Inside Your Newsletter...

Battling Tumble Windmillgrass……………………………………Crop Production page

Bull Sales—Navigating the Data……………………………………Livestock page

Healthy Cooking Styles for the New Year……………………Family & Consumer page

4-H Club Days and Talent Night Basics………………………4-H Youth Development page

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Protect Your Family from Radon

Radon is a gas that you can’t see, smell, or taste — but it can be dangerous. It's the second leading cause of lung cancer in the U.S.

Radon is in the ground naturally, but sometimes it gets into homes through cracks in the floors or walls.

1 out of 15 homes have high radon levels.

Radon and Smoking: A Dangerous Combination

If you live in a home with high radon levels, smoking raises your risk of lung cancer by 10 times.

Take the First Step

There's good news — you can protect your family by testing your home for radon.

Learn more by calling the National Radon Hotline: 1-800-SOS-RADON

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You can pick up a Radon kit in any of our offices in the District.
**Battling Tumble Windmillgrass**

Tumble windmillgrass is a warm season, perennial bunch grass. It can be a problem in long-term no-till fields. It shows up on the edges of the fields first, moving in from adjacent pasture or ditches. Tumble windmillgrass may not be seen because it is relatively short and sometimes goes unnoticed in heavy residue. In addition, the seed heads break off and roll on the ground, distributing seed (Figure 1).

One of the challenges with tumble windmillgrass is its perceived tolerance to several herbicides, including glyphosate. Because of this, research was conducted at K-State to better understand controlling tumble windmillgrass.

In the lab study, radioactively marked glyphosate (14C glyphosate) was applied to the second oldest leaf on the tumble windmillgrass at the seedling and tillering stages of development. Since the glyphosate is radioactively marked, the movement of the herbicide can be traced throughout the plant. At the seedling stage, 60% of the glyphosate radioactivity translocated to the other tillers. However, only 9% of the absorbed glyphosate radioactivity was detected in the other tillers when glyphosate was applied at the tillering stage (Figure 2).

This shows, as the tumble windmillgrass is getting larger and more established, the glyphosate is not moving as well in the plant to the growing points.

In another study, plants were treated at different growth stages to determine how well glyphosate and other grass herbicides controlled the tumble windmillgrass. The plants were grown in the greenhouse and treated at the 2.3-4 inches tall (seedling stage), 5-10 tillers per plant at the tillering stage, and when the first seed head was emerging at the heading stage.

Windmillgrass was less susceptible to glyphosate at the heading stage than the other growth stages, regardless of the rate of glyphosate applied (Table 1). This coincides with the findings from the radioactively marked glyphosate. Clethodim (Select) and quizalofop (Assure) were also applied at different growth stages. These grass herbicides also provided less control at the tillering and heading stages of growth.

Finally, tumble windmillgrass is a shallowly rooted plant (a majority of the root mass <4”). Therefore, it can easily be drought stressed at the time of herbicide applications. While glyphosate can provide control of tumble windmillgrass at the seedling stage, many times it is not noticed until it is a larger plant. Because of this, a relatively shallow tillage (around 3”), during the summer heat, can provide control of tumble windmillgrass. A field may only need a tillage pass along the outside of the field, where the plants tend to appear first.

**Table 1. Visible injury of windmillgrass at 1, 2, and 4 weeks after treatment (WAT) with treatment applied at the seedling, tillering, or heading growth stage.**

<table>
<thead>
<tr>
<th>Herbicide</th>
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<td>oz/ac</td>
<td>1 WAT</td>
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<td>4 WAT</td>
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<td>Glyphonos (3 lb)</td>
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<td>72</td>
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<td>Glyphonos (3 lb)</td>
<td>32</td>
<td>89</td>
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<td>86</td>
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<tr>
<td>Glyphonos (3 lb)</td>
<td>43</td>
<td>99</td>
<td>96</td>
<td>100</td>
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<td>Poast</td>
<td>27</td>
<td>70</td>
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<td>Clothodim</td>
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<td>Quizalofop</td>
<td>9</td>
<td>66</td>
<td>85</td>
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<td>LSD (0.05)</td>
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<td>15</td>
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Figure 2. Translocation of glyphosate in windmillgrass at seedling and tillering growth stages 10 days after treatment. Means with the same letter are not statistically different.
Bull Sales—Navigating the Data

