

Sunflower Extension District #6



October 2024

Online! Newsletter

www.sunflower.ksu.edu

Sunflower Extension District

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Go to www.sunflower.ksu.edu for more details on these programs.

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Sunflower Extension District Appreciation Awards

This award by the Extension Council is to give thanks to someone that contributes to the mission of extension.



Norm Pilger Wallace County.
Long time 4-H Supporter and
a great fair time volunteer



Terri and Terry Richardson
Sherman County. 4-H
supporter, Project Leader,
Livestock Sale Auctioneer,
Website Design



Kelley Milliken Cheyenne County.
4-H Club Leader, Volunteer and
4-H Alumni



New Corn Disease - Corn Stunt - is being found in Kansas

Corn stunt disease and its associated vector, the corn leafhopper (*Dalbulus maidis*), have been recently confirmed in Kansas. To our knowledge, this is the first detection of the disease in Kansas, and it came shortly after the disease was first reported in Oklahoma and Missouri. Efforts are continuing to sample for the disease and the insect vector this fall and next spring. Corn stunt disease and associated symptoms have been confirmed in Sedgewick, Pratt, Stafford, and Edwards Counties in field corn and Riley County in sweet corn (Figure 1). Recent scouting efforts across Kansas confirm active leaf hoppers in many additional counties in Central and Southwest Kansas. Disease incidence was low overall, and most corn is reaching later stages of maturity.



Figure 1. Corn stunt disease distribution in Kansas in 2024 as of August 29, 2024. Testing is continuing on late corn samples to update the map. Yellow represents counties from which laboratory testing confirmed positive samples and may not reflect complete distribution.

Symptoms of the disease may include shortened internodes, which can result in a stunted stature of the corn plant, as well as leaves with red or purple discoloration (Figure 2). Because other biotic and abiotic factors can cause red or purple discoloration in corn, laboratory testing is important to diagnose corn stunt disease and distinguish it from other stressors.

In the past, corn stunt disease has been limited in distribution to southern Texas, Florida, and California in the United States. Corn stunt is caused by a wall-less bacterial pathogen called **corn stunt spiroplasma** (CSS, *Spiroplasma kunkelii*). The corn leafhopper can also transmit additional pathogens, either singly or in combination with the corn stunt spiroplasma. To date, only corn stunt spiroplasma has been detected in Kansas. Additional research is needed to determine the presence of other pathogens vectored by the corn leafhopper in Kansas.

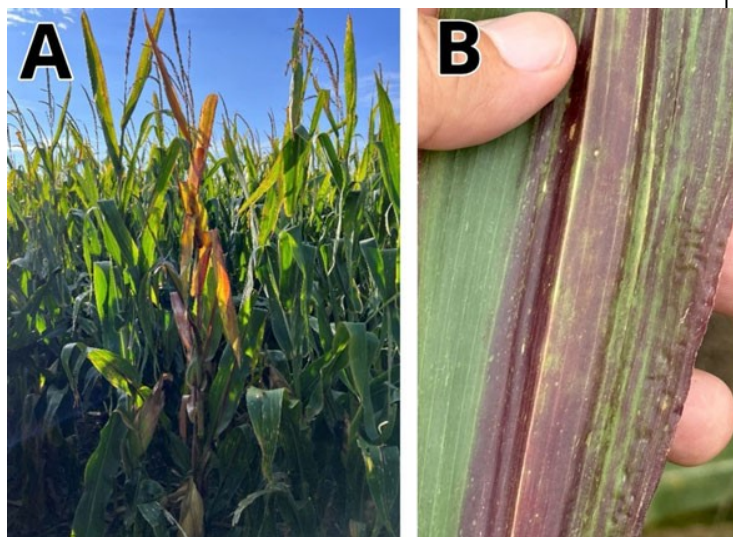


Figure 2. Symptomatic corn plant and a close-up of a leaf showing red discoloration and streaking. Photo from Rodrigo Onofre, K-State Research and Extension.

This disease is spread only by the corn leafhopper (*Dalbulus maidis*) (Figure 3), which was also just confirmed in Kansas. The corn leafhopper acquires pathogens within minutes of feeding on infected corn plants, but it can take up to 30 days for the leafhopper to infect healthy corn plants during feeding events.

