“Bracing for Success”

Intense Showmanship Training Camp
(Goat & Sheep)

Instructor: Glen Martin
May 27 & 28, 2015
Logan Co. Fairgrounds
Oakley, KS

Flyer and Registration form are available at:
http://www.goldenprairie.k-state.edu/4-h/animal-shows-clinics.html

“Explore The Wild West”

Logan Co. Day Camp
Wednesday, June 3, 2015
9 a.m. – 2 p.m.
Russell Springs, KS
Grades K-4 (current grades)

Call the Logan Co. Extension Office for more information and to register
At 785-671-3245

If transportation is needed from WaKeeney, contact the WaKeeney Office at 785-743-6361.
Dates for Youth Livestock Program 2015

- **June 1** - Corrections to Market Beef Nominations Due
- **June 2** - KSU Youth Horse Judging Camp - Beginning Section
- **June 3-4** - KSU Youth Horse Judging Camp - Advanced Section
- **June 10-13** - Kansas Animal Sciences Leadership Academy
- **June 17-20** - Kansas Animal Sciences Leadership Academy
- **June 15** - Commercial Heifer, Swine, Sheep, & Meat Goat Nominations Due
- **July 15** - Corrections to Commercial Heifer, Swine, Sheep, & Meat Goat Nominations Due
- **August 22-23** - State 4-H Livestock Sweepstakes
- **September 11-20** - Kansas State Fair
- **October 2-4** - Kansas Junior Livestock Show

For more information on these events, please visit [http://www.youthlivestock.ksu.edu](http://www.youthlivestock.ksu.edu)

Livestock Families

Please go to our Golden Prairie District Website:

[http://www.goldenprairie.ksu.edu](http://www.goldenprairie.ksu.edu)

- Click on 4-H Youth & Development
- Then click on livestock shows & Events
- Most of these events have flyers available right on our website!!!!

Cedar Bluff Overnight Camp

**“Stars & Stripes Forever”**

**July 1-2, 2015**

Cedar Bluff Reservoir
Registration Deadline: June 12, 2015
Cost: $25
[Information and Registration](#)

2015 Fair Dates

**Logan County Fair**
**July 13-18, 2015**

**Gove County Fair**
**July 27-30, 2015**

**Trego County Fair**
**July 24-Aug. 3, 2015**
**2015 Regional Club Day Results**

Lacey Bergsten – Demo - Red  
Audrey Holzmeister – Gymnastics - Blue  
Butterfield Trail - Model Meeting - Blue  
Nathaniel Nichols – Vocal - Blue

**Livestock Project Members:**
Again, in 2015 Electronic ID (EID) tags will be required for state fair and KJLS livestock nominations. Regular 4-H tags will be used for the Logan County Fair. EID tags cost $3.00/tag and 4-H tags cost $1.50/tag.

![Small animal weigh in: Tuesday, May 5th, 4:00 pm to 7:00 pm.](image)

![Great Northwest Camp- June 8th-12th, 2015](image)

**Poultry Project Members** - We will be ordering Broiler chickens soon. Please let us know the number you want to order by May 15th. If you are planning on ordering any other kind of chicken we suggest you do that ASAP! Call the Extension Office if you have any questions.

![2015 Logan County 4-H Day Camp- Tuesday, June 2nd.](image)

**Kansas State Fair and Kansas Junior Livestock Show Market Steer and Market Heifer** - Heifer nomination forms are due to the state by May 1st, 2015. Commercial (Crossbred) Heifers are due June 15th. Contact the extension office to pick up your DNA sample envelopes.

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**Logan County 4-H Horse Club Invitational Horse Show**  
Saturday, June 20th, 2015

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**PEACHES PEACHES PEACHES**

Annual Logan County Peach Fundraiser Logan County 4-H'ers will once again have the opportunity to sell peaches by the box. Each box of peaches will sell for $35 this year and will be similar in size and weight to past years.

You may sell ½ boxes of peaches, but it will be up to each 4-H’ers to split the boxes and keep track of the ½ box sales.

The peaches are grown by Fritchman Orchards located in Western Colorado. The approximate delivery date is late August.

The 4-H Council requires each 4-H’er to sell 8 boxes of peaches or 12 boxes per family in order to receive any of the scholarships that are available. Money needs to be collected at the time of the order. Make checks payable to the Logan County 4-H Council.

4-H Families will be receiving the flyer/sales sheets in the mail soon. You may also pick up a form at the Extension Office in Oakley after June 1st.

Last year we sold over 500 boxes! Let’s try to beat that number this year and sell more! Good luck to everyone! Orders are due to the Extension Office by Friday, August 7th, 2015.

