



Millershaski family steps up to global wheat stage

By Lucas Shivers

Editor's note: This is the final week of our five-week Wheat Harvest series, sponsored by Kansas Wheat, Herts Machine and Hydrostatics, Bennington State Bank, FCS and Harris Crop Insurance.

Gary and Jana Miller-shaski, Lakin, farm with both their sons, Kyler and Jeremy. The family legacy dates back generations and propels their leadership to a global stage to promote Kansas wheat.

"I don't care what anyone says, if anyone wants to know what's happening to wheat; they ask Kansas farmers," Gary said. "Manhattan, Kansas is the epicenter of wheat for the world. There is so much going on with wheat that it is unbelievable."

Farming with the extended family since 1994, Gary currently serves as the chairman of the Kansas Wheat Commission. Kyler serves on the Kansas Association of Wheat Growers and on the Kansas Wheat Commission Research Foundation Board of Directors.

"It just is amazing to have the connections to make you realize that we're not just in a farm economy in western Kansas; but we're in a supply and demand driven world economy," he said.

Legacy

Jana's dad, Earl Kleeman, worked and expanded the current family farm and passed away the day before his 89th birthday in 2019.

"Earl was born and raised on the farm," Gary said. "Wheat was his middle name. Earl's wife, Judy, still helps with harvest meal preparations."

In the kitchen of the original family farmhouse, Earl was born in 1930.

Gary met Jana in 1987, got married and lived initially several miles away from the Kleeman farm.

"I had a good business putting up hay; but it was so time-intensive," Gary said. "The haying hours were so depressing. At that time, Earl was about ready to retire from this



Gary Millershaski, third from left, is shown with his sons Kyler and Jeremy and his father-in-law Earl Kleeman, who passed away in 2019, just one day before his 89th birthday.

farming operation. He offered for me to come and work together. We devised a partnership agreement, and it worked!"

Gary said they actually got along better than some fathers and sons due to being open and expressive.

"Towards the tail end after hip surgery and health issues, Earl earned a position to help anywhere he wanted if he could get into the machine. It was unique towards the end, but we pulled the pickup right up to the ladder of the combine so he could still help."

One of Earl's hobbies was driving the John Deere combine or a Versatile tractor.

"As he got older, we put external speakers on the combine so he could hear us," Gary said. "If anyone else hopped in his machine, it would scare the daylight out of you because it was on Mach 1 volume."

Harvest Help

The Millershaski family has lots of family help during the wheat harvest each year.

"We'll cut a majority ourselves, but we have lots of support," Gary said. "My nephew Gage brings his combine over to help us cut and another nephew,

Dean, has a semi to haul to the elevator. That's just the way we are."

Everyone has a role to support the goal of harvesting the wheat.

"We're a little old school," Gary said. "We all pack our lunch for noon meals, but my wife and mother-in-law will bring out a really good meal to the field. We pack everything, and it's a full meal with meat, potatoes, dessert and all to help us put in longer-than-normal hours."

Wheat harvest varies from ten days to two weeks, all depending on moisture, and if the elevators can keep up without long delays. With recent rainfall, the crop looks much better now than a month ago.

"I'll be disappointed without an above average-crop this year. It's every farmer's dream to beat the average," Miller-shaski said.

Miller-shaski's countless stories date back for decades, and the family was recently featured in a national wheat ad.

"We actually just did a big story and video with U.S. Wheat's 40th anniversary," he said.

Farm Dynamics

Roughly a third of the family farm acreage is devoted to wheat with about

5,000 acres; a third is corn or milo and a third is idle ground.

"We're never stuck to any specific formula in how we use our land," he said. "We can't cut a crop and plant another one in the same season due to limited moisture, so we have to summer fallow. If we have wheat now in a field, it'll sit idle until next spring for corn or milo. Anything in corn or milo will be in wheat the following year."

Years ago, the family did more wheat-fallow-

ed with the Kansas Agriculture and Rural Leadership (KARL) Class 8.

"It's a priceless experience. Then, I got a scholarship from the Kansas Association of Wheat Growers to take advantage of opportunities to be on the growers board, even at the national level."

Then Gary got in on the Kansas Wheat Commission and U.S. Wheat Board, and extended travel to represent Kansas around the world.

"It is so unique to be thrown into various meetings all around the world. We were on flights or airports for longer than we were in meetings for one of the trips. The jet lag kicked in after all those time zones."

The Millershaskis have acquired contacts across the globe thanks to travel to Malaysia, Peru, Mexico and Spain.

"It's so neat to talk more about wheat with all of these international folks. It's so neat to attend conferences and have people ask you, 'What's the wheat look like in Kansas this year?'"

Gary and his family make frequent trips to Colorado to go snowboarding and also motorcycle on weekend trips.

Leadership

Gary's leadership start-



Meals brought to the wheat field are a treasured part of the wheat harvest tradition for the Millershaski family.

Knitter – Making the Best Better for fifty years

By Amy Feigley

When Frieda (Heigele) Knitter began her career in April 1971 with the Clay County Cooperative Extension Service, she had no idea that fifty years down the road, she would still be there. Now known as K-State Research and Extension, the name may have changed, but Frieda's dedication to her job still remains.

Reared in the community of Longford, Frieda graduated from the local high school. From there, she attended the Brown

Mackie School of Business in Salina. One day, she noticed an ad for a secretarial job with the Extension service and decided to apply for it. She got the job and fifty years later, the rest is history.

In The Beginning

When she first began her job as the office secretary, she would greet people, answer the phone, type letters for the agents, oversaw the monthly financials, as well as an array of other general office duties. With all of that, she was also the secretary for the 4-H program, helping to prepare for the Clay County Fair. In the early days of her job, typewriters were used as computers, which even though they were a thing, had not made their way to the office. "We did not have a copier, so if you wanted a copy of something to keep, you had to use carbon paper to make second or even third copies" noted Knitter. Oh, how times have changed! The agents hand-wrote everything... correspondence, news columns and newsletters, not to mention anything else they wanted done. "The newsletters were typed on a stencil and then attached to the stencil duplicator/mimeograph machine that was filled with ink, with the paper being fed through the duplicator to create one page at a time" remem-



Frieda Knitter has been a steady presence in the Extension office in Clay Center for fifty years, lending a helping hand to the agents, 4-H'ers and their families.

bers Knitter. While she is happy to have a computer and copier for those tasks, her memories of the mimeograph are not so pleasant. Addresses for large mailing lists were put on envelopes by using an addressograph machine. At that time, there were two agents in the Clay County office, the home econo-

mist, Carolyn Kellogg and an agricultural agent, Jay Gosch. The titles of the agents are something that has changed throughout the years.

Receiving her first taste of 4-H the day she joined the staff, Frieda stated that as a child, she was not in the program as there was not one close to her home.

She always wanted to be part of 4-H. Now she is and has always loved working with the 4-H'ers, their parents, the volunteers, and everyone who is involved with the program. Being involved in the county fair is just one part of her job that she truly loves. Helping the agents, watching 4-H members showcase their finished projects and seeing the outcome is something she never tires of. "These kids are always so excited to show or share with you about their projects" states Knitter. Seeing these kids join up with their friends from other parts of the county, as well as making new lifelong friendships with members is something she dotes on. Watching her sons do the same in 4-H made her heart grow fonder of this great program. Sadly, with kids becoming involved in summer sports, amongst other things, enrollment numbers have dwindled down to around 125. There are currently five clubs in the county, which makes her sad to think about, considering how many there used to be.

Changes Here, Changes There, Changes Everywhere

With each year passing, changes happen. It does not matter what position you are in job wise, there will always be changes, whether we like it or not.

Frieda remembers when the typewriters became a thing of the past, and the computers began showing up more and more. For her, technology has been one of the biggest changes. When the office got computers, the staff was sent to Manhattan for training on how to use them. They then had to come back to the office and basically teach themselves how to use the word processing package, as well as any other programs they needed to know. Financials had always been done by hand, with the checks being typed. Another change that Frieda will never forget is when the district was formed in 2005, which includes Clay, Cloud, Republic and Washington counties. Financially, for the county, it has been the best change. She notes that agents have come, and agents have gone, and she is happy to be in contact with many of them and the friendships they formed all of those years ago. In 2020, there were three staff members from the Clay Center office that retired.

4-H record-keeping has also been changed by technology. When Frieda first began her job, each new 4-H member was given a 4-H book to keep their personal page, permanent record, as well as all of their project sheets throughout



Helpers Big and Small

By Kim Baldwin,
McPherson County farmer

It's wheat harvest time in central Kansas! I always know harvest will arrive, but it also always seems to sneak up on me. This year it seems to have snuck up a bit more than usual as we are still catching up from dealing with our wicked weather from a month ago.

We are still replanting fields damaged by hail or flooded by rain. Our days leading up to this year's harvest have included the regular preparation for summer and harvest, as well as a lot of unanticipated extras.

Extra time has been needed in the fields re-

planting, spraying and cultivating while also dealing with insurance claims, adjusters, contractors, windshield repairs, dent repairs and a roofing crew. There's definitely been a lot of those unexpected extras this year leading up to summer harvest.

