Inside Your Newsletter...

Metabolism-based herbicide resistance in a 6-way resistant Palmer amaranth

To Cull or Not to Cull; Prolapses

Dining with Diabetes, Am I at risk?

Dining With Diabetes

Upcoming Webinars:
- Alfalfa Management and Weevil Update
  March 2
- Dryland Corn Dynamics
  March 9

Recordings from Previous Webinars:
- Soil Fertility Questions from Growers for the 2021 Season
- Weed Management and that Pesky Palmer amaranth
- Corn Insect Resistance: Rootworm and Western Bean Cutworm
- Grain Sorghum Weed Control: Start Clean, Stay Clean
- Sorghum Insects: Aphids, Headworms and Chinch Bugs…Oh My!

Watch recordings:

Virtual Crop Talk

webinars focused on crop production
In Northwest and North Central Kansas

On Tuesdays & Wednesdays at 10:30 - 11:30 am CT
February 2 to March 9

Links will take you to the K-State Agronomy YouTube channel
A six-way herbicide-resistant Palmer amaranth population was the subject of a study recently published by K-State weed scientists. The Palmer amaranth population was collected from a 45-year tillage study maintained in continuous sorghum. A variety of herbicides were used in the research trial, with 2,4-D and atrazine used most frequently. However, when plants from this population were studied in the greenhouse, they survived applications of group 2 herbicides Glean (chlorsulfuron), Harmony (thifensulfuron), Beyond (imazamox), Pursuit (imazethapyr); group 14 herbicides Cobra (lactofen) and Flexstar (fomesafen); the group 27 herbicides Callisto (mesotrione) and Laudis (tembotrione), metribuzin (group 5); and glyphosate (group 9); as well as atrazine (group 5) and 2,4-D (group 4). The only herbicides in the study that provided 100% control were Liberty (glufosinate) and Gramoxone (paraquat; Figure 1).

One of the key findings of this research is that metabolism-based resistance (MBR; Table 1) was found for five of the six sites of action. A weed with MBR converts the herbicides to inactive forms before the plant can be killed. This is often due to the activity of two groups of enzymes: cytochrome P450s and glutathione S-transfersases. These enzymes provide selectivity to many of the herbicides used in crops.

Prior to about 2013, target site-based resistance (TSBR) was the most common mechanism identified in research and much of our thinking was based on these reports. As more is learned about MBR, it is forcing us to rethink many of our assumptions regarding herbicide resistance development.

This research clearly demonstrates the greatest threat associated with MBR is that a single resistance mechanism can provide resistance to multiple herbicide groups.

While mixing and rotating herbicides with multiple effective sites of action can slow the evolution of resistance, cross-resistance associated with MBR greatly reduces the effectiveness of this strategy. Minimizing the weed seed bank and adopting alternative management strategies is essential to protect the value of existing and future herbicides.

Table 1. Resistance mechanisms in a Kansas Palmer amaranth population (Shyam et al., 2021).

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<th>Herbicide group</th>
<th>Resistance type</th>
<th>Suspected mechanism</th>
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<td>MBR</td>
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<td>MBR</td>
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MBR = Metabolism-based resistance; TSBR = Target site-based resistance

Figure 1. Susceptible (KSS/MSS) and resistant Palmer amaranth 2-4 weeks after treatment with the listed herbicides.

This research findings were recently published in the journal, Frontiers of Plant Science and were summarized for the K-State Agronomy eUpdate by Dr. Sarah Lancaster, K-State Extension Weed Scientist, Dr. Mithila Jugulam, K-State Research Weed Scientist and Dr. Bob Hartzler, Iowa State Weed Management Specialist.

K-State Research and Extension is an equal opportunity provider and employer.
Prolapses are something to be expected eventually in livestock production. Whether or not a producer should cull a cow after she prolapses depends on a few factors. To begin, there are two types of prolapses, vaginal and uterine that can affect cows or heifers that have calved or are about to. While both likely need attention, the culling outcome is dependent on both type of prolapse as well as the ability of the female to repair and re-breed.

