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Renovated Prairie Playscape teaches children to treasure the Flint Hills

By Donna Sullivan, Editor

From the first day it opened its doors in 2012, the mission of the Flint Hills Discovery Center has been simple and straightforward: to foster an appreciation of the rare beauty of the Kansas Flint Hills and the tallgrass prairie. More than 10,000 square feet of interactive exhibits tell the story of this unique ecosystem, and visitors of all ages are invited to immerse themselves in its splendor.

Along with housing temporary exhibits – currently a Major League Baseball experience that has been a huge draw – the second floor of the Discovery Center has always featured interactive learning stations for kids. The area underwent a major renovation this spring and reopened Memorial Day weekend. The newly designed Prairie Playscape consists of three themed areas – Exploring the Land, Working the Land and Sharing the Land.

The renovation has been a project of the Flint Hills Discovery Center Foundation since 2019. More than 60 individual donors, grants and foundations helped meet the fundraising goal of \$1.5 million. According to the Foundation, it was the single largest project to date for the Foundation, and no taxpayer money was used.

“Prairie Playscape was created to help children celebrate the Flint Hills,” said Bruce Snead, FHDC Foundation president. “The Foundation will be forever grateful to donors who made this project possible.”

Using attendance as a gauge, it would appear Prairie Playscape is a hit with the public. “Overall

this summer we couldn't be more thrilled with the attendance we've had,” said Lesley White, Foundation director. “We've averaged 300-500 people per day since opening on Memorial Day weekend. It's the highest numbers we've had in about five years.” She added that children attending their day camp programs love visiting the area.

Group visits can be scheduled, in which an educator would walk through the exhibit with the children, explaining the meaning and purpose of each station. They are also working on a sheet to have in the entryway to help guide people independently through the exhibits.

“Prairie Playscape was all created because we want children to celebrate the Flint Hills,” White continued. “They can learn where that hamburger they're eating came from, why we cherish the Flint Hills and why we take such good care of them. It is for children, but we made it interactive so adults can also engage.”



Tubes demonstrate how wind not only affects weather on the prairie, but also the movement of seeds, birds and insects. Balls and scarves make their way through the tubes as switches control the flow of air.



A simulator allows youngsters to be part of a Flint Hills train ride.



Ropes, horseshoes and branding irons are some of the tools used in cattle ranching that are on display, with explanations of how they function.

Kansas Farm Bureau president Felts to retire in December

After serving as president of Kansas Farm Bureau since 2014, Montgomery County farmer Rich Felts has announced he will retire Dec. 5. Felts previously served as vice president of the organization for three years and on the board of directors before moving into leadership of the organization.

“The decision to retire was not an easy one,” Felts says. “I have enjoyed my time working for and with Farm Bureau members of Kansas. My wife, Shirley, and I look forward to returning to the farm and know our organization will continue to advocate, educate and serve Kansans.”

“Rich has been a steadfast and strong leader of our farm organization,” Terry Holdren, KFB CEO, says. “His work on behalf of our members, our state and agriculture has put us



in a great position for the future.”

Felts began his service to Farm Bureau at the county level and held leadership and volunteer positions for extension, conservation, rural fire, church and township boards.

At Kansas Farm Bureau he served on the American Farm Bureau Federation board of directors; chaired the board of Farm Bureau

Mutual Insurance Company and affiliated boards and committees; and was appointed to numerous taskforces by governors and others on behalf of Kansas farmers and ranchers.

Under his leadership, Kansas Farm Bureau Health Plans was created; more than \$150,000 was raised and shared across the state to end hunger in Kansas communities; supported the expansion of mental health resources for farmers and ranchers; consumers were educated about sustainable agriculture; and innovation and entrepreneurship were improved in rural communities.

A new president will be elected at the organization's annual meeting on Dec. 5 in Manhattan.

Food And Energy Security Act would prevent mandatory GHG emissions reporting rule

The Food and Energy Security Act was introduced recently by Sen. John Thune of South Dakota. The bill would require federal regulators to disclose how proposed rules would impact food and energy prices. Additionally, it would prohibit federal regulators from implementing any rule that would increase food or energy prices if inflation is higher than 4.5%. Since the start of 2022, inflation has consistently been over 7%, hitting a four-decade high in June of 9.1%.

If passed, this new legislation would prevent the U.S. Securities and Exchange Commission (SEC) from implementing their broad climate rule proposed earlier this year that would require publicly traded companies to disclose their direct, energy/electricity and supply chain greenhouse gas emissions. By requiring the inclusion of supply chain emissions, cattle producers who provide beef to publicly traded processors, restaurants and retailers would be subject to these overreaching regulations.

“NCBA is proud to support the Food and Energy Security Act because rules like the SEC's emissions disclosure mandate add a costly burden to cattle producers, rural communities and consumers across the country,” said NCBA Environmental Counsel Mary-Thomas Hart.

NCBA submitted technical comments in opposition to the rule and individual cattle producers sent more than 7,400 letters to the SEC commissioners and members of Congress.

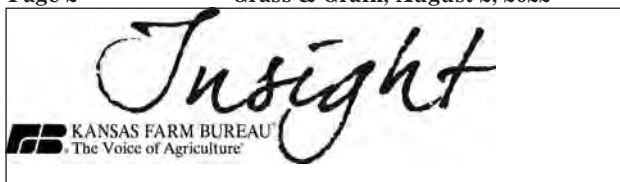


A kiosk explains the Flint Hills tallgrass prairie and the unique ecosystem it represents.

