

# River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

[rivervalley.ksu.edu](http://rivervalley.ksu.edu)

**September 2023**  
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Extension District

**K-STATE**  
Research and Extension

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opportunity provider and employer.

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## The Silent Epidemic



**A Real Story of Victory  
over Severe Depression**

**Monday, September 11<sup>th</sup>**  
**7 p.m.**  
**Concordia HS Auditorium**

**Retired College Head Basketball Coach, Mark Potter,  
and his wife Nanette, share their personal experience  
with severe depression and victory over mental illness.**

This free public event is sponsored by:



**For any questions, please contact Kaitlin or Monica at the  
River Valley District – Concordia Office at 785-243-8185.**

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact, Wade Reh, two weeks prior to the event (Monday, August 28<sup>th</sup>) at 785-632-5335 or [wreh@ksu.edu](mailto:wreh@ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

# SAY NO TO RAW DOUGH

## Say No to Raw Dough

Baking is a great way to celebrate special occasions. When making cookies, brownies, cakes, or bread, you might be tempted to taste a bite before it's fully baked. You can get sick after eating or tasting raw (unbaked) dough or batter. Anyone, including young children, can also get sick from handling or eating raw dough used for crafts or play clay. Follow these safety tips to help you and your loved ones stay healthy when preparing and handling raw dough.

## Raw Dough Can Contain Germs That Make You Sick

Flour doesn't look like a raw food, but most flour is raw. That means it hasn't been treated to kill germs that cause food poisoning, such as *Escherichia coli* (*E. coli*) and *Salmonella*. These harmful germs can contaminate grain while it's still in the field or flour while it's being made. Steps like grinding grain and bleaching flour don't kill harmful germs—and these germs can end up in flour or baking mixes you buy at the store. You can get sick if you eat unbaked dough or batter made with flour containing germs. Germs are killed only when flour is baked or cooked.

CDC investigated outbreaks linked to raw flour or cake mix in 2016, 2019, 2021, and 2023. Some of these investigations led to recalls. Flour and baking mixes containing flour have long shelf lives, meaning they do not go bad quickly. It's a good idea to check your pantry to see if you have any flour or baking mixes that have been recalled in recent years (search FDA's recall list). Throw away any recalled flour or baking mixes you have.

Raw eggs are another ingredient in dough and batter that can make you or your loved ones sick. Raw and lightly cooked eggs can contain *Salmonella*, a germ that causes food poisoning.

Some companies make edible cookie dough and brownie batter that you can find in stores. These products are made with heat-treated flour and pasteurized eggs or no eggs. Read the label carefully to make sure the dough is meant to be eaten without baking or cooking.

## Stay Safe When Handling Flour and Eggs

Follow these practices to prevent food poisoning when you are baking and cooking with flour and eggs.

- Do not taste or eat any raw dough or batter. This includes dough or batter for cookies, brownies, cakes, pie crusts, tortillas, pizza, biscuits, pancakes, or crafts made with raw flour, such as homemade play dough or holiday ornaments.
- Do not let children play with or eat raw dough, including dough for crafts.
- Bake raw dough (such as cookie dough) and batter (such as cake mix) before eating.
- Follow the recipe or package directions for cooking or baking. Use the temperature and cooking time given in the recipe or directions.
- Do not make milkshakes with products that contain raw flour, such as cake mix.
- Do not use raw homemade cookie dough in ice cream.
- Cookie dough ice cream sold in stores contains dough that has been treated to kill harmful germs.
- Keep raw foods, such as flour and eggs, separate from ready-to-eat foods. Because flour is a powder, it can spread easily.
- Follow label directions to refrigerate products containing raw dough or eggs until they are baked or cooked (for example, store-bought cookie dough).
- Clean up thoroughly after handling flour, eggs, or raw dough.
- Wash your hands with soap and water after handling flour, raw eggs, or any surfaces they have touched.
- Wash bowls, utensils, countertops, and other surfaces with hot, soapy water.

## Recognize Food Poisoning Symptoms

Food poisoning symptoms may range from mild to severe and can differ depending on the germ you swallowed. Symptoms of *E. coli* infection include stomach cramps that can be severe, diarrhea that can be bloody, and vomiting. Symptoms usually start 3 to 4 days after swallowing the germ and usually go away within 1 week. However, some people develop an illness called hemolytic uremic syndrome (HUS), a serious condition that can cause kidney failure.

