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## Marshall discusses trade and farm bill at Flint Hills Beef Fest

By Donna Sullivan,  
Editor

If there was one main message Rep. Roger Marshall wanted to convey as he spoke to producers at Beef Fest in Emporia, it was that the national news media is not painting an accurate picture of all that is happening in Washington.

"When I read the headlines, what I see happening in Washington is not what I see on the national news anymore," the First District Republican congressman said. Marshall said he always knew that the agriculture industry was dependent on how both the world and national economies were going. "So think about what's gone on in the national economy in the past six months," he said. "We've added over a million jobs to this economy, the stock market has grown \$3-4 trillion, improving most people's 401k and their retirement plans. We are at a 16-year low in unemployment nationally and at a 14-year high in consumer confidence. Our GDP grew three percent last year, after being under two percent for quite some time. So there is some great economic news sitting out there."

Marshall related that one of the biggest concerns he heard while out on the campaign trail was the issue of government over-regulation, which he asserts President Trump has effectively tackled.

"I hope you never hear the 'W' word, WOTUS, again in the rest of your professional lifetime," he said. "And I can't take credit for that. You can thank Donald Trump for that." In regards to the lesser prairie chicken, Marshall said that the house passed legislation that would make it next to impossible, as long as conservation plans are being followed, for it to be listed as threatened or endangered again. He said the House has passed over 290 pieces of

legislation, 42 of which the president has signed. "Those are record numbers since Harry Truman was in office," he said. "But if you would listen to the press, we're not doing anything."

Marshall touted the House repeal of Dodd-Frank, calling it the "biggest killer of our economy the government has ever done." He believes the reason most people don't know about the House demise of Dodd-Frank is because on the same day former FBI director James Comey was giving his testimony on Capitol Hill, an event that garnered the media's attention. "We've also repealed the Affordable Care Act, a trillion dollars worth of taxes," he continued. "We've repealed funding for Planned Parenthood. Now we need the Senate to do the same thing. The cost of health care is the number-one problem for small businesses, which you all belong to."

Marshall has held 39 town hall meetings and more than thirty round table listening sessions, and while he expected to come back and talk about the upcoming farm bill, trade is the topic that emerges front and center. "Trade is the issue that most of the people in this room are most concerned about," Marshall stated. "I got my marching orders, it's to open trade markets right now." He said he has met with three different groups from Mexico, six governors from Canada and representatives from Japan and Taiwan to discuss trade, and has traveled to Cuba and Israel. He will also soon be going to China to discuss opening markets. He has met with Secretary of Agriculture Sonny Perdue, who actually oversees trade negotiations, and U.S. Trade Representative Robert Lighthizer.

On the topic of NAFTA, Marshall believes both Perdue and Lighthizer clearly understand how important NAFTA has been to agriculture. He recounted the story of how, soon after Perdue was confirmed, President Trump sent out a Tweet saying that NAFTA wasn't quite as good as we think it is. Perdue quickly went to the White House with a map of the blue and red states and said, 'Mr. President, if you take down NAFTA, this is who you're going to hurt. These states that elected you are who it's going to hurt the most.' Marshall said the president made a 180-degree shift and has been quoted several times saying that we need to take care of the farmers. "The president can be educated and he does have a better understanding," Marshall said.

After the first round of NAFTA renegotiations got under way, Lighthizer stated



Rep. Roger Marshall discussed trade issues, health care and the farm bill at the Flint Hills Beef Fest, indicating there are more positive things coming out of Washington D.C. than the media portrays.

Photo by Donna Sullivan

that Trump will be a very strong negotiator, with the goal of free and fair trade at the forefront. "Right now, even though there's free trade between our countries, it's not necessarily fair," Marshall said. "President Trump is going to make sure that there's going to be fair trade as well as free trade and I think he's setting a tone across the world that he wants fair trade as well as free trade and he doesn't want countries manipulating currency and he wants to make sure both sides are paying attention to the agreement. You're going to see this president enforce trade agreements like nobody before him." Marshall says he is optimistic and points to Perdue's comments that above all, the renegotiations should 'do no harm.' "So I think the message that you've given me has been well-communicated to the people that are making these agreements." He said that NAFTA needs to be wrapped up so talks on bi-lateral agreements with Japan and China can begin. With no agreement, the tariff on American beef going into Japan has humped from 37.5% to 50%, while there is only an 18% tariff on Australian beef. "The vice president has that teed up for us, the president has it teed up for us, now we need the USTR to go in and knock it out of the park and get the Japanese tariff off American beef."

Marshall is encouraged that the NAFTA renegotiation process that he thought might take months or years could possibly be wrapped up in September. "So that should be music to your ears," he said. "I don't set the price, but what I can do is open up more markets for American Beef."

But I stand beside him on policy. I stand beside him on rolling back regulation in this government, I stand beside him on getting tax reform done. Trump is 100% for repealing the death tax. So there's lots of great news coming from the White House, but you're just not going to hear about it."

When Marshall's talk turned to the farm bill, he said he is making an effort not to pre-judge and keep an open mind about it, but acknowledged that the number one priority he's heard in all of the meetings across the state and around the nation is crop insurance, which he called the backbone of the farm bill. He said that as he's spent the last six months fighting to make sure agriculture is protected in the budget, his biggest concern is that there are enough funds appropriated to be able to do whatever they decide to do. As for the Title I programs, ARC and PLC, he foresees more of a tweaking approach that a sweeping overhaul.

He introduced his legislative director Dalton Henry, who meets regularly with the staff of House Ag Committee Chairman Mike Conaway and will soon embark on a 1300-mile road trip with about ten farm bill listening sessions. "We're much farther along in this process than what we probably have been twelve months out from farm bill expiration in the past," Henry pointed out. He believes the current state of the agriculture economy has created more of a sense of urgency to get the bill done in a timely manner. "Simpler is something we've heard time and time again, espe-

cially when you look at the Title I programs, ARC versus PLC," he said. "For the majority of folks, you can now look back and figure out whether you made the right decision or whether that was really a decision or a guess at the time." He believes there will be a strong impetus to simplify the programs from a budgeting standpoint as well. "When you think about the federal budget, one of the biggest pressures on the farm bill is how do you do that with the same or even a smaller budget than what you currently have. Anything that can simplify while at the same time delivering a better program is going to be pretty well welcomed."