USDA releases cattle inventory and cattle on feed report

All cattle and calves in the United States on July 1, 2022 totaled 98.8 million head, 2 percent below the 101 million head on July 1, 2021. All cows and heifers that have calved totaled 39.8 million head, 2 percent below the 40.6 million head on July 1, 2021. Beef cows, at 30.4 million head, down 2 percent from a year ago. Milk cows, at 9.45 million head, down 1 percent from previous year. Cattle and calves on feed for the slaughter market in the United States for feed yards with a capacity of 1,000 or more head totaled 11.3 million head on July 1, 2022. The inventory was slightly above July 1, 2021, USDA NASS reported. The inventory included 6.90 million steers and steer calves, down 1 percent from the previous year. This group accounted for 61 percent of the total inventory.

Heifers and heifer calves accounted for 4.45 million head, up 3 percent from 2021. Placements in feed yards during June totaled 1.63 million head, 2 percent below 2021. Net placements were 1.56 million head. During June, placements of cattle and calves weighing less than 600 pounds were 360,000 head, 600-699 pounds were 270,000 head, 700-799 pounds were 370,000 head, 800-899 pounds were 369,000 head, 900-999 pounds were 175,000 head, and 1,000 pounds and greater were 85,000 head. Marketings of fed cattle during June totaled 2.06 million head, 2 percent above 2021.



Primary Reasons to Show Up

By Jackie Mundt,
Pratt County farmer
and rancher

The world belongs to those who show up.

That simple idea has become one of the cardinal rules in my life. What I love about this rule is it doesn't hinge on pre-disposed talent or having the right connections. The only way to unlock the potential of this rule is to just keep showing up.

Showing up has been on my mind as I contemplate the upcoming primary.

Over the years, I have heard many people dismiss primaries as unimportant. They may say their vote doesn't matter or claim they will vote when the "real" election happens.

That type of thinking is flawed because often the primary election is the real race. If you live in an area that is largely affiliated with one party, the primary likely determines the front runner or the only name that will be on the ballot in the general election. In our state,

there are dozens of state and local races where only one party has candidates who have filed for election. This is your chance to show up for your community.

If you hesitate to vote because you aren't sure who to vote for, I invite you to visit KFB.org to see a list of the candidates endorsed by Kansas Farm Bureau's Voters Organized To Elect Farm Bureau Friends. These candidates have been recommended by our local members through a grassroots process. KFB's political action committee takes local feedback and, in cases of incumbents', voting histories into consideration to make endorsements for candidates who understand, value and support agriculture in our state.

If that is not enough of a reason to show up for the primary, here an important question: Do you have an opinion on abortion? This is such a heated and prominent issue on the national stage that I am guessing most people do.

This primary election is your opportunity to share that opinion without having to put a sign in your yard and jeopardize any relationships. The primary will feature a proposed constitutional amendment that would affirm there is no Kansas constitutional right to abortion, and the right to pass laws to regulate abortion. If the amendment fails, the constitution would not change, leaving in place the recently recognized right to abortion.

I am not advocating for

or against the amendment. However, I am advocating for you to show up and cast a ballot for your beliefs and values.

If I haven't convinced you in any of my previous points, let me try one more. You probably already knew an election was coming from the seemingly endless advertisements on social media, TV, streaming services and in your mailbox. These advertisements are overly sensational, meant to vilify one candidate while making a hero out of another, and often make claims that are irrelevant to the position in question.

The reason we are bombarded with these advertisements is because organizations, many outside the state, are spending millions of dollars to sway

your vote. All that money is spent in hope that an unengaged voter will show up to the poll and pick someone based on the faint memory they have of an advertisement.

If you don't want our elections to be determined by the highest bidder, show up as an informed voter for the primary.

Politics can be overwhelming and it is easy to feel like your vote doesn't matter, but it does. The world and elections belong to those who show up and I hope you will on Aug. 2.

"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.

Getting your ducks in a row – how a goals-oriented approach to succession planning can be an advantage

By Christopher Dhanraj,
CliftonLarsonAllen LLP

Succession planning can be a deeply emotional endeavor. Whether you chose, trained or never even met the person who will take over your business, handing over the keys is bound to elicit strong feelings.

When preparing for the seamless transition of a business, place emotions on the back burner and pave the way for both your short- and long-term goals to take center stage. The priority for some is to hand the business down to a relative or key employee. For others it may be to sell to the highest bidder. Some might want a fast sale so they can enjoy retirement as soon as possible. Then there are those whose priority is to secure

a legacy in the community. Goals are as individual as the individuals who set them.

Regardless of motivation, leaving a business to new proprietorship requires open communication and transparency among all involved principals, no matter if the company's future lies in the hands of family members or nonrelatives.

Find the right fit

At times, a business owner must embark on a soul-searching mission to determine if the future leaders of the business are already in-house, or if they need to come from outside. Just because a person has been around the business a long time, or has an applicable skill set, it doesn't necessarily make them a good fit to take the reins.

This is the time when owners looking to transition must make some honest and tough choices, which may also lead to a few difficult conversations. Ultimately, these choices must be made in the best interest of the company and its value.

Plan for taxes

Understanding the tax ramifications associated with change of ownership and strategizing how best to leverage taxes while the business is in transition are paramount to succession planning. Professional legal and accounting assistance can guide owners toward a financially prudent structure for the transfer.

Know your value

Knowing the value of your business is a key ingredient to the succes-

sion-planning mix. A full business valuation is essential, as it will compare your company against industry peers and provide a snapshot of the broad economy's effect on your operation. Should a family member be in line for succession, a thorough valuation will make certain the business is not overvalued; if that is the case, the next generation may be saddled with debt that could ultimately lead to the downfall of the business.

A financial ratio analysis can benchmark your business against others and gauge your financial strength. Strong working capital and current assets that can keep ahead of current liabilities are goals to strive for. To help prepare for this evaluation, you will need:

- Comprehensive monthly financials — Accurate profit and loss reports and balance sheets.
- Customer concen-

tration — If your company does more than 20% of its business with one client, this can be considered a risk to a prospective buyer. A spread-out customer base is an advantage.