Symptoms of *Salmonella* infection include diarrhea, fever, stomach cramps, and vomiting. Symptoms usually start 6 hours to 6 days after swallowing the germ and usually go away within 4 to 7 days.

Some groups of people have a greater chance of infection and severe illness. These groups include children younger than 5, adults aged 65 and older, and people who have health problems or take medicines that lower the body's ability to fight germs and illness.

This article is from [cdc.gov](https://www.cdc.gov). Questions about food safety or recalls can be directed to Kaitlin Moore, Nutrition, Food Safety & Health Agent at 785-243-8185 or [kaitlinmoore@ksu.edu](mailto:kaitlinmoore@ksu.edu)

## SOW HOPE, GROW HOPE

Adrienne DeSutter is part of her husband's fourth generation family farm in Galesburg, Illinois where they grow corn and soybeans with a small herd of cattle and children. With a master's degree in counseling (and a self-proclaimed Master of Farm Family Chaos), she recognized a need for mental health advocacy in agriculture.

Adrienne began partnering with ag businesses and organizations to promote healthy minds with efforts to prevent farmer suicide. In addition to public speaking, she helps create and connect valuable ag mental health resources, writes wellness articles, and has been featured in articles, podcasts, and initiatives across the globe.

In February 2023, Adrienne presented at the Women Managing the Farm Conference in Manhattan, which sparked an interest in bringing her to our rural communities. River Valley Extension District is a sponsor for this presentation on mental health in agriculture and rural communities.

Adrienne will be sharing her "Sow Hope, Grow Hope" presentation two different times in Courtland, KS. Both presentations will be held at the Courtland United Methodist Church at 308 Main Street.

Wednesday, September 6th at 7pm  
Thursday, September 7th at 9am

Guests are invited to gather for refreshments and browse resources available in our area following the presentation. All ages are welcome to attend.



The poster features a vibrant yellow background with a green seedling growing from soil on the right side. The text "Sow Hope" is in a large, bold, black serif font, and "Grow Hope" is in a smaller, black cursive font below it. A circular inset on the left shows a portrait of Adrienne DeSutter. A black brushstroke graphic contains the text "Agriculture + Mental Health". At the bottom, there are logos for KA, Creekside Land Cattle, and Pivotal Health & Wellness, along with event details: "Courtland United Methodist Church", "September 6th at 7 PM | September 7th at 9AM", and "Free to public - Donations welcome!".

## NATIONAL GRANDPARENTS DAY

National Grandparents Day is Sunday, September 10, 2023. Mark your calendars to celebrate your grandparents!

How do you plan to celebrate your grandparents this year? The purpose of this day is to honor our grandparents. It is also a great opportunity for grandparents to show appreciation for their grandchildren and to educate grandchildren and younger generations about the knowledge, strength, and life experience the older generation has to offer ([legacyproject.org](http://legacyproject.org))

Think about ways you can celebrate your grandparents. You can write them a letter, color a picture, call them, connect via technology, or visit them. Happy Grandparents Day to all those celebrating in the River Valley Extension District!



## HOLIDAY SPENDING

With the approach of September and (hopefully) cooler weather, the reality is that the holiday season is just around the corner. For many, the holidays can be a very expensive time – traveling, food, gifts, oh my! Many are already feeling some financial stress with the rising cost of goods, so take some time to make a plan for your holiday spending.

- **Make a list and check it twice.** Whether you are shopping for food or gifts, make a list of what you absolutely need with the monetary amount you are willing to spend and stick to it. Add what you have purchased for persons to that list. Nothing is worse than accidentally purchasing multiple gifts and having to take time to return something, if possible! When grocery shopping, stick to the list and resist the temptation to throw a few extra things into the cart. It adds up!
- **Plan ahead. Shop around and compare prices.** With online shopping, comparing prices has become easier. Use your list to watch for sales for specific items. Black Friday and Cyber Monday are great opportunities to seek out discounted rates.
- **Memories over materials.** Typically, that toy, article of clothing, newest technology, etc. will wear out over time. Consider giving a gift of experience to someone, such as concert tickets, admission to a zoo, ice skating, etc. Tailor the gift to the person receiving it – either find something they truly enjoy or something new they want to try.
- **Share food responsibilities.** Meals can be a large part of holiday celebrations. As we all know, cost of food prices has increased greatly over the last few years. Divvy up food responsibilities between guests so the high cost doesn't hit any one person's budget too hard.