The overwhelming amount of information combined with the fast paced auction setting, you may find yourself making impulsive decisions when it comes to buying bulls at a sale, or coming home with less than you had planned for. Not only should you appraise each bull for his physical appearance, structure, and soundness, you should also carefully study the expected progeny differences (EPDs) published in the catalog. To refresh, EPDs are predictions of progeny performance which are influenced by the amount of genetic influence on a trait as well as the performance of the animal itself (when available/possible) as well as its relatives. While extra information is available and it should be used when appropriate, there are a few rules to keep in mind when making decisions while using EPDs.

General tips for navigating a bull sale include:

- Know what your goals are and what is most important to you
- Identify more bulls that fit your program than you plan to buy
- Don’t focus only on the data, remember visual appraisal
- The breed average of each EPD is rarely zero!
- Take accuracy into account and utilize possible change tables

Knowing the goals of your operation and making decisions that reflect those goals is vital for identifying what bulls would fit your program. For example, if you don’t care to pull calves and want to keep replacement daughters you may want to place a lot of emphasis on the calving ease direct, birthweight, and calving ease maternal EPDs and seek favorable values. The data included in some bull sale catalogs may seem overwhelming, but every published EPD has a purpose that may help solve a challenge a producer is facing in their operation or environment. So identify what EPDs mean the most to you and rank their importance. If you put too much selection pressure on many traits, you may not find your perfect bull and you will not make much progress in one trait in particular. For EPDs that you aren’t familiar with do some research on the definitions available on the breed association websites since many EPDs are unique to a certain breed or interpreted differently.

When comparing a bull’s EPDs, always compare to another bull of the same breed or compare it to breed average. Never assume that the EPD average is zero. Due to the continuous addition of more data, EPDs are constantly changing and therefore so is the breed average. As it is suggested in the name, EPDs are just expected values that are predicted through mathematical processes based on the information available. When comparing between bulls, the EPD is interpreted as the expected difference in progeny of either bull when they are mated to genetically similar females and the calves are raised in the same contemporary group. Making correct interpretations and comparisons is key.

Accuracy is straight forward, it represents how confident you can be in the influence that the sire’s genetics are predicted on average to contribute to their offspring’s performance for that trait. As mentioned previously, EPDs are predictions that are the result of the animal’s own performance as well as the performance of its relatives (ancestors and progeny). While you may not think a virgin, yearling bull at a sale could possibly have a reliable accuracy, he may be sired by a bull with many progeny and therefore the amount of information used increases. Consequently, as the amount of information increases the accuracy will also increase. In terms of EPDs, accuracy can also represent a window of values where the actual EPD will lie with a specified level of confidence.

Breed associations will provide a table of “possible change” online, which will show the range in either direction of the published EPD that corresponds with the associated accuracy. While you may be drawn to an EPD that is more favorable, understanding how the accuracy translates into “possible change” may change your perspective. Consider the table below, Bull A has a more favorable EPD for calving ease direct (CED), but the differences in accuracy will translate into significantly variable ranges. When assuming these bulls are Angus, the possible change for CED accuracies of 0.4 and 0.9 given below are +6.2 and ±1.0, respectively as shown in the table. This would result in 68% confidence in the true progeny differences of Bull A falling in the range of 1.8 to 14.2 for CED, while Bull B’s EPD will fall between 6 and 9. The 68% range corresponds with a statistical distribution, to increase the confidence the range would widen with additional possible change values on either end. While Bull A is favorable when considering the EPD alone, the wide range as a result of the low accuracy could actually mean a more favorable true progeny difference or it could mean a below breed average calving ease direct true progeny difference. If you are a risk taker you may take a chance on Bull A and hope it doesn’t result in pulling many calves, or you could select the higher accuracy bull which would pose a lower selection risk.