- Cash flow quality — Cash flow that recurs weekly or monthly is worth more than a business that is constantly seeking to retain new customers.

An industry consultant can provide categorical risk scores to help you identify changes that could enhance the worth of your business. Increasing its value prior to sale will be an advantage to the continued growth and strength of the company in its new hands.

Conduct due diligence — Conduct the necessary due diligence to make sure all accounting, legal, human resources, and information technology elements are in the proper shape for transition. Rely on professionals to help you navigate this compli-

cated process.

Create your succession plan

Designing a succession plan that meets your specific values and goals requires thoroughness, transparency, effort and, yes, time. Decisions made ahead of the transition will have long-lasting effect on the business after you are no longer involved. Having a close connection to a team of professional advisors with the following capabilities can alleviate much of this burden:

- Business transfer strategies
- Comprehensive succession planning
- Financial planning
- Insurance and risk management
- Business valuation
- Sell-side due diligence
- Merger and acquisition (M&A) advisory
- Investment management
- Strategic tax planning
- Estate planning

Your company is often your most valuable asset, and you want to transfer it to the right successor while enhancing the value you receive.

Editor's note: Christopher Dhanraj is the managing principal of investments for CLA Tampa. He can be reached at christopher.dhanraj@clacconnect.com or 813-384-2737. Photo submitted by Shelly Hauschel. CLA offers a team of professional owner transition advisors to help seamlessly guide through every step of the succession process.

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A few weeks ago, I got one of those jarring reminders of how precious life is. Daniel Spitzer was a young man with his whole life ahead of him. I barely knew him; he was the same age as my oldest niece and over the years I had gotten acquainted with him and his parents through the Pratt County Fair. His dad Brian and I have similar interests and I often found myself discussing matters of the world with him during the fair. Daniel passed away in a tragic accident and really hit me hard.

My observations were that Daniel was the type of young man that we really need in this world. He was polite, kind, caring and hard-working. In the little bit of time I was around him I could tell that he was a responsible, salt of the earth, solid human and well on his way to making an impact on those around him. Judging by the comments on the Facebook page dedicated to his memory many others shared my views on Daniel. He lived an incredibly impactful life in eighteen short years.

In the weeks since his passing I have marveled at what has come out of such a tragic event. I have seen hope and joy come about out of the tears and pain. Daniel's parents and siblings have shown such grace and faith that their strength has helped heal others who knew Daniel. I did not know him very well, just a few brief encounters over the years but after reading the memories others who knew him well, I was overwhelmed by how great this young man was. My Facebook feed was filled with memories of a short life well lived.

I know there was a great amount of grief and sadness, I can't imagine the pain his family must have felt but their reactions were inspirational to the rest of us. What I witnessed over the past few weeks were hope and joy coming from tragedy. It all started immediately after Daniel's passing; he was an organ donor and gave the gift of life to several others. It was reported that his honor walk was the biggest the hospital had ever seen — another sign of how tremendous this young man was. My family has been impacted by the selflessness of an organ donor and that alone was a ray of hope in a time of darkness. So many lives impacted by someone they had never

met, so many lives that will be better lived. As great as that was the story does not stop here.

The Pratt County Fair happened just a few short weeks after the accident and sudden passing. An event that could have been a sad, stark reminder but instead it was dedicated as a celebration of everything Daniel was about. I am sure there was a sense of something missing, maybe a twinge of sadness and I promise there were tears shed but there was a lot of good memories also. I am sure there was a sense of Daniel's presence at each event.

If the story ended here, it would be incredible but what happened at the 4-H Livestock Sale was stunning. Daniel's steer was sold last in the order and all of the funds went to the Daniel Spitzer Legacy Fund. The money in the fund will be used by his family to keep his memory alive, things like scholarships, mentoring and camps. Just like Daniel would have done, if there is a need, then the fund will be there to help. Again, if the story ended here, it would be one for the ages but there is more.

Daniel's steer not only sold but it sold over and over and over, thirty-nine times in all raising over \$60,000. I watched online and I promise there was a lump in my throat and tears in my eyes. 4-Hers who had just sold their own livestock contributed along with many, many from the community. Again, something that could have been incredibly sad was turned into the very model of hope and joy. There will be a way to contribute to the fund and I will try to share it when I have that information.

Through all of this my heart goes out to Daniel's parents and family, they are the model of Christian faith and grace and I admire them greatly for that. His passing is a reminder for all of us left. A reminder that our lives will not be measured in how long we are here but rather how much we do with the time we are given. His passing is also a reminder that nothing is guaranteed, especially tomorrow. Be sure to tell those around you how much you love them and cherish the time you are given with them. Our lives are a gift, and it is up to us to choose how we use that gift. I know I will choose to be more like Daniel.



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Just like farming, a healthy mental state takes work; equipment breaks down, and human beings do, too

By Paige Nelson, Angus Beef Bulletin
 "What do you do when a belt breaks?" asks Melba Sutton, a Kansas licensed, specialist clinical social worker, asks. "You, the farmer, rely on your strengths. You go to work to fix the problem," is her answer.

When a mental health struggle or chronic stress is the problem, the answer is the same: Go to work!

"Perhaps part of your work today is picking up the phone and saying, 'Hey, I just need to talk to somebody about living my life,'" suggests Sutton.

Bad days happen, once in a while

Some days you wake up on the wrong side of the bed. Some days the cows get out — twice. Some days the bank forecloses on the farm. Some days we

lose a loved one. On those days Sutton's advice is to take time to tell yourself, "Gosh, this earth school stuff really hurts."

Adrienne DeSutter, an advocate for mental health in the farming community and a farmer, says it's key to understand the differences between bad days and chronic bad days.

"We go through moments in our lives where we feel hopeless, especially in farming," she says.

That's okay, she explains, and it's normal. As long as those feelings of hopelessness or even worthlessness are in check, and we know that in a day or in a couple of days, they will fade. Life will normalize.