Taking some time to plan ahead can help alleviate financial stress around the holidays. If you need assistance with financial management, please contact Monica Thayer at 785-527-5084 or [mthayer@ksu.edu](mailto:mthayer@ksu.edu).

**River Valley District Offices  
Will be closed on  
Monday, September 4, 2023  
To Observe Labor Day**

## 2024 MEDICARE PART D OPEN ENROLLMENT FOR PRESCRIPTION DRUGS IS OCTOBER 15 THRU DECEMBER 7, 2023

Open Enrollment for 2024 Medicare Part D Prescription Drug Plans is October 15 through December 7. Call beginning September 11<sup>th</sup>, to schedule an appointment with a Senior Health Insurance Counseling for Kansas (SHICK) Counselor to review your prescription drug plan. There are limited counselors, so please do not delay in making your appointment.

When you schedule an appointment, you will receive a Medicare Part D Prescription Drug Coverage Worksheet that must be completed and returned to your local RVED Office before your appointment. Regardless of who assists you, Medicare beneficiaries will need to list all prescription drugs taken, dosage, and 30-day quantity on the worksheet. Call your pharmacy or where you purchase your medications to find out the specific Prescription Drug Plans they will handle.

Return the worksheet to the Extension Office at least 10 days prior to your appointment to speed up your meeting. Also, bring any recent letters you have received from Social Security or Medicare to your appointment and bring your Medicare card.

**Please call to set up your appointment at your local K-State Research and Extension Office:**

**Belleville Office: 785-527-5084**

**Clay Center Office: 785-632-5335**

**Concordia Office: 785-243-8185**

**Washington Office: 785-325-2121**

**The Kansas State Fair has been the states  
largest gathering of Kansans since 1913.**

**For 110 years people have met in Hutchinson to  
celebrate all things Kansas.**

**Join the fun at the**

**Kansas State Fair**

**September 8-17, 2023**

**Check out the schedule of events at:**

**<https://www.kansasstatefair.com>**

## **NOW IS THE TIME TO SAMPLE, TEST, AND ANALYZE YOUR FORAGES**

Forage quality can often get overlooked during the hustle and bustle of summer. However, it's worth taking the time to complete forage tests because the information can pay off in the long run. Lack of rainfall this season has begun to create concerns about the quantity of hay available this fall. Drought conditions present concerns of smaller hay supply and higher prices.

During a drought nutrient availability of each hay cutting becomes a significant concern. In dry growing conditions, there is less nutrient mobility and microbial activity which affect plant uptake and nutrient use. A forage test analysis can provide information on dry matter, digestibility, and protein content. Proper feeding reduces waste and lowers costs with a bonus of improving animal behavior and performance.

With short feed supplies in many regions of the country because of drought, a lot of hay changed hands in recent years. Purchased forage should still be tested just like a producer would do for his/her own homegrown bales. Testing your forage will ensure what you have in your feed for matching and meeting your animals' nutritional requirements. In addition to nutrients, forage tests can tell producers if there are any toxins present in their feed.

Collecting a forage sample might seem like a difficult task but it can be made easy with these simple steps.

1. Obtain a hay sampling probe which can be obtained from your local extension office.
2. For large round or square bales, the probe should penetrate at least 18 inches into the bale and have an internal diameter of at least 3/8 inch. About 20 core samples are considered a lot.
3. Collect one sample from each bale by coring straight in from the center of the end of square bales and from the wrapped circumference of round bales. Place the entire sample into a plastic bucket and mix around and then fill a plastic zip-lock bag for transport. Make sure to label each "lot" sampled based on cutting date, location, and producer's name.
4. For chopped or ground hay, collect about 10 small samples during the grinding process and place them in a plastic bucket for mixing then place the sample into a zip-lock bag for transport. If you are sampling a pile, take about one-fourth of the samples from the top half of the pile and the rest from the lower half.