Marshall said he is often asked what is the hope of America and the future. "I would say that for me the hope is my freshman class," he said, describing his 29 fellow new Republican representatives. There are eight with military experience, including two retired generals, a navy SEAL who lost his legs in service to the country, a retired sheriff, an FBI officer, a former CIA agent, bankers and insurance people. "There's not a professional politician in the freshman Republican class," he said. "Most all of us have signed a paycheck, we've purchased health insurance for employees, we've lived in this era of over-regulation, so we get it. Despite what the press is saying, I think there are greater days ahead of us, greater days for this country and I'm very proud to be part of it, and very proud to represent the largest ag-producing district in the country."

### Zimmerman selected as Kansas Agriculture and Rural Leadership, Inc. president



The board of directors for Kansas Agriculture and Rural Leadership, Inc. (KARL) announced that Jill Zimmerman has accepted the president position for the KARL Program.

"Jill's administrative and fundraising talents along with her passion for agriculture, passion for leadership, and love and respect for KARL bring her to the KARL Program," said board chairman Jerry McReynolds. "Jill's skillsets along with strong volunteer leaders are a winning combination for Kansas' agriculture and rural leadership development program."

"I am humbled and honored to be selected as the next president of KARL," Zimmerman said. "It will be exciting to work with the people of Kansas to continue to grow the KARL Program into the premier leadership organization that positively impacts agriculture and our rural communities."

Zimmerman is deeply rooted in Kansas agriculture, having grown up on a diversified farm, graduating from Kansas State University, participating in KARL Class V and working for both K-State Research and Extension and in the Kansas ethanol industry. She will begin her role with KARL on Oct. 1 and in the meantime, will work with interim president J.J. Jones, to ensure KARL's strong programming is maintained.

"We were fortunate to have a communication and management professional in J.J. as interim president," McReynolds said. "He has worked hard on the details of the KARL Program, and provided direction for Class XIV."

Class XIV was announced earlier this summer and begins its two-year experience this fall. Class members demonstrate the breadth and depth of Kansas agriculture and rural communities with their diverse backgrounds, experiences and careers. They will meet regularly across the state, travel to Washington, D.C. and conclude their seminar-series with an international study tour to Cuba in March 2019.

The KARL Program is a non-profit, educational organization dedicated to developing leaders for agriculture, business and rural communities. More information is online at [www.karlprogram.com](http://www.karlprogram.com).



## Let 'em know

By John Schlageck,  
Kansas Farm Bureau

Corn, bean and milo fields attract deer and other hooved animals like moths to a flame. Feedlots do the same, especially during winter with extended periods of cold weather, heavy snowfall or crusty snow cover.

That's when these creatures find natural sources of vegetation more difficult to acquire. Antelope, deer and elk are messy eaters too. They soil or destroy three to four times the forage they consume.

The answer most ag-related people consider begins with hunting. This is also one of the most effective damage-control techniques known to reduce deer damage.

Oftentimes, this remains easier said than done. It re-

quires foresight, planning, commitment and details on the part of everyone involved. And even then, it may not be enough.

What other recourse do farmers, ranchers and landowners have when dealing with such challenges?

This may entail seeking outside help. And in this case, that may mean contacting the Kansas Department of Wildlife, Parks and Tourism (KDWPT).

"We need to know if you're experiencing challenges with wildlife," says Robin Jennison KDWPT secretary. Jennison recently spoke to farmer/rancher members of Kansas Farm Bureau.

"Contact your local wildlife and parks official or call our Pratt or Topeka offices," Jennison continues. "We'll

send someone to work with you on the best way to solve your problem."

Kansas law provides landowners with rights to protect their property from damage by deer but KDWPT needs to know about the incident.

There tends to be plenty of talk in rural communities among farmers, ranchers, landowners, their neighbors and sometimes everyone but KDWPT staff, says Jeff Grossenbacher who farms in Nemaha County.

"Farmers and ranchers are good about discussing challenges and problems among themselves, but they don't always contact authorities that can help," the northeastern Kansas corn and bean farmer says. "Tell KDWPT your concerns if you have challenges with deer, antelope or elk."

With fall harvest swinging into high gear, this may be one of the easiest times for farmers to spot evidence of deer or antelope activity in their crops. Letting KDWPT know what is hap-

pening on cropland also helps them determine how many permits to allow hunters in the various hunting districts.

"Wildlife and Parks will not know if such damage occurs unless you tell them," Grossenbacher says. "If you have problems, let them know."

Sometimes, deer damage to private land occurs outside of the regular hunting season. When such incidents happen and the farmer or rancher is unable to keep the deer from causing substantial economic loss, this may justify a special control permit, Jennison says.

Landowners, farmers and rancher may secure such control permits from KDWPT to address localized hotspots of deer damage. These permits allow landowners to kill deer outside the normal deer hunting season.

Damage control permits can be issued on a site-by-site basis after an inspection of the damage by one of the department's district wildlife biologist. Each permit is issued for a specific number and type of deer.

For more information on antelope, deer or elk damage control permits contact your local district wildlife biologist or the Kansas Department of Wildlife, Parks and Tourism Operations Office at 620-672-5911 or <http://ksoutdoors.com/KDWPT-Info/KDWPT-Social-Media>

*John Schlageck is a leading commentator on agriculture and rural Kansas. Born and raised on a diversified farm in northwestern Kansas, his writing reflects a lifetime of experience, knowledge and passion.*

*There is only one way to avoid criticism: do nothing, say nothing, and be nothing.*  
—Aristotle



By Donna Sullivan

You don't have to watch the news for very long before getting a sinking feeling in the pit of your stomach, convinced that all of humanity is collectively depraved and we are doomed as a society. That's about the point I was getting to in the past few weeks. The ugliness in the national news seems to have reached a fever pitch and if you believed their storylines, there is no goodness to be found among mankind anywhere.

