

River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

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Extension District

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ksre.k-state.edu

KAITLYN HILDEBRAND JOINS THE RIVER VALLEY DISTRICT AS LIVESTOCK AGENT

Hello, River Valley District Community! My name is Kaitlyn Hildebrand and I am the new Livestock Production Agent. I'm extremely excited to not only step into this role but also to join the community and learn more about the area.

I grew up on my family's farm outside of a small rural town called Ohio, Illinois. Believe it or not there is a town called Ohio and it is located 2 ½ hours Southwest of Chicago. Our family farm consists primarily of cultivating row crops of corn and soybeans. Much to the dismay of my dad, my passion on our farm didn't lie within those crop plants but, rather our small cow-calf operation.

I was heavily involved in 4-H from a young age and then joined FFA once in high school. Through 4-H, I got interested in showing cattle which led me across the state through various shows and meeting new people. Instead of chasing that purple banner like many people dream of doing, I found a new passion in educating the public about beef cattle. Which then led me into a position of an at-large director for the Illinois junior beef association to serve the youth of the state.

Through FFA, an interest in livestock judging was sparked. This new found interest gave me the skills I have today of being an evaluator, proper communicator, and instilling quick decision maker. After graduating high school, I attended Illinois Central Community College to get my associates degree in science. While attending junior college I was able to participate on the livestock judging team. During my time on the judging team, I was part of the champion team at the National Western livestock judging carload contest.

The next stop on my journey of higher education was Kansas State University, there I majored in animal science. Once again, I found myself as part of a livestock judging team. This new journey took me across several states within the United States and by the end I was a part of the reserve national livestock judging team. During my time at K-State I was also able to participate on the meat-evaluation team where we took home the reserve national team title honors, as well as joining numerous ag related clubs and participating in an undergraduate research project about feeding DDGs to meat goats.

In May of 2020, I graduated from K-State with a bachelor's degree in animal science and industry. This was during the height of the pandemic and with many companies instilling a hiring freeze I decided it was time to go back to school. In May of 2022, I reached my final goal in education in which I graduated with a master's degree in agricultural education.

I look forward to developing and implementing livestock production programming across the district that can reach all generations of producers as well as educating youth about livestock. I am excited to combine my two passions of livestock and education together through my work here in extension. My office is in Concordia, please feel free to stop by or call me at 785-243-8185 or email me at khildebrand@ksu.edu.



BECOME A SHICK COUNSELOR

Do you enjoy helping people? Become a Senior Health Insurance Counseling for Kansas (SHICK) Counselor. SHICK is a program of the Kansas Department for Aging and Disability Services.

The rewards are numerous helping Medicare beneficiaries in your county enroll in Medicare Part D Plans during the Open Enrollment period October 15th – December 7th.

Senior Health Insurance Counseling for Kansas provides free, unbiased, and confidential assistance to Kansans who have questions about Medicare and related insurance issues. Beginning counselors take two days of training and self-study at home. Returning counselors attend a one-day update training every year. The training helps to answer questions of Medicare beneficiaries. This year trainings are being held in person with an option of videoconference.

During the Open Enrollment for Medicare Part D Plans, Jordan Schuette, Adult Development and Aging Agent coordinates the Medicare Part D appointments at the District Extension Offices where counselors take appointments. If you are interested in becoming a SHICK Counselor contact Jordan Schuette at 785-325-2121 or jschuette@ksu.edu, she will be happy to answer any questions and provide more information.

AVAILABLE FOR MEDICARE QUESTIONS

Have questions about being new to Medicare, concerns about your 2022 Medicare Part D Plan, or other Medicare questions? Jordan Schuette, Adult Development and Aging Agent can help answer these questions. Call for an appointment at your local office if you need assistance. You can also call and leave a message for Jordan Schuette at the Washington Office, 785-325-2121.

STAY COOL THIS SUMMER

It has already started to feel like summer in the River Valley Extension District. Though it is not officially summer yet, we do need to be prepared for high temperatures. It is important during the hotter summer months, specifically for older adults, to know how to keep cool and hydrated. There are a few different ways to make sure you stay cool this summer.

Stay in air-conditioned homes or buildings as much as you can. When it is very hot, do not rely only on fans to keep you cool. Try to avoid using your oven and stove as often to cook, as this will warm up your house. If you need a way to cool down, try taking a cool shower or bath.

