



River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

May 2018
Volume 13 #5

BELLEVILLE OFFICE

1815 M Street
Belleville, KS
66935-2242
Phone: (785) 527-5084
rp@listserv.ksu.edu

CLAY CENTER OFFICE

322 Grant Avenue
Clay Center, KS
67432-2804
Phone (785) 632-5335
cy@listserv.ksu.edu

CONCORDIA OFFICE

811 Washington—Suite E
Concordia, KS
66901-3415
Phone: (785) 243-8185
cd@listserv.ksu.edu

WASHINGTON OFFICE

214 C Street—Courthouse
Washington, KS
66968-1928
Phone: (785) 325-2121
ws@listserv.ksu.edu

Check us out on the Web at:
www.rivervalley.ksu.edu
or on Facebook @ River Valley
Extension District



Top 10 Insects in Your Garden

May 10th 2018

7:00pm

Commercial Building on
Cloud County Fairgrounds
Industrial Road
Concordia, KS 66901

What's my bug?

Come learn how to identify and
manage the insects in your
garden.

Featured Speaker:
Dr. Raymond A. Cloyd
State Extension Leader for
Entomology, Professor and
Extension Specialist in
Horticultural Entomology/Plant
Protection.

New and experienced
gardeners are welcome, free
to participate but please
RSVP to Post Rock
Extension, 785-738-3597 by
May 7th

For more information contact
Horticulture Agents: Cassie
Homan at choman@ksu.edu
or Kelsey Hatesohl at
khatesohl@ksu.edu

K-STATE
Research and Extension

K-STATE
Research and Extension

Post Rock
District

K-STATE
Research and Extension

River Valley
District

K-State Research and Extension is an equal
opportunity provider and employer.

ksre.k-state.edu

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 Cassie Homan, 785-738-3597.
Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service



How to Control Bagworms

May 24th 2018
7:00 PM

4-H Building- Clay
County Fairgrounds

205 S 12th Street
Clay Center, KS 67432

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 22nd**

K-STATE
Research and Extension

River Valley
District

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 John Forshee, 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.

DOTHISTROMA NEEDLE BLIGHT ON PINES

Have you been noticing premature needle drop on your pine trees? Are the needles turning yellow? If so, you probably have Dothistroma needle blight. This disease tends to be more severe in crowded plantings.

Dothistroma needle blight is a fungal disease that causes the tips of needles to turn yellow. Yellow to tan colored bands form along the needle. There will also be black fruiting bodies (fungal spore-producing structures) that erupted through the surface of the needle. The biggest indicator of this disease is the tip of the needle turns brown, but the base stays green for several months. This disease is usually the most severe in the lower part of the tree and on the interior older needles. Needle blight is most serious in Austrian and Ponderosa pines, but can also affect Mugo pines. Scots pine is considered resistant to this disease.

Dothistroma needle blight is often confused with other pine disease. Winter desiccation can cause these same needle-yellowing symptoms, including banding, but does not exhibit the black fruiting bodies. However, less common, brown spot looks much like Dothistroma but affects primarily Scots pine. Ponderosa pine also is susceptible to brown spot, but Austrian pine is resistant.

Tip blight, another disease, can affect Austrian, Ponderosa, Scots, and Mugo pines, but Austrians are most susceptible. This disease normally kills tips of branches when the needles are about half-grown in the spring. This disease results in the death of the entire needle, not just the tips. If the tips of branches are dead and the needles on these branches are shorter than normal, suspect this disease.

A form of control of Dothistroma needle blight is copper-containing fungicides. A single fungicide application in early June normally will protect foliage from infection. There is some risk in a single application because susceptible older needles are not protected in late May. Two fungicide applications in mid-May and mid-to-late June provide a more complete and dependable control.

Make sure all needles are thoroughly covered with fungicide. It is a good idea to spray adjacent susceptible pines. It may take multiple years of application to bring the disease under control. Copper fungicides are suggested for control such as Junction, Kocide, Camelot, Bonide Liquid Copper Concentrate, and Monterey Liqui-Cop. Collection and removal of diseased needles on the ground around individual trees may reduce the severity of infection the following year. Nevertheless, sanitation probably will not eliminate the disease because the diseased needles bearing fruiting structures of the fungus sometimes remain attached to the tree. Removal of dead needles is impractical in windbreak plantings. If you are unsure of which pine disease you may have or have any questions feel free to stop by or contact me in the Washington office at 785-325-2121 or khatesohl@ksu.edu.

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 culturally 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, which used to be called Manage, 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.