Forage analyses are an inexpensive technique to know what you are feeding your cattle. Forage probes can be checked

out at any River Valley Extension offices. Additionally, we will help you select the proper analysis for your operation and send your samples off to a certified laboratory. If you have any questions please contact Kaitlyn Hildebrand in the Concordia office at 785-243-8185 or at [khildebrand@ksu.edu](mailto:khildebrand@ksu.edu).

## **CALF REVENUE: TIME TO START THINKING ABOUT MARKETING THOSE CALVES THIS FALL**

*By Justin Waggoner, K-State Research and Extension Beef Systems Specialist*

Maximizing calf revenue is important for cattle producers, it's how they get paid! Just like any business, understanding what drives how you get paid is important. Calf revenue from my academic perspective is driven by three factors; 1) the number of calves sold, 2) sale weight of calves and 3) price received.

Cow/calf producers to some extent have control over the number of calves sold and sale weight. The number of calves sold is essentially a function of stocking rate, cow fertility and/or reproduction on an operation. The sale weight of calves is more complex but is a multi-factorial combination of genetics, calving distribution, calf age, nutrition, management, and technology use (implants). Price received is likely the most influential of the three factors that drive calf revenue and is the factor that cow/calf producers often believe they have the least ability to control. Once a set of calves enters the sale ring or appears on the video screen their value is determined by what two prospective buyers are willing to pay. Although it is impossible for producers to directly influence what buyers are willing to pay, I would argue that they are not completely helpless.

Cow/calf producers directly control what they sell (weaned calves, value-added calves or feeders), and determine when they will sell. These are difficult, complex decisions, that shouldn't necessarily be made based upon weekly cattle sale reports or the thoughts of your favorite livestock market commentator. I am not saying that keeping informed about current market conditions isn't important. However, that information when used with resources like Beef Basis ([www.beefbasis.com](http://www.beefbasis.com)) that use data to evaluate different market scenarios, from selling five weight calves the first week of October, to seven weight in December helps producers make the best decision for their operations.

For more information, contact Justin Waggoner at [jwaggon@ksu.edu](mailto:jwaggon@ksu.edu).

## WHEAT PRODUCTION- A YEAR IN REVIEW

For many in the River Valley District, the 2023 hard red winter wheat crop year was a year of disappointment. This year's wheat crop followed on the heels of a triple-bottom La Nina weather pattern, three consecutive years of 20% precipitation deficits, a lackluster winter snowpack, untimely spring freezes, and whiplash temperature anomalies. All these factors contributed to reductions in germination, height, tillering, and grain fill. Despite the year's results, it can still be useful to highlight a few notable varieties to inform our decisions for the upcoming crop year.

The highest yielding HRW wheat variety in the Belleville experiment plots was Whistler, developed by Colorado State University's wheat breeding program, yielding 29.1 bu./ac. against a 19.6 bu./ac. plot average. Whistler also performed at the top of trials in Ellsworth (57.6 bu./ac.) and Russell (56.6 bu./ac.), reflecting its "Very Good" drought tolerance rating in light of growing conditions in Kansas' central corridor. It is noteworthy that Whistler yielded highest in 2023, considering that the last time it was trialed in Belleville (2019) it yielded lowest highlighting how certain wheat varieties can be affected dramatically from year to year depending on growing conditions. Whistler is seldom in the Belleville plots because it is adapted for western Kansas and eastern Colorado, reemphasizing the dry conditions wheat experienced in the River Valley District this year.

Second-best in yield was MS Maverick, marketed by Meridian Seeds, at 26.7 bushels per acre. This fell within the yield standard deviation of 3.2 bushels per acre, making MS Maverick statistically comparable to Whistler in yield. This is the second straight year that MS Maverick yielded in the top standard deviation at Belleville (highest yield in 2022). It also yielded highest nearby at the Beloit experiment plots in 2022, whose plots this year were abandoned. Its area of adaptation is also mainly western Kansas and eastern Colorado; the River Valley District constitutes its easternmost edge.

Curiously, AP Bigfoot performed at the low end of yield in numerous trials across north-central Kansas in both 2022 and 2023. In Belleville, AP Bigfoot yielded lowest of all varieties at 13.8 bu./ac., and at Russell (21.0 bu./ac.) and Assaria (45.9 bu./ac.) it yielded second to lowest. In 2022, it yielded within the lowest standard deviation stratum in both the Beloit and Ellsworth plots. However, at other times or in other locations, it has also performed average or above average.