"When we have those

moments of hopelessness or worthlessness happening for multiple days, multiple weeks, then we really just need to get to a point where we're comfortable talking to someone or talking to our doctor (to make) sure that we're able to stay in control. When we aren't taking care of ourselves, we lose that control, and it's harder to dig out of that hole," DeSutter warns.

It comes with the territory

About two in five rural adults say stress and mental health have become more of a problem in their community in the past five years (41%) and in the past year (36%). Nearly half of rural adults (48%) say they are personally experiencing more mental health challenges than they were a year ago. That's accord-

ing to a rural stress poll sponsored by the American Farm Bureau Federation in 2019.

What makes America's backbone so vulnerable to mental health conditions and chronic stress?

For one, we rely heavily on the most unpredictable woman on Earth — Mother Nature. Enough said, but let us continue. Wars, inflation, recession fears, debt, the physicality of our work, family heritage, limited access to health care, limited access to broadband, etc., all contribute to 48% of farmers saying they are experiencing more mental health challenges today.

Fixing is work
 When equipment breaks down, we order the parts; we watch YouTube until we know how to install the parts; we pay the

bill at the parts store.

The good news for farmers and ranchers is that the process of reaching out for help, accepting help and making progress is not that different from fixing broken equipment. It is possible. Simply put: Go to work.

"Work is good medicine," says Sutton.

Farmers and ranchers are naturally talented workers, otherwise they wouldn't be in an

occupation that requires sunup-to-sundown hours. Apply that same ethic and attitude to healing body and mind and see your results grow like field corn in July.

If you are experiencing mental health crisis and/or feeling suicidal, please reach out and talk to someone. Call the National Suicide Prevention Lifeline 1-800-273-8255 or chat online at <https://988lifeline.org/chat/>.

National Corn Growers Association applauds Senate introduction of Next Generation Fuels Act

In a step forward for energy security and the nation's consumers, Senator Charles Grassley (R-Iowa), with the support of Sens. Amy Klobuchar (D-Minn), Joni Ernst (R-Iowa) and Tammy Duckworth (D-Ill.), has introduced the Next Generation Fuels Act in the U.S. Senate.

"The Next Generation Fuels Act would lower fuel prices, reduce carbon emissions, and shore-up America's energy security for the long run," said Iowa farmer and National Corn Growers Association (NCGA) president Chris Edgington. "We are very grateful to Sens. Grassley, Klobuchar, Ernst and Duckworth for their leadership on this important issue."

The bill would establish a clean, high-octane standard for gasoline and require that sources of additional octane result in at least 40% fewer greenhouse gas emissions, allowing automakers to significantly improve vehicle fuel efficiency through advanced engines.

Because corn growers have a vested interest in the future of transportation, NCGA began laying the groundwork and advocating for this policy several years ago, and the Next Generation Fuels Act, H.R. 5089, has received bipartisan support in the U.S. House of Representatives.

"We have worked closely with members of the House and Senate to secure bipartisan support for this legislation," Edgington said. "In recent months, consumers have been reminded that we need choices at the pump. The Next Generation Fuels Act would diversify our fuel supply and take greater advantage of low-cost, low-emission, and high-efficiency ethanol to give drivers affordable choices as we decarbonize and clean up transportation."

As gas prices climbed to all-time highs, NCGA has reminded policymakers that ethanol has been priced about \$1 per gallon less than unblended gasoline at wholesale, and drivers are saving 30 to 40 cents or more per gallon where retailers offer E15.

In late spring, the Biden administration acted to preserve access to higher

blends of ethanol through the summer, ensuring consumers continue to have the low-cost, low-emission choice of E15 at the pump. The Next Generation Fuels Act would build on

this progress by advancing higher ethanol blends and advanced vehicles that deliver greater emission reductions, cost savings and consumer choice.



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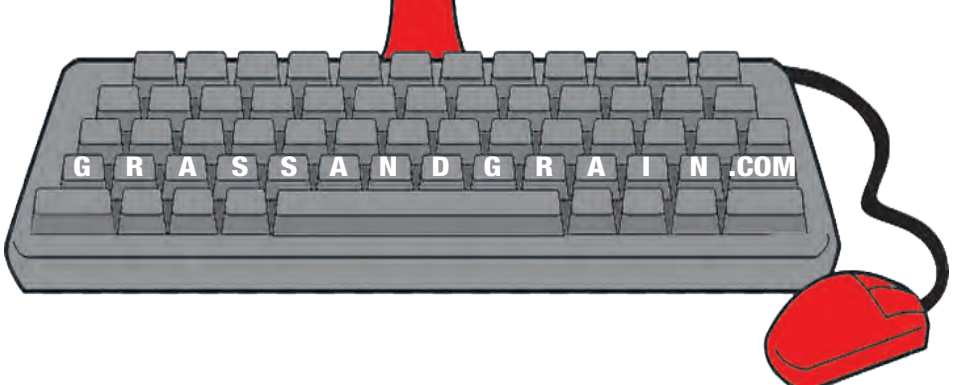
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GRASS & GRAIN Our Daily Bread

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

Rose Edwards, Stillwater, Oklahoma, Wins This Week's Grass & Grain Recipe Contest & Prize Winner Rose Edwards, Stillwater, Oklahoma: APRICOT CHICKEN

2 1/2 pounds boneless chicken breasts, cut into 1-inch pieces
1 cup apricot preserves
1/2 cup chili sauce
1/2 cup crushed pineapple
Salt & pepper to taste
Cooked rice

Spray a crock-pot. Place chicken in a single layer in crock-pot. Mix remaining ingredients (except rice) and pour over chicken. Cook on high 3-4 hours or low 6-8 hours. Serve with rice

Kellee George Shawnee: 2 tablespoons oil
SPLIT WINGS 1 teaspoon vinegar
1/2 cup soy sauce 2 garlic cloves, chopped
1/2 cup honey 1/2 teaspoon ground ginger
1/2 cup apricot jam 4 pounds chicken wings, split

Mmmm Muffin (Tops)! Food Science Student Develops Gluten Free Sweet Potato Muffin Tops

By Jessica Jensen, K-State Research and Extension news service MANHATTAN — "Researching and developing food products? Sign me up for that." That's what Kansas State University food science student Sophia Brazington thought when she was considering her Spring 2022 schedule.