BLACKSPOT OF ROSES

A common disease of roses is blackspot, a fungus disease that can cause defoliation of susceptible plants. When trying to decide if you have blackspot look for dark, circular lesions with feathery edges on the top surface of the leaves and raised purple spots on young canes. Infected leaves will often yellow between spots and eventually drop.

The infection usually starts on the lower leaves and works its way up the plant. Blackspot is most severe under conditions of high relative humidity (>85%), warm temperatures (75 to 85°F) and six or more hours of leaf wetness. Newly expanding leaves are most vulnerable to infection. -continued-

The fungus can survive on fallen leaves or canes and is spread primarily by splashing water.

Cultural practices are the first line of defense against blackspot. Here are a couple ways to reduce the chance of spreading blackspot.

1. Don't plant susceptible roses unless you are willing to use fungicide sprays. There are lists available of blackspot resistant varieties.
2. Keep irrigation water off the foliage. Drip irrigation works well with roses.
3. Plant roses in sunny areas with good air movement to limit the amount of time the foliage is wet.
4. Remove diseased leaves that have fallen and prune out infected rose canes to minimize inoculum.

If needed, protect foliage with a regular spray program (10 to 14 day schedule) of effective fungicides. Recommended fungicides include tebuconazole (Bayer Disease Control for Roses, Flowers and Shrubs), myclobutanil (Immunox, Immunox Plus), triticonazole (Ortho Rose & Flower Disease Control) and Chlorothalonil (Broad Spectrum Fungicide, Garden Disease Control, plus others.) 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.

POISON IVY IDENTIFICATION AND CONTROL

If you have ever had poison ivy, you likely are not looking to get it again. Learning to identify poison ivy is vital if you wish to avoid the rash that accompanies exposure. Unfortunately, identification of poison ivy can be difficult because it occurs in three forms: an erect woody shrub, a groundcover that creeps along the ground, and a woody vine that will climb trees.

When poison ivy climbs, it forms numerous aerial roots that give the vine the appearance of a fuzzy rope. The leaves of poison ivy also vary. Though the compound leaf always has three leaflets, the leaf margins may be toothed, incised, lobed or smooth. The size of the leaves also can vary, although usually the middle leaflet is larger than the other two. Also, the middle leaflet is the only one with a long stalk; the other two are closely attached to the petiole (leaf stem). The number of leaves gives rise to the saying: "Leaves of three, let it be!" Poison ivy is often confused with Virginia creeper or Woodbine. Each of these vines, however, has five leaflets rather than three.

There are three methods commonly used to eradicate poison ivy. These include pulling out the plants by hand, cutting off the vine, and then treating the regrowth, and spraying the plants directly. The method used depends somewhat on the plant's growth form. If the plant is growing as a groundcover direct spray or pulling the plant out is often used. If pulling,



wear gloves and a long-sleeved shirt. The soil must be moist for pulling to work well. Wash the clothes and yourself immediately after you finish. It might also be a good idea to rinse the washing machine. If the plant is in the shrub form, direct spray is the most common control method. If the plant is a woody vine that has climbed a tree, the preferred method is to cut the plant off at the base and treat the sprouts after they emerge. Some Triclopyr herbicides also have instructions on treating a freshly cut stump directly. Triclopyr (Bush-B-Gon Poison Ivy Killer, Brush Killer Stump Killer) is most often used for poison ivy control. Other herbicides that can be used included glyphosate (Roundup, Killzall Weed and Grass Killer, Nutgrass, Poison Ivy and VineKiller). Poison ivy is tough to kill. Repeat applications may be necessary. 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.

CRUCIFEROUS VEGETABLES HAVE MANY BENEFITS

Cruciferous vegetables such as broccoli, cauliflower, kale, Brussels sprouts, turnips, and arugula are excellent vegetable choices. These provide fiber, vitamins A, C, E, and K, folate, potassium, and even some levels of calcium and protein.

The fiber is good for your digestive system and research has shown that some of the substances in these vegetables bind with LDL or "bad" cholesterol and take it out of the body.

Plant compounds called glucosinolates are found in cruciferous vegetables. These compounds break down in the digestive system into chemicals called isothiocyanates and indoles. These are thought to protect against cancer, infections, inflammation, and arterial plaque. In fact, according to the American Institute for Cancer Research, some studies have found a strong link between a greater consumption of cruciferous vegetables and lower risks of lung, colorectal, stomach, breast, prostate, and other cancers.

Another study found that eating three or more servings of these vegetables a day was associated with a 40 percent slower rate of cognitive decline compared to eating less than one serving a day.