Other ways to stay cool are associated with your activity level and clothing. Try to get plenty of rest and avoid rigorous activities. During these hot months try to wear lighter colors or clothes which are looser fitting and light weight.

Staying hydrated is extremely important during the summer months. In order to stay hydrated you should drink water more regularly. Do not wait to drink water until you feel thirsty. It can also be helpful to check on your friends and neighbors and have them check on you.

As always stay updated on temperatures and weather in your area. For more information on this topic check out the following link <https://www.cdc.gov/disasters/extremeheat/older-adults-heat.html>.

Source: CDC.gov

BRING IN YOUR PRESSURE CANNER'S DIAL GAUGE FOR FREE TESTING

Improperly home canned vegetables are the most common cause of botulism outbreaks in the United States. Don't be a statistic. Bring your dial gauge in for testing

No appointment needed, walk-ins are welcome!

*Thursday, June 23rd at the Washington County Extension Office in the basement of the courthouse at 214 C St in Washington 8:30AM-4:30PM

*Tuesday, June 28th at the Clay County Extension Office at 322 Grant Ave in Clay Center 8:30AM-4:30PM

*Thursday, June 30th at the Republic County Extension Office in the basement of the courthouse at 1815 M St in Belleville 8:30AM-4:30PM

You could also drop off your dial gauge beforehand and pick it up later in the week.

There will be resources on site available for you to review including the "So Easy To Preserve" book, the most recent edition of the "Ball Blue Book", and the USDA's Guide to Home Canning. We would also be glad to help you navigate the National Center for Home Food Preservation's website while you are here. We can provide you with information and recipes to take home!

I will stay on site during the lunch hour for your convenience!

NOTE ABOUT ALL AMERICAN PRESSURE CANNERS: We **will NOT** test All American dial gauges. This is because All American's guidance is to use the WEIGHT to determine the pressure. They say the dial gauge is there simply to let you know there is, in fact, pressure in the canner, and when it is safe to remove the lid after canning.

Did you know?? The elevation of Clay, Cloud, Republic, and Washington Counties is above 1,000 feet, which likely changes the pressure and time requirements for your recipe!

I am housed in the Concordia office, so those of you who

live or work in Cloud County, or would just prefer to swing by the Concordia office – feel free to do so anytime, again, you can always leave your gauge and pick it up later.

Please reach out with any questions! My office number is 785-243-8185. My email is kaitlinmoore@ksu.edu.

Kaitlin Moore, Nutrition, Food Safety & Health Agent

QUESTIONS AND ANSWERS CONCERNING THE BABY FORMULA SHORTAGE

With the baby formula shortage, what should I do if I can't find any?

Current shortages have been largely caused by supply chain issues and a recall of several contaminated baby formula products.

PLEASE DO NOT HOARD FORMULA: To help ease the impact of shortages, the American Academy of Pediatrics (AAP) advises buying no more than a 10-day to 2-week supply of formula.

What if baby formula is out of stock everywhere?

The U.S. Food & Drug Administration announced it is taking steps to help improve the supply of infant and specialty formula products. However, if you're struggling to find baby formula during the shortage, here are some tips that can help.

Keep in mind, this advice is strictly for URGENT situations. If you have any concerns about your baby's nutrition, please talk with your pediatrician.

Check smaller stores and drug stores, which may not be out of supply when the bigger stores are.

If you can afford it, buy formula online until store shortages ease. Purchase from well-recognized distributors and pharmacies rather than individually sold or auction sites. **Do not import formula from overseas, since imported formula is not FDA-reviewed.**

For most babies, it is OK to switch to any available formula, including store brands*, unless your baby is on a specific extensively hydrolyzed or amino acid-based formula such as Elecare (no store brand exists). Ask your pediatrician about recommended specialty formula alternatives available for your baby.

Check social media groups. There are groups dedicated to infant feeding and formula, and members may have ideas of where to find formula. Make sure to check any advice with your pediatrician.

Is it OK to put more water in baby formula?

No. While it may be tempting to water down formula to stretch it out, it is not safe to do that. Always follow label instructions or those given to you by your pediatrician. Watering down formula is dangerous. It can cause nutritional imbalances in your baby and lead to serious health problems. Always mix formula as directed by the manufacturer.

Can I make my own baby formula?

The AAP strongly advises against homemade formula. Although recipes for homemade formulas circulating on the internet may seem healthy or less expensive, they are not safe and might not meet your baby's nutritional needs. Infant deaths have been reported from use of some homemade formulas.

Can toddler formula be substituted for regular formula?

