

# K-STATE

Research and Extension

## Sunflower Extension District #6

### December 2024

Go to [www.sunflower.ksu.edu](http://www.sunflower.ksu.edu) for more details on these programs.

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Everyday Mindfulness, What Makes You Joyful?.....Family & Consumer page



December 2024

Online! Newsletter

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

#### Sunflower Extension District

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**K-STATE**  
Research and Extension

**N**  
NEBRASKA EXTENSION

**P**  
PURDUE UNIVERSITY  
Extension

**LEAVING A LASTING LEGACY FOR FARMERS**

A Succession Planning Series

In-Person Sites Across 3 States

5-8 p.m. CT (4-7 p.m. MT)

2025

<b>1.21.25</b>	<b>1.28.25</b>	<b>2.4.25</b>	<b>2.11.25</b>
MOTIVATION FOR SUCCESSION PLANNING	COMMUNICATING ABOUT ESTATE & TRANSITION PLANNING	FINANCIAL ASPECTS OF ESTATE & TRANSFER PLANS	LEGAL: PUTTING YOUR PLAN IN PLACE

**Goodland Sherman Co 4-H Building on the Fairgrounds**

[agmanager.info/events](http://agmanager.info/events)

This material is based upon work supported by USDA/NIFA under Award Number 2023-70027-40444.

USDA National Institute of Food and Agriculture U.S. DEPARTMENT OF AGRICULTURE

NORTH CENTRAL EXTENSION RISK MANAGEMENT EDUCATION

**\*\*Goodland Site is only a charge of \$10 per person for the series and payable on the first night of the class at the door\*\***



## Soil Compaction in Fields

Soil Compaction is a problem that can persist for years. While we didn't have much moisture during harvest, we did have some at the tail end of harvest and when we were trying to do the 'after harvest' items in fields. Compaction can reduce plant growth, reduce root penetration, restrict water and air movement in the soil, result in nutrient stresses, and cause slow seedling emergence. Ultimately, compaction can reduce yields.

The amount of soil water is the critical factor in soil compaction potential. A dry soil, which has friction between soil particles, is not easily compacted. Water acts as lubricant between particles, making the soil easier to compact.

However, as soil water content increases, a point is reached where most pore spaces in the soil are filled with water, not air. Water can't be compressed, so water between the soil particles carries some of the load of the soil, resisting compaction. Therefore a very wet soil will not compact as much as a moderately moist soil.

There are two forms of vehicle-induced soil compaction, shallow and deep. *Shallow compaction* is defined as any compaction occurring within the normal tillage zone. For some, this may be 5 inches and for others it may be 8 inches. Shallow compaction is related to the pressure applied to the surface of the soil. *Deep compaction* is defined as compaction that occurs below the normal tillage zone. It is caused by weight or force applied to the soil, and is mostly affected by the maximum axle weight.

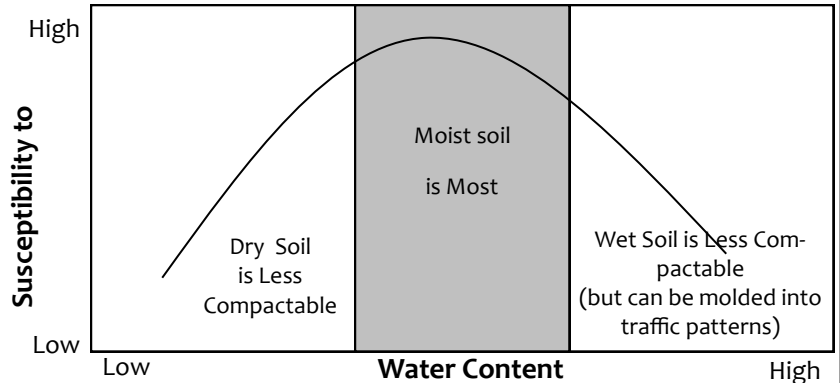
According to K-State Soil Management Specialist DeAnn Presley, harvest usually leads to deep compaction related to axle load. This is compaction not reduced by distributing weight across more/larger tires, and is usually too deep to remove with tillage. She notes research showing that axle loads greater than 10 tons per axle can be very destructive. A recent research report from Pennsylvania State University stated that annual compaction from a 10-ton axle load reduced corn yield by 17% in 3 out of 4 years on a silt loam soil.