Thankfully, we have wonderful helpers who have been able to assist with the needed annual tasks that must be done prior to and during harvest. From preparing irrigation, laying pipe, servicing the tractors, trucks and combines, helping with irrigation repairs, cutting wheat and delivering the grain, we have

a great group of people helping us.

I realized a few days ago this is the first year in a very long time that I do not have a personal helper of my own this summer. Normally I would have a teenage girl helping me with the kids and household chores during the summer months. I called these helpers my "right-hand gals" because the job wasn't just babysitting.

In the past, I'd be able to leave the kids with my helper when I'd need to quickly drive out to a field to shuttle equipment or crew members to another location. Sometimes I would need to drive to another town to get machine parts. It was wonderful to have a helper who I could leave in charge of the house and kids to be able to complete all the necessary and unscheduled tasks associated with summer and harvest.

My helper's main role was to keep the day moving forward whether I was at home with the kids or not. At times, the job would require prepping food or baking cookies for our harvest crew. Sometimes it entailed loading and unloading the dishwasher or the laundry. Sometimes it meant reading books to the kids, making sure they were put down for their scheduled naps or lifeguarding when the kids would take an afternoon dip in our stock tank pool.

Having a "right-hand gal" helped keep the kids rested and on a schedule. Summer on the farm and wheat harvest is incredibly exciting to participate in, but it's also tiring for everyone involved. Between the hot, dry winds constantly blowing, and the long days and nights of work, it's understandable why adults might — on occasion — get cranky. I'm

sure one can imagine how the intense harvest schedule would affect a child if not properly rested!

But as in all of life, this year I am reminded that seasons continually change, and my right-hand gals are grown and gone. My son has transitioned to helping more on the farm this summer. He's now shadowing his daddy and grandpa, helping the men service machines by handing them tools, riding in the combine and helping with irrigation. I no longer fill a sippy cup and strap him into his car seat. Instead, he fills his own water jug daily and is doing his part helping with summer tasks on the farm under the supervision of some pretty patient people.

My daughter is now another little helper. She's transitioned to helping with laundry and baking cookies with her grand-

ma. Now, whenever I have to jump in a vehicle to complete a pressing task, my little assistant is usually with me. Most of the time she's happy to tag along as long as she has a book or two with her. But sometimes when the day gets tough, the immediate playing of a requested soundtrack and the promise of a frozen drink or popsicle usually helps.

Yes, I've always been aware and thankful for the wonderful help we have especially during the summer months. This year, I have become acutely more aware of the blessing of helpers — both big and small.

"Insight" is a weekly column published by Kansas Farm Bureau, the state's largest farm organization whose mission is to strengthen agriculture and the lives of Kansans through advocacy, education and service.

House Republicans sound alarm on Biden plan to undo Trump administration's Navigable Waters Protection Rule

Top Republican leaders in the House of Representatives joined House Agriculture Committee Member David Rouzer (R-NC) in outlining their concerns regarding the Biden administration's intention to undo the Trump administration's Navigable Waters Protection Rule. The Biden administration's recent announcement signaled its intent to revise the definition of the "waters of the United States" (WOTUS) under the Clean Water Act and potentially return to Obama-era regulations that harmed farmers, businesses, states, local governments, and families throughout the country.

The members of Con-

gress sent a letter to Environmental Protection Agency administrator Michael Regan and Acting Assistant Secretary of the Army for Civil Works Jaime Pinkham. Joining Rouzer on the letter were Agriculture Committee Ranking Member Glenn 'GT' Thompson (R-PA), House Minority Leader Kevin McCarthy (R-CA), Transportation and Infrastructure Committee Ranking Member Sam Graves (R-MO), Energy and Commerce Committee Ranking Member Cathy McMorris Rodgers (R-WA), Natural Resources Committee Ranking Member Bruce Westerman (R-AR), and Small Business Committee Ranking Member

Blaine Luetkemeyer (R-MO), in addition to a number of other Republican members.

The Members wrote, "With all the other crises confronting our nation it makes little sense to unravel a final rule that has taken decades of Agency action, litigation, and legislation to settle. Instead, we encourage the administration to focus its attention and resources on the more pressing economic and international issues confronting our nation such as inflation, the border crisis, the safety of our communities, reopening schools, and protecting America from our adversaries who seek to do us harm."

However, if the Biden administration chooses to continue with its plans to redefine WOTUS, the members cautioned: "We are concerned that the approach the agencies intend to take in revising this important regulation will regress from the clarity provided by the Navigable Waters Protection Rule, and will reimpose a vastly overbroad interpretation of Federal jurisdiction over waters around the nation."

They urged the Agencies not to ignore the input of the general public, small businesses, federal and state agencies, and the rest of the regulated community to create another rule that provides less regulatory certainty, as occurred under the Obama administration.

The members wrote, "The Obama administration's over-reaching WOTUS rule had a disas-

trous effect on farmers, businesses, and families. That rule drew substantial opposition from states, local governments, and citizens across the nation challenging the overbreadth of the definitions included. The regulatory burden placed on average Americans and the effect on the economy would be detrimental if the agencies were to remove the definitions included in the Navigable Waters Protection Rule, especially as we look to restart the economy after the COVID-19 pandemic. If we want to help get Americans back to work, the Administration cannot continue to propose partisan executive and legislative actions which will only slow down or reverse the economic recovery. Instead, we must have reasonable regulation to enable Americans to thrive and to grow our nation's econ-

my, including in rural and other underserved parts of the country. To do this, the agencies must keep in mind the multitude of concerns and issues previously raised about the Obama administration's WOTUS rule and maintain the updated definitions of the Navigable Waters Protection Rule."

Steer fed at Sunbelt Feeders wins Brookover Award at Beef Empire Days

A 1,540-lb. Angus cross steer won the Earl C. Brookover Memorial Award for the best combined finish at the Beef Empire Days fed cattle show. Fed at Sunbelt Feeders of Hugoton by Dale and Carol Voran, the entry placed first live and fourth in the carcass contest. The steer graded low Prime and was a Yield Grade 2.85.

The grand champion overall heifer was fed at HRC Feed Yards LLC of Scott City by Schurrtop Angus and Charolais. This heifer weighed 1,362 lbs. live, was fifth in the live show, fourth in the carcass contest, graded middle Choice and was a Yield Grade 1.59.

JCS GP/Frank Harper fed the steer, hanging the grand champion carcass at Midwest Feeders of Ingalls. The 1,678-lb. steer graded low Prime and was a Yield Grade 2.15.

Sublette Feeders fed the champion carcass heifer, which was owned by Max Barkley. The heifer weighed 1,292 lbs. live, graded low Prime and was a Yield Grade 1.75.

A total of 70 steers and 41 heifers competed in the show.



This has been a hard week. I have watched the rain go north, south and east of us and we have not gotten much. Of course, I am not envious of the gully-washers that have produced multiple inches of rain in a few hours. Those may be worse than nothing. All I ask for is just a couple of slow easy inch rains. I do not know, it seems like a reasonable request, but I seem to be denied and I am afraid I know why.

I do want to apologize to my neighbors because the lack of rainfall is probably my fault. You see I looked at the forecast and I saw that it was supposed to rain for multiple days, so I took evasive measures, and I am afraid I scared the rain away. I knew better and I am sorry for my actions.

I saw that there was rain in the forecast, so I was careful not to mow too much hay down. I wanted to make sure that barring a major breakdown I could get all the hay baled before it got wet. Remember what I said about the major breakdown? Well, that happened too. Isaac was raking and on the outside round he found a ditch, dropped the rake wheel off in it and broke the hitch.

I really wanted to be mad, but I could not for two reasons. First, I did not know the ditch was there and had almost run the mower through it. Second, I had done the very same thing a couple of years ago to the rake. The only difference was that his twenty-something reflexes were much better, and he stopped sooner and did much less damage. It was just one of those things that happen and while it was not an easy fix, it could be repaired.

That still left me with twenty-plus acres of really nice brome hay down and an impending (or so I was led to believe) rain coming. A desperate call was made to a neighbor and he came and raked the field for me. That is why I love living here in rural America; I am sure he did not have time to take away from what he was doing but he came and raked it without a second thought.

Even with it raked I was not sure I could get it all baled before the rain was predicted to hit us. Again, I do not know why I put that much stock into what the weatherman says. I started baling and

soon it was apparent I was going to be able to get it done. Isaac and Jennifer had started moving the bales off the field and stacking them.

By dark that night we had all the bales moved off the field and stacked along the edge. In the beginning I was going to settle with being happy to get it baled, so I was really happy. That night the chance of rain came and went with just a few drops, but the weatherman said the next afternoon and night were a much better chance.

It was still dry when Jennifer got home from work and severe thunderstorms were predicted with hail. We moved things around and managed to get all the tractors, pickups, and everything else we did not want dented under the barns. We were pretty smug as we looked at the black clouds forming on the horizon. We had beaten the system.