Thank goodness for my job, which allows me to switch off the television every morning, go to my office, then frequently get out and about among who I believe are some of the finest, most decent people you will ever find — Kansas farmers and ranchers.

A couple of weeks ago I covered three different events — the Flint Hills Beef Fest in Emporia, a field day at Kauffman Seeds near Hutchinson and the Governor's Ag Summit in Manhattan.

At the field day I heard speakers who are passionate about caring for the soil that the whole world depends on to produce food. Contrary to what many choose to believe, there's no more dedicated conservationist than the American farmer.

At Beef Fest and at the Ag Summit, I heard ranchers relive their experiences with the wildfires that ravaged their operations. In

both cases, as their voices trembled, they spoke of the outpouring of support and love they received in the face of tragedy.

Now it's Hurricane Harvey that has grabbed the attention of the nation. While there have been a few stories of looters, there have been many more stories of people sacrificing their own resources, and in some cases, well-being, to help the victims of this devastating storm.

These are the people that deserve attention — not the anarchists of the world who are intent on ripping apart the very fabric of our nation. If those masked marauders expended a little more energy building up rather than tearing down, they might find their outlook changing just a bit.

The media gets to choose what stories they tell and where they put their focus. But we get to choose what we listen to and watch. I, for one, intend to focus on the people in this world who are constantly striving to make it a better place, and you'll never convince me that they aren't the majority. I will not legitimize those that are bent on destruction with my time, energy or attention.

If that means turning off the television and finding my own news stories, that's just fine with me. I'd rather spend time with you anyway.



I must confess I had never really thought about hunger or food insecurity before. I have led a blessed and sheltered life and the thought very rarely ever crossed my mind. Sure, every once in a while, an ad featuring starving children in some far away Third World nation made me feel uneasy and most of the time I simply turned the channel and never entertained the idea of sending money to the address on the screen. Hunger was something in a far away land that did not touch me directly.

I managed to stay in my comfortable little world for forty-plus years, never really giving hunger much thought and certainly not entertaining the idea that it might be here close to home. That was, until this past year and really the past few months. My daughter is a senior this year and her high school requires each student to complete an exit project to graduate. Projects vary greatly but are required to be something outside that student's comfort zone. For a great deal of Tat's junior year our dinner table discussions centered on what she would do. One theme kept coming back to us. Tatum would say I don't know what I want to do with this project but I want to do something good that will make a difference.

About this same time, I had the opportunity to meet an incredible man named Rick McNary. Rick is one of the leading experts on food insecurity and a guru in the world of food packaging. In a few short months, I went from never having met Rick to crossing paths with him at about every function I attended. Through these interactions I learned about all the great things he was doing in the hunger space and I put Tatum in contact with him.

That was when Tatum decided she would do an event with area youth and package meals for those who are food insecure. Packaging food is the process where a group of people come together and measure out, seal and send ready-to-prepare meals to food banks or overseas. Often these events feature assembly line type organization and many meals are packaged in a short amount of time. I had heard about these events but had never been a part of one, until last week.

Probably the most important part of Tatum's event (outside of the meals they prepared) was the opportunity for the kids

to hear Rick talk about hunger and what can and needs to be done about it. I don't know how to describe Rick's presentation but I have heard it several times and it still fires me up and makes me want to do something about food insecurity. Especially the food insecurity right here in rural America.

Nearly one in five people are food insecure in our hometowns. It is kind of hard to believe and even harder to wrap your mind around, but think about it. We know many single parents working low-paying jobs just to get by. I am sure we all know many elderly folks who are trying to get by on meager savings, retirements and or Social Security. These people are not far-off refugees in a foreign land, they are our neighbors, family and friends and they need our help now more than ever.

That was why I was so proud of Tatum and her friends. They sacrificed a Saturday night (not something teens normally do) and spent time learning about hunger and then did something about it. By the end of the night they had packaged over 2,200 meals to go to our local food bank at Community Health Ministries in Wamego. Just by reading this you might think that they spent an entire evening working non-stop to accomplish this. Nope, in less than an hour they had the meals measured, sealed and boxed. Did I mention there was a lot of laughing, cheering and loud music involved also? It was over in a flash and they all wanted to keep going. Who knew that doing good work could be both fun and rewarding?

Did the hunger issue, even in our little town, get solved? Not even close; food insecurity is an issue that seems to be growing. However, I think that I am safe in saying that solving the problem took a step forward that night because of a group of youth who became more aware of the issue and in a small way did something about it.

I am sorry but I must be a proud parent for a moment. Not only did Tatum fulfill the requirement to earn her high school diploma but she also made good on her vow to do something good and meaningful along the way. That is how hunger issues will be solved, by everyone getting involved and chipping away at the problem one small chunk at a time.



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# Sen. Roberts, McCaskill bring agro-terrorism concerns to light

While ag leaders often celebrate the fact the U.S. has the world's safest food supply, keeping it safe requires a long list of inter-agency coordination from farmer to consumer.

Hosted by the Agricultural Business Council of Kansas City, U.S. Sens. Claire McCaskill (D-Mo.) and Pat Roberts (R-Kan.), along with William Bryan, Department of Homeland Security acting under-secretary for science and technology, participated in a roundtable discussion about the importance of planning for agro-terrorism threats. Moderated by Cliff Becker, vice president of Farm Journal Media, discussion with government, education and private officials centered on the measures taken every day to maintain a safe, secure food supply.

"Food security is national security," said Roberts, chair of the Senate Agriculture, Nutrition and Forestry Committee. "The

devastating ramifications of being ill prepared for a malicious attack or a natural disaster on our food supply would be absolutely overwhelming, we've had several exercises to prove that. However those consequences can and should be mitigated through research, prevention and preparedness - we have to do that."

From past experiences with livestock disease outbreaks, Craig Wallace, CEO of Ceva Animal Health LLC, said building a vaccine bank isn't enough. There needs to be a strategy on how vaccines are deployed in the event of an animal disease outbreak.