In addition, these effects may not be seen right away. The first time we get a dry spell, we could see reduced crop root growth and increased stress. Signs of compaction may include:

- **Visible wheel track patterns in a growing crop.**
- **Malformed roots.** Roots encountering a compacted zone may be enlarged and stubby, twisted or thin and flattened. Also, shallow roots growing horizontally rather than vertical indicate compaction.
- **Standing water.** Standing water could be the result of a compacted layer restricting water infiltration.
- **Increased power requirements for field operation.** Compaction increases soil strength, making it harder to pull tillage implements.
- **Stunted plant growth.** If compaction is limiting root growth, plant water and nutrient uptake can be severely affected. This often shows up as discolored leaves and premature drought stress.
- **Reduced yields.** The ultimate symptom is reduced yields. Research in Indiana on a silt loam soil showed a 110-bu corn yield reduction on a severely compacted soil compared to an uncompacted soil. Four years later, the compacted soil was still producing 25 bu less than uncompacted soil.

The best cure for compacted soils is to avoid it. However, if compaction is already present in the field, tillage to alleviate the compaction should be done when the soil is dry. If the soil is too wet, more compaction could be created. For best results, the soil has to be dry enough to easily shatter. Deep compaction can be removed by subsoiling. However this is an energy intensive, expensive operation.

**The best solution:** As best you can, limit traffic when fields are wet and confine traffic to end rows. The first pass of a wheel causes 70 to 90% of total compaction, so prevent unneeded traffic routes as much as possible.




**How much weight is going across your field?**

17 tons/axle -  
1000 bushel grain cart

20+ tons/axle -  
12-row combine full of corn

**Testing for Compaction**

To test for vehicle-induced compaction, start by digging into a wheel track, then into an adjacent area. Any differences in hardness may indicate compaction. It may be best to make the comparison dig from a section of the field where traffic is limited.





Dear community members of Cheyenne, Sherman and Wallace Counties,

They say time flies when you are having fun, my goodness, that has certainly been the case for me. I can't believe we are almost at the end of 2024! In this season of giving thanks, I want to thank you all for the opportunity to continue to get to know you and the agriculture in our counties. I look forward to continuing to be a resource and provide opportunities for our district in 2025.

Please do not hesitate to give me a call at the office or my cell phone if you have any questions or need anything. I hope you all have a wonderful holiday season, spend time with your family and are blessed by the moisture we have received.

Take care,

*Rheanna Melcher*

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## Wrap Trees to Prevent Sunscald and Frost Cracking

Sunscald affects young trees with thin, smooth bark. It is most common in late winter on the southwest side of the trunk. Exposure to sunlight and warm temperatures during the day heats up the tissues causing them to lose their dormancy. After sunset, when the temperature drops, these cells freeze and die. The result is large, irregular wounded sections of the bark on this side of the trunk. Frost cracks are long splits in the trunk or stems. They are caused by old wounds and drastic changes in temperature heating and cooling the outer and inner layers of bark at different rates. Tree wraps can be used during the winter to protect young trees from weather-related injury. Wraps can be purchased for this purpose and should be light-colored with some elasticity. The trunk should be wrapped starting at the base of the tree upward and stopping just below the lowest branches. This is only seasonal protection for trees during their first few years of establishment. Remove the wrap in the spring and never staple the wrap onto the trunk.

By: Cynthia Domenghini, K-State Horticulture Extension Specialist

## USDA Traceability Rule Takes Effect in November

The 2024 USDA traceability rule requiring electronic identification (EID) for certain classes of cattle to be moved across state lines went into effect November 5. The rule applies to sexually intact cattle 18 months of age or older, all female dairy cattle, male dairy cattle born after March 11, 2013, and all rodeo or exhibition cattle. This rule amends a 2013 rule that required only visual ID tags for these same classes of cattle to move interstate.

Currently, the only EID technology approved for USDA is an 840 tag. These tags are only encoded with a 15-digit animal identification number. They do not record or transmit owner-specific information, nor do the tags collect constant location data while cattle graze on the ranch. Producers can purchase 840 tags directly from any tag distributor or contact their veterinarian, as those accredited in Kansas may be able to obtain free 840 tags and applicators from the Kansas Department of Agriculture. For more information on securing tags, go to <https://bit.ly/KDATraceability>.

Cattle that fall under the 2024 rule, but already are tagged with a metal tag or plastic, non-RFID official identification tag prior to November 5 will be grandfathered in. That tag will be considered acceptable for interstate movement for the duration of the life of that animal. Additionally, the 2024 rule does not apply to cattle of any age moving interstate to go directly to processing.

For more information on the 2024 cattle traceability rule, go to [www.kla.org](http://www.kla.org) and click on Resources. A document for producers containing frequently asked questions, along with links to additional information, can be found under the Animal Disease Traceability section.

