- Attend a presentation at 4-H Club Days or the Kansas State Fair 4-H Public Presentations to see how others present.

### Self-Evaluation Before

Using the rating scale below, answer the following:

- 1 = not at all
- 2 = a little
- 3 = a lot

#### I know how to...

- Tell the difference between kinds of talks. .... 1 - 2 - 3
- Brainstorm to identify a presentation topic. .... 1 - 2 - 3
- Prepare and give a presentation. .... 1 - 2 - 3

**Communications: The Basics**

Challenge Instructions	Helpful Tips	Leadership	Curriculum and Resources
<ul style="list-style-type: none"> <li>• Read and review the Kansas 4-H Presentation Overview, then look up two additional resources.</li> <li>• Use the Presentation Brainstorming Activity to develop an idea for a presentation.</li> <li>• Use the Kansas 4-H Demonstration or Illustrated Talk Outline Planning Form to organize your presentation. Design a poster or board for your presentation.</li> </ul>	<ul style="list-style-type: none"> <li>• Think about your audience. What do you really want them to know when you are finished?</li> <li>• If your topic is too broad it will be hard to have a focus; if it is too narrow, you may not find enough information for your presentation.</li> <li>• Be creative in making visual aids, but don't clutter the poster/display with too much information. You want it to grab the eye and add to your presentation but not be a distraction.</li> </ul>	<p><i>(Suggested for Intermediate and Advanced Levels.)</i></p> <ul style="list-style-type: none"> <li>• Lead a communication game for recreation at a club meeting.</li> <li>• Help a fellow 4-H member prepare for their presentation.</li> <li>• Other _____</li> </ul>	<p>National 4-H Curriculum – Communications Level 1</p> <p>Kansas 4-H Communications Project Page</p> <p>Kansas 4-H Presentation Overview, 4H978</p> <p>Kansas 4-H Presentation Brainstorm Activity, 4H986</p> <p>Kansas 4-H Demonstration or Illustrated Talk Outline Planning Form, 4H981</p>

**Life Skills Learned (check all that apply)**

- Positive Self-Concept
- Inquiring Mind
- Concern for Community
- Sound Decision-Making
- Healthy Interpersonal Relationships

**Share**

- Help another 4-H member by listening to them practice a presentation.
- Teach someone else about presentations.
- Show someone else how to make an effective poster/display.
- Other \_\_\_\_\_

**Evaluate Your Experiences!**

How does this exercise help you prepare for a presentation? \_\_\_\_\_

How does this exercise help your confidence in presenting? \_\_\_\_\_

What are two differences between demonstrations and illustrated talks? \_\_\_\_\_

What is a benefit of competition within Public Presentations? What is a negative? \_\_\_\_\_

**To complete the Challenge,** take a selfie while doing the activity. Upload the photo and take the survey about your Challenge experience.  
[www.tinyurl.com/KS4HChallenge](http://www.tinyurl.com/KS4HChallenge)

**Local Contact Information**

**Self-Evaluation After**

Using the rating scale below, answer the following:

- 1 = not at all
- 2 = a little
- 3 = a lot

**I know how to...**

Tell the difference between kinds of talks. .... 1 - 2 - 3

Brainstorm to identify a presentation topic. .... 1 - 2 - 3

Prepare and give a presentation. .... 1 - 2 - 3

**Kansas Clover Classroom**

Adapted from NW 4-H Advisory Challenge created by Michelle Beran, 4-H Youth Development Agent, Cottonwood Extension District



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**Check Out the Kansas Clover Classroom!**

Taking photographs, building rockets, designing a cabinet, collecting insects, tending to livestock... those are all part of the fun of the Kansas 4-H program. But those activities are part of a much bigger, project-based learning process to prepare kids for the future.

These challenges will enhance the learning, leadership, and community service within each project area. Don't forget to fill out the evaluation survey after completing your challenge so that we can continue to make improvements. New project challenges are constantly being developed, so check back often.