That was when the storms slid just to the north of us. Tornadoes, hail, and heavy flooding rain were part of the storms, so we felt fortunate to have missed them. Then the next night the storms formed to the east of us, and we got nothing. For the next five days the storms all formed south or east of us, and we did not even get a half an inch. That was when I had to come to grips with my fatal mistake and admit that it was my fault.

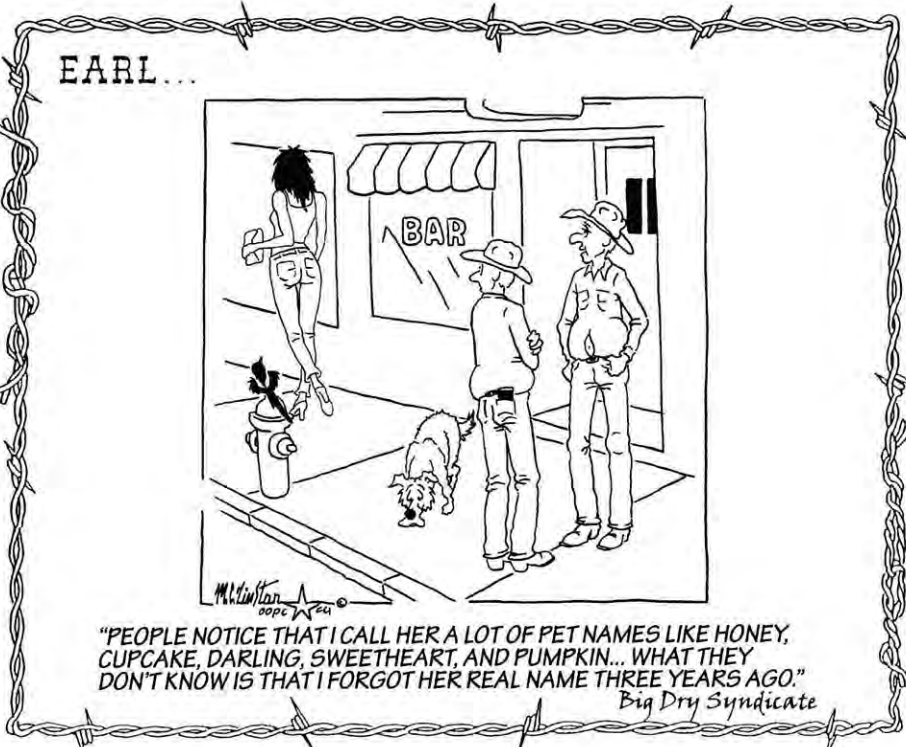
If I had mowed more hay down, if I had not gotten all of the hay baled, if we had not hauled it off the field and, most importantly, if we had not been overly prepared and gotten everything under shelter, it would have rained. It was a rookie mistake and one that I knew better than to do. I can deal with the consequences for myself, but I really feel bad for my neighbors, it was not their fault.

To make amends for my transgressions I did leave the side by side out and the windows on the truck down last night. That brought us about a half an inch of rain. It is not much but it might at least stave off the mob with the torches and pitchforks when the neighborhood finds out the drought is my doing. I promise I will not ever be that efficient or prepared again. I have learned my lessons.

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Rural Americana Art to be featured at the Seelye Mansion

An exciting venue for the 2021 Central Kansas Free Fair (Dickinson County) open class Barn Quilt exhibition will be at the fountain garden of the historic Seelye Mansion in Abilene on August 7th.

This is a one-day exhibition of barn quilts, size 2x2-foot, set in festive garden party surroundings.

It is open to the general public from 10 a.m. to 4 p.m. Tours are also available, same hours, of the Seelye Mansion.

CKFF Barn Quilt entries are open to all Kansas

counties. Entry check-in is Friday and Saturday, July 30 & 31st, 9 a.m.-noon each day at Amanda's Bakery & Bistro, 302 N. Broadway, Abilene. Entries must be checked in by this time. No late entries. Barn Quilts will be photographed and online facebook voting begins (for the People's Choice award), Monday, Aug. 2nd through 3 p.m., Saturday, Aug. 7th. Vote at: www.facebook.com/visit-abilene.

There will also be two other awards: Seelye Gardens Choice (in-person

viewing paper voting) and Mrs. Seelye's Pick, chosen by Terry Tietjens, owner of the Seelye Mansion.

Exhibitors may enter up to two 2 x 2 foot barn quilts, must be their own handiwork and reflect patterns of the quilting (fabric) art. Outdoor seating, refreshments served & restrooms available. Awards presented at end of exhibition.

For more information, contact Lori, CKFF BQ superintendent at: barn-quiltcityks@gmail.com or 785-313-6565.



The historic Seelye Mansion in Abilene will host the open class Barn Quilt exhibition at the Central Kansas Free Fair on August 7.

Knitter – Making the Best Better for fifty years

• Cont. from page 1

out their 4-H career. Records were all handwritten and kept in their 4-H record books. She has past 4-H members come in and say how glad they are now that their parents made them complete their 4-H records. Many still possess those books, a great reminder of their days in 4-H. Now everything is more or less electronic. She also notes that when she began, a lot more project meetings were being held, either within the clubs or by way of county-wide project meetings. She feels that parents are having to help their own children because county project leaders are not available.

One of the changes that she will always hold near her heart is the day she met her future husband. Making their home and raising their family in Clay Center is something she is proud of. "Honestly, it doesn't feel like I have been here for fifty years" said Knitter. While her husband was not involved in 4-H as a youth, both of her boys were members of the program. Her husband has served on the Clay County Fair Board for 40 plus years and enjoys working with the 4-H'ers in that aspect. Her oldest son quit 4-H once he got to middle school because none of his friends were involved in it. Her youngest son stayed in until he graduated from high school. He loved it and participated in many

county and state events. Frieda was never a club leader but was a club project leader for foods and photography for a few years. She was also a sponsor for the county Junior Leader club for a couple of years, as well as being able to chaperone one of the county exchange trips with Minnesota.

Always Encouraging Others

For those parents who have children who are thinking about joining 4-H, she will always encourage them to enroll as soon as they can. "Teachers always say that they can tell the kids that have been in 4-H because they are comfortable getting up in front of a group due to them giving demonstrations and project talks at their club meetings or for 4-H Day" says Knitter. 4-H'ers can conduct a meeting properly because they have learned parliamentary procedure at their club meetings at an early age. The confidence and leadership skills that they learn is something they can use throughout their life. Staying in 4-H through your high school years and applying for

college scholarships is also a great benefit to being a member of this great club. Meeting and making friends with other 4-H members from within their club, county, district, state and even internationally is something that will be with them always. There are so many opportunities, such as hosting youth from Japan through the Kansas 4-H Japanese Exchange Program. The lifetime friendships that can be made are priceless. The skills they learn as a young member is something that be with them throughout their adult life. If this does not make you want to enroll your child(ren) right away, I do not know what will.

Fifty Years with More to Come

Frieda Knitter has truly enjoyed working for K-State Research and Extension for the past 50 years. "We have always said that our River Valley Extension District staff is like family," smiles Knitter. The district executive board recognized her 50 years by having ten different types of flowers delivered to her each day the week of her 50th Anni-

versary. On Friday of that week, she had a beautiful bouquet of 50 flowers. That same week, the staff organized a drive by parade of cars honking their horns with signs of well wishes attached to their vehicles past the office in her honor. Later that month, the district staff surprised her at a staff meeting with a lunch and

showered her with gifts. She will always and forever say she has the best co-workers!

Agents have come, agents have gone, 4-H members have joined, graduated and now their children are part of the program. Seeing Frieda's smiling face when you walk through the door is something you will not

soon forget. Although her job responsibilities have changed throughout the last fifty years, she will always encourage parents to enroll their children in 4-H. She will always encourage parents to become involved in the program, too. For Frieda, she will always make the best better.

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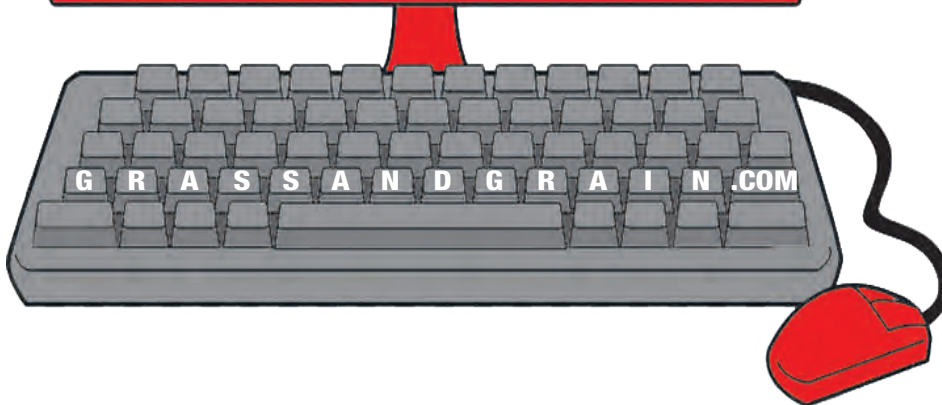
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- 4 ounces chopped bitter-sweet chocolate

1 tablespoon shortening
Put the ice cream between 2 slices of pound cake. Freeze until firm. Melt chocolate and shortening and let cool. Dip each half of sandwich slice in chocolate. Freeze on parchment-lined baking sheet until set.