By: Kansas Stockman publication



# Tis the Season to be Joyful!!



## *Everyday Mindfulness*

Living in the present moment/awareness of the present moment—paying close attention to thoughts, physical sensations, and our surroundings. What else could be more important?

Christmas time is a time for all of that. Family and friends and others in your community. So take the opportunity to help others during the season.

Every day you encounter people who are not like you. Humans tend to impose judgments as they look for conformity, and when they see difference, they may opt for negative judgment. What does that do to you? Negative judgment prohibits you from connecting to those who are different. Why do people judge difference? Many may draw from learned experiences or those spheres of influence during each stage of their lives. These spheres of influence shape your outlook on life, how you view situations, and how you see one another in work and social settings. How do you address the urge to judge in the face of difference? Look for common ground with the person or the situation. Draw mindful comparisons. It becomes counterproductive to judge negatively. Find a way to identify with the person or situation. Be present in the moment with that person or situation.

Mindfulness helps to improve work-life balance. When we look at the dominant cultural patterns of the United States, we find that we value dominating nature, being goal-bound, controlling the future, being involved in constant activity and action with no time to “sit and talk,” being autonomous, and being individualists. With that as a dominant cultural pattern, when do we have time to be mindful?

## *What Makes You Joyful?*

Christmas can be a joyful time but it can also be very stressful for others. This year try to go for those joyful times instead of stressful times. And how can you do that?

When planning your Christmas get together with family or friends, try to make it less stressful in different ways.

- Try getting your shopping done early.
- Cooking recipes ahead of time, putting in the freezer if possible.
- Set realistic expectations: Remember that the holiday season may be different this year, and you can choose to be pleasantly surprised.
- Practice self-care: Make sure to get enough sleep, eat healthy foods, and move your body.
- Take time for yourself: Don't overschedule yourself, and make time for things that make you feel good.
- Again, practice mindfulness: Try meditation, deep breathing, or grounding exercises.

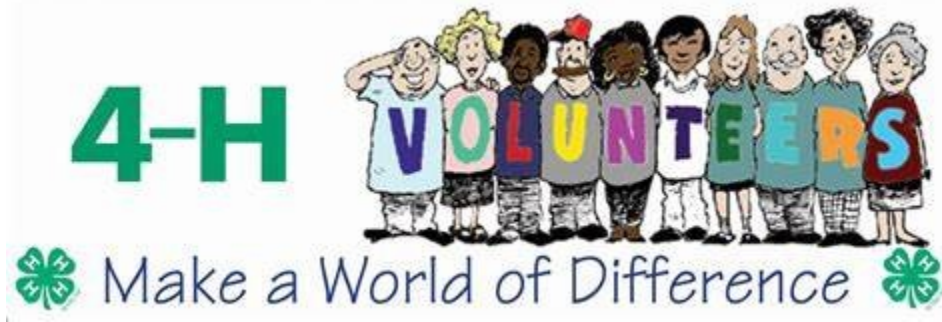
Have some fun! In December I will be presenting my “**Harvest of Holidays**” programs in all three counties in the Sunflower District. Come and join us! We always have a good time and you might even learn some new ideas that would be perfect for your holiday season.

Give us a call if you are interested in the program!!

I will also be giving a program in each county the first part of January on “Cooking for One or Two”.



**Watch for the flyer to come out!**



**Please consider completing the K-State 4-H Volunteer Approval Process!**

If there is a possibility you will ever drive, practice, meet with kids who are not your own, it's in your best interest to be an approved 4-H volunteer from a liability perspective.

To be an approved volunteer, you will add yourself as a family member in 4-H Online.

- 1) Enroll in 4-H Online as a Member and choose leader
- 2) Go into Trainings to find the online Volunteer Orientation to complete (it doesn't take very long and only has to be done once!)
- 3) You will receive a link from the Extension Office to complete a background check process. The Sunflower District pays the cost. (Occurs every 3 years.)

There are different levels of volunteering that you may select.

*You do not have to be a club or project leader.*

You may sign up as a program volunteer. This allows you to support any variety of activities and events at the club, county, or state level.

**Cheyenne County Club Leaders**

**Go-Getters**

Heidi Ketzner  
Karen Jensen

**Lawn Ridge**

Crystal Ludowese  
Matt Wilson

**Pleasant Hill**

Kelley Milliken  
Erika Zimbelman

**Plum Creek**

Sharissa Andrist  
Melissa Keller

For more information about the clubs & projects, call the Extension Office at 785-332-3171.

