E Research and Extension
LLSWORTH COUNTY
News
K-STATE Kansas State University

Kansas State University Research and Cooperative Extension Service Sept. 2009 www.ellsworth.ksu.edu

Bring On the Mosquitoes

School has started and Labor Day is right around the corner and swimming pools are closing up across the area, most people stop worrying about mosquitoes. But, late summer and early fall is when Culex mosquitoes transmit most of the year's cases of West Nile virus, according to a Kansas State University entomologist.

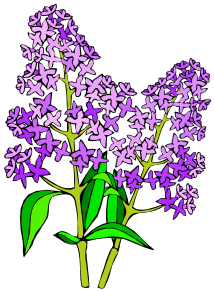
"Culex mosquitoes have been building populations since spring. Along the way, some may have picked up diseases to carry. Besides, mosquitoes simply function best at about 80 degrees – the usual temperatures for this time of year," said Ludek Zurek, public health entomologist with K-State Research and Extension. Here are some ways to avoid exposure and/or to repel hungry mosquitoes:

- Avoid being outdoors (unprotected) during dawn, dusk or days when skies are overcast.
- Head into the wind. Or, create wind with outdoor fans.
- Expect mosquitoes if you're outdoors and sweating and/or breathing hard. "Perspiration and the carbon dioxide you exhale are mosquito attractants," the entomologist said. "Some evidence suggests dark clothing is a visual cue.
- Until temperatures are averaging below 50 degrees, female mosquitoes will still be laying eggs in stagnant water. So, allow no outdoor water to stand for more than six days.
- Make sure screens are "bug tight."
- Wear long sleeves and pants when possible.
- Follow label directions and apply a mosquito repellent. The Environmental Protection Agency (EPA) says the most effective products have DEET or Picaridin as their active ingredient. These few useful tips will protect you the next couple weeks.

Still Time for Salad Garden

Plant salad crops such as lettuce, radishes, spinach, turnips, mustard and other greens now for a fall harvest. Cooler nights make this an ideal year to try a fall salad garden. Plant slightly deeper than you did in the spring. Water frequently (if needed) until seedlings start to emerge — which should be fast with our warmer soils. Reduce watering frequency after plants emerge.

Lilac Issues



Lilac borers are insects whose larvae bore into stems usually during May and June. A sawdust-like material called frass is often seen around the base of stems after it has been pushed out the hole made by the borer. Canes often wilt and die during late summer. The larvae pass the winter inside the dead canes and pupate the following spring, usually during April. The adult, clear-winged moth resembles a wasp and often emerges during May through June though there is a great deal of variability. Eggs are laid on the stems of lilac, and the cycle starts again. There is one generation in Kansas. Though it is too late to spray for lilac borer this year, removal and destruction of dead canes will help reduce populations next year.

Power Raking and Core Aeration

September is the optimum times to power rake or core aerate tall fescue and Kentucky bluegrass lawns. These grasses should be coming out of their summer doldrums and beginning to grow more vigorously. Power raking is primarily a thatch control operation. It can be excessively damaging to the turf if not done carefully. For lawns with one half inch of thatch or less, I don't recommend power raking.

Core aeration is a much better practice for most lawns. By removing cores of soil, core aeration relieves compaction, hastens thatch decomposition, and improves water, nutrient, and oxygen movement into the soil profile.

Liming Acid Soils for Optimum Wheat Production

Problems of low soil pH are common throughout central and south central Kansas. Well-drained, productive soils under good management usually become acidic over time as natural result of high crop production. This problem typically starts in sandier soils, and is exacerbated by high rates of nitrogen (N) fertilizer application over the years; making long-term continuous wheat production in central and south central Kansas especially vulnerable to this problem.

Strongly acidic soils may present several problems for wheat production. These include aluminum toxicity and in some cases manganese toxicity, as well as deficiencies of phosphorus, calcium, magnesium, and molybdenum. These problems caused by acid soils are difficult to separate one from another and are often simply referred to as the acid soil "headache."

Aluminum toxicity is the most serious problem that can be associated with acid soils. Typical symptoms of aluminum toxicity include thin stands, poor plant vigor, and purpling. High concentrations of aluminum will reduce development of the roots, giving them a short stubby appearance. The roots will often have a brownish color.