Susan Schrick, Hiawatha: **BAKED CHICKEN CHIMICHANGAS**

- 8-ounce package cream cheese
- 8 ounces Pepperjack cheese, shredded
- 1 1/2 tablespoons taco seasoning
- 1 pound cooked chicken, shredded
- 8 flour tortillas
- Cooking spray
- Toppings:**
- Shredded Cheddar cheese
- Green onions, for garnish
- Sour cream
- Salsa

Stir together cream cheese, Pepperjack cheese and taco seasoning. Fold in chicken. Divide among flour tortillas. Tuck in sides and roll up each tortilla. Lay seam side down in a

sprayed 9-by-13-inch baking dish. Spray tops of tortillas with cooking spray. Bake at 350 degrees for 15 minutes. Serve with toppings.

Kimberly Edwards, Stillwater, Oklahoma: **PEACH SMOOTH GELATIN**

- 1 box peach gelatin
- 1 cup orange juice
- 1 cup buttermilk
- 1 tablespoon mayonnaise
- 1 tablespoon sour cream

Dissolve gelatin in boiling orange juice. Mix well and cool. Add buttermilk. Refrigerate until set. To serve mix mayonnaise and sour cream until smooth and dollop on top of gelatin.

Millie Conger, Tecumseh: **ONION BACON SAUCE**

- 4 slices thick bacon, chopped (reserve 2 tablespoons fat)
- 2 chopped onions
- 1 teaspoon thyme
- 2 tablespoons apple juice
- 3 tablespoons brown sugar
- Salt & pepper to taste
- 1/2 cup vinegar
- 1 teaspoon Worcestershire sauce
- 1/4 cup water

Cook bacon and drain on paper towel. Add onions to fat and cook over low heat stirring until caramelized, 20-25 minutes. Add thyme

and apple juice and simmer 1 minute. Season with salt and pepper. Stir in bacon, brown sugar, vinegar, Worcestershire sauce and water. Simmer 2 more minutes. Good on hamburgers or steaks.

Jackie Doud, Topeka: **ORANGE VANILLA PIE**

- 1 graham cracker crust
- 1 pint vanilla ice cream, softened
- 2 cups orange sherbet, softened
- 2 ounces white chocolate, shaved with vegetable peeler

Use a large scoop alternating mounds of the vanilla ice cream and orange sherbet into pie crust. Use spatula to press ice cream into the crust to blend and make swirls. Freeze 4 hours. When ready to serve, sprinkle the shaved chocolate over the top.

Rose Edwards, Stillwater, Oklahoma: **STIR-FRIED ZUCCHINI**

- 2 pounds sliced zucchini
- 2 garlic cloves, minced
- 1/4 cup olive oil
- 1 teaspoon salt

1/2 teaspoon Italian seasoning

1/4 teaspoon pepper

In a large skillet saute zucchini and garlic in oil until zucchini is crisp-tender, about 5 minutes. Sprinkle with seasonings. Serve immediately.

Kellee George, Shawnee: **REUBEN SLIDERS**

- 2 tubes crescent rolls
- 1/2 pound corned beef
- 6 slices Swiss cheese
- 3/4 cup sauerkraut
- 2 tablespoons melted butter
- Dash salt
- Caraway seeds
- Russian dressing for dipping

Set oven 350 degrees. Grease small baking sheet. Unroll 1 tube rolls onto pan and pinch seams together. Bake until golden brown, 10 minutes. Layer corned beef, cheese and sauerkraut on top of baked rolls. Top with second tube of rolls and pinch seams together. Brush with butter and sprinkle with salt and caraway seeds. Bake until dough is cooked through, about 30 minutes. Cut to serve and use Russian dressing to dip in.

A Cool Summer Treat

By Sonia Cooper, Nutrition, Food Safety, and Health Agent, River Valley Extension District

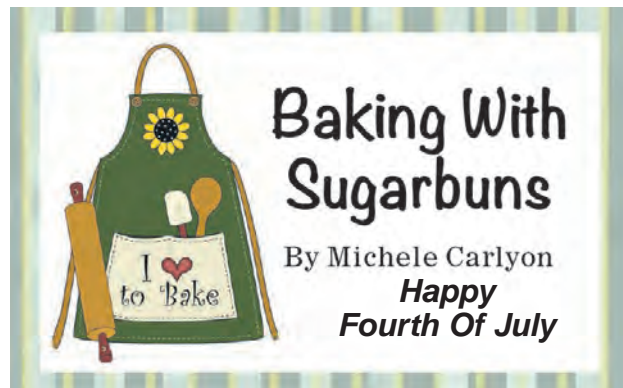
Summer is here and temperatures are warming up outside. With the warmer weather, I think of various ways to help me cool off. One thing that comes to mind is frozen fruit or frozen fruit bars. Fruit is a healthy part of a daily diet, and frozen fruit or fruit products can be a good complement to that.

Be a wise consumer and be aware there are a lot of unhealthy, processed products that try to pass for healthy frozen fruit bars with misleading marketing information. Watch for words on the front of a box in bold print that may entice a consumer to purchase that item. Always take time and read the ingredient list and nutrition facts label on the choices of fruit bars. Remember to look at the added sugar in the product on the nutrition facts label and go for fewer ingredients on the ingredient list.

I recommend that you make your own frozen fruit bars at home. All that is needed is a mold (such as for popsicles) or even an ice cube tray. Puree some fruit made in a blender, add yogurt, and blend again, add some chunks of fruit for additional flavor and fiber. Insert a holding stick and freeze overnight or for at least six hours. Vary the fruit combinations and use vanilla yogurt. Vanilla yogurt has less sugar than the various flavors of yogurt.

By making your own fruit popsicles you can control the amount of sugar in the product you make. When making popsicles with juice remember to use a product that is 100% fruit juice.

Cool off this summer with fruit. If you have questions call Sonia Cooper, K-State Research and Extension Nutrition, Food Safety and Health Agent in the River Valley District. 785-632-5335 or email srooper@ksu.edu.



We are back to one of my favorite times of the year, the Fourth of July. Growing up, this was always a huge deal in our household. My mom would spend weeks preparing her dreaded lists of everything from food to invitees to a cleaning schedule broken down to a day and time. The three of us kids would be assigned task and there would be no arguments about what you did or did not want to do.

Dad would mow all the yards, clean garages, get ice and fill coolers with soda. The boys and I would help to clean every square inch of the house, help with shopping, food prep and of course the exciting task of shopping for fireworks. At some point over the years, Mike was awarded the role of grill master and was responsible for grilling all the hamburgers and hot dogs. Eventually we got lucky enough for my dad to install an air conditioning unit in his garage to help hold off that Kansas heat and to provide everyone with a cool place to eat.

On the Fourth, all our friends and their families would start to show up early afternoon. Everyone would bring a dish and lawn chairs and the fun would commence. My mom would begin to set out all her treats and I would set out mine, generally sticking to what I knew and providing desserts for the occasion, tending to lean towards fruit cups, Rice Krispie treats, cookies and banana cake.

While it was still daylight, we would shoot off any firework that was daylight-friendly, all fighting over who was going to catch those flimsy parachute men and hoping that no one ran into a barbed wire fence in the process of the chase. The boys would also light their little dynamite sticks and toss them into the creek; one held on a little too long and burnt his finger, lesson learned.

Once it got dark is when the real fun would start. My dad and the boys would set up

to start shooting off the big stuff, the loud and pretty fireworks, tending to find ourselves in a friendly little firework competition with the neighbors. The show was always stunning. When we got done firing off all of ours, my dad would pull around his semi and trailer. Everyone would pile on and we would all ride to the top of J-Hill to watch the Junction City firework show before everyone headed home for the evening.

As we got older and went off to college, our Fourth of July gatherings seemed to dwindle. Everyone was out and about and paving new paths in life and my mom decided to no longer host. Instead, we spent a couple of years going down to Sundown Salute and just enjoying the low-key celebration of not having to do anything ourselves. I spent a Fourth of July in Wamego seeing that show as well and spent last year watching a huge neighborhood show in Topeka, but through it all, I have been anxiously awaiting the day that Carlyon Road brings back the celebration.

Although I will be missing it, two little girls that are easily excited by everything, means that what I have been missing for years will be making a comeback. It will start out small, but as the girls start to get older, I cannot wait to see this event grow into amazing memories for them like it was for all of us. Happy Fourth of July everyone, enjoy it!

Michele grew up in Junction City and graduated from Kansas State University. She worked in the restaurant management field for six years before deciding to switch careers and now works as an office manager for a company that manufactures oilfield products. Her passion for blogging and food can be followed on Instagram: [boobsbrainsandbaking](#).