**Sherman County Club Leaders**

**Country Clovers**

Amanda Martin  
Katie Short

**Prairie Dale**

Kelsey Stephens  
Brynn Mosbarger

**Ruleton Eager Beavers**

Heather Evert

**Sunflower**

Peggy Berls  
Julie Quain

For more information about the clubs & projects, call the Extension Office at 785-890-4880.

**Wallace County Club Leaders**

**Ladder Creek**

Lynn Perry  
Lindsay Hartman

**Weskan Windmills**

Stacey Riedel  
Heavenly McQuillan

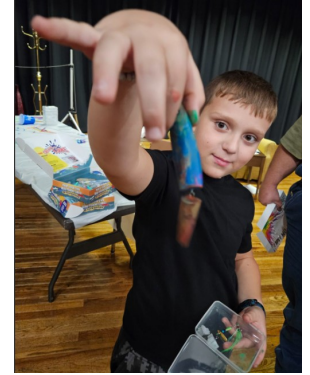
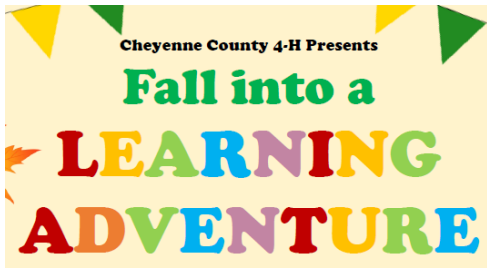
**Smoky Valley**

Peggy Fischer  
Jori Daily


**Harrison Endeavors**

Becky Vandike

For more information about the clubs & projects, call the Extension Office at 785-852-4285.



**Saturday, January 4, 2025, 4:00 PM**

**K-STATE** |   
 Research and Extension



**Kansas 4-H Day with K-State Women's Basketball**

**Opponent: Texas Tech Red Raiders**


**\$25: Ticket, Voucher (\$10 Concessions), & Shirt**  
**\$15: Ticket & Voucher (\$10 Concessions)**

**How to Get Tickets?**

- Register! Use the QR Code or the link below!
- Pick up ticket packages - Location TBA closer to event. (1/4/2024) 2:30pm - 3:30pm
- Doors open for the general public (1/04/2024, 3:00pm)
- Tip-off! (1/04/24, 4:00 pm)

**Online registration for this event will be due December 13, 2024. No paper registrations will be accepted. To register, go to:**  
<https://tinyurl.com/4HDaywiththeCats2025>



Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
 K-State Research and Extension is an equal opportunity provider and employer. Resource: <https://www.apa.org/topics/resilience>



<http://www.facebook.com/sunflowerextensiondistrictcheyennecounty4h>  
<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

## December 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1.</p> <p>4-H Re-Enrollment Deadline <a href="https://v2.4honline.com/#/user/sign-in">https://v2.4honline.com/#/user/sign-in</a></p> 	<p>2.</p> <p>SH-Dining with Diabetes 5:30 - 7:00 PM MT Goodland Baptist Church</p>	<p>3.</p>	<p>4.</p> <p>SH-Foods 3:30 - 5:00 PM MT</p>	<p>5.</p>	<p>6.</p>	<p>7.</p> <p>SH-Genesis Food Drive 8:30 AM MT Rockhouse 9:00 AM MT Drive Begins</p>
<p>8.</p>	<p>9.</p> <p>SH-Dining with Diabetes 5:30 - 7:00 PM MT Goodland Baptist Church</p>	<p>10.</p>	<p>11.</p>	<p>12.</p>	<p>13.</p>	<p>14.</p>
<p>15.</p>	<p>16.</p>	<p>17.</p>	<p>18.</p>	<p>19.</p>	<p>20.</p>	<p>21.</p>
<p>22.</p>	<p>23.</p>	<p>24.</p> <p>Extension closed</p> 	<p>25.</p> <p>Extension closed</p> 	<p>26.</p>	<p>27.</p>	<p>28.</p>
<p>29.</p>	<p>30.</p>	<p>31.</p>	<p>Jan. 1</p> <p>Extension closed</p> 			



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Goodland, KS 67735

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Manhattan, KS 66502



### **Sunflower Extension District #6 Offices**

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#### **Sharon Springs Office**

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**Wendy Benisch**

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#### **St. Francis Office**

**Rheanna Melcher**

Ag & Natural Resources Agent  
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**Linda Elfers**

Agent Assistant  
[lelfers@ksu.edu](mailto: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](mailto: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.