Toddler formulas are not recommended for infants. However, if you absolutely have no other choice, toddler formula is safe for a few days for babies who are close to a year of age.

Is cow's milk a safe alternative to baby formula?

This may be an option if your child is older than 6 months of age and is usually on regular formula (not a specialty product for allergies or other special health needs). In a pinch, you could feed them whole cow's milk for a brief period of time until the shortage is better. This is not ideal and should not become routine, but is a better option than diluting formula or making homemade formula. Although we don't have a specific amount of cow milk that infants 6-12 months should drink in this situation, follow the limits of no more than 24 ounces a day for children over a year of age.

The most important concern with giving an infant over 6 months of age cow's milk is making sure they get enough iron to prevent anemia. Be sure to include plenty of iron-containing solid foods in their diet while you are using whole cow's milk. You may also talk with your pediatrician about giving your baby an iron supplement.

Can I use plant-based milk instead of baby formula if needed?

Milk alternatives are not recommended for babies under a year of age or infants with certain medical conditions requiring specialized formulas. Soy milk may be an option to give babies who are close to a year of age for a few days in an emergency, but always buy the kind that is fortified with protein and calcium. Make sure to change back to formula as soon as it is available. Be especially careful to avoid almond milk or other plant milks as these are often low in protein and minerals.

*All "generic" formula is regulated by the US. In that, you do not have to get the brand name formula, buy Walmart or Target brand which can often be a little cheaper. Every formula in the US must meet minimum standards so they're fundamentally all the same.

This article was written by Dr. Steven A. Abrams for HealthyChildren.org, it can be found here:

<https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/Are-there-shortages-of-infant-formula-due-to-COVID-19.aspx>

This article was shared with Extension Agents across the state by K-State Research & Extension's Food Safety and Food Preservation Specialists, Londa Nwadike and Karen Blakeslee, respectively.

River Valley District Fair Dates 2022

Cloud County	July 5 th - 9 th
Clay County	July 19 th – 23 rd
Washington County	July 19 th – 23 rd
NCK Free Fair (Republic Co)	August 2 nd – 6 th

Defensive Driving

When: Thursday, June 23, 2022

Time: 9 a.m. - 3 p.m.

Location:

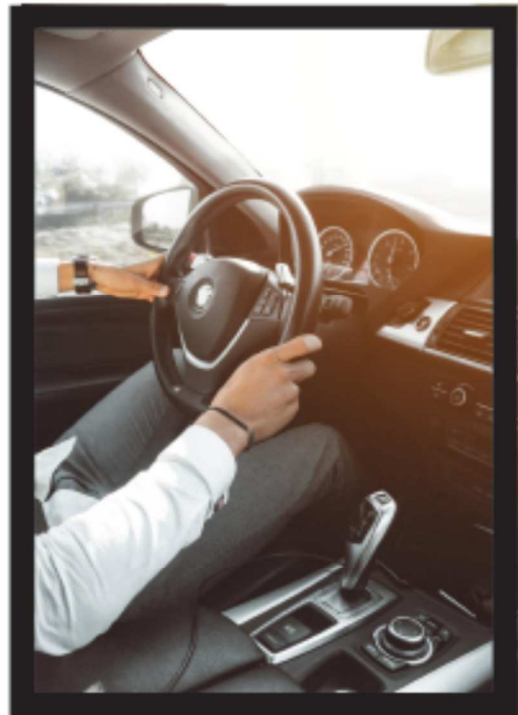
Good Shepherd Lutheran Church -
Washington, KS

Cost: \$20 per person
(need a minimum of 15 to sign up)

Registration Due:

Thursday, June 16, 2022

RSVP: Washington Office at
785-325-2121



Many defensive driving tips will be presented by Trooper Ben Gardner from the Kansas Highway Patrol. Participants do not drive or take a test. Insurance companies recognize the benefits of defensive driving classes and many provide a 5-10% premium discount to graduates of this course. The certificate received is effective for three years.

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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 contacts, Jordan Schuette by June 09, 2022, at 785-325-2121 or at jschuette@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.



How to Control Bagworms

May 31th 2022
7:00 PM

FNB Washington
Basement Meeting Room

101 C Street
Washington, KS 66968

Come join River Valley
Horticulture Agent Kelsey
Hatesohl to learn about
Bagworms

Study their life cycle and
learn the methods for control

RSVP to Washington Office
785-325-2121 by May 27th

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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 Wade Reh, 785-632-5335 Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer.