When shopping for these vegetables choose firm, deeply colored vegetables with sturdy, snappable stems and tightly bunched florets. Leafy greens with smaller leaves tend to be less bitter.

Some tips for working more of these vegetables into your diet include:

- Roasting cauliflower and brussels sprouts to bring out their natural sweetness
- Substitute pureed cauliflower for some or all of your mashed potatoes
- Puree cooked veggies and use to thicken sauces, soups, and stews
- Finely chop or shred and add to burgers, meatloaf, and pasta sauces

Women's Nutrition Connection, May 2018

ANOTHER REASON TO EAT THE “DASH” WAY

The DASH diet is nothing new. It was promoted several years ago as a good option for people with high blood pressure. However, as time has gone on this form of diet has proven to be effective for many other chronic diseases such as diabetes and some cancer prevention. Now a new study suggests that it can also play a role in reducing depression especially in senior citizens. The study followed nearly 1,000 people with an average age of 81 and monitored them for depression for a period of six and a half years. Participants were segmented based on their diets. The results showed that people in the DASH group were least likely to suffer from symptoms of depression. The results of the study were published in *Science* online in February of 2018.

The DASH diet recommends a high amount of fruits and vegetables as well as fat-free or low-fat dairy products while limiting saturated fats and sugary foods. The study results also found that those who ate a more Western diet were the most likely to show signs of depression. A Western diet is high in saturated fats and red meats and low in fruits and vegetables.

WHAT IS A FAT-BURNING FOOD?

Fat-burning foods are things like nuts with their skins intact, fat-free and low-fat dairy products, eggs, turkey, and other lean meats, grapefruit, berries, spinach, beans, legumes, green tea just to name a few. Many other vegetables also make the list. These foods tend to be a good way to jump start a weight-loss program and have been linked to reducing your risk of several conditions including cancer, obesity, cardiovascular disease, and osteoporosis.

Why are these foods fat burners? You probably noticed many of these are fruits and vegetables. There are no processed foods that are high in refined sugar or flour. Healthy foods tend to be converted directly to energy and less likely to be stored. Once your body has used this energy it then turns to the stored fat to burn for additional energy.

Some proteins and high-fiber fat burning foods that have been cooked and fully cooled don't get fully absorbed in your system. Instead, small portions of these foods pass undigested through your system and are eliminated which means that you don't absorb the full calories associated with that food.

Many of these foods contain proteins that help build muscle. Muscle uses more energy than fat so it burns more calories. Many of these foods are filling which help you stay full longer, making it less likely for you to snack on unhealthy foods. Even replacing one unhealthy snack a day with a fat-burning food or adding one green vegetable a day can help you store less and burn more fat.

Women's Nutrition Connection, May 2018

CELEBRATE NATIONAL WOMEN'S HEALTH WEEK MAY 13-19

National Women's Health Week is a celebration to help empower women to make their health a priority. It also encourages women to take steps to start improving their health. So what does this look like? Different women may have different needs but some things to consider are:

- Getting a well woman check-up
- Participate in preventative screenings
- Becoming physically active
- Eating healthier
- Checking on your mental health including getting enough sleep and managing your stress
- Avoiding unhealthy habits like smoking, texting while driving, and not wearing a seat belt

Women tend to be the family caregivers and often forget to care for themselves. This Mother's Day remind the important women in your life to take some time to check in on their own health.

SLOWER EATING MAY HELP TO KEEP POUNDS OFF

A study of Japanese adults with diabetes found a possible link between eating slowly and maintaining a healthy body weight, according to a research article in *BMJ Open*.

For the study researchers examined the health records of nearly 60,000 Japanese adults with type 2 diabetes and looked at six years' worth of medical checkups. During these checkups the patients were asked if they considered their eating speed fast, normal or slow. This is relevant to weight control because fast eaters may consume excessive calories before their brains catch up with their stomachs, whereas slow eaters may feel satisfied with smaller portions.

At the start of the study period, roughly a third of patients reported that they ate quickly. Compared with fast eaters, normal speed eaters were 29% less likely to be obese, which meant that they had a BMI of 25 or higher. Those who said they ate slowly were 42% less likely to be obese. This study adds to the already existing data that suggests that slowing down at meal times is one strategy to achieving and maintaining a healthy body weight.