If you would like to contact Michele with comments please email mcarlyon88@gmail.com

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Trying New Foods: Recipes For Cooking In The Kitchen With Kids

Are you struggling to get your child to try a new food? Cooking with kids in the kitchen makes it more likely they will give that food a try. I've been enlisting the "help" of my children, ages 6 and 3, in the kitchen from a very young age.

Start Small

If you are just getting started having your kids help in the kitchen, I would suggest starting with recipes that don't involve cooking or baking. USDA Team Nutrition has some fun "Look and Cook" kid-friendly recipes (<https://www.fns.usda.gov/tn/discover-my-plate-look-and-cook-recipes>) that use pictures to show kids in a simple and visual way how to prepare healthy snacks and meals. Our family enjoys making the Friendship Pockets as everyone can customize their pocket to their preferences.

Snack mixes are a great way to subtly incorporate counting into cooking. Children can help count the cups, dump the ingredients and stir the mix together. My kids enjoy making this slightly sweet and crunchy apple cinnamon snack mix (recipe below) together as a family.

Young children can also help when making pizza by spreading the pizza sauce and helping to place toppings on the crust. Try this easy, no-rise whole wheat pizza crust (recipe below) for your next family pizza night!

Responsibility Grows With the Kiddos

As kids get more comfortable in the kitchen involve them in more tasks. My 3-year-old says that making banana oatmeal muffins, specifically mashing the bananas and putting the muffin liners in the muffin tin, is her favorite recipe to make with me. My 6-year-old really likes cracking the eggs for Saturday morning pancakes! From personal experience, I'd suggest having a couple extra eggs handy when you begin teaching your child how to crack eggs.

Teaching children how to prepare food can be one of the greatest gifts you can give a child. For a child's next birthday or holiday, consider gifting them with a kids' cookbook. There are an assortment of cookbooks geared towards children which provide recipes for easy-to-make foods that will give children confidence in the kitchen!

Check out these Kids in the Kitchen (<https://eatwheat.org/learn/cooking-kids-kitchen/>) tips for cooking with kids!

Looking for additional baking tips? Check out these 10 Tips for Baking Success with Children (http://www.homebaking.org/PDF/2013_tentips-bakingsuccess.pdf) from the Home Baking Association.

Contributed by Jill Ladd, MPH, RD, LD

Apple Cinnamon Snack Mix

- 2 cups apple cinnamon toasted oats
- 2 cups pretzels
- 1 cup toasted wheat squares cereal
- 1 egg white
- 1 tablespoon orange juice concentrate
- 1/4 cup granulated sugar
- 3/4 teaspoon ground cinnamon
- 4 cups popped popcorn
- 1 cup dried banana chips
- 1/2 cup dried cranberries

Heat oven to 300 degrees. Spray a large roasting pan with cooking spray. In roasting pan, mix toasted oats, pretzels and wheat squares cereals. Set aside. In small bowl, beat egg white, orange juice concentrate, sugar and cinnamon with whisk until well blended. Pour mixture over cereal mixture, stirring until evenly coated. Stir in popcorn. Bake 25-30 minutes, stirring every 10 minutes, until light brown and crisp. Remove from oven. Stir in banana chips and dried cranberries. Cool completely. Store in air-tight container.

Nutrition Information: Per Serving (1 cup

snack mix): 171 calories, 36 calories from fat, 4g fat, 2 saturated fat, 0g trans fat, 0mg cholesterol, 174mg sodium, 34g total carbohydrates, 3g dietary fiber, 15g sugars, 3g protein, 188mcg folate, 5g vitamin C, 44mg calcium, 3mg iron.

Thin Crust Pizza Dough

- 1 package active dry yeast
- 1 cup warm water (105-115°F)
- 1 teaspoon sugar
- 1 teaspoon salt
- 2 tablespoons canola oil
- 1 1/4 cups white whole wheat flour
- 1 1/4 cups all-purpose flour
- Cornmeal, for dusting

Preheat the oven to 425 degrees. In a large mixing bowl, dissolve yeast in warm water. Stir in remaining ingredients. Combine until dough forms into a ball. Let rest about 5 minutes. Divide dough into two balls to make two pizza crusts. Grease and dust 2 baking sheets or pizza pans with nonstick spray. Sprinkle with cornmeal. Flatten each ball of dough one at a time on a baking sheet. Top pizzas with desired meats, veggies and cheeses. Bake pizza for 15-20 minutes until cheese is lightly browned.

Only need one pizza for dinner? Wrap and freeze the extra pizza tightly with plastic wrap and aluminum foil and store in the freezer for up to 3 months. Pull out of the freezer for a quick weeknight meal.



What Do You Know For Sure?

By Lou Ann Thomas

During a recent visit, my friend Angela and I were doing our best to solve the worlds, as well as some of our own, problems, when she asked, "What do you know for sure?"

Good question and one that has had me pondering my answers ever since. In the moment Angela asked I came up with a few easy responses, like "I know for sure I love a working air conditioner when the heat index is over 100" and "I know for sure I prefer good health over not-so-good."

But since that initial response I have unearthed other things that I know for sure. The first thing is that in the interest of growth, discovery and being open to new information, whatever I know today maybe be different tomorrow.

However, there are some things that I believe I know for sure. One of those is that there are more good than not-so-good people co-inhabiting the world with me. The not-so-good ones may get more press, but I like to believe that's because their behavior is still

"news" whereas the good ones are the majority so rarely make headlines.

I for sure know that I prefer laughing to crying, but sometimes I cry more than I laugh. But I also know that tears are a way we release and rebalance our body's chemistry, and that laughter will always return.

I know for sure that comfortable shoes are one of the most important pieces of creating a good day. There is nothing like an ill-fitting pair of kicks to make an otherwise good day

miserable. And I know for sure that sometimes the best thing, sometimes even the most productive thing I can do, is to get those shoes off and take a nap.

I also know for sure that I am the only one who can create in my life. That means I'm responsible for my own happiness, even when it would be easier to expect someone else to be. But no one can make me happy if I'm not willing to make myself happy first.

And I know for sure that waking up to bird song is the best way to begin a day. It reminds me that every morning I am gifted with a fresh start. I can either live it trudging through memories of things that may not have gone my way the day before, or I can see it as a new opportunity to create a day more to my liking. I know for sure that each morning either ushers in a new day or a replay. The choice as to which I live is mine.

And that I know for sure.

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Only an act of Congress can open the Cuban wheat market

By Dalton Henry, USW Vice President of Policy

It is a country that imports about 800,000 metric tons of wheat each year, a mere 90 miles from the United States. Yet the Cuban wheat market has long been a source of optimism and frustration for U.S. wheat farmers. With the change in administrations, there is hope for re-engagement with Cuba, but ultimately the 60-year-old embargo and associated policies still stand as a solid barrier to beneficial trade.

General public opinion polls on Cuba policy consistently show most Americans favor more engagement; the last decade has seen a roller coaster of changes in U.S. policy. Under the Obama-Biden Administration, there were efforts to establish a new relationship and relax tensions. This included a new interpretation of “cash in advance” rules that apply to payment for any agricultural commodities, bilateral exchanges by technical staff in regulatory agencies and the reopening of the U.S. embassy in Havana. However, none of those

changes resulted in actual wheat purchases. Then the Trump Administration further restricted trade by limiting any business conducted between American companies and state-owned companies (such as flour mills) in Cuba.

With Biden’s return to the White House, Cuba watchers are anxiously awaiting the next curve in the roller coaster ride and are optimistic the administration will return to the Obama-Biden policy of re-engagement. However, any realistic effort to expand ag trade with Cuba needs to focus on the other end of Pennsylvania Avenue by working to secure meaningful change within the halls of Congress and addressing the bipartisan opposition to trade with Cuba.

Just such a Congressional effort was launched recently by U.S. Senators John Boozman of Arkansas and Michael Bennet of Colorado with the introduction of the Agricultural Export Expansion Act. That bill would allow private financing of agricultural commodities by U.S. companies – a small first step toward normal-

izing the trading relationship, but an important one to put U.S. companies on a near level playing field when working with Cuban buyers. Several U.S. agricultural organizations including U.S. Wheat Associates (USW) and the National Association of Wheat Growers (NAWG) signed a letter of support for the effort as ad hoc members of the United States Agricultural Coalition for Cuba.

More Legislation

The Ag Export Expansion bill is not the only pro-normalization effort within Congress. U.S. senators Jerry Moran of Kansas, Amy Klobuchar of Minnesota and Patrick Leahy of Vermont, all long-time Cuba trade advocates, earlier this year introduced the Freedom to Export to Cuba Act, which would lift substantial portions of the embargo, including restrictions prohibiting transactions between U.S. and Cuban firms.

Farmers are right to be interested in opening the Cuban wheat market. Cuba produces no wheat domestically and would be a substantial U.S. market if government barriers were to be lifted. But for any of that optimism to come to fruition, it is going to take a literal act of Congress.

“Wheat is an important food grain that should be above politics,” said former USW president Alan Tracy in 2017, “but the embargo will likely have to end before wheat farmers can help meet the increasing demand for agricultural products to help feed the Cuban people.”