In general terms, aluminum toxicity will reduce yield potential of wheat when soil pH levels get below 5.2 to 5.5 ***and*** KCl-extractable (free aluminum) levels are greater than 25 parts per million (ppm). If aluminum levels are not high, pH levels in this range are not as much of a problem for wheat. When soil pH levels are 5.0 or less, yields start dropping off rapidly in most cases.

Where acid soils are causing reduction in wheat production, plant growth and yield can be significantly improved by liming the soils and raising the pH to an optimum range.

What kind of yield increases can you expect? Several studies in Kansas have shown significant increase in yield as well as test weight when liming acid soils. In some cases yield can easily double depending on the severity of the problem.

It can be expensive to apply the full recommended rate of lime to soils. The yield increases from an application of the full rate of lime are likely to hold up for up to 8 years or more. But the initial cost can be quite high. Lime is a long-term investment that many producers are reluctant to make for several reasons. Should producers consider applying a lower rate of lime than what is recommended by the K-State soil testing laboratory?

If the cropping system consists of some combination of wheat, grain sorghum, corn, or sunflowers, without a legume in the rotation, then it's not critical to use the full recommended rate of lime. With these crops, which can tolerate somewhat lower pH levels than soybeans and alfalfa, producers may realize some benefit by applying less-than-recommended rates of lime as long as they are willing to make more frequent applications. If soybeans or alfalfa will be grown on the field in question, and if the pH level is less than 6.0, then the full rate of lime should be applied.

The half-rate increased yield and test weight nearly as much as the full rate in this case. However, producers should be aware that if they use lower-than-recommended rates of lime, they will need to make more frequent applications.

What type of lime is best to apply? All lime materials must guarantee their ECC content and are subject to inspection by the Kansas Department of Agriculture. The purity of the lime material relative to pure calcium carbonate and fineness of crushing are the two factors used in determination of the Effective Calcium Carbonate (ECC) content.

Other recommendations to increase yields in acid soils include the use of aluminum-tolerant wheat varieties and applying phosphate fertilizer with the seed to tie up aluminum and reduce toxicity. These management practices can certainly help to maintain yields and may be the best alternatives for some producers. However, there is only one long-term solution to low soil pH levels: liming.

New Herbicide-Resistant Crops Under Development

Herbicide-resistant crops have had a monumental impact on agriculture, both in Kansas and worldwide. There are crops with tolerance to glyphosate, glufosinate (Liberty Link hybrids and varieties), certain ALS herbicides (Clearfield hybrids and varieties, and Express Sun sunflowers), and certain sulfonylurea herbicides (STS soybeans).

There are even more options under development.
* *ALS-resistant grain sorghum*. K-State has recently released to sorghum breeding programs a line of grain sorghum that is resistant to ALS herbicides. DuPont is developing the ALS herbicide for these new ALS-resistant grain sorghum hybrids. When commercial hybrids with these herbicide-resistant traits are on the market, hopefully starting in 2011 or 2012, producers will have new opportunities for post emergence grass weed control.
* *ACCase-resistant grain sorghum*. K-State has also recently released to sorghum breeding programs a line of grain sorghum that is resistant to ACCase herbicides. There are two main groups of ACCase herbicides:

a. The aryloxyfenoxyproprionic acids (herbicides ending in "fop"), such as quizalofop (Assure II)
b. The cyclohexanediones (herbicides ending in "dim") such as clethodim (Select) or sethoxydim (Poast)

The line of ACCase-resistant sorghum released by K-State is resistant to the "fop" herbicides, i.e. Assure II. This line remains susceptible to chlethodim and sethoxydim. That will allow producers the ability to control the ACCase resistant volunteer sorghum in sunflowers with a product such as Select or Poast.