Tufts University Health & Nutrition Newsletter, April 2018

EAT YOUR GREENS FOR BETTER BRAINS

Getting leafy greens each day appeared to help slow cognitive decline in a Rush University Medical Center study that tracked older adults for nearly five years. In the study volunteers who ate the most greens—about 1.3 servings a day—were on par with people 11 years younger on tests of memory and thinking skills. One serving of leafy greens is just 1 cup of lettuce or ½ cup of cooked greens such as spinach, kale, or collards. *Neurology, Dec 20, 2017*

SALAD IN A JAR

Instead of driving through the fast food lane, plan ahead and make a colorful salad in a clear canning jar for lunch. People with diabetes, arthritis or any chronic disease are challenged to eat a healthy lunch. Be creative and make a salad in a wide-mouth, quart-size jar. Select fruits and vegetables that you enjoy eating. Layer them in the jar.

First Layer- Put a low fat dressing in the bottom of the jar.

Second Layer- Add firm vegetables such as cut up slices of cucumbers, carrots, tomatoes, or onions. Top it off with dried cranberries or avocado.

Third Layer- Add beans or a whole grain. Garbanzo beans might be tasty.

Fourth Layer- Add your protein, 2 to 3 ounces of chopped or sliced turkey, chicken, or sliced hardboiled eggs are delicious choices.

Fifth Layer- Add a few chopped walnuts or sunflower seeds for crunch.

Last Layer- Add leafy greens like spinach or romaine lettuce. Add a lid & refrigerate.

Ready to eat. Shake the jar mixing in the dressing. Pour onto a plate. Enjoy this delicious lunch. Use fewer layers and different fruits and vegetables according to your taste.

GUM DISEASE LINKED TO CANCER

Take good care of your teeth and gums! According to a recent study of older adults, gum disease was linked to a higher risk of cancer. Adults in the study who had severe gum disease had a 24 percent higher risk of getting any type of cancer over a 15 year period compared to participants with no or mild gum disease. Surprisingly even nonsmokers with severe gum disease more than doubled their odds of getting colorectal and lung cancer.

MAY IS OLDER AMERICAN'S MONTH

May is observed as Older Americans Month. "Engage at Every Age" is this year's theme. It emphasizes that a person is never too old or too young to participate in activities that enrich your mental, physical, and emotional well-being. The month celebrates the many ways older Americans make a difference in communities.

The River Valley Extension District is estimated to have 23.8% of the population age 65 and older as of July 1, 2017. The following is a breakdown by county of the populations that is 65 and older. Clay County- 22.3%, Cloud County- 21.5%, Republic- 27.8%, and Washington County- 23.6%.

Thank an older Kansan for all they do for you. They are a wealth of wisdom with their life experiences.



SAFETY IN THE KITCHEN

- * Use a timer when cooking or baking so you don't forget that something is cooking.
- * Avoid wearing loose sleeves when cooking.
- * Consider using a long handled dustpan/broom combination to reduce bending.
- * Use a rubber-backed mat if you use a rug on the floor in front of the sink.
- * If you have difficulty reading stove and oven knobs, investigate large-sized controls.
- * Install cupboard door handles that are easy to grasp, such as D-type handles.
- * Store frequently used items in easy-to-reach cabinets and on countertops.
- * Increase kitchen lighting over task areas such as countertops, stove, and sink.
- * Have a seated workspace available.
- * Create a safe place to rest hot food immediately as you remove it from the microwave.

LOW VISION? MAKE LIFE EASIER AT HOME

Do you have low vision? You do if it affects your daily activities. Your vision loss could be reduced sharpness of vision, loss of side vision, and reduced contrast. Try some of these ideas to make it easier to see in your home.

Bathroom-

- Use towels that contrast with the color of the wall.
- Use a dimmer switch to control glare.
- Apply a contrasting tape on the edge of the bathtub.
- Put a colored, non-skid mat or strips on the bottom of the bathtub to provide a contrast and prevent falls.



Safety Around Your Home-

- Put a bright fabric or centerpiece on the coffee table. Try outlining the coffee table with contrasting tape.
- Try placing contrasting doilies or fabric on the backs and arms of chairs.
- Mark the thresholds and steps with contrasting tape, paint, or tread strips. At least, be sure to mark the first and last step of the stairs.
- Keep furniture in the same place and put items back in their home or place.
- Always keep cabinet doors either fully closed or fully open. Partially open doors can cause accidents and injuries. It may be helpful to place contrasting tape on doors for easier identification.



MEDICARE SUPPLEMENT PLANS AND PART B DEDUCTIBLE

Questions have been asked recently about why a person on Medicare had to pay the doctor? Medicare beneficiaries who have a Supplement Insurance Plan C or F do not pay the annual Part B deductible. If you have a Medicare Supplement Plan D, G, K, L, M, or N, you will have to pay the annual Medicare Part B deductible which is \$183 this year. Look on your Medicare Supplement member card to determine the Letter of your plan.