Vaginal prolapses most commonly occur when a cow or heifer is in late gestation. It is usually observed when there is a significant amount of pressure in the abdominal cavity causing the organ to bulge when the female lays down. This type of prolapse is more common than uterine prolapses and is viewed as less severe in terms of treatment. However, this condition still exposes the organ to wind, sun, and pathogens making her susceptible to injury or disease. Furthermore, once a female has had this type of prolapse it is more likely to occur during subsequent pregnancies. Beyond a risk for reoccurring, the female may also pass the condition on to her offspring. Researchers have found that vaginal prolapses have a genetic component, increasing the likelihood of daughters of cows who experience this more likely to prolapse themselves. Additionally, bull calves should not be retained out of females which suffer from vaginal prolapses as they may pass on genetics to their daughters making them more likely to experience the problem as well. While the condition does not always require much in terms of treatment, it is the long lasting effects that may be detrimental to a cow-calf operation.

On the other hand, uterine prolapses most commonly occur during or shortly after calving and require immediate attention. Unlike vaginal prolapses, no genetic component has been detected through research of uterine prolapses. Therefore when treated correctly, cows that suffer a uterine prolapse are no more likely to experience another compared to others. However, the trauma that occurs to the uterus after prolapse could make it more difficult for the female to conceive the next breeding season. If the cow is open or late-bred at the time of pregnancy detection, she probably decided her own fate. However, it is possible that a cow can repair any damage experienced during a uterine prolapse and rebred during the breeding season. If this is the case, if there are not any other justifications for culling it is not vital that she leave the cowherd.

A study by Patterson and colleagues (1981) recorded 13,296 calvings over 14 years. Of those calvings, 153 were associated with either a vaginal or uterine prolapse. Vaginal prolapses made up 81%, while uterine prolapses made up 19% of the events recorded. The study also investigated the pregnancy rate after a prolapse. Results revealed that the pregnancy rate of first calf heifers was 28% and the rate of mature cows was 57.9% (Patterson et al., 1981). This suggests that first calf heifers which suffer a prolapse have more difficulty repairing and conceiving following the event. In a more recent study Carluccio and colleagues (2019) recorded 33,450 calvings in dairy and beef cattle for uterine prolapses. They found that 1% of beef cows experienced uterine prolapses, compared to 0.6% of dairy cows. For all cows in the study 81.9% recovered, 8.3% died before or immediately after treatment, and 9.7% were culled for economic reasons such as poor fertility, poor weight gain, and low milk yield (Carluccio et al., 2019). Conception rate for beef cows in the study was 87.5% when naturally mated. Results of the study suggest that cows that suffer a uterine prolapse and then are treated typically have high chance of survival and conception, and a low risk of experiencing another prolapse. The study by Patterson and colleagues (1981) however suggests that first calf heifers are less likely to rebreed compared to mature cows.

As mentioned any culling decisions that follow a prolapse are typically dependent on the prolapse type. Due to the genetic component of vaginal prolapses, all offspring of a female which has had a vaginal prolapse would be prone to experiencing the condition and bulls could pass it on to their daughters. Therefore, its considered good practice to cull any females that suffer vaginal prolapses from the herd. In the case of uterine prolapse, since a genetic component has not been identified for this condition if treated correctly the female is no more likely to experience another prolapse of the same type or pass it to her offspring. However, a uterine prolapse can be very traumatic to the organ exposing it to the elements, pathogens, and sometimes harsh handling during treatment. It is these conditions that may affect the ability of the female to rebreed the following season. In this case, an open female left unproductive for an entire year should be culled as soon as possible.

Prolapses are one of the conditions that many producers dread, but must handle when they arise. In summary, a producer should let the type of prolapse and the ability of a female to rebreed decide her fate. They should be more forgiving to females who experience uterine prolapses and then rebred on time. Those who experience vaginal prolapses should be given less credit when culling if possible.

For more information or livestock resources, please visit or call the Cheyenne County Extension Office at (785)332-3171.

For more resources and event announcements, please follow us on Facebook at K-State Research and Extension Sunflower District.
Don’t forget to sign up for Dining with Diabetes Online. Go to our website to sign up at sunflower.k-state.edu/facs/.

It’s a great opportunity to do it right there in your home.

Diabetes is a common, costly, and serious disease. More than 34 million adults in the United States have diabetes, and one of five of them don’t know they have the disease. A diagnosis of diabetes can be scary, but studies have shown that with healthful eating and modest regular physical activity, type 2 diabetes can be delayed, controlled, and even prevented.