CONTROLLING YELLOW NUTSEDEGE IN LAWNS

Yellow nutsedge is a relatively common problem in lawns, especially in wet years or in lawns with irrigation. Although it looks much like a grass, it is a sedge. Unlike grasses, sedges have triangular stems. The leaves are three-ranked instead of two-ranked, which means the leaves come off the stem in three different directions. Yellow nutsedge is pale green to yellow and grows rapidly in the spring and early summer. Because of this rapid shoot growth, it sticks up above the rest of the lawn only a few days after mowing. This weed is a good indicator of poor drainage, but it can be introduced into well-drained sites through contaminated topsoil or nursery stock. As with many weeds, nutsedge is less competitive in a dense, healthy lawn.

Nutsedge is difficult to control naturally because it produces numerous tubers that give rise to new plants. Pulling nutsedge will increase the number of plants growing in your yard because the dormant tubers are activated. However, it is possible to control nutsedge by pulling, but you must be persistent. If you are, eventually the nutsedge will die out.

If you were going to treat with an herbicide, it would be better to leave the nutsedge plants undisturbed so the herbicide can be maximally translocated to the roots, rhizomes, and tubers. Several herbicides are available for nutsedge control. Sedge Hammer is the most effective and safe for most turfgrasses. It is also the most expensive, but if an infestation is not too severe, one application should take care of the problem. The Sedge Hammer label says to apply it after nutsedge has reached the three-to eight-leaf stage. Waiting until this growth stage apparently results in improved translocation of the active ingredient to the underground tubers and rhizomes. However, research has shown that the application should be down by June 21. If the initial spray is after June 21, mature daughter tubers may be stimulated to grow, so not all of the nutsedge would be killed with one spraying. If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu

SQUASH BUGS

Have you ever had bugs eating your squash and pumpkin plants? If so, you probably have had squash bugs. Squash bugs are the grey, shield-shaped bugs that feed on your plants. If you have had problems with this insect in the past, you know that they are almost impossible to control when mature. This is because squash bugs have a hard body that an insecticide has difficulty penetrating. Thus, spraying when the insects are small is important. We will soon be seeing the

nymphs of the first generation. These nymphs will eventually become adults, which will lay eggs that will become the second generation. The second generation is often huge and devastating. Therefore, it is important to control as many squash bugs in the first generation as possible.

Because squash bugs feed by sucking juice from the plant, only insecticides that directly contact the insect will work. General use insecticides such as permethrin (Bug-B-Gon Multi-Purpose Garden Dust, Green Thumb Multipurpose Garden and Pet Dust, Bug-No-More Yard and Garden Insect Spray, Eight Vegetable, Fruit and Flower Concentrate, Garden, Pet and Livestock Insect Control, Lawn & Garden Insect Killer), malathion, and methoxychlor provide control if a direct application is made to young, soft-bodied squash bugs. This means that you MUST spray or dust the underside of the leaves because this is where the insects live.

The easiest way to make sure you can control squash bugs is to scout for them. You will want to scout for them often, so while you are watering or weeding your garden, lift up the leaves of your squash plants and see what you find. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121

CONTROLLING BAGWORMS

The time has come to start looking and treating for bagworms. If you noticed the bags on your tree last fall, you will want to spray this spring. Bagworm caterpillars will be present throughout Kansas feeding on broadleaf and evergreen trees and shrubs. Therefore, be prepared to act against bagworms once they are observed on trees and shrubs.

Young bagworms normally hatch in May and initially are about 1/25 of an inch long. The young larvae begin to spin silken bags around themselves which they carry as they feed. Larvae usually feed on the original plant



or those nearby. Young larvae may be transported to other hosts via a long silken thread that can be carried by the wind. As the larvae grow, leaf fragments are added to the bag providing a natural camouflage. The visual appearance of the bag will vary depending on the type of foliage the larvae is feeding on. Bagworms are primarily a pest of evergreens; however, they feed on a wide-range of host plants including a number of broadleaf plants, such as: rose, honey locust, hackberry, and flowering plum.

FLOURISHING SUMMER AHEAD IN YOUTH PROGRAMMING

Often the bags are not noticed until the larvae are nearing maturation and the bags approach 1 to 2 inches in length. Mature bags hang off the tree or shrub like Christmas ornaments. Bagworms reach maturity in August. The now mature larvae attach their bags to branches or other objects and change into adults. The adult male is a small, gray, clear-winged moth that resembles a wasp. (See photo insert)



The female is wingless and legless and never leaves the bag. Males emerge in September and mate with the female through the bag entrance. The female produces her eggs (500-1,000) and dies. The eggs then overwinter inside the bag and the cycle repeats itself the following year.