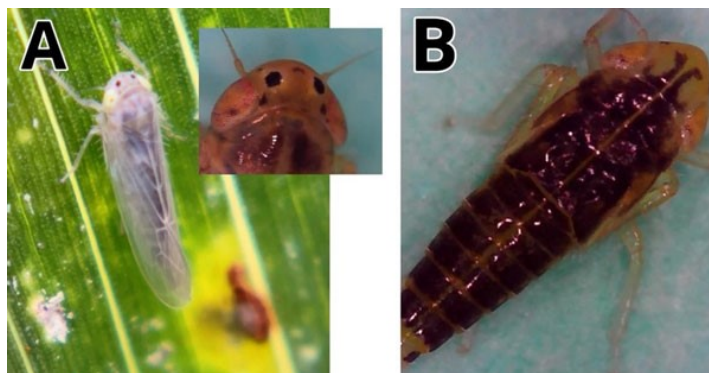


Figure 3. Images of a corn leafhopper A) adult on a corn leaf and magnified view of the two, black spots between the eyes; and B) nymph showing dark brown coloration and developing wing pads. Photo from Brian McCornack, K-State Research and Extension.

The corn leafhopper is relatively simple to identify under magnification. These leafhoppers are light tan to yellowish-white and approximately 1/8" long. Two distinct dark spots between the antennae and eyes are very characteristic of this species. Nymphs lack wings and can vary in color. Like most leafhoppers, all stages move quickly when disturbed and hide in shaded areas of corn plants. All stages can be sampled using a sweep net.



Meet the new Agriculture and Natural Resources Agent

Rheanna Melcher began serving as the Sunflower District agriculture and natural resources extension agent, effective Sept 16. Sunflower District has offices in Goodland, Sharon Springs, and St. Francis, Kansas. Melcher's primary office is in St. Francis.

Melcher earned her bachelor's degree in agricultural education and her master's in extension education from Colorado State University. She is originally from southeastern Colorado but moved here from Canyon, Texas. Melcher was raised on a small forage and diversified livestock operation where she was very involved in 4-H and FFA along with other clubs and organizations. In college, she continued to pursue competitiveness in livestock evaluation and her involvement in clubs and organizations such as the collegiate farm bureau and student government.



Before pursuing her master's degree she taught high school agriculture and served as an FFA advisor for eleven years. Melcher has held leadership positions at the local and state levels in agriculture organizations and served on livestock committees and fair boards at the county level.

Melcher is looking forward to connecting with everyone in the Sunflower district and is excited to be a resource and facilitate opportunities.

Agriculture and natural resources agents develop and deliver educational programming related, but not limited, to agronomic and livestock production; agricultural economics; management and public policy; horticultural production and management; natural resources conservation; and environmental stewardship.

More information about K-State Research and Extension Sunflower District is available online at sunflower.k-state.edu. Contact Rheanna Melcher at her office at (785) 332-3171, her cell phone at (720) 341-9557, or by email at: rmelcher@ksu.edu.





Looking Forward to A GREAT FALL!!!



Programs Coming this Fall

Matter of Balance Program

This program will be offered in Sharon Springs, at the Senior Center on Main Street. It will start on November 29 at 9:00 a.m. The program will be given by the County Health Nurse, Jean Sharp and Melinda Daily from the Sunflower Extension District. The program will be held on Tuesdays and Thursdays for 4 weeks.

The first step toward a healthier attitude toward falls and fear of falling is to understand one's own beliefs or biases.

During this class, participants learn to recognize their positive and negative beliefs about falls and how to shift from self-defeating and limiting thinking pattern to positive thinking patterns. This can lead to success in efforts to prevent falls & fear of falling.

This program is to help older adults to learn more about fall prevention strategies. Follow personal plan to carry out fall prevention strategies and make or maintain changes in their daily lives which help reduce fear of falling.

Food Safety Education

It is time to encourage and remind all consumers about safe food handling steps to prevent foodborne illness.

