Tips & Tricks to Tackle Hoarding & Decluttering

Hoarding can affect anyone, regardless of age, sex, or economic status. It is hard to determine how common hoarding is.

Hoarding is defined by the Mayo Clinic as the excessive collection of items, along with the inability to discard them.

This program will be presented in:

- **Sharon Springs**—February 21, at Noon, M.T. at the Extension Office.
- **Goodland**—February 26, at Noon, M.T. at the Extension Office
- **St. Francis**—March 1, at Noon, C.T. at the Courthouse

**RSVP by February 20, 2024 to your local Extension office.**
Crop Assurance Strategies for Irrigated Grain Sorghum Production

Experimental Procedures. Grain sorghum (Pioneer 86P20) was planted in late May or early June in all years at a seeding rate of approximately 140,000 seeds/a. Nitrogen fertilizer (UAN 32-0-0) was applied at a rate of 175 lb N/a in 2018 and 2019 and at a rate of 240 lb N/a in 2020 and 2021. Typical pesticide control procedures were used to minimize pests. Soil water was monitored periodically to an 8-ft depth in 1-ft increments with neutron moderation techniques. Grain sorghum yield and yield components were determined by hand harvesting at maturity. Crop water use was determined as the sum of the seasonal soil water change, irrigation, and rainfall. Crop water productivity was calculated as yield/crop water use.

The water management strategies were mentioned earlier in the summary. Irrigation was scheduled only as needed as determined by the weather-based water budgets. Irrigation amounts were generally 1 inch per application.

Results and Discussion. Growing conditions were favorable for good grain sorghum production in all four years of the study. Precipitation during the grain sorghum growing period was 11.77, 13.98, 6.13, and 5.48 inches for 2018, 2019, 2020, and 2021, respectively. Irrigation requirements varied between years, but were greatest for 2021. The drier years (i.e., less precipitation) of 2020 and 2021 provided a more thorough testing of the water strategies. Average grain sorghum yields were 143 bu/a during the study but varied between years. Yield differences between the irrigated strategies were very small with Treatment 4, where total irrigation was limited to 3 inches, having the greatest average yield. Irrigation appreciably increased yields over the non-irrigated treatment in only two of the four years (2018 and 2021). Crop water productivity was greatest for the non-irrigated treatment and decreased further with increased irrigation. The study sites in each year had ample soil water at planting, averaging greater than 70% of field capacity for the 8-ft deep silt loam soil profile and this later helped to buffer seasonal drought periods when they occurred. In all four years there were not appreciable differences in available soil water among treatments until approximately August 20 (i.e., Day of Year 232). These results suggest that starting the season with ample soil water within these deep silt loam profiles can minimize the need for in-season irrigation.
Preparation is key to a successful calving season

K-State veterinarian reviews steps for cattle producers before and after calving

Dec. 20, 2023

K-State Research and Extension news service

MANHATTAN, Kan. — Kansas State University veterinarian Gregg Hanzlicek said being prepared ahead of calving season is the best way for producers to assure they will bring home the newborn calves successfully.

“We're approaching the end of the second trimester and moving into the third trimester which means the metabolic demands of that cow or heifer are going to increase tremendously,” Hanzlicek said.

A key to having a successful calving and production season is for cows and heifers to be in the appropriate body condition, which according to Hanzlicek is a score of 5-7. He said he has seen many cattle in the 3-4 range in the past few months.

“We’re far enough away from calving that we can add condition to these cows and heifers without (creating) an economic burden,” he said. “It really comes down to having a formulated ration that is balanced for protein and energy.”

For those wanting to add scour vaccines to their prevention program, “it’s time to decide what vaccine they are going to use,” Hanzlicek said. “Look at the label and schedule on the calendar when they need to start vaccinating the cows and heifers.”

Hanzlicek said heifers will require two doses of the scours vaccine, while cows need one. The timing of those vaccines is “very, very important,” he said.

Also, Hanzlicek recommends establishing a clean calving area to help reduce the risk of scours. “There’s two major risk factors for scours,” he said. “One is the lack ofcolostrum consumption. The other is a contaminated environment that the babies are born into.”

Hanzlicek recommends having a location to move the pairs off the calving area to keep the calving facility less contaminated with the scour organisms.

Getting the calf here safely is another factor to consider, "Most operations are going to have to help at least one animal during the calving season,” Hanzlicek said. The last national survey indicated that 1 of every 100 heifers and 2 of every 100 adult cows will need assistance.