McCaskill, the ranking Democrat on the Senate Homeland Security Committee, agreed. "We've got to figure out when they should be used, how they should be deployed and how that actually occurs."

She was happy to hear USDA's Animal and Plant Health Inspection Service planned a summit on the

issue of deploying vaccines when necessary.

Other issues discussed during the roundtable were coordination of investigation responsibilities between veterinarians and law enforcement during an event, the lack of skilled veterinary students prepared to take on those future roles, the ability to provide quick diagnostic tools for producers and veterinarians, and the need for more planning and coordination in the event that vaccines are dispensed. They also brought up the need for more border patrol officers to investigate incoming products for contamination and other risk factors.

The event comes after the "Securing our Agriculture and Food Act", cosponsored by Roberts and McCaskill, was signed into law by President Donald Trump in July. The law requires the secretary of the Department of Homeland Security (DHS) to lead the government's efforts to secure the

nation's food, agriculture and veterinary systems against terrorism and high-risk events. DHS is currently building a new National Bio and Agro-defense Facility in Manhattan at a cost of \$1.25 billion.

"I never thought I'd work so hard for something in Kansas," McCaskill told the audience. "But what's good for Kansas in this instance is good for our country..."

Each panel member agreed: Coordination is the key to keeping U.S. agriculture safe and secure.

"All disasters are local - they start locally and end locally," added LTC Robert Payne, Missouri National Guard.

"DHS does have an important role, and it's a coordination role. Don't underestimate the importance or value of that coordination role," Bryan said. "Everyone in their agencies has a role to play, both in their industry as well as federal government, state and local authorities, and the Nation-

al Guard."

Also participating in the roundtable discussion were:

Ted Elkin, deputy director for Regulatory Affairs, USDA's Center for Food Safety and Applied Nutrition, Food and Drug Administration, U.S. Department of Health and Human Services

Jere Dick, associate administrator, USDA's Animal and Plant Health Inspection Service (APHIS)

Dr. Marty Vanier, director of Partnership Development, National Bio and Agro-Defense Facility, Department of Homeland Security

Jonathan Greene, deputy assistant secretary and director, Human Threats Resilience Division, Office of Health Affairs, Department of Homeland Security

Dr. Tammy Beckham, Dean, College of Veterinary Medicine, Kansas State University

Dr. Carolyn Henry, Interim Dean, College of Veterinary Medicine, University of Missouri

Brandon Depenbusch, vice president of Cattle Operations, Innovative Livestock Services

Gen. Lee Tafenelli, Adjutant General of Kansas

# Nominations being sought for Kansas Water Legacy and "Be the Vision"

The Kansas Water Office (KWO) is accepting nominations for the Water Legacy Award as well as the "Be the Vision" to be presented at the Governor's Conference on the Future of Water in Kansas Nov. 8-9, 2017 in Manhattan.

The Water Legacy Award recipient will be selected based on significant contributions and lasting impacts on the future of water in the state. Past recipients of the award include Wayne Bossert in 2015 and Joe Harkins in 2016.

"Be the Vision" recipients, which can be individuals, municipalities, companies or organizations, will be selected as an entity or individual taking extraordinary measures to conserve, reuse or adopt better practices to help ensure the future of our state's water resources.

Visit [www.kwo.ks.gov](http://www.kwo.ks.gov) for nomination forms. Nominations for these awards should be sent to [kwo-info@kwo.ks.gov](mailto:kwo-info@kwo.ks.gov). Submit nominations by September 28, 2017.

ernor's Water Conference will open September 6 and interested individuals can register on the KWO website.

The Governor's Confer-

ence on the Future of Water in Kansas is hosted by the KWO, K-State/Kansas Water Resource Institute and the Kansas Geological Survey/KU. Major sponsors for the

event include Black & Veatch, Burns & McDonnell and Great Lakes Dredge & Dock.

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# GRASS & GRAIN Our Daily Bread

\*\*\*\*\* By G&G Area Cooks \*\*\*\*\*

## Ida Cheever, Abilene, Wins Weekly Grass & Grain Contest & Prize

Winner Ida Cheever, Abilene: "Good for breakfast, snack or dessert. Easy for kids to make."

### KRISPY TREATS

In a microwave-safe bowl add:  
 1/2 cup Rice Krispies cereal  
 1 large banana, sliced  
 1/2 Hershey candy bar, broken into pieces  
 Microwave 20 seconds and stir. Adjust time to your liking as microwaving may take less or more time.

\*\*\*\*\*  
 Rose Edwards, Stillwater, Oklahoma:  
**CREAMY ORANGE SHERBET PIE**  
 1 graham cracker crust  
 (2) 8-ounce containers Cool Whip  
 1 pint orange sherbet, thawed  
 1 orange, zested

In a bowl stir 1 container Cool Whip, sherbet and zest until combined. Spread into crust. Freeze until firm, about 4 hours. Dollop remaining Cool Whip onto pie. Serve immediately.

\*\*\*\*\*  
 Lydia Miller, Westphalia:  
**EASY HAWAIIAN CHICKEN**

4 chicken breast halves  
 1/2 cup flour  
 1/4 cup butter or margarine  
 1/2 cup soy sauce  
 3 tablespoons sugar  
 20-ounce can pineapple chunks, reserve juice  
 Coat chicken with flour. Heat butter in skillet. Brown chicken. Place chicken with butter in greased 9-by-13-inch baking pan. Mix soy sauce, sugar, pineapple juice and pour over chicken. cover and bake at 350 degrees for 60 minutes. Uncover and add pineapple and bake 20 minutes longer.

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3. Send it to: Woman's Page Editor, Grass & Grain, Box 1009, Manhattan, KS 66505.  
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# Diabetes Prevention: 5 Tips for Taking Control

By Barbara L. Ames, Wildcat District Extension Family and Consumer Sciences Agent

When it comes to type 2 diabetes — the most common type of diabetes — prevention is a big deal. It's especially important to make diabetes prevention a priority if you're at increased risk of diabetes, such as if you're overweight or you have a family history of the disease.