Obviously, yield is not the only parameter that determines a variety's contribution to wheat enterprise profitability. Yield must always be measured against the expenses associated with getting a variety to harvest. For example, Whistler may have yielded the highest in 2023, but it also has moderate to high

susceptibility to scab, leaf rust, and hessian fly, so fungicide application expenses ought to be considered to realize higher yields.

Kansas State University's wheat breeding program has also recently released a new variety, KS Mako, which has yielded well above average in north-central Kansas across all experiment plots in its first year of trial plot results. High demand and limited supplies for this new variety may make seed procurement challenging for this upcoming year's crop. For more information about wheat variety performance in north-central Kansas, please contact Luke Byers, your Agriculture & Natural Resources Agent, at (785) 632-5335, or by email at [lbyers@ksu.edu](mailto:lbyers@ksu.edu).

## WORK GARDEN SOIL IN THE FALL

Fall is right around the corner; with vegetable gardens starting to slow down and coming to a stop; it's time to start thinking about what needs to be done for next year's garden. Fall is the preferred time to prepare garden soil for next spring. Spring is often wet making it difficult to work soil without forming clods that will remain for the rest of the season. Fall usually is drier allowing more time to work the soil. Even if you work soil wet in the fall and form clods, the freezing and thawing that takes place in the winter will break down the clods, leaving a smoother soil for the following spring.

Another reason to work the soil in the fall is to get rid of any insects and diseases you might have had from the previous year. Insects often hide in garden debris. If that debris is worked into the soil, insects will be less likely to survive the winter. Diseases are also less likely to overwinter if old plants are worked under. Garden debris will also increase the organic matter content of the soil.

Fall is an excellent time to add organic matter. Not only are organic materials (leaves, rotten hay or silage, grass clippings) usually more available in the fall but fresher materials can be added in the fall than in the spring because there is more time for them to break down before planting. As a general rule, add 2 inches of organic material to the surface of the soil and till it in. Be careful not to over till the soil. You should end up with particles the size of grape nuts or larger. By working the organic material into the soil you are allowing it to sit there all winter and break down into nutrients that your vegetable plants will need next summer.

By working your garden in the fall you are allowing the soil to rest over the winter and be ready for vegetable plants in the summer. If you have any questions, please contact Kelsey Hatesohl at the Washington Office at 785-325-2121 or at [khatesohl@ksu.edu](mailto:khatesohl@ksu.edu).

## PLANTING TREES IN THE FALL

Fall can be an excellent time to plant trees. During the spring, soils are cold and may be so wet that low oxygen levels inhibit root growth. The warm and moist soils normally associated with fall encourage root growth. Fall root growth means the tree becomes established months before a spring-planted tree and is better able to withstand summer stresses. The best time to plant trees in the fall is early September to late October. This is early enough that roots can become established before the ground freezes.

Unfortunately, certain trees do not produce significant root growth during the fall and are better planted in the spring. These include beech, birch, redbud, magnolia, tulip poplar, willow oak, scarlet oak, black oak, willows, and dogwood.

Fall-planted trees require some special care. Remember, that roots are actively growing even though the top is dormant. Make sure the soil stays moist but not soggy. This may require watering not only in the fall but also during the winter months if we experience warm spells that dry the soil. Mulching is helpful because it minimizes moisture loss and slows the cooling of the soil so root growth continues as long as possible. If you have any questions, please contact Kelsey Hatesohl at the Washington Office at 785-325-2121 or at [khatesohl@ksu.edu](mailto:khatesohl@ksu.edu).

## REPUBLIC COUNTY DIABETES EDUCATION GROUP TO HOLD CLASS

Classes will be available for those diagnosed with diabetes, pre-diabetes, those supporting someone with diabetes, or those that just want to learn more!

Classes will be held September 6th, 13th, 20th, and 27th at the Republic County Hospital Main Entrance, from 5:30-6:30pm.

These classes will be hosted by:

Republic County Hospital

Oshkins Pharmacy

Republic County Health Department

Presenters include a pharmacist, dietitian, PT/OT, and a physician.

There is no cost to attend!