Although most healthy people will recover from a foodborne illness within a short period of time, some can develop chronic, severe, or even life-threatening health problems. In addition, some people are at a higher risk for developing foodborne illness, including pregnant women, young children, older adults, and people with weakened immune systems (such as transplant patients and individuals with HIV/AIDS, cancer, or diabetes). To keep your family safe from food poisoning, **follow these four simple steps: clean, separate, cook, and chill.**

STEP 1	STEP 2	STEP 3	STEP 4
CLEAN	SEPARATE	COOK	CHILL



This program will be held in Goodland at the First Baptist Church. Starting on Monday, November 18, from 5:30-7:30 P.M. (M.T.) There will be 4 sessions and the last session will be on December 9th. All classes will be held on Monday evenings.

Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start? The Dining with Diabetes program can help!

Designed especially for people with type 2 diabetes this program will help you learn the skills needed to promote good health.

Dining with Diabetes is taught by a trained caring educator. Program includes: ▪ Planning meals and snacks ▪ Cooking demonstrations ▪ Motivation and support ▪ Ideas for being more active. RECIPE DEMO & TASTING AT EACH CLASS.

Call Melinda Daily at 785-852-4285 or email her at mdaily@ksu.edu. Program fee is \$30.00.



Celebrating 22 years of Harvest of Holidays Programs

Every year I try to come up with a topic that will interest you to join us, have some fun, and learn something as well.

This year I would like to give you a taste of Alaska. I am still working on the program but I want you to get it on your calendar. I am planning to bring back some of my gadgets that I used a few years ago to get you acquainted with how they work. I have had request from my district to do this program again, but it will be a little different.

November 19 in St. Francis at the School at 6:00 p.m.
November 26 in Goodland at the First Baptist Church at 6:00 p.m.

December 3 in Sharon Springs at the CAB at 6:00 p.m.
Come Join US!!!



Congratulations

to all of the District Youth that participated in the static events at the Kansas State Fair!

Sherman County

- Mason Berls** - Foods (Red), * Shooting Sports (Purple), * Wildlife (Blue)
- Matthew Berls** - Foods (Red), * Wildlife (Red), * Shooting Sports (Purple), * Illustrated Talk; SR Presentation (Blue)
- Clare Bentzinger** - Foods (Red)
- Halle Bhend** - Horticulture; garden (Purple, 6 Blues, Red)
- Gracelyn Coon** - Foods (Purple)
- Maggie Emig** - Foods (Blue)
- Elly Evert** - Foods (Blue), * Rocketry (Red)
- Krista Evert** - Foods (Purple)
- Waylon Heiter** - Photography (Purple)
- Weston Heiter** - STEM - Ag Mechanics; welding (Blue), * Photography (Blue), * Woodworking (White)
- Katelyn Hill** - Visual Arts art painting (purple)
- Liz Hill** - Fiber Arts; patchwork quilt (Purple)
- Kimberly Hollingshead** - Home Improvement (Red), * Photography (Blue)
- Brooklyn Kannady** - Food (Red)
- Peyton Kannady** - Geology (White)
- Gage Linin** - Food Basket (Blue)
- Ethan Lundquist** - Fiber Arts; knitting (Red)
- Rorie Martin** - Clothing (Blue, Red), * Foods (Blue), * Food Preservation (Blue, Purple), * Shopping in Style (Blue)
- Rylea Martin** - Clothing (Purple), * Foods (Purple, Purple), * Food Preservation (Red), * Shopping in Style (Purple)
- Josh McKenzie** - Shooting Sports (Red)
- Jordan Mills** - Woodworking (Red)
- Hayden Short** - Clothing (Purple), * Food Preservation (Blue, White), * Fashion Revue (Purple), Food (Blue)
- Haisley Short** - Fiber Arts; macramé (Blue), * Food Preservation (Red), * Fashion Revue (Purple)
- Hensley Short** - Clothing (Blue), * Fiber Arts; quilted article (Red), * Food Preservation
- Coletín Schritter** - Visual Arts; general craft (Red)
- Madalyn Spellmeier** - Foods (Purple)
- Ben Thomas** - Stem; small engines (Blue)
- Hayden Warnke** - Visual Arts; 3 dimensional craft (Blue)
- Kaisley WasseMiller** - Food (Red), * Food Preservation
- Ella Wolf** - Photography (Purple, Purple)