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**Logan County 4-H News & Events**
2015 Regional Club Day Results

Gove County 4-Hers recently participated in Regional 4-H Club Day at Brewster High School on March 27, 2015.

Results from the event are as follows: Senior (Sr.) Age - 14 & over; Intermediate (Int.) Age - 10-13; Junior (Jr.) Age - 7-9
- Eidree Chapin – Int. Vocal Solo - Blue
- Ian Cloyd – Jr. Project Talk - Blue
- Rebekah Kitch – Public Speaking - Blue
- Blake Selensky – Int. Piano Solo – Blue
- Carson Selensky – Int. Instrumental Solo – Blue
- Madison Zerr – Jr. Demo – Blue

Livestock Project Members:
In 2015 Electronic ID (EID) tags will be required for state fair and KJLS livestock nominations. Regular 4-H tags will be used for the Gove County Fair.

ATTENTION:
Fair change for 2015 concerning premium auctions. If you plan on selling an animal in the premium auction or a food item in the food auction you must attend at least 50% of your 4-H Club meetings during the 2014-2015 4-H year! This is a fair board rule and will be enforced beginning at the 2015 Gove County Fair. If you have not attended the meetings you will not sell your livestock or food! If exception is required, it must be approved by Fair Board on a case by case basis. The new 4-H year starts October 1st, so don’t wait until it’s too late!
It will also be mandatory you be at one of the 2 pre-fair clean-ups before fair and the one following fair or premium money will be forfeited.
Please help spread the word.

Small Animal Weigh-In
(Goats, Sheep, Swine, & Bucket Calf)
Friday, May 1, 2015 – by appointment only
Saturday, May 2, 2015
10 a.m. – 12 p.m.
Gove Co. Fair Grounds

PEACHES PEACHES PEACHES
Gove County 4-H’ers will once again have the opportunity to sell peaches by the box. Each box of peaches will sell for $35 this year and will be similar in size and weight to past years.
You may sell ½ boxes of peaches, but it will be up to each 4-H’ers to split the boxes and keep track of the ½ box sales.
The peaches are grown by Fritchman Orchards located in Western Colorado. The approximate delivery date is late August.
The 4-H Council requires each 4-H’er to sell 8 boxes of peaches or 12 boxes per family in order to receive any of the scholarships that are available.
Money needs to be collected at the time of the order. Make checks payable to the Gove County 4-H Council.
You may pick up a form at the Extension Office in Gove after June 1st. Good luck to everyone! Orders are due to the Extension Office by Friday, August 7th, 2015.

Leadership Minute
“Striving for success without hard work is like trying to harvest where you haven’t planted.”
Regional Club Day Results

**Illustrated Talk:**
Tillie Malinowsky ~ BLUE

**Project Talk:**
Wyatt Littlechild ~ BLUE

**Reading:**
Desiree’ Littlechild ~ BLUE
Ashlynn Cramer ~ BLUE

Wyatt Littlechild performs his Project Talk on “The Journey of An Egg” at Regional Club Days on March 27th @ Hill City High School.

Tillie Malinowsky performs her Illustrated Talk at Regional Club Days on March 27th @ Hill City High School.

**ATTENTION!**

Livestock Families

Please go to our Golden Prairie District Website:

**HTTP://WWW.GOLDENPRAIRIE.KSU.EDU**

- Click on 4-H Youth & Development
- Then click on livestock shows & Events
- Most of these events have flyers available right on our website!!!!

4-H/FFA Livestock Meeting
Monday May 18th @ 6:30 p.m.

4-H Council Meeting
Monday May 18th @ 7:15 p.m.
@ the 4-H Building

Trego County 4-H News & Events

Trego County Junior Swine Day
June 30, 2015

PQA Testing for ALL youth enrolled in the Swine project.

****Must have a current PQA Number to show @ the County Fair!!!!
Solutions to Hoarding

Hoarding is defined by the Mayo Clinic as the excessive collection of items, along with the inability to discard them. Hoarding creates cramped living conditions and homes filled to capacity. Many homes only have narrow pathways through the house that wind through stacks of clutter.

Hoarding can be and is a very real problem for many Americans. According to the International OCD Foundation, between 700,000 and 1.4 million people in the United States exhibit compulsive hoarding behavior.

So, what do you do if you or your loved one struggles with this condition?