Much of the food a person consumes is broken down into glucose and is used for energy to fuel the body. Glucose in the bloodstream is also called blood sugar. When the glucose level in the blood increases, it signals the pancreas to produce and release insulin. The hormone insulin helps glucose enter your cells to be used as energy. With diabetes, your body doesn’t make enough insulin or the body can’t effectively use the insulin that it produces. When there is a lack of insulin, blood glucose builds up in the blood and can result in health problems, or diabetes complications. A fasting blood glucose of 126 mg/dl or greater, when tested at least twice, is one way a diagnosis of diabetes may be made.

Am I at Risk?

Since 2005, the number of adults diagnosed with diabetes has more than doubled. Type 2 diabetes accounts for over 90% of diabetes cases. Here are common risk factors to monitor for prediabetes or type 2 diabetes.

Check the risk factors that describe you.

___ Are overweight
___ Are age 45 or older
___ Have a parent, brother, or sister with type 2 diabetes
___ Are physically active less than 3 times a week
___ Had diabetes while pregnant or gave birth to a baby weighting more than 9 pounds.

Diabetes Self-Management

What does it mean to self-manage your disease? Eating appropriate amount of nutritious foods, getting the recommended amount of physical activity, as well as taking your medications and checking your blood glucose as instructed will help keep your blood glucose levels in the normal range. This will not only reduce your risk of complications in the future, such as heart and kidney disease, but will also provide you with more energy and help you feel better overall. Making healthy lifestyle changes can be difficult without the proper education and skillset to change your behaviors. These changes will lead to better managing your diabetes. Talk to your health-care provider about meeting with a Registered Dietitian Nutritionist and attending a diabetes education class in your community to set yourself up for success.

Self-Care Behaviors:

* Healthy Eating  * Being Active
* Monitoring  * Taking Medication
* Problem Solving  * Reducing Risks
* Healthy Coping

Adapting one’s life each day to control a chronic disease can be difficult and stressful. Knowing how and when to seek help is important.
**MAKE THE BEST CHOICES FOR YOUR HEALTH**

**Nutrition and physical activity** are keys to managing your type 2 diabetes, but where do you start?

The *Dining with Diabetes Online* course can help!

Designed specifically for prediabetics, people with type 2 diabetes and their caregivers, this course will help you learn the skills needed to promote good health.

*Dining with Diabetes Online* is taught by trained and caring educators.

**THE COURSE INCLUDES**

- A professional extension educator and *Dining with Diabetes* Instructor
- Educational videos
- Meal planning and healthy snack tips and ideas
- Healthy recipes
- Cooking demonstrations videos
- Interactive discussion questions

**WHEN**

March 8, 2021—April 5, 2021
Final module will be
June 28–July 5, 2021

**REGISTRATION**

Open Feb. 1, closes March 1, 2021
Cost: $20 with Code: VWNXBC
sunflower.k-state.edu/facs/

For more information please call the Sunflower Extension District in Wallace County at: 785-852-4285 or email: mdaily@ksu.edu

**FOR MORE INFORMATION**

k-state.edu/diningwithdiabetes

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.
Market Beef Weigh In
March 7 at the Sale Barn from 2-3:00 pm
EID tags are $3.50 each if you need them.
Please contact the Extension Office with any questions. 785-332-3171

Congratulations to Shadryon Blanka!
His Beef KAP was selected to compete at the State KAP evaluation.

Now is a good time to review your 4-H Online enrollment. Make sure you have your projects selected correctly. For example, if you are planning on exhibiting a breeding pig, you will need to be in that certain project, not just swine in general. Another example would be in the Clothing and Textiles project, make sure you intend to carry the Buymanship or Construction Project or both.