Diabetes prevention is as basic as eating more healthfully, becoming more physically active and losing a few extra pounds; and it's never too late to start. Making a few simple changes in your lifestyle now may help you avoid the serious health complications of diabetes down the road, such as nerve, kidney and heart damage. Consider these latest diabetes prevention tips from the American Diabetes Association.

1. Get more physical activity

There are many benefits to regular physical activity. Exercise can help you:

- Lose weight
- Lower your blood sugar
- Boost your sensitivity to insulin — which helps keep your blood sugar within a normal range

Research shows that aerobic exercise and resistance training can help control diabetes. The greatest benefit

comes from a fitness program that includes both.

2. Get plenty of fiber  
 It's rough, it's tough — and it may help you:

- Reduce your risk of diabetes by improving your blood sugar control
  - Lower your risk of heart disease
  - Promote weight loss by helping you feel full
- Foods high in fiber include fruits, vegetables, beans, whole grains and nuts.

3. Go for whole grains

It's not clear why, but whole grains may reduce your risk of diabetes and help maintain blood sugar levels. Try to make at least half your grains whole grains. Many foods made from whole grains come ready to eat, including various breads, pasta products and cereals. Look for the word "whole" on the package and among the first few items in the ingredient list.

4. Lose extra weight

If you're overweight, diabetes prevention may hinge on weight loss. Every pound you lose can improve your health, and you may be surprised by how much. Participants in one large study who lost a modest amount of weight — around 7 percent of initial body weight — and exercised regularly reduced the risk of developing diabetes by almost 60 percent.

5. Skip fad diets and just make healthier choices

Low-carb diets, the glycemic index diet or other fad diets may help you lose weight at first. But their effectiveness at preventing diabetes isn't known, nor are their long-term effects. And by excluding or strictly limiting a particular food group, you may be giving up essential nutrients. Instead, make variety and portion control part of your healthy-eating plan.

When to see your doctor

If you're older than age 45 and your weight is normal, ask your doctor if diabetes testing is appropriate for you. The American Diabetes Association recommends blood glucose screening if:

- You're age 45 or older and overweight
- You're younger than age 45 and overweight, with one or more additional risk factors for type 2 diabetes — such as a sedentary lifestyle or a family history of diabetes

Share your concerns about diabetes prevention with your doctor. He or she will applaud your efforts to keep diabetes at bay, and perhaps offer additional suggestions based on your medical history or other factors.

The Dining with Diabetes program offered by K-State Research and can help you learn skills needed to promote good health and manage diabetes, and includes preparing and tasting healthy foods in class. Wildcat Extension District will be offering the Dining with Diabetes series of classes beginning on September 26, in Coffeyville. Call Barbara Ames at 620-331-2690 to find out how to register to attend.

For more information about this topic or other topics, contact the Wildcat Extension District of-

ices at: Crawford County, 620-724-8233; Labette County, 620-784-5337; Montgomery County, 620-331-2690; Wilson County, 620-378-2167; Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930. Wildcat District Extension is on the Web at <http://www.wildcatdistrict.ksu.edu>. Or, like our Facebook page at [facebook.com/wildcat.extension.district](https://www.facebook.com/wildcat.extension.district).

### ORANGE-ALMOND SALAD

Serves 4

- 3 cups assorted salad greens
- 2 navel oranges, peeled & sectioned
- 1/2 cup celery, thinly chopped
- 2 tablespoons green onion, chopped
- 1/4 cup cider vinegar
- 1/4 cup Splenda
- 2 teaspoons olive or canola oil
- 1/4 cup toasted slivered almonds
- 1/4 cup dried cranberries (optional; not in nutrition information)

Combine salad greens, orange sections, celery, and green onions in a large bowl. Combine vinegar, Splenda, and oil in a small mixing bowl; stir until well blended. Drizzle over greens immediately before serving. To serve, garnish with toasted almonds and dried cranberries (if desired). Serve immediately.

Nutrition Information:  
 Per 1 1/2 cup Serving: Calories 110, Total Fat 6g (Saturated Fat 0g, Trans Fat 0g) Cholesterol 0mg, Sodium 25mg, Total Carbohydrate 14g (Dietary Fiber 4g, Sugars 8g), Protein 3g.  
 Source: Dining with Diabetes—West Virginia University Extension Service, 2003

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# Can American agriculture stand together?

By Randy Krotz, USFRA CEO  
There are real threats to farming and ranching in

America. Many well-funded forces want to drive as much animal agriculture out of

business as possible – and with it, row crop production throughout our heartland. There are those who want

consumers to turn their backs on the science and technology that improves food production because they are afraid of the unfamiliar, because “it isn’t

the way our grandparents farmed.” This jaded view of agriculture, this unacquainted and cynical view of our farms and ranches has become mainstream. Per-

petual and growing voices accuse farmers of harming the environment, and use half-truths and sensationalism to spread fear. Notably, there are food companies making decisions counter to what is best for our land, our animals, our society because of activist pressures.

And yet, our strong and independent farming and ranching families work hard every day to evolve. We adapt and strive for improvement, especially when it comes to sustainability and animal care. We put science first and look to the future, not the past. Yet, as the backbone of our rural communities, we are often misunderstood, stereotyped and disadvantaged by distance from food-concerned populations and urban media.

American farmers are fiercely independent. It is what makes us competitive and strong. We are entrepreneurs and small business owners who manage through thin profit margins and unpredictability. Our land, and in some cases our farm animals, are vulnerable to Mother Nature and we oftentimes find ourselves at her mercy. Our hearts and prayers are with those in Texas that are currently experiencing such catastrophic effects from the weather.

But is it possible that this independent spirit also has a downside when it comes to telling our story? Do we splinter because we want to “do it our way” even when that means fewer resources to defend our practices and fight for the right to use technology? We seem hesitant to raise our voices together, as one.

There are currently dozens of separate efforts to “inform and educate” the public about farming and build trust in American agriculture. Many of these programs are smart. But most struggle to be properly funded, especially during a downturn in commodity prices. However, those organizations that demonize modern agricultural practices are not splintered in their well-organized efforts. Agriculture would be well-served to join arms and combine our resources.