Thank you, Kansas wheat farmers!

Have a safe and productive #wheatharvest21.

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Tri-County Fair
 "Liv'n Those Country Nights and Carnival Lights" is the theme for the Tri-County Fair in Herington as 4-H'ers showcase a year's worth of hard work and dedication. Rabbits and poultry will be judged Friday, July 9 at 12 noon. A Community Carnival will be held from 5-9 p.m. and the Fair Parade will begin at 5:45. A smoked ham meal will be served from 6:30-8 p.m. at the Community Building. The Kids Pedal Power Pull will be held at 7 p.m. in front of the Herington Museum. The American Freedom Riders will make an appearance at 7:30 followed by the Kraft Rodeo. The Dog Show will be held at 9 a.m. Saturday morning, as will the Sheep Show. The Meat Goat Show will begin at 10:30. Ag Olympics will be held from 1-3 p.m. The Dairy Show will begin at 5, Cattle then Goats. There will be Bouncy Houses from 4-8 p.m. Car Smashing will begin at 6 and the Demolition Derby at 7. The Horse Show will begin at 8 Sunday morning, followed by the Swine Show at 9, the Beef Show at 11 followed by the Bucket Calves. The Round Robin will begin at 1.

Marshall County Fair
 "Summer Fun in 2021" is the theme as the Marshall County Fair celebrates its 105th year July 15th-20th in Blue Rapids! The horse show gets things started on Thursday, July 15 at 9 a.m., with the speed events running at 5 p.m. That evening the carnival lights will shine bright from 6-10 p.m. nightly, with wristbands available. The livestock judging contest will be held at 7 p.m. Friday night, and you can enjoy the sounds of the Red Dirt Rendezvous Band at 8. Saturday morning kicks off with the swine entering the show ring at 8. There will be a petting zoo and pony rides sponsored by JD Construction at 6, along with the Vopata Memorial Watermelon Feed, also at 6. The Figure 8 Race/Demo Derby will be held in the Arena at 7, and the Rewind Band will perform at 9. The starting gun for the 10K run will sound at 8

a.m., and also at 8 the Beef Show and Rabbit Show will take place. The Bucket Calf Show will be held after the Beef Showman-ship contest. Don't miss a Christian music concert on the Square by House of the Rising Son at 4 p.m. The petting zoo and pony rides will be available again at 6 p.m., and the Parade will also start at 6. The Farm Bureau and KanEquip Pedal Tractor Pull and Watermelon Feed will take place at 8, and Savanna Chestnut will also perform at 8. The Sheep Show followed by the Meat Goat Show will be held at 8 a.m. Monday morning, followed by the Poultry Show at 9 and the Dairy and Dairy Goat Show at 10:30. The Round Robin showman-ship contest will begin at 3 and there will be one more night of the petting zoo and pony rides beginning at 5. Tuesday evening a Fair Supper catered by Ricky's Cafe will be served at 6 p.m., with meals available for purchase at the event, and the Livestock Auction will begin at 7.

Lincoln County
 "Let's Have Some Fun in 2021" is your invitation to the Lincoln County Fair July 14-17 at the Fair-

grounds in Sylvan Grove! The 4-H and Open Class Horse Show will begin at 7 p.m. Wednesday, July 14. Thursday's livestock events will begin with the Poultry and Rabbit/Guinea Pig judging at 10 a.m. Bucket Calf Judging and Showmanship, 2nd year Bucket Calf, Market Steer/Heifers & Breeding Heifers judging will begin at 4:30. A Cattleman's BBQ Supper will be held from 5:30-7. The Swine judging will follow the Beef Show. You'll want to be sure to catch the Blacksmith Demonstration by Isaak Jordan at 7, and Bingo sponsored by Sylvan Senior Center at 9. The Sheep and Goat Judging will begin at 8 Friday morning. The Livestock Judging Contest will begin at 2. Isaak Jordan will hold his Blacksmith Demonstration again from 4-7. check-in for the Youth Pedal Pull starts at 6, with the pulling action starting at 7. A Ranch Rodeo will be held at 7 and Bingo will be called again at 9. The Round Robin will be held Saturday morning at 9 and there will be a Youth Archery Shoot at 9, followed by the adults at 11. The Project Auction will be held at 1. There will be

a Demolition Derby that evening at 7:30 and one last night of Bingo at 9. Don't miss the Fireworks Show before the feature of the Demo Derby.

Morris County
 Barn Lights and Country Nights is the theme for the 2021 Morris County Fair July 17-26. The Dog Show will be held July 17 at 9 a.m. and the Open Horse Show will take place at 9 a.m. Thursday, July 22. Saturday, July 24 will be a full day with the Swine Show starting at 9 a.m., Dairy Cattle at 3, Bucket Calves at 6, followed by the Bucket Calf Costume Contest. The Beef Show will begin at 6:30. The Poultry Show starts at 2 on Sunday and the Sheep Show begins at 6, followed by the Meat Goat Show and a Costume Contest. The Round Robin will take place Monday at 9 a.m., the Livestock Judging Contest at 12, Barnyard Olympics at 3, Buyer Appreciation Meal at 6, Awards at 7, and the Livestock Sale at 7:30.

Geary County

Things will be hopping around Junction City July 18-22 when the Geary County Fair gets under way. There will be a Dog Show on Saturday, July 17 at 8 and a Horse How Sunday, July 18 at 6. The Shepherd's Lead will be held Monday at 6:45 p.m. followed by the Dairy/Goat/

Sheep Show. The Bucket Calf and Beef Show will begin at 7 p.m. on Tuesday. Wednesday will include a Cat Show at 9:30 and the Swine Show at 6:30. Come hungry for the 4-H BBQ and Watermelon Feed Thursday, July 22 from 4:30-6:30. The Pedal Pull

• Cont. on page 8

Geary County Free Fair

July 18-22, 2021

1025 S Spring Valley Rd Junction City, KS 66441

Visit our website for more information:
<http://www.gearycountyfair.org>

Find us on: facebook.

Pottawatomie County Fair

— Let the Good Times Grow! —

AUGUST 5-8, 2021

Pottawatomie County Fairgrounds - Onaga, KS

THURSDAY, AUG. 5th

- Duct Tape Contest • Enter by Noon
- Pott. Co. Ranch Rodeo • 6:30 PM
- Burrito fundraiser during Rodeo
- Softball Tournament, Thurs.-Sun.
- Miss Pottawatomie Contest • 7 PM @ Onaga High School •

FRIDAY, AUG. 6th

- Kraft Rodeo, Fri. & Sat. at 8:00 PM
- TICKETS - Adults: \$10 / Ages 5-12: \$8
- Children Under 5: Free
- Don't Try This at Home Show • During Rodeo •
- Poppin' Penelope • Fri. & Sat.
- Peter Brunette • Fri. & Sat.
- Roaring Entertainment 1/10 scale stock car racing • Fri. & Sat.
- Bingo • Fri. & Sat.

SATURDAY, AUG. 7th

- 4-H Ambassador Games • 11 AM
- FCE/ Fruit Pie Contest
- Check-in @ 2 PM, Judging @ 3 PM •
- Winners auctioned off at beginning of the live auction

- Free Dance Following Kraft Rodeo
- Horseshoe Tournament
- Sand Volleyball
- Turtle Race & Fair Games
- FREE SWIMMING
- Kids Pedal Tractor Pull: Register @ 1:30, Pull @ 2:30
- Sit-N-Stitch from 9 AM
- Chain Saw Artist - TJ Jenkins

SUNDAY, AUG. 8th

- Annual Fair Parade • 1:00 PM •
- Ice Cream Social following parade
- Onaga Historical Museum • 2-4 PM
- AND MUCH MORE ALL WEEK

For more information on schedule & events contact: 785-457-3319
Or Visit: www.Pottawatomie.k-state.edu/fair/index.html

Lincoln County Fair

July 14-17, 2021

Sylvan Grove, Kansas

FRIDAY JULY 16TH @ 7 PM
CHILDREN'S GAMES & BAKE WALK
FRIDAY JULY 17TH, 5-7 PM
West of 4H Bldg.

Demolition Derby

SATURDAY, JULY 17
7:30 PM @ THE FAIRGROUNDS

FIREWORKS SHOW

SATURDAY, JULY 17TH

AFTER CONSOLATION & BEFORE FEATURE OF DEMO DERBY

Cattlemen's BBQ Supper

Thurs. July 15th,
5:30-7 pm

RANCH RODEO

FRIDAY, JULY 16 • 7 PM

ADMISSION BY DONATION

EVENTS:
Trailer Loading, Branding,
Double Mugging

RULES: 6:30 PM
CALCUTTA: 6:45 PM

CONTACTS:
HEATHER MEYER: 785-829-1665
EMILY CARNEY: 785-531-1066
BEN KRATKY: 785-658-7710

Breakfast is Served!