Save the Date!
4-H Camp at Rock Springs
June 9-12, 2021
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**Important Dates**

March 1.........4-H State Scholarships Due
March 1.........State KAP’s Due to the Extension Office
March 3.........Level I & II Foods via ZOOM
March 8.........4-H Council via ZOOM
March 8.........4-H Days & Talent Night Flipgrid Upload Due
March 12.........4-H Days & Talent Night Results
March 13......Beef Weigh-In
March 13.......“Virtual” Eggs-Travaganza
March 14.......Daylight Saving Time begins
March 14.......Ruleton Eager Beavers
March 14.......Prairie Dale
March 15.......Country Clovers
March 17.......St. Patrick’s Day
March 20.......“Virtual” Eggs-Travaganza
March 21.......Sunflower
March 26.......“Virtual” Regional 4-H
March 27.......“Virtual” Eggs-Travaganza

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**BEEF WEIGH-IN**

**Sherman County 4-H Youth**

**SHERMAN COUNTY 4-H BEEF BARN**

March 13, 2021, @ 9:00 AM MST

Join us for a “Virtual” 4-H Beef Barn, where participants can weigh-in their 4-H cattle from home!

- **Masks required.**
- **Virtual**

**Eggs-Travaganza**

**March Saturday Madness**

- **Cost:** $5.00
- **Grades:** 1st-4th
- **Open to community youth**
- **March 27, 2021**
- via ZOOM from 9:00 -10:30 AM, MST

**Registration Due:** February 19, 2021

Make checks payable to the Sherman County 4-H Council

Kits with a majority of the supplies will be provided.

**Some activities may require adult supervision for younger children.**

**SCIENCE EXPERIMENTS**
- **CATAPULTS**
- **CRAFTS**
- **BUNNY PANCAKES**
- **PLASTIC EGG POM-POM POPPERS**
- **EGG COLORING TECHNIQUES**

**SIGN-UP by:** Scan the QR Code, Click the link, or call the Extension Office 785-890-4880

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**“Virtual” 4-H Days & Talent Night**

**Creative Tables**

**Educational Posters**

4-H Days & Talent Night Entry Forms are due to the Extension Office by **no later than** 5:00 PM on February 12, 2021.

You will be receiving a **link to upload** all entries to a flipgrid, and your entries are due **no later than** 5:00 PM on March 8, 2021.

**Results** will be **available** on March 12, 2021.

**“Virtual” Regional 4-H will be on March 26, 2021**

More information TBA

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**SMALL ANIMAL WEIGH-IN**

**Sherman County 4-H Youth**

**SHERMAN COUNTY 4-H LIVESTOCK BARN**

**Buck Calves, Sheep, Goat, & Swine**

April 19, 2021, @ 4:00 - 6:00 MST

4-H Youth must be enrolled in

Bucket Calves, Sheep, Goat, & Swine Project before weigh-in.

Masks are required. Unload by families.

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To “Caleb Dechant” for his “Sheep KAP” going on to state judging.
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### Dates to Remember

**March**
- 1– State Record Books Due to State
- 8– 4-H Council Meeting
- 8– Club Days Flip-grid Video Upload Due
- 13– Virtual Eggs-Travaganza
- 15-19– Spring Break
- 20– Virtual Eggs-Travaganza
- 26– Virtual Regional Club Days
- 27– Virtual Eggs-Travaganza

**April**
- 2– Office Closed 1/2 day
- 12– 4-H Council Meeting
- 25– Small animal weigh-in

**May**
- 10– 4-H Council Meeting
- 31– Office Closed

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**Virtual Discovery Days**

Kansas 4-H Discovery Days will be delivered virtually in 2021. The event will be held on June 1-4th, 2021. The decision to again use the virtual format was not taken lightly as the preferred format for the event would definitely be in-person. The decision is in congruence with the current K-State Reopening Phase 3 guidelines and the most recent vaccine availability projections from Riley County.

4-H members ages 13 to 18 years of age are eligible to participate.

For more information on how to get in on this opportunity, visit the website at www.ksre.ksu.edu.

Follow the links at 4-H and Youth and click on events.

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**County Fair Dates this year are**

**July 29th, 30th, & 31st 2021**

Please let the office know of any ideas you may have for a fair theme.

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Visit www.yqca.org

Small Animal weigh-in will be held April 25th from 4:00-7:00 pm @ the Fair Grounds.

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- State Record Books Due to State
- Club Days Video Upload due
- 4-H Council Mtg

“Virtual” Eggs-Travaganza
9:00-10:30 AM
Via Zoom

“Virtual” Eggs-Travaganza
9:00-10:30 AM
Via Zoom

“Virtual” Eggs-Travaganza
9:00-10:30 AM
Via Zoom

Daylight Savings Time
Spring Break

Wallace County

March 2021