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<th>Possible Change</th>
<th>True Progeny Difference w/ 68% Confidence</th>
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<td>Bull A</td>
<td>+8</td>
<td>PC ➞ ± 6.2</td>
<td>1.8 to 14.2</td>
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<tr>
<td>Bull B</td>
<td>+7</td>
<td>PC ➞ ± 1.0</td>
<td>6 to 9</td>
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As you flip through sale catalogs and attend the sale, keep in mind the general rules for navigating a bull sale. Identify any bulls that would fit your program, visually appraise them for structure and soundness, understand the EPDs for that breed, and consider accuracy.

For more information or resources regarding bull selection or EPD, please visit or call the Cheyenne County Extension Office (785)332-3171.
Healthy Cooking Styles for the NEW YEAR

Have you ever tried sautéing with water or prepared a boiled salad? It is very easy to get in a rut and prepare the same foods in the same way. The food you eat should be delicious and satisfying. Start with fresh, high quality ingredients and choose cooking styles that enhance the food’s flavor and appearance. Let’s look at how different cooking styles affect the flavor and texture of food.

When putting together a menu for a nutritious and attractive meal, there is a lot to consider. The color, texture, and energy a food contributes to a dish are important to note.

Cooking Styles for Vegetables and Grains

The five healthy cooking styles I will share are: steaming, sautéing, pressure-cooking, slow stewing, and boiling/blanching. Think of a carrot. When you steam a carrot until it just loses its crunch, it would taste different than a carrot that had been cooked a long time.

Cooking styles can enhance the nutritional value of food. When planning a menu, include several of these cooking styles to provide the best balance and nutrition in your meal.

Steaming — The proper way to steam a vegetable is to cut it into small pieces and put them into the steamer basket. Bring water to a boil and the steam will begin. Usually 3-5 minutes is ample time to soften most vegetables, making this a quick and easy way to prepare nutritious vegetables often. Save the water you cooked the vegetables in and use later in a soup stock.

Sautéing — The word sauté means to “jump” or “skip.” This popular cooking method can be done using oil, or if you want to eliminate fat in the dish, water may be used. For best results, avoid crowding too much food into the pan. Cut food into small, uniform pieces to ensure even cooking. It can be stirred constantly or allowed to brown on one side and then turned. Do not overcook when sautéing.

Pressure cooking — Is popular again now that pressure cookers have been redesigned for both ease of use and safety. Foods such as dried beans, soups, and stews are good candidates for the pressure cooker. They will cook quickly and retain the flavor. Grains are often cooked successfully with this method. Grain that has been pressure-cooked often tastes sweeter and may be the most strengthening food you can consume.

Slow stewing (Nishime) — Cooking food longer results in a different taste and texture. Nishime is a Japanese style of “waterless cooking” that brings out the natural sweet taste in many root vegetables. The steam generated in this method of cooking allows the veggies to cook in their own juices, requiring only a little added water. A light seasoning at the end of cooking brings out their flavor and natural sweetness. Vegetables cooked this way are very soft and juicy.

Boiling or blanching — Also known as parboiling, is cooking food briefly in hot water. This is typically used to partially cook a food that will be fully cooked using another method. It is often used to prepare fresh vegetables for freezing, because blanching deactivates enzymes. Bright colors of vegetables are maintained when blanched or boiled. The sweetness and flavor are also brought out in the form of cooking.

Plan every meal to include cooked whole grains and vegetable dishes. Be flexible and mindful of what foods are available locally and in season. Always remember, cooking delicious and satisfying food is the most important goal. Try something different.
4-H Club Days and Talent Night Basics!

Find more Information, Tips, Score Sheets
https://www.sunflower.k-state.edu/4-h/countyclubdays.html

Sherman County:  Sign up by February 13; 4-H Day and Talent Night—March 6
Wallace County:  Sign up by March 16; 4-H Day and Talent Night—March 23
Cheyenne County:  Time to be announced. Check with the Extension Office.

4-H Club and Talent Event: Participants have an opportunity to tell others about their 4-H projects and demonstrate their talents and abilities. Presentations such as talks, demonstrations, speeches, skits, music, and dance are judged and awarded ribbons.