Brazington's foray into new food development started with an idea for a sweet potato muffin, eventually leading to a muffin top being included in the university's Konza Table, a program in which students in need of food receive meal packages once a week.

"While the sweet potato muffins were not my first choice when it came to choosing a product, I knew that there was a lot of potential for experimenting with a gluten-free version," Brazington said.

The gluten-free path,

she said, led to many opportunities that helped her decide to develop the sweet potato muffin top, rather than the whole muffin. She said by making a muffin top, the product was less grainy and overall more enjoyable compared to other gluten-free items.

Like any scientist, Brazington had early difficulties in developing her recipe. She changed small things throughout the developmental process to affect the flavor, texture and experience of the muffin top.

She notes that the original recipe used boiled sweet potatoes, but she eventually changed to baked potatoes because they were better suited to help with caramelization and sweetness. Plus, she notes, the switch reduced food waste because she was using leftover baked potatoes from K-State's Kramer dining center.

Once she got the reci-

pe down, she was asked to scale up her muffin tops because of the FarmUs research program.

In 2019, the Kansas Department of Agriculture and K-State were awarded a Federal State Market Improvement Grant. The award funded the FarmUs project, a farm to campus collaborative aimed at accessing consumer markets on college campuses, leverage workforce development and student innovation to create new product opportunities for sorghum and wheat.

"All of the products chosen to be scaled up are unique and we want innovative ideas that can be modified and scaled up for a more robust use across the state," said Kelly Whitehair, director of K-State's coordinated program in dietetics. "Sophia's muffin-top 'breakfast cookie' was the first menu item in this form for (K-State) dining services. So not only did we gain a fun, new product, but also one that is gluten-free."

Brazington scaled her new product from a dozen to 500 muffin tops for

Servings: 1 cup.

TIP: Add the jalapenos a bit at a time to get the heat level to where you want it.

Jackie Doud, Topeka: CHICKEN CASSEROLE
2 cups shredded chicken
1 package Lipton Onion Soup Mix
1 can cream mushroom soup
1 can cream of chicken soup
1 1/2 cups milk
3/4 cup sour cream
1/2 cup water
2 cups long grain rice, uncooked
Salt & pepper to taste

Set oven to 350 degrees. In a bowl combine all ingredients. Put in greased 9-by-13-inch pan. Bake 1 hour, 15 minutes covered with foil. Remove foil and bake 15 minutes longer.

Kimberly Edwards, Stillwater, Oklahoma: "Good on chicken or anything to dip."

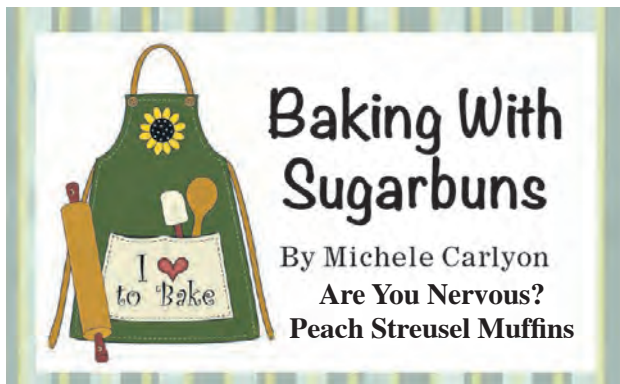
HOT MUSTARD SAUCE
1/3 cup mayonnaise
2 tablespoons mustard
2 tablespoons honey
1 tablespoon white vinegar or lemon juice
Salt & pepper to taste

Mix all ingredients together with a whisk. Keep covered in refrigerator until using.

Millie Conger, Tecumseh: NO-ROLL CABBAGE ROLL CASSEROLE
1 tablespoon oil

2 pounds ground beef
1 large onion, chopped
1 clove garlic, minced
1 small head cabbage, chopped
2 cans diced tomatoes, undrained
8-ounce can tomato sauce
1/2 cup water
1 teaspoon pepper
1 teaspoon salt

In a large skillet heat oil. Add beef and onion; cook until done. Add garlic and cook 1 minute. Add cabbage, tomatoes, tomato sauce, water, pepper and salt. Bring to a boil and then turn to simmer for 20-30 minutes until cabbage done.



Baking With Sugarbuns

By Michele Carlyon
Are You Nervous?
Peach Streusel Muffins

As Kyle and I get closer to our big day, I am repeatedly asked the same question: "Are you nervous?" The first time I was asked this I was caught completely off-guard. Am I supposed to be nervous? Am I doing something wrong if I am not nervous? Why do people keep asking this question?

We went to a wedding a couple of weekends ago and I was faced yet again with the "Are you nervous," question, multiple times. I continue to answer this question the same way, with a "nope." I am confident that I have found my person and I am excited to officially become a "Mrs." I am a planner by nature and have all the major details planned out, payments have been made and other than deciding on décor setup, a plan is already made and we are just waiting for it to be executed.

When Kyle and I first started talking about the wedding vision, we made a list of what was important, and for both of us, a perfect day was not on that list. We know life happens, we are not expecting all rainbows and butterflies on our wedding day. We just want the people that we both love and adore to come and celebrate with us and to laugh at the hiccup along the way. Having a kid-friendly wedding, we both are not so secretly anticipating a distraction caused by one of the kids, and we are excited to see which kid brings the giggles. Will it be Mika who is determined she needs to stand right beside me? Or maybe Chloe who has big ideas for how she wants her hair? Or maybe a kid sitting in the audience with their parents who randomly starts chatting or crying? No matter what, we are eager for the little moments of chaos that will make the day that much more memorable.