July 16th
Opens at 7 am

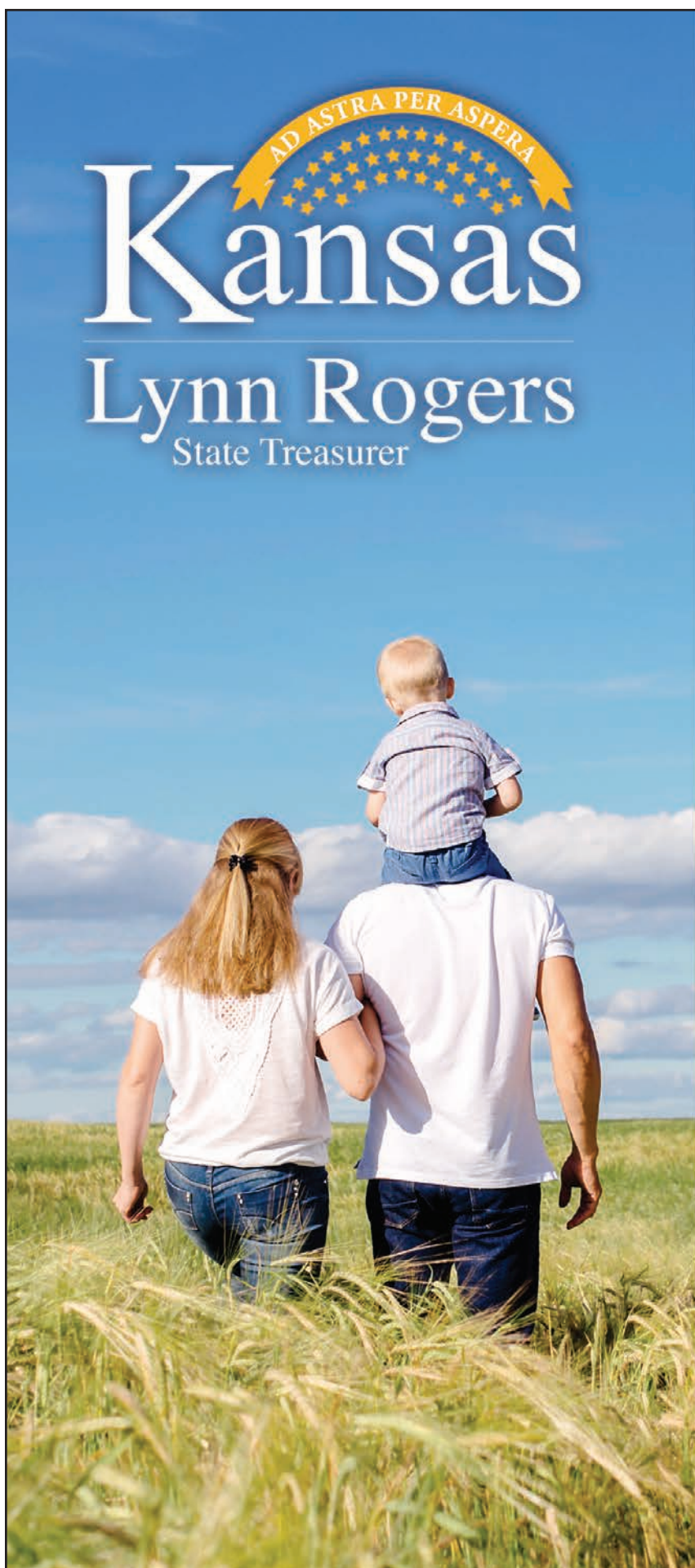
At the Little White Stand on the North side of the Grand Stand

Sponsored By:
Sylvan Grove Senior Center

BINGO!

Thurs.-Sat.
9 p.m.

AND MUCH MORE!
Come out and enjoy our COUNTY FAIR!



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Include County Fairs in your summer schedule

• **Cont. from page 7**
will be held Sunday, July 18 at 7:30. Sign-up begins at 6:30. The 4-H Project and Livestock Auction will be held Thursday, July 22 at 6:30. The 27th Annual Junction City Rodeo will take place Friday and Saturday, July 16 and 17 beginning at 7:30 p.m. featuring entertainment by Stormin' Norman Funny Man/Barrel Man and Cowboy's Sweetheart Sophie Duch. There will be a Spe-

cial Needs Rodeo Saturday at 10 a.m. Kids events include Boot Scramble for ages 3-5. Mutton Bustin, Jr. Barrel Racing, and Mini Bull Riding.
Clay County Fair
July 20-25 are the dates to head on over to Clay Center for the Clay County Fair! The swine get the livestock portion of the fair under way at 6 p.m. on Tuesday, July 20. There will be a Farm To Fork pulled pork dinner

served for a free will donation, also at 6 p.m. The carnival by Great Plains Amusements will run nightly from 6-10 p.m. The 4-H/FFA Horse Show will begin at 9 a.m. Thursday in the Rodeo Arena and the Meat Goat Judging will begin at 4 followed by the Dairy Goat judging at 5. The Sheep Show will begin at 6 and there will be free snow cones, courtesy of Citizens National Bank at 7:30 p.m. Friday morning starts off with the rabbit judging at 8 and the poultry judging at 10, or immediately following the

rabbit judging. Bucket calf interviews will be held at 1 p.m. The Dairy Cattle judging will begin at 3 followed by Bucket Calf Showmanship at 4 and Beef Judging at 6. The Kiddy Tractor Pull will be held at noon at Hogan Arena, and registration for the Corn Hole Tournament will begin at 1:30. Savanna Chestnut and the Field Hands will perform from 8-11 p.m. on the stage at the Fairgrounds. The Round Robin Showmanship contest will be held Saturday morning at 8:30 followed by the 4-H FFA Livestock Judg-

ing Contest at 10. Cowboys for Christ will host free horseback rides from 9-11 a.m. Saturday morning and the Corn Hole tournament will begin at 2. The 4-H and FFA Livestock Auction will begin at 6 p.m. the JayHusker 3/4 Midget Races will begin at 7 in the Grandstand, and there will be a free watermelon feed courtesy of the Chamber of Commerce and Clay County Farm Bureau beginning at 7:30.

6. The Kaw Valley Rodeo will finish off the night. The Swine Round Robin will begin at 12:30 on Sunday, and the Round Robin will be held at 1. The Livestock Judging Contest will begin at 3:30. The Pedal Tractor Pull will begin at 7. Fair Olympics will be held Monday at 10, the Livestock Skillathon at 12:30 and The Livestock Sale will be held at 7 p.m. A full carnival by Ottaway Amusements will be held each night from 6-10 p.m.

Tri-Rivers

The Tri-Rivers Fair and Rodeo is slated for August 3-8 in at the Fairgrounds and Grandstand adjacent to Tony's Pizza Event Center in Salina! Don't miss the Parade Tuesday, August 3 at 7 p.m. The Rodeo will be held Wednesday and Thursday at 8, and the Demolition Derby will take place August 6 and 7 at 8. The Draft Horse Pull will be held Saturday, August 7 at 7. There will be a carnival Wednesday through Sunday, beginning at 6 p.m.

Pottawatomie County

Let the Good Times Grow at the Pottawatomie County Fair August 5-8 at the Fairgrounds in Onaga! The Livestock Skillathon will be held Thursday, August 5 beginning at 1 p.m. to get things started. The Dairy Goat Show will begin at 4 followed by Dairy Cattle. The Sheep Show begins at 5, with the Meat Goat Show following. Barn Quilt judging will take place at 5:30 at the Fair Pavilion and a Ranch Rodeo will start at 6:30. Miss Pottawatomie will be crowned at 7. The Rabbit Show kicks things off Friday morning at 8 and there will be a youth tractor driving contest at 10. The Poultry Show will be held at 1, including a rooster crowing contest and poultry breed ID contest. The Stockman's Quiz will be held from 1-3 p.m., with the Beef Show beginning at 5. Bingo sponsored by Knights of Columbus will begin at 7 and the Rodeo by the Kraft Rodeo Company will start at 8. The Swine Show will begin at 8 Saturday morning and sign-up for the Round Robin begins at 10. Bucket Calves at 5:30 and Beef at

• Cont. on page 10

TRI-RIVERS FAIR & RODEO

AUGUST 4-8 • Salina, Kansas
Fairgrounds & Grandstand Adjacent to Tony's Pizza Event Center (Formerly known as the Bicentennial Center)

MAIN EVENTS: 2021!