U.S. Farmers and Ranchers Alliance (USFRA)® was created by farm, commodity and agri-business groups with the purpose of rebuilding consumer trust in American agriculture. Trust is the cornerstone of consumer purchase decisions, and trust allows farmers and ranchers to produce food in a manner that is environmentally sustainable, while utilizing SMART and modern production practices. We speak to consumers through the voice of our farmers and ranchers from across the country. Duplicating this effort as a partner enhances our core program’s effectiveness; duplicating it as a separate entity may drastically diminish it.

USFRA strives to represent all aspects of farming and ranching. We don’t promote one commodity over another. We believe in diversity of production methods – but also science and technology. Our goal is to earn the trust of the American public for all of agriculture. In many ways, we are defending the rights of farmers and ranchers to exist in America. Again, those out to destroy American agriculture are well-coordinated, well-resourced, and close to urban populations and media.

As Henry Ford once said, “Coming together is a beginning, keeping together is progress, working together is success.”

Let us work to combine resources. Let us stand as one to tell our story.

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# Eastern Kansas Grazing School is September 13-14 in Holton

Beginning and experienced farmers and ranchers are invited to participate in the annual Eastern Kansas Grazing School at the Jackson County Fair-

## Enter the 2017 National Sorghum Producers Yield Contest

The National Sorghum Producers Yield Contest provides sorghum farmers with the opportunity to showcase their sorghum crop, competing with farmers across the Sorghum Belt. This contest allows our industry to recognize some of the best growers in the U.S. and helps farmers to grow and learn from one another.

NSP has set a yield goal of 250 bushels per acre or more to illustrate sorghum's yield potential. All division placings will be determined by yield only. NSP is offering incentives with support from the United Sorghum Checkoff Program to award growers who reach this new benchmark. Contestants successfully participating in this category will receive:

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grounds in Holton on Sept. 13-14. The two-day management intensive grazing school is a hands-on learning experience to prepare participants to start their own rotational grazing system with forages adapted to eastern Kansas.

The event is planned each year by K-State Research and Extension agents and specialists and U.S. Department of Agri-

culture-Natural Resource Conservation Service range conservationists.

Topics to be covered include the science behind grazing, grazer's arithmetic, matching livestock and forage needs, pasture layout and design, grazing economics, and fencing and watering designs. Hands-on field exercises will be included.

Speakers will include

experts from Kansas and Missouri NRCS, University of Missouri Extension, and K-State Research and Extension. This school is appropriate for beginner and experienced graziers with information applicable to anyone interested in intensifying their grazing management system or increasing their forage management knowledge.

The school will begin at

8 a.m. and end at 5 p.m. both days at the Jackson County Fairgrounds located at the NE Kansas Heritage Complex at 12200 214th Road in Holton.

The Eastern Kansas Grazing School is sponsored by K-State Research and Extension, NRCS, and the Jackson County Conservation District. A \$60 registration fee covers meals and materials. The school is

limited to the first 35 farms to register. If a second family member registers, there is a \$30 charge. Registration for the school is due by Sept. 6.

For more information and to receive a schedule and registration form, contact Jody Holthaus with the Meadowlark District Extension Office at 785-364-4125 or visit the website: [www.meadowlark.ksu.edu](http://www.meadowlark.ksu.edu).



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**New online exchange to benefit farmers, cattle producers**

A new online tool from Nebraska Extension aims to connect farmers and cattle producers to encourage mutually beneficial agreements to use crop residue for grazing. The Crop Residue Exchange tool provides a searchable database of cropland available for grazing.

After creating an account, farmers can list available cropland by drawing their plot on an interactive map and entering information on the type of residue, fencing, water availability and dates available.

"While the primary ob-

jective of this exchange is to assist in the development of farmer-cattlemen relationships, we plan to add educational materials and tools that support these relationships in the near future," said Jay Parsons, associate professor of agricultural economics at the University of Nebraska-Lincoln.

Items in development include a lease agreement template; links to tools and guidelines to help farmers and cattle owners correctly stock crop-residue fields; and information on crop-residue grazing rates.

The Crop Residue Exchange is available at <http://cropresidueexchange.unl.edu>.

IANR Media developed the tool with funding from a Nebraska Extension innovation grant.

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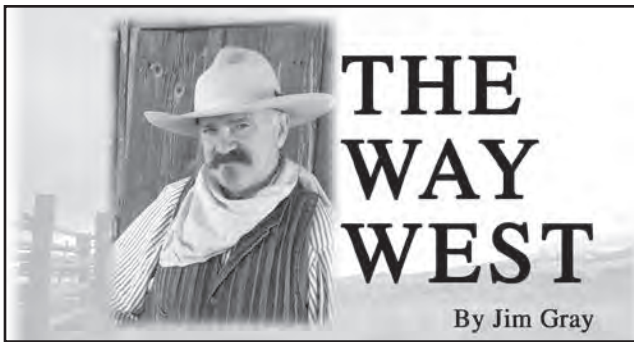
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# THE WAY WEST

By Jim Gray

## On the Way to the Buffalo Range

First-hand accounts of early travels over the plains of Kansas are always of interest. "On the 3rd day of September 1873," John Hannibal Trautwine set out on a buffalo hunt with his neighbors, Alex Weaver and Thomas Fall. The three left Weaver's home on Elm Creek in the eastern part of Lyon County, Kansas, at 9 a.m. Beginning his account of their adventure Trautwine noted that the cold was "...quite sharp." Tom Fall drove the wagon hitched to two mules. Trautwine volunteered to cook. Alex Weaver filled in as "...the man of all work."

The boys traveled the old Santa Fe Trail. At Council Grove they ate supper before driving one mile north of town to camp overnight on the banks of the Neosho River. By daylight they started up a trail along the Neosho River, traveling in a northwesterly direction. The would-be hunters made the Smoky Hill River by nightfall.