Being prepared to pull a calf is important. Hanzlicek said producers should have the following items on hand:

- Clean straps or chains
- OB sleeves
- Lube
- Working calf pullers
- Veterinarian’s phone number

Intervening at an appropriate time is important. “If we intervene too early and the cow or heifer is not dilated, we can injure the tissues and hurt the calf,” Hanzlicek said. “If we intervene too late, a lot of times that’s when we end up with stillborn calves.”

According to Hanzlicek, once a cow has reached the second stage of labor, they should give birth within 30 minutes. A heifer should calve within an hour. Second stage labor is when the heifer or cow can be observed experiencing uterine contractions, or the water-bag or calf’s feet are visible.

If assistance from the producer is needed, and they are unable to extract the calf within 15 minutes, then help – either a veterinarian or someone with more experience -- should be called.

Following calving, the calf should be up and nursing within two hours, Hanzlicek said. If not, a colostrum replacer can be given to help get the calf started.

“Colostrum-based powders are the best way to go, and I would recommend that every producer have one or two bags of powder replacer on hand during the calving season,” Hanzlicek said.
Not just with your food habits but all-round habits.

When you’re trying to develop new habits—whether it’s healthy eating, getting more exercise, or quitting smoking—you have a better chance of success if you make a plan ahead of time.

Knowing why you want to eat healthier can help you make changes in your eating habits. And writing down your reasons will be a good reminder later on if you get discouraged.

A plan for forming new habits includes long-term and short-term goals as well as ideas for getting past barriers—things that might get in the way of your success.

Start with small, short-term goals that you can reach pretty easily. It’s easier to stay with something new when you have early, frequent successes.

Support from family and friends can go a long way toward helping you find success in eating healthier. Don’t be afraid to let them know what you’re trying to do—and ask for their help.

It’s important not to jump in too far too fast. Slow, steady steps will set you up for success. Here are some steps to follow in setting up a healthy eating plan.

- Set your goals
- Track your progress
- Think about your barriers
- Get support—from others and from yourself.

When you are clear about your reasons for starting a healthy eating plan, it’s time to set your goals. What is your long-term goal? A long-term goal is something you want to reach in 6 to 12 months. Your goal may be to lower your blood pressure and/or cholesterol or to reach a healthy weight for your body type.

What are the short-term goals that will help you get there? These are what you want to do tomorrow.

Instead of changing your diet overnight, make your changes one at a time.

Try adding something to your diet instead of taking something away. Add foods that you think you need more of, like fruits and vegetables.

Write down your goals, and hang them up where you can see them. Reading your goals can be a helpful reminder.

Keeping track of your progress helps you see how far you’ve come. It also helps you stay with your plan.

Here’s another habit you could work on.

**Tips & Tricks to Tackle Hoarding & Decluttering.**

Hoarding can affect anyone, regardless of age, sex, or economic status. It is hard to determine how common hoarding is.

Hoarding is defined by the Mayo Clinic as the excessive collection of items, along with the inability to discard them.

This program will be presented in:

- **Sharon Springs** on February 21, at Noon, M.T. at the Sunflower Extension District Office.
- **Goodland** on Feb. 26, at the Extension Office, at Noon, M.T.
- **St. Francis** on March 1, at Noon, C.T. at the Courthouse.

**RSVP by February 20, 2024 to your local Extension office.**
Citizenship In Action
What: Would you like to have more influence in laws and rules that affect your life? Then you’ll want to go to Kansas 4-H Citizenship in Action! This two day event is sponsored by the State 4-H Youth Leadership Council. The purpose of the event is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the capitol building, but will also show them how they can affect the legislative process.

When: February 18-19, 2024
Where: Topeka KS - Hotel Topeka at City Center (formerly Capitol Plaza)
Who: Youth 13-18 years old by January 1 of the current year

Registration: HERE!

Registration Deadline: January 26, 2024

BANQUET will be Sunday evening, if you are asking your legislators to join, please email dsratlif@ksu.edu by Feb 12 with any additional attendees. The cost is $35 for additional attendees.

Junior Beef Producer Day
Where: Manhattan, KS
When: Saturday, March 2, 2024
Cost: $20/person

Junior producer days are held to provide educational material and hands-on experiences for youth, parents, leaders, and extension agents. Various speakers share information on topics such as selection, nutrition, showmanship, fitting, reproduction, feeding, and disease control. Talks, demonstrations, hands-on activities, and door prizes are present at all events. Beef and Sheep days are held in the even years and Swine and Meat Goat days are held in the odd years.