K-State could have released a sorghum line that was resistant to both groups of grass herbicides, but that could have created a problem with controlling volunteer sorghum for producers in a grain sorghum/sunflower rotation. There would have been no post emergence herbicides available that could control the volunteer sorghum in the sunflower crop.
* *DHT corn, soybeans, and cotton.* DHT is a trait being developed by Dow Agro Sciences that confers resistance to both 2,4-D and aryloxyfenoxypropionate (the "fop" grass herbicides mentioned above). DHT corn would have increased tolerance to 2,4-D, as well as tolerance to the "fop" grass herbicides. DHT corn could potentially be available by 2012. DHT soybeans and cotton would have tolerance to 2,4-D and is targeted for release in 2013. DHT soybeans and cotton could be treated with 2,4-D for weed control, and could alleviate concerns about herbicide drift onto the crop from adjacent applications of 2,4-D.
* *Dicamba-resistant soybeans and cotton*. This new GMO technology, being developed by Monsanto Company, would allow direct application of Dicamba to soybeans and cotton to help address glyphosate-resistant weeds, as well as alleviate concerns about Dicamba drift onto this new type of soybeans and cotton. Dicamba-resistant soybeans could be available as early as 2013.
* *Optimum GAT corn and soybeans*. DuPont/Pioneer is developing corn and soybeans with the Optimum GAT trait that has resistance to both glyphosate and ALS-inhibiting herbicides. Optimum GAT crops would allow the use of additional herbicides in each crop and alleviate concerns about carryover and drift of ALS-inhibiting herbicides. Optimum GAT corn is targeted for limited release in 2010 and 2011, while Optimum GAT soybeans are being targeted for 2011. However, a recent lawsuit may slow the release of Optimum GAT soybeans.

As a side note, Roundup Ready alfalfa was developed a few years ago by Monsanto, but the release of those hybrids was held up by a court decision. That court decision is still in effect, and it is still unclear when Roundup Ready alfalfa varieties might become available.

K-STATE
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Wheat Drilling Is Coming

Wheat drilling is fast approaching which may seem hard to believe for those farmers in Northwest Kansas that had a delayed wheat harvest. However, the calendar is rapidly closing in on September when a lot of decisions for a good wheat crop need to be made. To have a successful wheat crop, a strong foundation needs to be established which means farmers need to start with the soil.

Nitrogen and phosphorus are two key nutrients wheat needs to produce high yields. Nitrogen is an essential part of all amino acids in the plant and is very important in photosynthesis. Phosphorus allows the plant to develop a robust root system which allows it to extract water and nutrients more efficiently from the soil. All macro- and micro-nutrients are important to the wheat plant, but these two nutrients in particular need to be provided in higher amounts than other nutrients in order for wheat to have high yields. If either nutrient is lacking, yields will be depressed.

To determine how much is needed, Kansas State University encourages farmers to take a soil test. Taking soil cores provides a guide to the farmer of how much a particular field needs in order to achieve high yields. Many farmers make a general recommendation of N and P for all of their wheat fields. In most years, this approach can work and reasonable yields can be achieved. However, in years where growing conditions are outstanding, more than likely fields will be deficient in either N or P, and the wheat will not reach its potential.

Soil testing is only a guide. When soil sampling is done properly, farmers can use this information to apply the correct amount of nutrients. However, if the soil cores are not taken properly, the information will be of little value and provide misleading information to the farmer. The following is an abbreviated list of tips that should be used to pull a representative soil sample from a field. First, find a soil sampling tube, auger or spade, and a clean pail. You will also need soil sample containers and field information forms which may be obtained from your local extension office or fertilizer dealer. Second, draw a map of the area to be sampled on the information sheet and divide your fields into uniform areas. Each area should have the same soil texture, color, slope, and previous fertilization and cropping history. Third, from each area, take a sample consisting of 20 to 30 cores or slices, mix thoroughly in a clean container, and then fill your soil container from this mixture. Soil cores should be taken to a 6 to 8 inch depth for phosphorus and 24 inch depth for nitrogen. Sometimes cores are difficult to remove from the auger. To alleviate this problem, spray the auger with WD-40. This product will not impair the integrity of the sample. Once the samples are taken and labeled, store in a cool area and ship as soon as possible to a credible lab for analysis.

In summary, a successful wheat crop starts with a good foundation, so manage the nutrients in your soil and hopefully "Mother Nature" will cooperate and provide some good growing weather. For more information on the amount of N and P required by wheat, please pick-up a copy of the K-State publication entitled "Soil Test Interpretations and Fertilizer Recommendations" MF-2586.

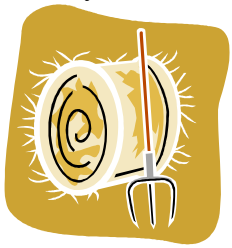
Sorghum Plot Tour

We'll have a Fall Plot Tour on September 16th starting at 6:15 p.m. Please make plans now to attend. We will have Northwest Agronomist Brian Olson on hand to answer any of your questions. We will be giving out a couple bags of treated sorghum seed so it would be beneficial for you to attend. After the tour we will have supper at the edge of the field. Please RSVP prior to September 14th so we have enough food and materials. See you on the 16th. Attached is a flyer about the tour.
I would like to thank Keesling Seed for helping put out the plot. Big thanks to Stuart and Stanton Janssen as well as Art and Kathy Kohls for planting the plots!