We encourage everyone to pre-register by calling the Republic County Health Department at 785-5827-5671.

Different topics will be presented each week.

## FALL FLING

The Clay County Homemaker extension Unit Fall Fling is scheduled for Monday, October 9th at the Clay Center 4-H Conference Center at the Clay County Fairgrounds. All interested men and women in the area are encouraged to attend.

Registration for door prizes will begin at 10:30am and coffee and tea will be served. Everyone is asked to bring a salad for the noon luncheon. Refrigeration is available upon arrival at the meeting and tableware and beverages will be provided.

The following programs are scheduled for the day. The morning program will start at 11:00am and feature LewAnn Schneider, a Federal Veterinarian. She is back from last year to present another great program called "A Sneak Peek at a Unique Veterinarian."

The afternoon program will start around 1:00pm and features Andrea DeJesus from A&H Farms, Manhattan. Voted as one of the Top 10 Must See Places for Farm and Ranch Experiences in Kansas, she will talk about their family-oriented farm and the many things they grow and sell in their store and at farmers markets year-round. Andrea will also share with the group about the many activities and events they have added to make the farm a year-round destination spot.

There will be A&H items for sale at this program. The Clay County Homemaker Extension Unit Members and K-State Research and Extension are sponsoring this program for all interested men and women.

## SUNFLOWER (SENIOR) FAIR

"Let's Keep Growing!" is the theme of the 2023 Sunflower Fair. The Sunflower Fair is being held on Tuesday, September 19, 2023, from 8:00 a.m.- 4:00 p.m. in Salina at Tony's Pizza Event Center (Formerly called the Bicentennial Center).

Registration for the event costs \$25 before September 11<sup>th</sup>. After this date the price will increase. Registration for the event includes lunch, expert speakers, exhibits, auctions, health screenings, and more.

You can register by sending your name, address, phone number, and check payable to NC-FHAAA and mail it to the North Central-Flint Hills area Agency on Aging, 401 Houston St., Manhattan, KS 66502.

You can also call 800-432-2703 or go to [www.ncfhaaa.com](http://www.ncfhaaa.com).

Visit with old friends and meet new ones! You will learn while having fun!

# Pine Tree Diseases & More Workshop



## Featured Speaker: Judy O'Mara

K-State Plant Pathology, State Extension Leader  
K-State Plant Disease Diagnostic Lab, Director

Come learn about the pine disease that are working their way thru all the pine trees. We will be learning how to spot the signs early to try to minimize the damage. We will also discuss a few of the top tree diseases that were most present this year.

Please RSVP to the Washington Extension Office or by using the QR Code to reserve your spot by Sept. 12<sup>th</sup>. Free to participate. Questions? Contact Kelsey Hatesohl, 785-325-2121 or khatesohl@ksu.edu

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact, Wade Reh, two weeks prior to the start of the event at 785-632-2868. 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

**Wednesday-  
September 13<sup>th</sup>  
Noon Hour  
(12:10-12:50 pm)**

Cloud County Co-op  
Conference Room  
1401 E 6<sup>th</sup> Street  
Concordia, KS 66901



*Register Here*  
←

**K-STATE**  
Research and Extension

River Valley  
District





# 24<sup>TH</sup> K-STATE BEEF

# STOCKER FIELD DAY

SEPTEMBER 28, 2023 | BEEF STOCKER UNIT | MANHATTAN, KS

- 9:30 a.m. Registration/Coffee
- 10:15 a.m. Introductions
- 10:30 a.m. Dr. Glynn Tonsor – K-State  
*Beef Cattle Outlook*
- 11:15 a.m. Producer Panel – Labor: Recruiting and Retention
  - J.D. Powell – Sandhills Hay Co. Ltd
  - Dr. Karol Fike – K-State
  - Chad Cargill – Cargill Ranch
  - Keith Bryant – Cobalt Cattle Company
 Moderator: Wes Ishmael – *Hereford World*, Executive Editor
- 12:15 p.m. Barbeque Brisket Lunch – View posters
- 1:15 p.m. Dr. Lee-Anne Walter and Dr. Tim Parks, Merck Animal Health  
*Latest research into the top pharmaceutical technologies yielding the highest economic return in stocker cattle*
- 2:15 p.m. Dr. Logan Thompson – K-State  
*Accounting for the environmental impact of grazing cattle: appreciating our ecological niche*
- 3:00 p.m. Break
- 3:30 p.m. Alfredo DiCostanzo – University of Nebraska  
*Fine-tuning bunk calls in the grow yard*
- 4:15 p.m. Zach Smith – South Dakota State University  
*Appropriate use of steroidal implants during the backgrounding and stocker phase: impacts on growth performance and carcass outcomes upon harvest*
- 5:30 p.m. Cutting Bull's Lament

### Event Sponsored By:



### Registration

The cost is \$25 per participant if you register on or before September 14. Late registration is \$35.