4-H Age: Junior 7—9; Intermediate 10—13; Senior 14 and up

**Speaking**

**Demonstration**: A public presentation that teaches by showing how. (Jr—up to 10 minutes, Inter—up to 10 minutes, Sr—up to 15 minutes)

**Illustrated Talk**: A public presentation that teaches by telling how. (Jr—up to 10 minutes, Inter—up to 10 minutes, Sr—up to 15 minutes)

**Project Talk**: Public presentation about a project that tells about the member's experiences in the project. (7 to 8 year olds 3 to 7 minutes) (9 to 11 year olds—6 to 7 minutes).

**Public Speaking**: Seniors—14 and up. The skill of promoting or presenting an issue through a persuasive, entertaining, informational or inspiring speech. (15 minutes maximum)

Talent (Junior, Intermediate, Senior) Teams will be evaluated in the division of the oldest team member.

**Reading**: 4-H member creatively explores and develops a previously published work of literature for performance. (5 minutes maximum)

**Vocal Solo (1 number memorized), Duet (1 number memorized), Ensemble (3—15 members; 1 number), or Chorus (16 + members; 1 number)**: Individual or group of 4-H members performing with use of their voice.

**Instrumental Solo, Duet, Ensemble (3—15 members), Band or Orchestra (16 + members)**: Individual or group of 4-H members performing with use of an instrument. (1 number)

**Piano Solo (1 number memorized) or Duet (1 number)**: Individual or group of 4-H members performing with use of a piano.

**Dance—square, line, or folk**: (5 minutes maximum)

**Skit**: May be improvisational in nature or may be loosely scripted. (5 minutes maximum)

**One-Act Play**: Basic principles of staging, blocking, and performing before an audience. (45 minutes maximum)

**Novelty/Talent/Other**: Creative Dramatics or other informal dramatics. Grouping may include acts such as mime, puppets, magic routines, ventriloquist acts, baton routines, stand-up comedy, or other original material. (5 minutes maximum)

**Gymnastics**: Bring your own mats if needed. (5 minutes maximum)

**Model Meeting**

**Model Meeting**: Clubs complete a mock 4-H club meeting. (Check with your county extension office for county date/schedule.) One club per county moves on to Regionals. (35 minute maximum)

**Other**

**Sherman County 4-H Promotional Poster**: Create a 14” X 22” poster to promote 4-H. Will be displayed at the fair. (County contest only.)

**Cheyenne County Favorite Food Show and Sherman County Creative Tables**: Select and prepare a favorite recipe, plan a menu, and design a table setting theme.
Kansas Junior Beef Producer Day
Join us on February 29 in Weber Arena on the KSU campus. This event will be a fun filled, educational day of activities in which youth, parents, beef project leaders, and extension agents can increase their knowledge of beef production and management. Presentations and demonstrations by K-State faculty, staff, and guest speakers will cover topics such as selection, nutrition, meat science, reproduction, health, leadership, grooming, showmanship, and an optional YQCA session will be offered. A complimentary lunch and t-shirt (early registrations) will be provided. Cost: $15/person by February 7 or $20/person after February 7.

Changes in 4-H Horse Program

The 4-H Horse Action Team has been discussing several issues with the team, agents and volunteers during the past few years concerning the Kansas 4-H Horse program as the team has been in the process of revising the rule book that is to be released during the 4-H Horse Panorama.