Last Call for Alfalfa

As we approach September, it's time to decide when to take your last cutting of alfalfa. The date you take your last harvest of alfalfa affects its winter survival and next spring's vigor. Alfalfa needs about six weeks of uninterrupted growth in the fall to become fully winterized. This winterterizing generally begins about three weeks before the average date of first frost. Your last harvest can occur anytime before winterizing begins or after the winterizing period is over with little worry about affecting stand life. But, harvest during winterizing can be risky.

How risky is it to harvest alfalfa during winterizing? Well, that depends on how much total stress your alfalfa experienced this year. The most important factor is the number of cuts you took this year. Fields cut 3 or 4 times are more susceptible to winter injury than fields cut 2 times or less. Also, young stands of winter hardy, disease resistant varieties are less stressed and can be harvested during winterizing with less risk than older stands of disease susceptible varieties that are only moderately winter hardy. Also consider your need for extra alfalfa or its value as a cash crop.
Dairy hay is priced high, so if you cut dairy hay from this final harvest it may be worth the risk of lowering next year's yield. But, sometimes stock cow or grinding hay is plentiful and reasonably priced. Then it may be better to purchase any needed hay rather than risk another cutting. And remember, you can cut after winterizing with less risk.
Harvesting alfalfa during its winterizing period is risky, but by reducing total stress, you control how risky it is.



FREEZE ON FORAGES

Ellsworth producers will soon be seeing Frost. A freeze can cause hazards for using some forage. When plants freeze, changes occur in their metabolism and composition that can poison livestock. There are ways you can prevent problems.
Sorghum-related plants, like cane, Sudan grass, shatter cane, and milo can be highly toxic for a few days after frost. Freezing breaks plant cell membranes. This breakage allows the chemicals that form prussic acid to mix together and release this poisonous compound rapidly. Livestock eating recently frozen sorghums can get a sudden, high dose of prussic acid and potentially die. Fortunately, prussic acid soon turns into a gas and disappears into the air. So wait 3 to 5 days after a freeze before grazing sorghums; the chance of poisoning becomes much lower. Late summer or early fall rains will cause cut sorghum and Sudan to shoot out new growth that will be tempting to graze. Young, rapidly growing plants can contain high levels of prussic acid. Make sure we have a solid freeze prior to grazing and wait a couple days for the gas to disappear.
Freezing also slows down metabolism in all plants. This stress sometimes permits nitrates to accumulate in plants that are still growing, especially grasses like oats, millet, and Sudan grass. Alfalfa reacts two ways to a hard freeze, down close to twenty degrees, cold enough to cause plants to wilt. Nitrate levels can increase, but rarely to hazardous levels. Freezing also makes alfalfa more likely to cause bloat for a few days after the frost. Then, several days later, after plants begin to wilt or grow again, alfalfa becomes less likely to cause bloat. So waiting to graze alfalfa until well after a hard freeze is a good, safe management practice. Frost causes important changes in forages so manage them carefully for safe feed.

FCS NEWS

Reduce Credit Card Debt

The changing economic climate is promoting more careful spending. Consumers are paying with cash or debit card and working to reduce credit card debt. Ads for credit counseling are plentiful, yet consumers often can reduce debt without paying for outside help. The goal is to make all payments work for your bottom line, rather than that of the credit card company. Successful debt-reduction typically includes two key elements:

- speed – paying down debt as quickly as possible
- consistency – paying the same amount every month to reduce interest and pay down the loan.

Anther strategy, called 'leveling, means continuing to pay the current minimum payment, rather than the reduced minimum payment allowed as the balance is paid down.

Paying a 'level amount' will pay off the debt more quickly and save interest. For example, a minimum payment for a consumer carrying a balance of $5000 on a credit card with a 15 percent interest rate will be $150 (3 percent of the balance, with a $10 minimum.

If making only the decreasing minimum payment (offered by the credit card company) each month, paying off the card will take 16 years and five months and generate a $3400 in interest.