I am sure as the day gets closer, the nerves of having all eyes on us will hit, especially if we decide to write our own vows (public speaking is one of my greatest fears), but for now, I am just enjoying the process and looking forward to what is to come.

Peach Streusel Muffins
Topping:

1/3 cup brown sugar
1 tablespoon sugar
1 teaspoon cinnamon

1/4 cup melted unsalted butter
2/3 cup flour
Muffin:
1/2 cup unsalted butter (room temperature)
1/2 cup brown sugar
1/4 cup sugar
2 eggs (room temperature)
1/2 cup yogurt (plain or vanilla)
2 teaspoons vanilla
1 3/4 cups flour
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon cinnamon
1/2 teaspoon salt
3 tablespoons milk
1 1/2 cups peaches (chopped or diced, depending on what you prefer)

Glaze:
1 cup powdered sugar
3 tablespoons milk
1/2 teaspoon vanilla

Preheat the oven to 425 degrees. Line muffin tins with liners.

Combine all the topping ingredients together in a small bowl and mix with a fork until you have a nice crumbly texture.

In a separate bowl, beat the butter on low/medium. Add in both sugars and beat again. Then add eggs, yogurt and vanilla, mixing again after the addition.

In another larger bowl, toss flour, baking soda, baking powder, cinnamon and salt. Pour the wet ingredients into the dry ingredients and gently stir to blend. Add in the milk and stir. Gently fold in the peaches, being careful not to overmix or squish the peaches.

Fill muffin tins about 3/4 of the way full; top with the topping and bake for five minutes at 425 degrees. Drop the temperature to 350 degrees and bake for 15-19 minutes more, until a toothpick comes out clean.

Let cool and then mix all the glaze ingredients together in a small bowl. Once mixed, drizzle over muffins and enjoy.

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](https://www.instagram.com/boobsbrainsandbaking).

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

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1. Check your recipe carefully to make certain all ingredients are accurate and instructions are clear. 2. Be sure your name, address and phone number are on the entry. Please include a street address with your recipe entries. A post office box number is not sufficient for prize delivery. Allow 3-4 weeks for delivery.

3. Send it to: Woman's Page Editor, Grass & Grain,
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OR e-mail at: auctions@grass.com



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Better Body, Better Brain: K-State Experts Offer Helpful Tips To Better The Mind And Body

By Jessica Jensen, K-State Research and Extension news service

MANHATTAN — What you eat, how much you move, how well you sleep and how you manage stress affects nearly every aspect of your well-being, including physical and mental health, said a pair of K-State family and consumer sciences experts.

K-State Research and Extension specialist Sharolyn Jackson and agent Lori Wuellner said the connection between the heart and brain shows that it can help lower the risk for stroke, dementia and other problems.

"In Kansas, 11.4% of people aged 45 and older have subjective cognitive decline (SCD), and other health issues come into play as 81% of those with SCD have at least one other chronic condition," Jackson said.

Wuellner added, "Having poor mental health does not mean that you have a mental illness, but poor mental health can lead to mental illness."

The Brain/Gut Connection

Wuellner listed nine research-based ways to help support digestive health and improve gut bacteria:

- * Eat a diverse range of foods.
- * Eat a lot of vegetables, fruits, beans and legumes.
- * Eat fermented foods.
- * Avoid artificial sweeteners.
- * Eat prebiotic foods.
- * For newborns, breastfeed at least six months.
- * Eat whole grains.
- * Consider more plant-based foods on your plate.

* Eat foods rich in polyphenols.

These foods will help gut health and could be good physically and mentally, according to Wuellner.

The MIND Eating Plan

The MIND diet is a hybrid between the Mediterranean and DASH diets and has 15 dietary components, including 10 "brain-healthy food groups," Jackson urges people to eat:

- * Green leafy vegetables (every day or at least six servings per week).
- * Other vegetables (at least one serving/day).
- * Nuts (every day or at least five times per week).
- * Berries (at least two times a week).
- * Beans (every other day or at least three servings per week).
- * Whole grains (three servings per day).
- * Fish (at least one serving per week).
- * Poultry (at least two servings per week).
- * Olive oil (use as main oil).
- * Wine (no more than one serving per day).

She also includes foods to limit, including:

- * Red meats (no more than three servings per week).
- * Butter and stick margarine (less than one tablespoon per day).
- * Cheese (less than one ounce per week).
- * Sweets and sweetened beverages (no more than five servings per week).
- * Fried and fast food (no more than one serving/meal per week).

"Exercise" Your Brain

"It has been stated, what is good for your heart is good for your brain, meaning your actions are ei-

ther benefiting or harming your body, including your brain," Jackson said.

In short, exercise helps the brain. "It is recommended that you include at least 150 minutes a week of moderate to vigorous activity," Jackson said. "The more you can move throughout the day, the better off you will be."

Manage Your Stress

Besides eating healthy and being active, managing stress is important. "Focus on what you can control, stick to routine as much as possible and connect with others and avoid isolation," Jackson said.

Sleep

"A small percentage of adults actually get the recommended eight hours (of sleep) that are needed," Wuellner said. Some helpful tips are:

- * Establish a routine.
- * Take a look around your sleep environment.
- * Don't drink alcohol and caffeine right before bed.
- * Avoid spicy or high in fat foods three hours before bed.
- * Be physically active during the day.
- * Listen to what your body is telling you.

Challenge Your Brain

Jackson urges people to engage in "a variety of cognitive exercises that keep you thinking clearly for a longer period of time." She mentions that a variety of cognitive activities and repetition can help keep the brain active.