Neighbors and family members can be part of the solution. According to the Mayo Clinic, hoarding can lead to isolation and loneliness, which in turn can lead to more hoarding. As with the saying “it takes a whole village to raise a child,” it takes a community to help a hoarder come forward and find the help necessary to overcome this problem. Hoarding problems will only continue to get worse unless there is an appropriate intervention. The worst thing to do is to go into the hoarder’s home and clean it up. The hoarder will just revert to old habits or even worse. Social supports need to be in place to help a hoarder deal with the problem.

If you identify someone who is a hoarder, be patient. This situation did not happen overnight. It takes time to learn new skills and strategies to cope with a hoarding disorder. Effective treatment of hoarding can take up to a year, not to mention the long-term support needed to keep a hoarder from falling back into old habits.

Living with or working with someone who is chronically disorganized can be a challenge. First and foremost, keep lines of communication open. If you get angry with a hoarder, be direct and emphasize he or she is more important to you than the clutter.

Coaching is an important skill to have when dealing with people who hoard. Often family members do not make good coaches. Here are some coaching skills to consider:

- Listen without making a judgment.
- Treat people who hoard as you would like to be treated, with respect and dignity.
- Focus on the person’s good qualities, not the mess. Find ways to draw out his or her best assets and not focus on faults.
- Recognize small steps of progress in eliminating clutter.
- Remember that good coaches help shape the decision so it’s easier to make; they do not make the decision for the person.

It may be hard to reserve judgment, but seek to understand first. When listening to the description of the problem by someone who is hoarding, carefully reflect on what is said. Then, look around the community for local groups or agencies to help support and address the person’s problem.

Everyone who hoards wants to feel accepted by family and others in the community. There is an increasing stigma on people who hoard. Communities and family members need to work together to create support systems for these individuals.

Since little is known about what causes hoarding, no one knows how to prevent it. According to the Mayo Clinic, you should seek help from a doctor if clutter and difficulty in discarding things is a problem. This condition usually surfaces in the teenage years. As an affected person grows older, he or she typically starts to acquire things for which there is no need or space. By middle-age, when the condition is usually diagnosed, symptoms are often severe and difficult to treat.

If you or a loved one has symptoms of hoarding, talk with a doctor or mental health provider.

It may be difficult to do, but contacting local authorities — such as police, fire, public health, or animal welfare agencies — may be the best choice, especially when health or safety is at risk.
Probiotics and You

It may be something you have heard a lot or a little about: probiotics and your health. Probiotics are live bacteria and yeasts that are good for your health, especially your digestive system. We usually think of bacteria as something that causes diseases, but your body is full of bacteria, both good and bad. Probiotics are often called “good” or “helpful” bacteria because they keep your digestive system healthy.

Your digestive system is home to trillions of friendly microbes, which are primarily bacteria, but also include some types of yeasts, which also support immune health. You acquire these probiotics naturally, at birth, but many factors can affect the composition and number of your gut microbes over time, such as diet, antibiotic use, and stress. Consequently, many of us may need a little extra dose of them to keep our bodies healthy.

In the past decade, research on probiotics has skyrocketed. Growing evidence suggests probiotics may one day help treat chronic diseases, such as obesity, heart disease and osteoporosis. There are a lot of different opinions about how probiotics can help your immune system, but there is much research pointing to the fact that your immune system is largely dependent on the flora that is contained in your digestive system.

According to the Harvard Medical School, evidence has been found that certain bacteria in the gut influence the development of aspects of the immune system, such as correcting deficiencies and increasing the number of certain T cells. So clearly, taking a probiotic is beneficial to your health, but how do you know what are the best ones to use?

Lactobacillus: this may be the most common probiotic. It’s the one you’ll find in yogurt and other fermented foods. Different strains help with diarrhea and may help people who can’t digest lactose, the sugar found in milk.

Bifidobacterium: can be found in some dairy products. May help ease the symptoms of irritable bowel syndrome.

Probiotics help move food through your gut. Researchers are still trying to figure out which are best for certain health problems. Some common conditions they treat are:

- Irritable bowel syndrome
- Inflammatory bowel disease
- Infectious diarrhea (caused by viruses, bacteria, or parasites)
- Antibiotic-related diarrhea

There is also some research to show they ease symptoms of non-stomach-related problems. For example, some people say that have helped with:

- Skin conditions like eczema
- Urinary and vaginal health
- Preventing allergies and colds
- Oral health

Selecting clinically-tested probiotics can help you gain specific benefits, such as gut support or teeth and gum health. Some even are good for irritable bowel symptoms in children and adults, while others may be helpful when taking oral antibiotics. Reading the label is the first step to helping you decide.

The number of probiotics in a supplement as colony-forming units (CFUs) and indicates the minimum number of live organisms at the expiration date. It’s generally advised to select probiotics with at least 1 billion CFUs per dose.