Changes to come:
Ownership - Youth may own the horse themselves, or use a family-owned horse (immediate family: parent, stepparent, brother, sister, stepsibling, grandparent, or legal guardian).
Leasing - If a 4-H member identifies a family-owned horse, 1 additional horse may be leased and identified.
Entering District Horse Shows - 4-H members may participate in their county/district designated District Horse Show plus one additional District Horse Show of their choosing. But before entering the Kansas State Fair, 4-H members must indicate through which District Horse Show. There will be no picking of classes from each district, only results from one of the districts attended will be used.
Senior Horse Western Pleasure – Eliminated
Junior Horse Western Pleasure – Eliminated
Ranch Horse Pattern and Reining – Patterns changed.
Costume, Roping Classes – Information added to the web site and not included in the rule book.
Two Year Old Snafflebit - Reminder it was phased out.
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<td>Plum Creek</td>
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<td>Cupcake Showdown–Fairbuilding</td>
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<td>SSSH 10:30 Simply Produce</td>
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<td>Jr. Beef Day – Manhattan</td>
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Important Dates
February 5.................... Level II Foods
February 8.................... Cupcake Showdown
February 9.................... Ruleton Eager Beavers
February 9.................... Prairie Dale
February 9.................... Livestock Educational Meeting
February 10.................. Promotion Committee
February 10.................. 4-H Council
February 12................. Kids A Cookin
February 13............... 4-H Days & Talent Night/Registration Due
February 13............... Creative Tables Recipes Due
February 14................. Happy Valentines Day
February 16................ Sunflower 4-H
February 16-17........... Citizenship In Action
February 17................. Presidents Day/ Ext. Office Closed
February 17................. Country Clover
February 21-22.......... Ambassador Training/Rock Springs

2020 Cupcake Showdown
WHEN: February 8, 2020
WHERE: Cheyenne County 4-H Building
TIME: 8:00 AM, MST
The Sunflower District 4-H Clubs invite all youth & adult community members to participate in the cupcake showdown.
Open to all Community Members!
Register your team by: January 27, 2020
Team Registration Fee: $10.00

My 4H project
4-H Days & Talent Night & Life Skills Judging will be on Friday, March 6, 2020, at the Harvest Evangelical Free Church. Please pre-register with your club leader or at the Extension Office by Monday, February 13, 2020.
Talks, Demonstration, & Creative Tables (5:30)
Talent (7:30)
Creative Tables
DON'T FORGET! Creative Tables Judging will be during 4-H Days & Talent Night.
TIP: Your Creative Foods Table can also be your Project Talk or Demonstration.
Please submit your recipe to the Extension Office, by Thursday, February 13, 2020, by email to:
sherrrik@ksu.edu

SEWING DAY CAMP
Saturday, March 14, 2020
@ 9:00 AM - 12:00 PM
- There will be a variety of projects to choose from
- Minimal charge
- Help with your project of choice
(If you have a project that isn’t provided)

County Camp
County Camp is right around the corner! It will be in Rock Springs on June 1-4, 2020. More information will be available soon!

https://www.facebook.com/sunflowerextensiondistrictshermancounty4h/
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<td>Ruleton Eager Beavers 3:00 PM 4-H Club</td>
<td>Promotional Committee 6:00 PM 4-H Council</td>
<td>Kids A Cookin’ 3:15-4:45 PM 4-H Building</td>
<td>Level I &amp; II Foods 3:30 - 5:00 PM 4-H Building</td>
<td>4-H Days &amp; Talent Night Sign up sheets due to the Extension Office Creative Tables Recipes due to: <a href="mailto:sherrik@ksu.edu">sherrik@ksu.edu</a></td>
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<td>Cupcake Showdown Cheyenne County 4-H Building 8:00 MST</td>
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Large animal weigh in will be Feb. 9 from 2:00 – 4:00 p.m. @ Smoky River Ranch

County Club Days
It’s not too early to start thinking 4-H Club Days. Now would be a good time to visit with your parents and leaders to get ideas and themes together. 4-H Days is March 23 at the Wallace County School.

Recordkeeping
Congratulations to Claire Walker-Helsel and Blakely Aldridge on their KAP’s being selected to advance onto NW Area Judging!!

Sunflower District 4-H Clubs invite all youth and adult community member to participate in the 2020 4-H Cupcake Showdown!
Saturday, February 8, 2020
Cheyenne County 4-H Building
Fairgrounds—St Francis
Theme: Valentines
**Entry Deadline January 27**

2020 Discovery Days
Are you ready for Discovery Days? Put May 27-29 on your calendar to be in Manhattan on the K-State Campus. Youth who are 13-18 years old as of January 1st are welcome to attend. It offers classes and tours about 4-H projects, careers, hobbies, community service and more!! Watch our website for more information on this great event.

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- Citizenship in Action
- KS Ambassadors Training
K-State Research and Extension

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