Now for the question everyone asks, how do I kill bagworms? The key to managing bagworms with insecticides is to apply insecticides early and frequently enough to kill the highly susceptible young caterpillars feeding on plant foliage. It is important to apply insecticides when bagworms are less than 1/4-inch-long to maximize effectiveness of insecticide applications and subsequently reduce plant damage. When spraying your trees, you will want to thoroughly cover all of the plant parts, especially the tops of the trees and shrubs, where bagworms commonly start feeding.

Insecticides commonly used for controlling bagworms include cyfluthrin (Tempo, BioAdvanced Vegetable & Garden Insect Spray), permethrin (Eight Vegetable, Fruit & Flower Concentrate; Lawn, Garden, Pet, & Livestock Insect Spray), and acephate (Acephate, Orthene, Bonide Systemic Insect Control). Also, products containing *Bacillus thuringiensis* are effective when used against bagworm larvae while they are still small. Products containing *Bacillus thuringiensis* and spinosad are organic controls. The best time to spray for bagworms is a couple weeks after the larvae have hatched. Typically, in Kansas June is the best time to apply insecticides. Frequent applications are essential in achieving sufficient suppression of the population. The reason multiple applications are needed is that bagworm larvae do not hatch from eggs simultaneously, but hatch over time depending on temperature.

If left unchecked, bagworms can cause significant damage and ruin the aesthetic quality of plants. In addition, bagworms may kill plants, especially newly transplanted small evergreens, since evergreens do not usually produce another flush of growth after being fed upon or defoliated by bagworms. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

Kansas 4-H Youth Development is collaborating with the Kansas Department of Education to provide hands-on summer learning opportunities for youth that were lost as a result of COVID-19. This collaboration is impacting local communities in over 60 counties across the state for the next three summers.

River Valley District 4-H will be hosting three interns for twelve weeks to carry out this local community enrichment project.

River Valley District 4-H has partnered with local school districts and libraries to provide youth with hands-on project-based learning to develop their skill set further. For rural areas without transportation to summer school, we will be providing day camps.

Activities are developed from research-based curriculum in areas such as STEM, Foods and Nutrition, Animal Science, Landscaping, Photography and more.

Positive youth development programs are key in engaging our youth in intentional, productive, and constructive ways. By providing summer educational opportunities, we are allowing youth to play and explore while developing their skill sets, knowledge, peer relationships, and their social and emotional development.



Research shows that positive youth development improves youth's social and emotional skills, attitudes, and academic performance, while seeing a reduction in internalizing symptoms and risky behavior. Positive youth programming will also allow our older youth the opportunity to be role models to younger members and to develop their leadership and citizenship skills.

River Valley 4-H will be offering summer programming for youth ages 5 to 18. Any youth in local and surrounding areas are welcome to join in the fun hands-on learning. We are excited to welcome our three interns to engage with youth across the Clay, Cloud, Republic, and Washington counties this summer.

To be added to our mailing list for this summer learning project or for more information, please contact Macy Hynek at mhynek@ksu.edu or by calling 785-527-5084. We will be providing specific dates, times, locations, and educational topics for the project to our mailing list soon.

River Valley Extension District

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RIVER VALLEY DISTRICT

“2022 UP-COMING MEETINGS & EVENTS”

DATE	TIME	PROGRAM	LOCATION
May 31	7pm	How to Control Bagworms	Washington-FNB Basement
June 23	9-3pm	Defensive Driving	Washington-Good Shepherd Lutheran Church
June 23	8:30-4:30pm	Pressure Dial Gauge Testing	Washington-Extension Office, Courthouse Basement
June 28	8:30-4:30pm	Pressure Dial Gauge Testing	Clay Center-Extension Office, 322 Grant Ave.
June 30	8:30-4:30pm	Pressure Dial Gauge Testing	Belleville-Extension Office, Courthouse Basement
July 5-9		Cloud County Fair	Concordia-Cloud County Fairgrounds
July 19-23		Clay County Fair	Clay Center-Clay County Fairgrounds
July 19-23		Washington County Fair	Washington-Washington County Fairgrounds
Aug. 2-6		North Central Kansas Free Fair	Belleville-Republic County Fairgrounds