Always before starting any type of supplement, consult your health care provider to see if a probiotic is right for you and would help you out in your particular health situation. Follow package instructions for the best way to store and take the probiotic: many require refrigeration. Take regularly, supplemented probiotics generally do not survive in the gut more than a week or two. Separate by at least two hours if also taking antibiotics to avoid destroying the probiotic effect. Consume probiotics, which are fibers that nourish beneficial microbes. Prebiotic sources include plant-based foods such as asparagus, onions and whole grains. Some probiotic supplements have added prebiotics such as inulin.

Natural sources of probiotics include yogurt and other dairy products; however, you may be seeing probiotics added to drinks, cereals, energy bars and other foods. Ingredients touted as probiotics, which claim to free the good bacteria, are also cropping up in commercially marketed foods. Unfortunately, the direct connection between taking these products and improving immune function has not yet been made.

Probiotics can help you; just keep in mind the more natural the form, the more potent the dose. As with any supplement, probiotics are thought to be safe. Mild side effects might include upset stomach, gas, diarrhea and bloating for the first couple of days after you start them. They may also trigger allergic reactions; remember to always consult your health care provider before taking any supplement.
Ten Rules for Planting Trees

If you are thinking about landscaping your yard this spring and that includes planting trees, here are some rules for planting that if following correctly can help extend the life of your new tree and insure its survival.

1. Select the right tree for the site: In my opinion this is the most important rule. To avoid serious problems, choose trees that are adapted to your location. Consider whether the tree produces nuisance fruit or if there are disease-resistant varieties available. For example, there are a number of crabapple varieties that are resistant to apple scab and rust diseases. Also consider the mature size of a tree to be sure you have enough room. See http://www.hfrr.ksu.edu/p.aspx?tabid=731 or contact the extension office as we have lists of trees that are recommended for the area as well as provide assistance in decision making.

2. Keep the tree well watered and in a shady location until planting: When you move the tree, lift it by the root ball or pot and not by the trunk.

3. Before planting, remove all wires, labels, cords or anything else tied to the plant: If these are left on, they may eventually girdle the branch to which they are attached. The root flare (point where trunk and roots meet) should be visible. If it isn’t, remove enough soil or media so that it is visible. Refer to the image below to find the root flare.

4. Dig a proper hole: Make the hole deep enough so that the tree sits slightly above nursery level. Plant the tree on solid ground, not fill dirt. In other words, don’t dig the hole too deep and then add soil back to the hole before placing the tree. The width of the planting hole is very important. It should be three times the width of the root ball. Loosen the soil outside the hole to five times the diameter of the root ball and it will allow the tree to spread its roots faster.

5. Remove all containers from the root ball: Cut away plastic and peat pots; roll burlap and wire baskets back into the hole, cutting as much of the excess away as possible. If you can remove the wire basket without disturbing the root ball, do it. If roots have been circling around in the container, cut them and spread them out so they do not continue growing in a circle inside the hole and become girdling roots later in the life of the tree.

6. Backfill the hole with the same soil that was removed: Amendments such as peat moss likely do more harm than good. Make sure the soil that goes back is loosened - no clods or clumps. Add water as you fill to insure good root to soil contact and prevent air pockets. There is no need to fertilize at planting. Note: Adding organic matter to a larger area than just the planting hole can be beneficial, but it must be mixed in thoroughly with the existing soil. However, adding amendments to just the planting hole in heavy soil creates a “pot” effect that can fill with water and drown your new tree.

7. Don’t cut back the branches of a tree after planting except those that are rubbing or damaged: The leaf buds release a hormone that encourages root growth. If the tree is cut back, the reduced number of leaf buds results in less hormone released and therefore fewer roots being formed.

8. Water the tree thoroughly and then once a week for the first season if there is insufficient rainfall.

9. Mulch around the tree: Mulch should be 2 to 4 inches deep and cover an area two the three times the diameter of the root ball. Mulching reduces competition from other plants, conserves moisture and keeps soil temperature closer to what the plants' roots prefer.

10. Stake only when necessary: Trees will establish more quickly and grow faster if they are not staked. However, larger trees or those in windy locations may need to be staked the first year. Movement is necessary for the trunk to become strong. Staking should be designed to limit movement of the root ball rather than immobilize the trunk.