### Location

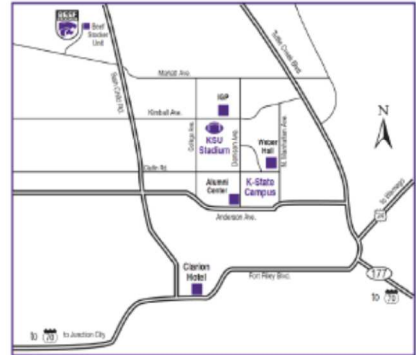
The conference will take place at the **KSU Beef Stocker Unit**, 4330 Marlatt Avenue, Manhattan, Kansas.

### For more information contact:

Katie Smith, Department of Animal Sciences & Industry, 785-532-1267, [katiesmith@ksu.edu](mailto:katiesmith@ksu.edu)

\*After the program, be our guest for Prairie Oysters and Call Hall Ice Cream

### EVENT PARTNERS:



## Beef Stocker Field Day 2023

Registration Deadline: September 14, 2023

Cost is \$25 per participant. Onsite registration is \$35. Return this form with your payment or register online at [www.KSUbeef.org](http://www.KSUbeef.org)

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Total Number of Registrants: \_\_\_\_\_ @ \$25

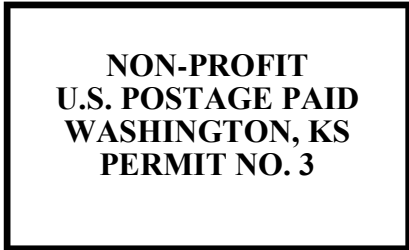
Total Amount Enclosed: \_\_\_\_\_

I plan to attend Cutting Bull's Lament immediately following the conference. Yes \_\_\_\_\_ No \_\_\_\_\_ Total number of people: \_\_\_\_\_

Your payment or check, payable to Kansas State University, is required to process your registration. Send to: 2023 Beef Stocker Field Day, 218 Weber Hall, 1424 Claflin Road, Manhattan, KS 66506 or email [katiesmith@ksu.edu](mailto:katiesmith@ksu.edu). Phone 785-532-1267

**River Valley Extension District**

Washington Office  
214 C. Street, Courthouse  
Washington, KS 66968-1928



**Address Service Requested**

**RIVER VALLEY DISTRICT**

**“2023 UP-COMING MEETINGS & EVENTS”**

<b>DATE</b>	<b>TIME</b>	<b>PROGRAM</b>	<b>LOCATION</b>
Sept. 4		Labor Day	All River Valley District Offices will be Closed
Sept.6	7pm	Sow Hope, Grow Hope	Courtland -United Methodist Church, 308 Main Street
Sept. 7	9am	Sow Hope, Grow Hope	Courtland- United Methodist Church, 308 Main Street
Sept. 8-17		Kansas State Fair	Hutchinson– 2000 North Poplar Street
Sept. 10		Grandparents Day	National Day of Celebration
Sept, 13	12:10-12:50pm	Pine Tree Diseases & More Workshop	Concordia– Cloud County Coop Conf. Rm., 1401 E. 6th St.
Sept. 19	8am-4pm	Sunflower (Senior) Fair	Salina– Tony’s Pizza Event Center, 800 The Midway
Sept. 28	9:30am-5:30pm	Beef Stocker Field Day	Manhattan– KSU Beef Stocker Unit, 4330 Marlatt Ave.
Oct. 9	10:30am	Fall Fling	Clay Center-4-H Conference Center at the Fairgrounds
Oct. 15-Dec. 7		Part D Prescription Drug Open Enrollment	Call RVED Offices to make an appointment