Waking before sunup the hunting party passed through Junction City in the early morning. There they turned northwest to follow the Republican River. A drizzling rain greeted them by afternoon, forcing them to make early camp for the night. The mules were unhitched and thinking their early rest would allow them to set traps before dark, the excited hunters quickly finished supper and set out eleven traps in the cold rain. Returning to camp it was time to, "...take another cup of coffee - light our pipes - smoke and spin yarns until bedtime."

Sunday morning, September 6, 1873, dawn greeted the men with a light covering of ice from the overnight sleet. Their traps were full with five mink and three raccoons. Encouraged, eighteen more traps were set for another night's stay in addition to a good old coon hunt. After "...climbing every tree that looks 'coony,'" nine more raccoons fell before them.

Wednesday morning, continuing up the Republican River valley an unnamed colony of "English extraction," was passed. Thursday found them at Wakefield where they bought some daily and weekly newspapers and put in the day reading.

At the village of Clyde the hunters paused to attend church. A ferry offered the opportunity to cross the river, but Tom was anxious to test his mules. The river was two hundred yards wide and covered with ice. The mules broke the ice as they went. The rapid current of the river washed the sand around the wheels. Trautwine and Alex Weaver had little choice but to strip off their clothing, break the ice in front of the mules and wheels while pushing on each rear wheel. All the while Tom drove the team from his dry perch on the wagon. When they did get across the river, they were ready for a fire. With a fire built Tom amused himself by recounting the events of the ford and floundering around of his two companions in the ice and water.

At Concordia they turned away from the Republican River and traveled due west. Wednesday, September 16, 1873, the hunters struck the Solomon River,

and even yet often bring their sick there. The spring rises out of a perfect mound about fifty yards in diameter and the mound is 22 feet down the general level of the ground around. The water is 65 feet in depth. Many traditional stories and legends are told in connection with this spring - of wars waged and battles fought between different tribes of Indians for the possession of the spring."

Trautwine continued his diary, only mentioning that the party, "...traveled two days up south fork of the Solomon River, passing through Cawker City, Osborn City, Bull City and Stockton..."

At Stockton the would-be hunters found themselves on the edge of civilization. Only then did they inquire

after an experienced guide. They were directed to Mr. Avery, a preacher and farmer who just happened to be a very good hunter. That night at camp the inexperienced hunters fell asleep, "...to dream of buffalo, elk, deer, antelope, wolves, and everything that inhabits the

plains."

After a hearty breakfast at preacher Avery's house the hunting party set out, "...on the trackless plains." They had seen a good deal of the Kansas plains on the way to the buffalo range, but adventure was still ahead on The Way West.

"The Cowboy," Jim Gray is author of the book *Desperate Seed: Ellsworth, Kansas on the Violent Frontier*; Executive Director of the National Drovers Hall of Fame. Contact Kansas Cowboy, P.O. Box 62, Ellsworth, KS 67439. Phone 785-531-2058 or [kansascowboy@kans.com](mailto:kansascowboy@kans.com).

## 295 +/- Acre Pasture Or Hunting Property For Sale:

Sealed bids accepted until Friday, October 27, 2017; bids opening on November 3rd. Closing within 30 days. Immediate possession upon closing.

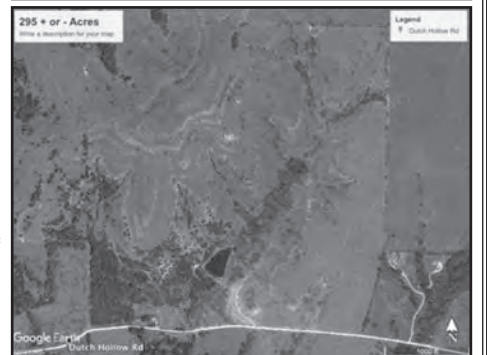
Highest bidder will be notified by phone or email. If two or more bidders are close, an opportunity to resubmit will be offered to each party. There is a possibility that all bids are rejected.

This land is used for pasture currently, but would also make excellent hunting property & includes a large pond.

### Legal Description:

The Southwest Quarter & all that part of the Northwest Quarter lying West of County Road No. 1018, & all in Section 36, & the East Half of Section 35; all in Township 7, Range 9 East of the 6th P.M. less a tract of land in the said Section 35 all as more particularly described in a deed of conveyance dated February 24, 1975, & recorded in Book 200 at page 86 of the records of the Register of Deeds for Pottawatomie CO., KS, more particularly described as: A tract of land lying in the Southeast Quarter of Section 35, Township 7 South, Range 9 East of the 6th P.M., more particularly described as follows:

Beginning at a point 848.80 feet East & 849.40 feet South of the Northwest corner of the Southeast Quarter of said Section 35, Township 7 South Range 9 East, thence South 3 degrees 0 minutes East 172.00 feet, thence East 218.00 feet, thence South 400 feet, thence West 378.00 feet; thence North 240 feet; thence north 49°0' West 282.00 feet, Thence North 88° 15' East 110.00 feet; Thence South 82° 30' East 146.00 feet; Thence North 0° 30' West 161.00 feet; Thence East 110.00 feet to the point of the beginning, together with that portion of vacated public road accruing to NW1/4 Section 36 in Pottawatomie County, Kansas



Send bids to:  
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# Kansas water photo contest launched, deadline is October 2

Kansas boasts great natural resources and Kansans are encouraged to capture the most vital of these, water. The Kansas Water Office (KWO) is accepting water photos to be featured at the 2017 Governor's Water Conference in November. The photos need to pertain to water or water use in Kansas. Examples include all bodies of water, irrigation and agriculture, recreation and fun, or other water infrastructure.

Ten finalists will be selected for display at the 2017 Governor's Water Conference, scheduled for Nov. 8-9, 2017 in Manhattan. Attendees at the conference will have the opportunity to vote for their favorite photo. The winning photo will earn feature photo at the 2018 Governor's Water Conference. It will also, along with second and third place, be displayed in the Kansas State Capitol and the Kansas Water Office during the year.