**[Click here to check them out!](#)**

# Kansas Junior Meat Goat Producer Week



## K-STATE

Research and Extension

March 15-20, 2021  
 Kansas State University  
 Hosted Virtually

Join us March 15-20 for a virtual Kansas Junior Meat Goat Producer Week. This educational event will span a week of sessions during which youth, parents, meat goat project leaders, and adults can increase their knowledge of meat goat production and management practices. Presentations and demonstrations will be provided by K-State faculty members, graduate and undergraduate students, and guest speakers. Sessions will be conducted during the week, with the program concluding on Saturday morning. All presentations will be recorded and shared with those who register, so families may participate at their own pace and as their schedule allows. The program is free this year, but all attendees will need to register using the link below.

Register Online by March 8!

### Schedule (tentative):

#### Tuesday, March 16

6:30 PM Selection  
 7:15 PM Nutrition & Daily Feeding  
 7:45 PM Wrap-up

#### Thursday, March 18

6:30 PM Health & Wellness  
 7:00 PM Livestock Guard Dogs  
 7:30 PM Wrap-up

#### Saturday, March 20

9:00 AM Equipment & Daily Care  
 9:30 AM Clipping & Show Day Prep  
 10:00 AM Showmanship  
 10:30 AM Overall Q&A, Wrap-up

1:00 PM State Livestock Nominations\*

(\*optional for those interested in exhibiting at the Kansas State Fair Grand Drive and/or KJLS)

K-State, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. All educational programs and materials available without discrimination on the basis of race, color, religion, national origin, sex, age, or disability.

### Thanks To Our Sponsors!

Essential Show Feeds  
 Valley Vet Supply  
 K-State Department of Animal  
 Sciences and Industry

### Door Prizes!

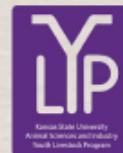
We will be drawing for show equipment and supplies!

### Questions? Contact:

Lexie Hayes  
 adhaves@ksu.edu  
 785-532-1264



To Register Online: <https://bit.ly/KSUJrMeatGoatWeek>



Although the program is being provided free of charge, thanks to our generous sponsors, we do need ALL participants to register, including youth and adults.



Make sure to use a valid email address that a member of your household checks regularly, as we'll be relying on email correspondence leading up to the program.



Watch your email the week of March 8 for attendee details and specific links!

*K-State Research and Extension and the Kansas State University Department of Animal Sciences and Industry, or their assignees, reserve the right to photograph, record the image and/or voice of participants for current or future research, educational, and/or promotional purposes. By attending, you provide consent to the above items and waive all rights to claims for payment or royalties in connection with any use of said images or recordings.*



## PROGRAMMING THRU COVID-19



*A note from Gregg Hadley, State Director of Extension, and Twin  
Creeks District Interim Director, Alyssa Rippe-May.*

We wanted to share a short note about our programming efforts as we continue to fight COVID-19 and balance our educational mission with the health and safety of our Twin Creeks District communities.

Moving forward into 2021, we will continue to offer both virtual and face-to-face programming where it is deemed necessary and safe. K-State Research and Extension Administration has recently created a process where all agents across the state will submit a request form when planning to host a face-to-face event or meeting. This process will remain in effect through March 31, 2021. While this process could be seen as an approval by those higher up the food chain, it is meant to give us all pause and allow us space to consider if in-person activities are the safest choice for our event. We, as agents and volunteers, must think through our educational objectives, give sound reasoning as to why the event must be held in a face-to-face environment, and explain the COVID-19 safety protocols we plan to have in place.

In instances where the face-to-face request form has been approved, we will still be required to follow KSRE and Kansas State University rules for events, which means mandatory masks, social distancing, and crowds of less than 50 people. With all that being said, virtual programming via videos, webinars, and Zoom meetings will continue to be the preferred method of engagement moving forward through the first quarter of 2021.

As questions or concerns arise, our Twin Creeks District offices are still open, so drop by (with your mask, please!), call in, or email us anytime. We look forward to continuing to provide practical, research-based education and initiatives to improve the communities where we all live, work, and play.



**K-STATE**  
Research and Extension

Twin Creeks  
District

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