CREATE A BUCKET LIST

Do you have a Bucket List? It is road map for doing things today and into the future. A bucket list is a list of goals, dreams, and life-experiences that are important for you to experience within your lifetime. The list helps a person maximize every moment of their life and live life to the fullest.

It is easy to get caught up in the madness of daily activities and fail to live by personal plans and goals. A bucket list helps a person identify purpose and meaning because it provides reminders about what is important in life, what you have done, and where you want to go. While bucket lists are often associated with dreams of traveling the world or skydiving, your list should fit your personal goals and dreams no matter how big or small.

Write down your bucket list items and put the list on your refrigerator. Be sure and put a date on when you want to accomplish the bucket list item.

The following questions may help you decide on items you want to put on your bucket list.

- * Where have you always wanted to travel?
- * If you knew this was your last day alive, what would you do today?
- * What do you want to accomplish?
- * What skills do you want to have?
- * What do you want to experience?
- * What would you do if you had unlimited money?
- * What have you always wanted to do, but haven't?
- * Who would you like to meet?
- * What is your biggest dream?
- * What would you like to achieve socially, physically, financially, or spiritually?

Everyone needs to have activities or events to look forward to doing. Your bucket list will help you accomplish this. Make your bucket list today.

Keys to Embracing Aging



ULTRAPROCESSED FOODS LINKED TO CANCER

Consumption of ultraprocessed foods may be associated with greater risk of cancer, according to a study in the BMJ (formerly the British Medical Journal). This is the first study that specifically links highly processed foods to cancer.

Ultraprocessed foods undergo significant changes in their raw ingredients (like grains, vegetables, and fruits) and may contain numerous additives to engineer their flavor, color, texture, and shelf life. Typical ultraprocessed foods include frozen pizza, instant soup mixes, prepared desserts, ready-to-eat frozen meals, and salted and flavored snacks.

The study followed nearly 105,000 French adults for an average of 5 years. Every 10% increment in consumption of ultraprocessed foods was associated with a 12% higher risk for overall cancer and an 11% increased risk of breast cancer. No significant link was found for prostate or colorectal cancer.

Why the connection? The study authors say that potential culprits could be the additives in the ultraprocessed foods. Chemical by products from heating may also play a role, the researchers suggest. More research on the health effects of additives and by-products in processed foods is need.

Tufts University Health & Nutrition Newsletter, April 2018

BABYSITTING 101 CLINIC

Do you like children? Would you like to earn some extra money this summer? Are you 11 years old or older? Sign up to take the "Babysitting 101" class! Classes will be offered in Clay Center (May 30) and Washington (May 31) this summer. Both classes will be given from 1:30-4:00 pm.

We will be talking about what makes a 'good' babysitter---including the responsibilities and how to handle different situations, ages, and stages of children, appropriate snacks, toys, etc., as well as basic first aid.

There is no fee to attend but pre-registration is required AT LEAST ONE WEEK PRIOR to the class by calling the River Valley Extension office in Concordia at 785-243-8185.

Clay Center's class will meet at the River Valley Extension office, 322 Grant Avenue, Clay Center, Wednesday, May 30.

Washington's babysitting class will meet in the Colonial Acres Community Room, 350 Washington Street, Washington, Thursday, May 31.

River Valley Extension DistrictWashington Office
214 C. Street, Courthouse
Washington, KS 66968-1928**NON-PROFIT
U.S. POSTAGE PAID
WASHINGTON, KS
PERMIT NO. 3****Address Service Requested****RIVER VALLEY DISTRICT****“2018 UP-COMING MEETINGS & EVENTS”**

DATE	TIME	PROGRAM	LOCATION
Mar.18-May 12		Walk Kansas	Statewide Program
May 10	7pm	Top 10 Insects in Your Garden	Concordia-Commercial Building on Fairgrounds
May 12	8:30-4:30pm	Hazardous Occupations Training	Concordia-CTI meeting room
May 24	7pm	How to Control Bagworms	Clay Center-4-H Building-Fairgrounds
May 30	1:30-4pm	Babysitting 101 Clinic	Clay Center-Extension Office Meeting Room
May 31	1:30-4pm	Babysitting 101 Clinic	Washington-Colonial Acres Community Room
June 19-22		Kansas Range Youth Camp	Murdock, KS-Camp Mennoscah, Kingman County
June 25-26		2018 Rural Grocery Store Summit	Hilton Garden Inn, Manhattan, KS http://conferences.k-state.edu/ruralgrocery/