If the practice of 'leveling' is used and a consumer makes 'level' monthly payments of $150 (the previous minimum) even when the minimum payment requested by the credit card company drops, the debt will be paid off in three years and eight months, with a savings of $1900 in interest. That $1900 could be used to jumpstart savings toward long-term goals or an emergency fund to meet unexpected expenses.

Get to Know Your Child's Friends

Parents who insist on choosing – or trying to manage – a child's friends can be doing their child a disservice. Learning to choose a friend and nurture a relationship builds life skills.

Early on, a mother or father who takes a child to the park will get acquainted with other parents and children who use the same park. A playgroup or series of play dates may evolve, and a child can begin to enjoy friendship outside the family circle. He or she will likely meet and make new friends at day care, preschool, community activities (such as a reading program at the library), kindergarten and during early school years. As a child gets older, his or her circle of friends will be drawn from a greater variety of interests, life experiences and geographic areas.

Though not always actively involved in creating opportunities for a child to meet others, parents are encouraged to make their home welcoming to a child's friends and to include friends at family meals, outings and game or pizza night.

Getting acquainted with a child's friends and his or her parents can model nurturing of friendships, but parents are reminded to let the child take the lead.

Know Right Way to Thaw Meat

Forget to take the meat, poultry or fish that you plan to cook for supper out of the freezer? Don't stress. Using a quick-thaw method is preferable to allowing frozen meat, poultry or fish to thaw all day on a kitchen counter.

Thawing frozen foods at room temperature invites bacterial growth.

Planning ahead is preferable for thawing frozen meat, poultry or fish. The recommended method is to place the wrapped, frozen roast, package of ground beef, chops, chicken or fish in a pan with a lip on the lower shelf of the refrigerator to thaw for a day or two before intended use. Allow up to three days for a two to three pound roast.

But if things get a little busy at your house and forgetting to set out food for supper happens on occasion, fear not. You can safely use one of the following methods.

To quick-thaw frozen meat, poultry or fish, place the package under cold running water or in a large bowl of cold water. Change the water frequently – every 30 minutes – until the product is thawed, then proceed with cooking.
To quick-thaw in a microwave, remove packaging and place the product in a microwave safe dish. Follow manufacturer's directions, but be aware that thawing meat, poultry or fish in a microwave begins the cooking process, which will need to be completed.
While planning ahead is ideal, we all forget to set out the meat for supper from time to time. Use one of these methods to get supper on the table in time while still keeping your family safe from potential food poisoning.

Brown-Bag It

The next time you go for a checkup, consider brown-bagging it. This doesn't mean you should take your lunch. It means filling a bag with all of your medications, in their original container. This includes any vitamins, herbal supplements and over-the-counter medications you are currently taking, along with any and all prescriptions.
This is a great way for your doctor to check for any interactions or duplications of therapy. Having one doctor in charge of your complete list of medications helps to maximize your safety and ensure that your medications are working effectively.

My Canning Jars Won't Seal. Why?

There are many reasons canning jars don't seal. Here are some things to consider:

1. Incorrect headspace can affect how well the air evacuates from the jar and seals. This varies by food.
2. Remove air bubbles before putting on the lid. Excess air can affect seals.
3. Tightening the rings too much or too little can affect the seal. Tighten rings until finger tight.
4. Use new lids. Lids over 5 years old can have bad sealing compound. Also, don't reuse lids…one and done!
5. Leave the rings on until the jars are completely cooled. If the rings are removed right after processing, the jars may not seal.
6. Use the proper processing time for the food. This is not a guessing game.
7. When using a pressure canner, the water level should be a bout 2-3 inches. Check your manual.
8. Be sure to wipe the jar rims clean before applying the lid. Food debris can affect the seal.
9. After processing, lift the jars of the food straight up and out of the canner. Do not tip the jars! This can allow food in between the jar and lid.

Source: National Center for Home Food Preservation

Household Hints

During BBQ season, as well as baking, oven mitts are well used. Mitts can be easily cleaned depending upon their fabric.
Cloth mitts are usually made of several layers of fabric and insulate material, quilted together and treated with a flame-retardant finish. This type of mitt should be machine washed frequently in hot water.
Neoprene mitts are made from the same material as wetsuits. They are machine washable and can also be put in the dishwasher.
Silicone mitts are made by an injection mold process, using food grade silicone. The easiest way to clean them is to put them in the dishwasher.