Junior Sheep Producer Day
Where: Manhattan, KS
When: Saturday, March 16, 2024
Cost: $20/person

Junior producer days are held to provide educational material and hands-on experiences for youth, parents, leaders, and extension agents. Various speakers share information on topics such as selection, nutrition, showmanship, fitting, reproduction, feeding, and disease control. Talks, demonstrations, hands-on activities, and door prizes are present at all events. Beef and Sheep days are held in the even years and Swine and Meat Goat days are held in the odd years.

4-H Scholarships
Kansas State 4-H Scholarships applications are online and must be submitted online.

March 1, 2024, is the deadline to complete the 4-H Scholarship application, recommendation letters, or references.

4-H Scholarship Link: https://www.kansas4-h.org/resources/awards-and-recognition/scholarships.html

Local Scholarships
The JR Leader Applications can be found at USD 352

JR Leader Applications are due to the Extension Office April 5, 2024
**Beef Weigh-In**

**Sherman Co**

Saturday, March 2, 2024,
from 9:00 - 10:00 AM
(weather permitting)
For any questions about the beef project, please contact:
Clay Schilling
Beef Superintendent Leader
@ (785) 694-4589

4-H members must be enrolled in the project prior to the weigh-in date, or the project will show in open class.

**4-H Days & Talent Night**

**Sherman County**

March 8, 2024
Project Talks/ Demonstrations* Talent
*Creative Foods Table* Educational Posters
- Registration Forms Due:
  - February 9, 2024

**Wallace County Club Days**

March 19, 2024
Project Talks/ Demonstrations* Talent
*Creative Foods Table* Educational Posters
- Registration Forms Due:
  - March 8, 2024

**Beef Weigh-In**

**Wallace Co**

Sunday, February 4, 2024,
from 2:00 –4:00 PM
(weather permitting)

4-H members must be enrolled in the project prior to the weigh-in date, or the project will show in open class.

**Regional Club Days Cancelled**

Regional Club days that was scheduled for the end of March has been cancelled. If anyone is interested in participating in a District event please contact your local Extension Office and we will see what we can do.


K-State Research and Extension is an equal opportunity provider and employer.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>WA—Stay Strong Stay Healthy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>5.</td>
<td>6.</td>
<td>7.</td>
<td>8.</td>
<td>9.</td>
<td>10.</td>
</tr>
<tr>
<td>WA—Beef Weigh-In</td>
<td></td>
<td>WA—Stay Strong Stay Healthy</td>
<td>SH - Foods 3:30-5:00 PM MT 4-H Building</td>
<td>WA—Stay Strong Stay Healthy</td>
<td>4-H Days &amp; Talent Night Registration Due</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>WA—Stay Strong Stay Healthy</td>
<td></td>
<td>Happy Valentine's Day</td>
<td>WA—Stay Strong Stay Healthy</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>17.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>WA—Stay Strong Stay Healthy</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>18.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Citizenship In Action February 18-19</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Extension Closed</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>19.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>WA—Stay Strong Stay Healthy</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>20.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>WA—Stay Strong Stay Healthy</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>21.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>WA—Stay Strong Stay Healthy</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>22.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>WA—Stay Strong Stay Healthy</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>23.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>WA—Stay Strong Stay Healthy</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>24.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>WA—Stay Strong Stay Healthy</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>25.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>WA—Stay Strong Stay Healthy</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>26.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>WA—Stay Strong Stay Healthy</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>27.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>WA—Stay Strong Stay Healthy</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>28.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>WA—Stay Strong Stay Healthy</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>29.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Sunflower Extension District #6
Goodland Office
813 Broadway, Room 301
Goodland, KS 67735

Sunflower Extension District #6 Offices
www.sunflower.ksu.edu

Goodland Office
Karen Nelson
4-H Youth Development Agent/Director
karennelson@ksu.edu

Sharon Springs Office
Melinda Daily
Family & Consumer Science Agent
mdaily@ksu.edu

St. Francis Office
Vacant
Livestock Agent

Sherri Keith
Office Professional/4-H Program Assistant
sherrrik@ksu.edu

Wendy Benisch
Office Professional
wbenisch@ksu.edu

K-State Northwest Research and Extension Center - Colby
Jeanne Falk Jones
Multi-County Agronomist for Cheyenne, Sherman, and Wallace Counties
jfalkjones@ksu.edu

K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to physical, vision or hearing disability, or a dietary restriction please contact Karen Nelson at (785)890-4880. Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.