Entries can be submitted through our online portal on the KWO Website: [www.kwo.ks.gov](http://www.kwo.ks.gov) or sent to [kwo-info@kwo.ks.gov](mailto:kwo-info@kwo.ks.gov) with a minimum resolution of 300 dpi. The following formats are accepted: .jpg, .png and .gif. Participants have until Oct. 2, 2017 to enter a maximum of five photos that follow contest guidelines.

By submitting photos, participants grant KWO permission to freely use and share photos at the Governor's Water Conference, on social media, web, publications and displays. Updates on the contest will be distributed through the KWO social media pages on Facebook, Instagram and Twitter. For more information visit the KWO website.

The Governor's Conference on the Future of Water in Kansas is hosted by the KWO, K-State /Kansas Water Resource Institute and the Kansas Geological Survey/KU. Major sponsors for the event include Black & Veatch, Burns & McDonnell and Great Lakes Dredge & Dock.

etude. "Clint just showed his pig, Tanya can't find the sheep clippers and Justin's rabbit was disqualified 'cause it had a black toenail." "How much longer you think the hog judgin' will go on?" I asked. "Ten or eleven. Who knows? It doesn't matter because we've got to be here to close the petting zoo for the night."

"Look out!" I shouted as a loose pig shot by her blind side followed by a sweaty boy with sawdust on his pants and a number flapping on his back. She didn't pay it any mind. She looked past me. "Tanya! Where have you been? I told you to check with me at 8:30. You need to work on your lamb - I don't know who has the clippers - Borrow somebody's. Where are you going? You check with me at 9:30! The last two sentences were spoken to her daughter's disappearing back. She turned and spoke to the two kids manning the Purple Circle 4-H Club Food Booth, "How's the ice holding up? Set out more cups." I drifted back to the bleachers to watch the hog judging. It looked more like kids and pigs at the Ice Capades! Only a parent would be able to match the careening swine with their pursuing herdsman. I saw the judge pick his way through the melee and award a purple ribbon to a beaming teenager. The man next to me applauded. "Your daughter?" I asked. "No," he replied. "That's mine in the red shirt with the Hamp. She really tried. Practiced showing him at home for weeks. He needed a little more weight, I guess. I know she's disappointed but I'm proud of her." I spotted his daughter. She stood with great dignity near the fence, pig at her side and watched the ribbons being passed out. She looked to be about ten. In time the judge approached her and handed her a yellow ribbon. She broke into a wide grin, reached down and patted the pig. Dad nearly knocked me off the seat with his clapping! "Congratulations," I said after he settled down. "Yeah," he said with a silly smile on his face, "That's what county fairs are all about... kids."

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## The Yellow Ribbon

The women stood in line. Her eyes stared vacantly. Her face was gaunt. A thin film of dust covered her clothing. The weight of the world lay on her shoulders. She was muttering under her breath. A fly touched her cheek. She brushed it off, unthinking.

"So, how's it going?" I asked, interrupting her quiet

# Reduced Special Pricing

## WHITE STAR

### Bobcat S570/S590 Skid-Steer Loader

• 61-66 hp, 1950-2100 lb rated operating cap, 68" wide, 10' dump height

Year	Make	Stock #	Options	Hours	Location	Regular Price	REDUCED
2015	S570	1108902	A71 SJC TS	475	Manhattan	\$41,874	\$31,600
2015	S590	1102868	A71 SC TS	245	Manhattan	\$43,702	\$32,975
2015	S570	1102869	A71 SJC TS	635	Manhattan	\$42,282	\$31,925
2015	S570	1102632	A71 SC TS	235	Manhattan	\$41,494	\$31,325
2015	S590	1100820	A71 SJC TS	704	Wichita	\$41,196	\$31,100
2015	S590	1104004	A71 SC TS	198	Garden City	\$43,973	\$33,180
2015	S590	1108236	A91 SC	30	Manhattan	\$44,583	\$33,650
2015	S590	1098805	A71 SC TS	699	Garden City	\$39,938	\$30,150

### Bobcat S650 Skid-Steer Loader

• 74 hp, 2690 lb rated operating cap, 74" wide, 10' dump height

Year	Make	Stock #	Options	Hours	Location	Regular Price	REDUCED
2015	S650	1103415	A71 SJC TS	880	Manhattan	\$45,067	\$34,200
2015	S650	1108109	A71 SJC TS	640	Manhattan	\$46,990	\$35,450
2012	S650	1056314	A71 SC TS	1297	Wichita	\$37,075	\$28,000
2015	S650	1115991	A71 SC TS	750	Manhattan	\$45,095	\$34,025
2015	S650	1100008	H51 SC TS	660	Wichita	\$43,299	\$32,950
2015	S650	1104003	A91 SC	710	Garden City	\$45,265	\$35,485
2015	S650	1101270	A91 SJC	400	Wichita	\$46,082	\$34,825
2012	S650	1055526	A91 SC	1780	Garden City	\$37,875	\$28,600
2015	S650	1103416	A91 SC	560	Manhattan	\$50,286	\$38,100
2015	S650	1106334	A91 SJC	230	Manhattan	\$49,295	\$37,175

### Bobcat S750/S770 Skid-Steer Loaders

• 85-92 hp, 3200-3350 lb rated operating cap, 74" wide, 11' dump height

Year	Make	Stock #	Options	Hours	Location	Regular Price	REDUCED
2015	S750	1110988	A91 SC	230	Manhattan	\$59,475	\$44,800
2015	S770	1112651	A71 SC TS	490	Garden City	\$58,795	\$45,325
2015	S770	1112538	A71 SC TS	475	Manhattan	\$59,950	\$45,175
2015	S770	1123847	A91 SJC	276	Wichita	\$54,450	\$41,050





wow!

### OPTIONS KEY

- A71:** Cab H/AC, Power Bobtach, Sound Reduction
- A91:** A71 plus High Flow, 2-Speed, Bucket Positioning, Block Heater
- H31:** Cab w/ Heat Only
- H51:** H31 plus Power Bobtach
- H71:** H51 plus Sound Reduction
- SJC:** Joystick Controls
- SC:** Standard Controls (stick & pedal)
- TS:** 2-Speed

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