Environmental and Energy Saving Tips When Washing Dishes

- Follow the directions on the label and use only as much detergent as is necessary to clean your dishes.
- Scrape away food residues and heavy grease prior to washing**.**
- Presoak cooked-on soils to minimize the amount of detergent and elbow grease needed.
- Accumulate dishes, rather than running hot water for a few items.

- Wash in a sink or dishpan of suds, rather than under running water, even for a few dishes. Or turn off the water while you scrub.
- Rinse by dipping each item in a pan of water, or by racking dishes and spray-rinsing. Avoid running water continuously for rinsing.
- Let the dishes air dry, rather than using cloth or paper towels that you would have to launder or toss away.
- Recycle dishwashing detergent containers when empty.

Setting Up 'Snack Central'

Snacks are an important part of a child's nutritional pattern and help children's small tummies make it to the next meal. Healthy snacks provide necessary nutrients as well as needed calories. It a busy household, it is not always easy to have snacks ready and available when they are needed. Think about setting up a 'snack central' in your home. Families can plan ahead for nutritious snacks, designating areas in the cupboard and refrigerator where snacks will be placed. By making a special place for snacks, family members know what is available, and it is easy to tell when supplies are low. Letting children choose from the pre-selected snacks gives them some freedom, while allowing parents to maintain control of the "snack attack." It also helps protect food planned for other purposes from becoming today's snack.

Got Food? We Do.

USDA

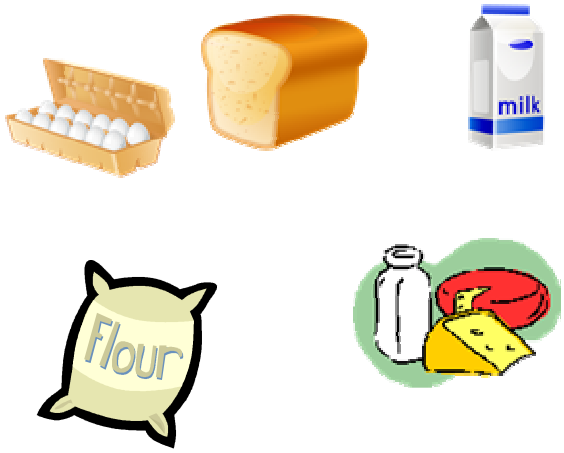
Check to see if you qualify for Emergency Food Commodities Assistance Program.

The Emergency Food Assistance Program provides random distribution of free food to anyone that qualifies. The rules are as follows:

- ❖ USDA Commodities are for home consumption only.
- ❖ USDA Commodities cannot be sold, bartered or inappropriately used in any manner.
- ❖ Cannot receive the same type of commodities from more than one organization during any given month.
- ❖ Must not exceed the monthly income guidelines as shown below.

Household Size	Maximum Income
1	$1,127
2	$1,517
3	$1,907
4	$2,297
5	$2,687
6	$3,077
7	$3,467
8	$3,857

Commodities are distributed at the rear of the Ellsworth Senior Center, beginning at Noon on distribution days. The next distribution in Ellsworth is September 10th. Food is also distributed at St. Paul United Church of Christ, Holyrood, (785) 252-3410 and Wilson Senior Center, Wilson, (785) 658-2388. Call for distribution dates and times.



4-H NEWS

CONGRATULATIONS to all of the Ellsworth County 4-Her's and Open Class Fair Entries!!

THANK YOU to all the businesses, families and individuals that helped makes the 2009 Ellsworth County Fair a success.

Dates to Remember
September 7-10, 8am-5pm. Drop off State Fair Entries at Extension Office
September 11, 7-8am. State Fair Entries DUE in Extension Office
September 11-20 Kansas State Fair
October 2 Record Books Due
October 15 KYLF Registration Deadline

Leadership Forum
The Kansas Youth Leadership Forum (KYLF) and the Kansas 4-H Volunteer Forum (K4-HVF) information will be on the Kansas 4-H Website, www.kansas4-h.org. The Forums will be held November 20-22, 2009 at Rock Springs 4-H Center. KYLF is fro those 4-H members ages 14-18 before January 1, 2010 and K4-HVF is designed for any Kansas 4-H Volunteer. Online registration is available now.
Some of the features of the leadership weekend will include:

- Speaker Rhett Lauback. Rhett's primary focus is the development of Personal Leadership Insight; our ability to positively influence people and situations to create value and growth. You will love Rhett's enthusiasm and dynamic style as he shares the message.
- Joint consulting groups where youth and adults will share their passion for 4-H and how to grow the program.
- A 'hands-on' service opportunity for all.