"It may seem like a lot, but you can make small improvements every day to improve your brain and gut health," she said.

During Extreme Heat Remember Hydration Is Key

By Holly Miner, Nutrition, Food Safety and Health Agent, Wildcat Extension District

Water is crucial for our bodies to function in a healthy manner. When temperatures reach into the upper nineties and above one hundred degrees there are key actions, we can take to help keep ourselves and our families hydrated.

Start hydrating early. If you are working outside, you should hydrate before you even go outside. Once our bodies feel thirsty, we are starting to become dehydrated.

As temperatures rise, we may not be aware of the effects the heat is having on our bodies. Sweating will naturally occur when we are working in the heat. When we start to sweat profusely, become dizzy or uncomfortable or get heat cramps where muscles start cramping up you may well be on your way to severe heat stress. When you stop sweating in the heat your body is overloaded and you need to seek medical attention.

The Centers for Disease Prevention recommend drinking one cup, eight ounces of water every 15-20 minutes when working in the heat. Drinking more than forty-eight ounces in an hour could cause a medical emergency because the concentration of salt in the blood becomes too low. Drinking lesser

amounts of water more frequently each hour rather than a large amount once an hour is more effective in preventing dehydration. Continuing to hydrate after work and into the evening is key to staying hydrated. Dehydration can cause increases for the risk of kidney stones when it becomes chronic.

Avoid energy drinks with high levels of caffeine, sugary drinks, and alcohol. The amount of caffeine in regular tea, coffee and soft drinks will not influence hydration. When you eat a well-balanced meal regularly during elevated temperatures you should be able to maintain water and electrolyte balances.

Prolonged sweating for several hours would be cause for consuming a sports drink with balanced

electrolytes. The CDC does not recommend taking salt tablets but eating a normal meal and snacks throughout the day.

During the heat of summer take frequent hydration breaks to assure you are drinking enough water to keep your body functioning at an elevated level of efficiency. Try to take frequent breaks, get out of direct sunlight, and check in with other family members or workers often.

For more information, please contact Holly Miner, Nutrition, Food Safety and Health Agent, hamminer@ksu.edu, 620-331-2690.

Resources: <https://www.cdc.gov/niosh/mining/UserFiles/works/pdfs/2017-126.pdf>

2012, Liquid assets: The Value of Fluids to Your Health, Barbara Ames FCS Agent



By Kelsey Pagel

True Emergency

Remember a couple weeks ago when I had the snake debacle, but had a houseful of people to kill it for me? Well, the story continues. Since that time I have been extra cautious getting eggs or anywhere around the chicken coop.

Brome seed cutting was in full swing; hay season, long days, short nights, etc. I was home checking the cows one evening and ran in the house super-fast to grab something for my mother-in-law. I heard Poncho, our dog, barking. He normally only barks when an unknown vehicle drives in or at coyotes and other critters at night. This was very much during the day, so when I didn't see a vehicle, I was worried.

You can guess the end of this story; Poncho was barking at a snake. Except this time, the snake was right on the corner of our house, having a nice little snooze on some wires on the side of our house. Matt is in a combine doing some custom cutting, not even in the same county as me. Regardless, I call my husband tell him to shut the combine off and drive like a maniac as this snake is a true emergency. He told me no, figure it out. Kind of the answer I was expecting.

So being the brave, confident, independent woman I am, being faced with a scary situation, I started freaking out... naturally. Completely normal reaction. Then I started problem-solving (all while being in the house, watching snake, of course).

I called our neighbor that's a few years younger than me. She was busy with the dairy inspector and couldn't come, but she thought her dad could come over. Up until the point of calling Rick, her dad, I was really starting to fear for the human population and people not being able to figure out priorities. My husband wouldn't shut the combine off and drive to another county, my neighbor wouldn't leave the dairy inspector to come kill a completely harmless snake for me. It was like they didn't understand that this was an emergency!

So I call Rick and thank goodness he understands the importance! He arrives in just a few minutes, just as snake was waking up and deciding to move.

Snake number two joined snake number one. I still don't care that they were harmless. We didn't measure this one, but I would guess it was just as big. I'm hoping with everything in me that they were a pair and there are no more. And I'm also hoping they didn't have baby snakes somewhere. I really should read up more on snakes and how baby snakes happen.

Thank goodness for good neighbors that will show up in the space of just a few minutes willing to take care of a problem that

I probably should have been able to.

In other news, I feel like I can safely say brome seed cutting is over; we baled the last bale and are now ready for cattle work and hauling all the hay. Weaning calves, rearranging cattle to the fall calving pastures and working another group of late spring/summer calves. Then hauling all the hay, the job I hate the most on the farm. I don't know why, but I have always hated hauling hay. Then we'll be able to put our feet up until silage harvest. That was a joke. My husband doesn't know how to put his feet up.

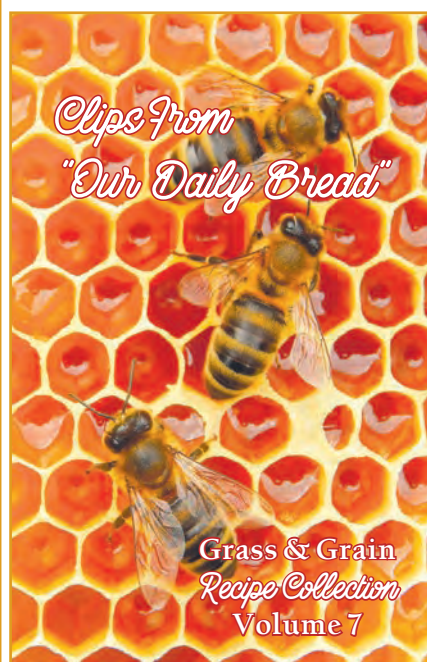
As the summer wraps up, fairs are cleaned up and you prepare for back to school and fall farm work, cherish the moments. Life is short. Farming is busy, busy, busy all the time. Take small moments to work on your marriage. Maybe don't tell your wife to figure it out when she's freaking out at something. Don't worry, I'm completely over the fact that he wasn't willing to shut the combine off and drive 45 minutes to kill a snake that was probably going to move before he got there for me. I'm over it. Can't you tell?