Wallace County

- Jaelyn Daily** - Foods (Purple), Visual Arts (Purple), Photography (Blue)
- Lincoln Stramel** - Foods (Purple)
- Kasen Stramel** - Foods (Purple), Photography (Blue), Shopping In Style (Purple), Fashion Revue (Red)
- Blaise Fischer** - Photography (Purple), Foods (Blue)
- Payton Riedel** - Visual Arts (Blue)
- Myriah McQuillan** - Foods (Red), Photography (Blue)

Cheyenne County

- Audree Schlepp** - Photography (Blue)
- Ellie Schlepp** - Photography (Blue)
- Ellie Shay** - Photography (Blue), Fiber Arts (Red), Foods (Red)
- Julie Wilson** - Photography (Purple)
- Ronan Shay** - Photography (Purple)
- Ryder Shay** - Photography (Purple)
- Rhett Shay** - Photography (Purple)
- Landyn Wilson** - Foods (Blue)
- Coltynn Ludowese** - Foods (Red)





OCTOBER 1st OPEN ENROLLMENT BEGINS!

<https://v2.4honline.com/#/user/sign-in>

Sherman County 4-H Clubs

Country Clovers

Leaders:
Penny Nemechek
Mandi Martin
Katie Short

Prairie Dale

Leaders:
Amanda Schilling
Kelsey Stephens
Bryn Mosbarger

Ruleton Eager Beavers

Leader:
Heather Evert

Sunflower

Leaders:
Peggy Berls
Julie Quain

Wallace County 4-H Clubs

Harrison Endeavors

Leader:
Becky Vandike

Weskan Windmills

Leaders:
Heavenly McQuillan
Stacy Riedel

Ladder Creek

Leaders:
Lynn Perry
Lindsay Hartman

Smoky Valley

Leader:
Peggy Fischer

NATIONAL 4-H WEEK



4-H PROUD, 4-H GROWN!

OCTOBER 6-12, 2024

- | | |
|-----------|-------------------------|
| Sunday | Selfie Sunday |
| Monday | Monday Motivation |
| Tuesday | Tuesday Trivia |
| Wednesday | 4-H Spirit Day! |
| Thursday | Throwback Thursday |
| Friday | Friday Night Lights |
| Saturday | Saturday Service- #484H |

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Cheyenne County 4-H Clubs

Go-Getters

Leader:
Heidi Ketzner

Lawn Ridge

Leaders:
Crystal Ludowese
Matt Wilson

Pleasant Hill

Leaders:
Kelley Milliken
Erika Zimbelman

Plum Creek

Leader:
Sharissa Andrist



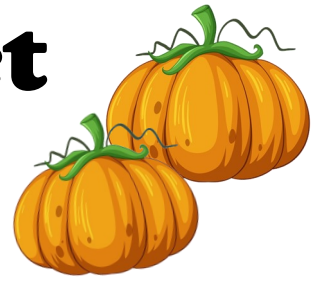
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<http://www.facebook.com/sunflowerwallace>
<https://www.facebook.com/sunflowerextensiondistrictshermancounty4h/>

New 4-H policy Guide: <https://www.kansas4-h.org/resources/policy-guide/Kansas%204-H%20Policy%20Handbook%202023.pdf>



Sunflower District October 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. 4-H Enrollment Begins https://v2.4honline.com/#/user/sign-in 	2.	3.	4.	5.
6.	7.	8.	9.	10.	11.	12. State Shotgun Contest
13.	14. Extension Office Closed 	15.	16.	17. SH—Record Books Due to the Office WA—Record Books Due to the Office	18.	19. Sunflower Extension / 4-H Shooting Sports Training Goodland October 19 & 20
20. Sunflower Extension / 4-H Shooting Sports Training Goodland October 19 & 20	21. CN—Record Books Due to the Office	22.	23.	24.	25.	26. Cheyenne County Day Camp 8: 45 AM - 1:15 PM CT
27.	28.	29.	30.	31. Halloween 		



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Wendy Benisch

Office Professional
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St. Francis Office

Rheanna Melcher

Ag & Natural Resources Agent
rmelcher@ksu.edu

Linda Elfers

Agent Assistant
lelfers@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.