Please call the Oakley Extension Office if you are in interested in more information on planting trees.
Howdy cow folks, cow pokes, and friends! It sure is good to be home from South Africa, and what an amazing trip it was! The livestock industry is alive and well in South Africa and there are parts where they might be a little ahead of us in the game of agriculture. It is a beautiful country and it made me stop and reflect: what do people involved in agriculture think of American agriculture when they visit and study in the United States of America? What is their perception of a 1500 lb. commercial Angus cow grazing milo stalks or a 1100 lb. commercial Hereford cow that makes her living on the range front of the New Mexico Rocky Mountains? We all know that maternal cow weight is directly proportional to fed weight of their offspring coming out of our feed yards. One of our stops was at Karan Beef Feedlot in Heidelberg. This lot has a current capacity of 120,000 head and they are expanding to 140,000 head. They feed with Roto-Mix Commercial Feed Mixer Wagons pulled by New Holland front wheel assist tractors. They process cattle with WW Equipment designed chutes and alleys and they are currently building a new process center for the expansion which will use the Daniels System. Not much variance than the good ol’ USA correct? Wrong. There are no horses or pen riders; 785 current employees and all male beef fed are intact. Yes, that is not a typo, 785 employees and there are no steers there. The outside cattle handling people, pen walkers, cattle pushers down alleys, etc. only do one job and then sit on the fence. There is limited multi-tasking or the requirement of doing multiple tasks. Now folks they are making less than $2.00 a day. The cattle that are feed are predominately Bos Indicus type with very little Bos Taurus influence. Those cattle are raised on grazing conditions similar to here and then kicked over to maize (corn) concentrate diet when on feed in the feedlot.

Speaking of grass and grazing, that brings up my next point which is that I’m still nervous about our pastures. You probably received some precipitation last week or so by the time this article comes out. As it warms up, grass will start turning green and growing. So the question is, are we back to normal from the drought years? I’m not sure. Recent rains certainly were welcome. Nearly everyone now should have enough moisture for pastures to green up and begin growing as temperatures increase. Don’t be fooled however. Very few areas have completely refilled their soil profile with moisture. Even if you do receive average moisture during the next few months, pasture and hay production still could be less than normal. Most years we begin the growing season with quite a bit of moisture stored in the soil profile from moisture that accumulated during the previous fall and winter. That did not happen this year so you probably need several inches of rain just to get back to where your soil moisture level normally begins. You also might have a problem with the health and vigor of your pasture and rangeland plants. The plants in many pastures and rangelands last year experienced quite a bit of stress – stress due to dry weather, hot temperatures, and in many cases, over use. These plants will not be as thrifty this spring: some may have even died. These plants likely will grow more slowly this spring and have difficulty regrowing as rapidly as we would like after grazing. As a result of this, yields of grass tonnage or carrying capacity could be lower than average.

What this all means is that you still need to manage your pastures for drought conditions. Graze and stalk pastures conservatively. Don’t. I said Do Not graze too early or too short. You will be damaging your pastures. It could take a full year or more of average precipitation to recover from the last few years’ stresses.

Like always……..Go K-State Wildcats and it is GREAT to be an American in the cattle business in the Golden Prairie Extension District! It is good to be HOME.
Are you interested in food preservation?

Do you need to brush up on current food preservation methods?

Come join us for hands-on workshops to learn about pressure canning, water bath canning, dehydration and freezing your food harvest!

**MAY 19TH**
**RAWLINS CO. 4-H BUILDING**
9 AM - 4 PM
REGISTRATION FEE TO COVER COSTS & LUNCH
$25

For more information or to register contact:

JoEllyn Argabright,
Rawlins County Extension Agent
785-626-3192

Or

Diann Gerstner,
Thomas County Extension Agent
785-460-4582

**INSTRUCTOR: KAREN BLAKESLEE, M.S.**
RAPID RESPONSE CENTER COORDINATOR
K-STATE RESEARCH AND EXTENSION

Registration deadline Friday, May 15

Kansas State University Agriculture Experiment Station and Cooperative Extension Service, K-State Research and Extension is an equal
Food Judges Training
May 20th, 6-9 p.m.
Thomas County 4-H Building - Colby

Are you interested in helping educate 4-H youth through judging foods and/or food preservation at the fair?
This training is for you!
Whether you are new or a returning judge, come learn about judging a variety of foods.

Instructor: Karen Blakeslee, M.S.
Rapid Response Center Coordinator

For more information or to register, contact:

Diann Gerstner,
Thomas County Extension Agent
785-460-4582

Or

JoEllyn Argabright,
Rawlins County Extension Agent
785-626-3192

Registration deadline Friday, May 15

Kansas State University Agriculture Experiment Station and Cooperative Extension Service, K-State Research and Extension is an equal opportunity provider and employer, John D. Floros, Director
May, 2015

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