- PARADE • Tuesday, August 3 - 7:00 PM**
- RODEO • Wednesday & Thursday, August 4 & 5 - 8:00 PM**
- DEMOLITION DERBY • Saturday, August 6 & 7 - 8:00 PM - Gates open @ 6:30 PM**
- DRAFT HORSE PULL - Ag Hall Saturday, August 7 • 7:00 PM**
- CARNIVAL • Wednesday-Sunday, August 4-8 Opens at 6:00 PM**

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Kyle Elwood, Asst. Sale Manager & Auctioneer
Cell: 785-493-2901



RIDIN' THE RAILS

TO THE 141ST COFFEY COUNTY FAIR

July 21-25, 2021
Fairgrounds – Burlington, KS

Wednesday, July 21 8 p.m. Horse Pull (grandstand) 8 p.m. Barnyard Olympics (show arena)	Thursday, July 22 7 p.m. Pedal Power Tractor Pull (east of Kelley Hall) 7 p.m. Ranch Rodeo at Coffey County Saddle Club Arena	Friday, July 23 6 p.m. Parade "Ridin' the Rails to the Coffey County Fair"	After the parade: Sweet 6 & 16 Contest (grandstand) & Parade of Purples (outside of Kelley Hall) 7:30 p.m. Music by Elliott Burns 8-11 p.m. Street Dance featuring "Brick-Horse" (classic rock & country)
	Saturday, July 24 7 p.m. Demolition Derby (grandstand)	Sunday, July 25 6 p.m. Livestock Sale	

FULL SCHEDULE AVAILABLE AT:
WWW.COFFEYCOUNTYONLINE.COM



RILEY COUNTY FAIR

July 22-26, 2021
CiCo Park, Manhattan, KS

Enjoy the excitement of:

- 4-H Exhibits
- Livestock Shows
- Ottaway Amusements Carnival
- Robbins Motors Entertainment Tent
- Pedal Tractor Pull
- Fair Olympics
- Mixed Berry Pie Contest
- Fair Food & much much more!

www.rileycountyfair.com

Kaw Valley PRCA Rodeo

Presented by BriggsAuto.com
July 22-24, 2021
Wells Arena, CiCo Park, Manhattan, KS
8:00 pm Nightly

July 22: Military Appreciation Night
July 23: Tough Enough to Wear Pink Night Promotion of Cancer Research
July 24: Brummett Award & Appreciation Recognition

Ticket Outlets:
MANHATTAN: Reserved Tickets only sold at Copies-4-Less General Admission Tickets — Copies-4-Less, Dara's Corner Stores, Dillon's Stores, Outpost Western Wear, Yee Haw Country Outfitters.
RILEY: GTB Custom Meats. WAMEGO: Vanderbilt's.

www.kawvalleyrodeo.com




27th Annual
JUNCTION CITY RODEO
Geary County 4-H
Fairgrounds Arena
1025 S. Spring Valley Rd
Junction City, KS 66441



Schedule:
Friday, July 16th
Tough Enough to Wear Pink Night
7:30 p.m. Rodeo Performance

Saturday, July 17th
10 a.m. - 12 p.m.
Special Needs Rodeo
Red, White, & Blue Night
7:30 p.m. Rodeo Performance

Kid Events Each Night:
Calf Scramble - Boot Scramble - Mutton Bustin

Rodeo Dance Each Night
Located at & Sponsored by Coyote's Saloon

Ticket Outlet:
Orscheln's - Junction City

Ticket Prices:
Adult: Advance - \$9
Gate - \$10
(Child - 6-12 years old)
Child: Advance - \$4
Gate - \$5

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Aunt Effie and the Virus

Aunt Effie was the 'Neighborhood Healer' in her community of Noble, Okla. When I was visiting and scraped my arm or had a stomach ache, she always had the right potion, poultice, roots, soak or fern to treat the ailment. Her husband, Uncle Leonard, was an authority on the ailments of cows and mules. That was 20 years before the widespread availability of penicillin in 1939. The lifespan of

the average person was 47 years old. Today, it is 78 years old (pre-COVID).

That is just one example of the uncountable human lives science has saved by diseases cured and prevented, not to mention those of domestic animals. My time practicing veterinary medicine was mostly in feedlots, on big ranches and dairies, on range ewes and saddle horses. I spent and used millions and millions of dollars to save animal lives and prevent disease. All my medicines were approved by the USDA (vaccines) and the FDA (pharmaceuticals), and took years of testing to prove that it did what it said on

their labels.

I, as a DVM, am responsible for medicine I use on the patient. If I misuse a product, I am liable to be sued... but not the salesman, the layman doc, the actor in the commercial, the entire "alternative medicine" industry that is mandated to confess on their label "This product has not been evaluated by the United States Food and Drug Administration and is not approved to diagnose, treat, cure or prevent disease." The FDA... the one team that can protect the public from what used to be called "quacks."

If the expert medical doctors that we have been seeing on TV regarding

the COVID virus seem hesitant to answer the questions that the raving media asks, there is a reason... they are stalling, waiting.

In most cases of nature, there is constant change. You are asking the doctors to predict specific outcomes. They can only compare similar past consequences. Oh, and they are responsible for what they say, unlike the newspaper columnist, the television commentators, all politicians and my sweet Aunt Effie.

Regarding those of you of the rural community

who have been my 'family' all my life and are afraid to get your COVID vaccination, ask yourself "Am I afraid to vaccinate my calves for IBR, BVD, Lepto, BRD, red water, Blackleg? Am I afraid to vaccinate my horses for tetanus, sleeping sickness? My dogs for parvo, rabies... and my kids for measles, mumps, rubella and chicken pox?"

As a friend, it would make my life a lot easier.

P.S. Ivermectin is a horse wormer.

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Hinrichsen Top Secret 013 won grand champion bred-and-owned bull at the 2021 All-American Angus Breeders' Futurity Junior Show, June 12 in Louisville, Ky. Eva Hinrichsen, Westmoreland, owns the March 2020 son of Schilling's R&L Confidential. He first claimed junior champion. Zach Butler, Milton, Tenn., evaluated the 134 entries.

Photo by Next Level Images

Farmers & Ranchers AUCTIONS EVERY MONDAY & THURSDAY

**Selling Cattle every Monday
Hog Sales on 2nd & 4th Monday of the month only!**

RECEIPTS FOR THE WEEK: 703 CATTLE & 60 HOGS.

STEERS		HOGS	
400-500	\$147.00 - \$157.00	3 fats	Wamego 242@76.00
500-600	\$156.00 - \$166.50	2 fats	Tampa 280@75.50
800-900	\$140.00 - \$150.85	2 fats	Tampa 260@74.00
900-1,000	\$124.00 - \$134.50	4 fats	Esbon 305@73.50
HEIFERS		2 sows	Leonardville 530@49.00
300-400	\$149.00 - \$159.00	3 sows	Abilene 578@48.50
400-500	\$139.00 - \$149.00	4 sows	Leonardville 446@46.00
500-600	\$132.00 - \$142.00	2 sows	Abilene 618@46.00
600-700	\$134.00 - \$144.00	4 sows	Abilene 524@46.00
800-900	\$123.00 - \$133.50	2 sows	Abilene 528@44.50
900-1,000	\$112.00 - \$122.00	BULLS	
BULLS		1 blk	Ellsworth 1665@104.00
\$97.00-\$104.00		1 blk	Delphos 2110@98.50
BUTCHER COWS		1 wf	Junction City 2015@97.50
\$73.00-\$77.50		1 blk	Oakhill 1685@97.50
		1 wf	Hutchinson 2005@97.00

MONDAY, JUNE 28, 2021

STEERS		COWS	
4 char	McPherson 534@166.50	1 blk	Longford 1520@77.50
7 mix	Lincoln 455@157.00	5 blk	Clay Center 1236@76.00
59 mix	Tampa 870@150.85	1 blk	Longford 1505@76.00
60 blk	Tampa 904@145.60	1 blk	Longford 1385@76.00
64 mix	Marion 862@140.50	1 blk	Lindsborg 1170@76.00
18 red	Salina 955@134.50	1 blk	Cassody 1540@76.00
HEIFERS		1 blk	New Cambria 1465@75.00
2 char	McPherson 335@159.00	3 blk	Lyons 1207@75.00
3 mix	Minneapolis 483@149.00	3 blk	Waldo 1335@75.00
4 blk	Hillsboro 475@149.00	1 red	New Cambria 1165@74.50
15 blk	Salina 493@146.00	2 blk	Lyons 1265@74.50
1 char	Lost Springs 415@146.00	1 blk	Lyons 1320@74.50
5 mix	Hillsboro 606@144.00	1 char	McPherson 1420@74.00
4 Here	Brookville 553@142.00	2 blk	Ellsworth 1160@74.00
6 mix	Lincoln 489@141.00	2 blk	Salina 1275@74.00
2 char	McPherson 590@141.00	2 blk	Ellsworth 1130@73.00
64 mix	Marion 829@133.50	1 rwf	New Cambria 1325@73.00
15 mix	Wilsey 984@122.00		

IN STOCK TODAY:

- Heavy Duty Round Bale Feeders
- 42' ROUND BALE DUMP TRAILERS
- Heavy Duty 5000# Grain Tote

For Information or estimates, contact:

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Kyle Elwood, Asst. Sale Mgr., Cell Phone 785-493-2901

Jim Crowther
785-254-7385
Roxbury, KS

Lisa Long
620-553-2351
Ellsworth, KS

Cody Schafer
620-381-1050
Durham, KS

Kenny Briscoe
785-658-7386
Lincoln, KS

Kevin Henke
H: 785-729-3473, C: 785-565-3525
Agenda, KS

Austin Rathbun
785-531-0042
Ellsworth, KS

Check our listings each week on our website at www.fandrive.com