The theme for KYLF this year is "The Green is Right." KYLF will feature leadership workshops, Youth Leadership Council Elections, a 10 year anniversary celebration and opportunities to learn and have fun.

The theme for K4-HVF is "4-H Tackling Leadership." The event will also include workshops, opportunities for networking and resources for building clubs and programs. Registration deadline is October 15th.

New Record Books – Kansas Award Portfolio (KAP) (Replacing KAAs)
There is information on our website about the Kansas Award Portfolio, which is replacing the Kansas Award Application. The website address is: www.ellsworth.ksu.edu and on the left click on 4-H & Youth. Scroll down and there is a link to Kansas Award Portfolio (KAP), click on this and it will take you to the State 4-H webpage. Scroll down to Project Awards-Kansas 4-H Award Profile and there are several items you can open and look at. The main thing a 4-Her needs to be doing now is keeping track of time, material, money, etc. that is being put into a project. The better records are kept, the easier it will be to fill out the forms. Also, it is important to keep track of all 4-H meetings and activities. Not only do the records track 4-H participation, but also any other activities that show involvement and participation outside of 4-H. School plays, bicycle safety days, trial rides, Arts & Crafts fairs, etc. Even at a young age, keep a calendar of all activities and records (KAPs) will be easy to do when you have the time to sit down at a computer and fill them out!

NATIONAL 4-H WEEK
Before you know it, National 4-H Week will be here. The dates for this year are October 4-10, 2009. Make sure to get your window display up and we'll work on recruiting new youth to enroll in 4-H!

Member Achievement Pin

Top off the 2008-09 year in style...apply for the Achievement Pins! How you may ask? The Achievement Pin Application is available by contacting the extension office or looking under the Kansas 4-H website. There are 10 pins available for youth to apply for:

- Membership
- Bronze
- Clover
- Emerald
- Silver
- Silver Guard
- Leadership
- Gold
- Gold Guard
- Citizenship

Talk to your club leader or contact the extension office to see where you should apply.

KAP Awards

Below is the list of project areas in which you may complete a Kansas Award Portfolio or a Junior Award Application (based on the above criteria for each application area).

Beef
Bucket Calf**
Citizenship
Clothing and Textiles
Communications
(Public Speaking)
Dairy (Cattle & Goats)
Dog Care and Training
Electric Energy
Energy Management
Entomology
Family Studies
Fiber Arts
Foods and Nutrition
Forestry
Geology
Health and Wellness
Home Environment
Horse
Leadership
Meat Goats
Performing Arts
Pets
Photography
Plant Science
Poultry
Rabbits
Reading
Self-Determined
Sheep
Shooting Sports
Space Tech
Swine
Visual Arts
Wildlife
Wood Science

4-H Weekend Arrowhead Stadium, Oct. 3 & 4

Kansas 4-H is joining Iowa 4-H for 4-H Weekend at Arrowhead Stadium. If you have 4-H families who love football, both Big 12 and NFL, this is an event for them. The weekend starts with K-State playing Iowa State on October 3. Tickets range in price from $25 to $50. 4-H families will also be able to watch the Chiefs play the Giants on Oct. 4. Tickets range in price from $39 to $54. Families may attend one or both games. There will be no organized 4-H pre-game activities. 4-H families should wear their favorite 4-H t-shirt to the games.

2009 Herdsman Award

The 2009 award went to the Ash Creek 4-H Club. Elkhorn 4-H was a close second. Thanks to all the clubs during the 2009 fair.

Velma Panzer Award

The livestock judging memorial award goes to the club with the best three scores during the livestock judging contest. This year the winning club was Ash Creek 4-H club. They had 3 of the top 4 scores in the contest. Congratulations to the Ash Creek 4-H Club.

Enrollment

Guess what a new 4-H season is right around the corner. Soon you'll be getting a new enrollment card with participation forms. Please get your cards filled out and get them turned in as soon as possible. If you have questions about all the projects 4-H offers contact your club leaders or contact the extension office!