Until next time, and please, I'm begging, can there be something else to write about other than finding more snakes feet from where I sleep!

Kelsey Pagel is a Kansas farmer. She grew up on a cow/calf and row crop operation and married into another. Kelsey and her Forever (Matt) farm and ranch with his family where they are living their dream and loving most of the moments. She can be found on IG & FB @teampagel.

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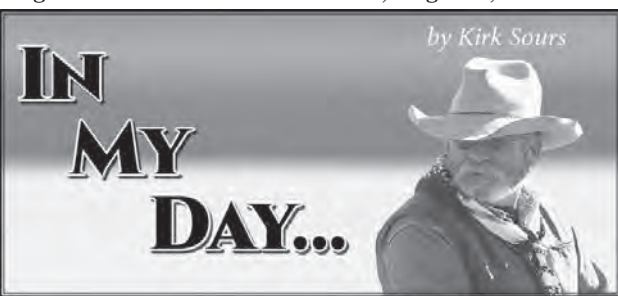


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The Hunt-Part 2

Having field-dressed the deer, I stood there considering how I was going to pack the carcass to the home ranch before dark. I could ride home and bring a truck back part way where I had cleared the ranch road earlier that morning on my feed run, but no way could I get up in here with

a truck. Besides, leaving a dead deer for a couple hours out here, I would return to a skeleton left by the neighborhood coyotes, if I could find it in the dark.

I decided I would hoist that deer up on my saddle, behind the seat, then mount up and ride to Andy's place, which I could

see just under a mile to the west. I walked back down and untied Shilo and rode him up to my game. He snorted a bit as we approached, but I wasn't too concerned at this point. I had carried baby calves across my lap on him before and figured this wouldn't be a whole lot different.

I was wrong... I dismounted and walked my pony over to the downhill side of that doe and dropped a rein. Normally, he ground-tied very well. I had already slung my rifle across my back and I leaned over, bundled up the deer like a very large calf, and sort of easy-like, lifted it up and over onto the saddle. Well, that little gelding wasn't having any of that, and the horse I never saw buck, bowed up and squealed and pitched that deer off and took off toward the ranch at a high lope!

I stood there, slack-jawed with a dead deer piled up in a snow bank, watching my horse retreat

down the long slope into South Valley, wondering what brilliant plan was going to come to my walnut-sized brain next. "Genius!" I muttered at myself. "You're a frog-flipping genius, Sours!"

My mount had covered about a hundred yards before he slowed down and even threw a glance back my direction, and it was either his curiosity to see what I would do next, or my sudden prayer begging the Almighty to stop that horse, but Shilo slowed to a trot and circled off to the left and stopped, looking up my direction. I was almost afraid to walk toward him to try and catch up to him for fear he would turn back and finish his run back to the barn. We stood there staring at each other over about 150 yards of open snow. He finally dropped his head and started nipping at the sparse grass tips protruding from the snow. I took that as a sign he decided he had no hurry to get home, and

probably wanted to see what stupid plan I was going to try next!

I trudged through the snow toward him as he eyed me but continued his grazing. I advanced on him steadily, cautiously, cursing him in one breath, begging him not to leave in the next. As I approached, he lifted his head, nickered (chuckled) softly as if to say, "Heh, heh, well, Sonny, did ya learn anything today?" I could see the remnant of a broken rein hanging off my snaffle, and I began, "Why you...!" just as he turned to look toward home, and I quickly retracted my scolding voice changing to a pleading, "No, no, no, please don't!"

Thankfully, he didn't! I pulled the other rein over his neck and quickly tied the other end through the snaffle shank and mounted up. I rode back up toward the deer and decided that with all the snow I would just skid her down to Andy's house and then ride on home. I unlim-

bered my rope, and from my mounted seat (no way was I going to give him another chance to leave me standing there), I worked a loop around the neck and foreleg, half-hitched my rope to the horn and headed for Andy's. Shilo didn't mind at all.

I got to Andy's place just after sundown. We loaded the deer in his S10 and he hauled her over to headquarters and left it at the house. I long-trotted home and actually made it by dark. After tending my horse and trudging across to our trailer, I was feeling mighty grateful, and chuckled to myself.

That dead deer got home before either Shilo or me!

Kirk Sours is a ranch manager in northeast Kansas, shaped and molded by the Kansas prairie since the age of eight. His major hobby is writing commentary, short biographical stories, and he is active in the community. Email him at: sours.kirk@yahoo.com.

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Forage Field Day slated for Aug. 18 near Salina

The Central Kansas Extension District (CKD) has partnered up with the Saline County Conservation District to establish an on-farm demonstration of annual forages available to producers in central Kansas. The goal of the multi-year program is to increase awareness about the agronomics and systems-use of both warm and cool season forage crops.

The project has been made possible by funding from the Kansas Department of Agriculture Division of Conservation. Other key cooperators are Saline County

rancher Mike Henry, Star Seed, and Phillips Seed Farms.

The Central Kansas Warm Season Forage Field Day is scheduled for Thursday, August 18 to showcase the work done to date. The event will be held at 3421 E. Water Well Road, Salina and start with donuts at 8:00 a.m.

Participants will tour plots consisting of Hybrid Pearl Millet, Teff, Crabgrass, and Photoperiod Sensitive BMR Sorghum-Sudangrass. They will also visit about identification, concerns and control of Sericea lespedeza. To wrap-up, attendees will view results of an Old World Bluestem trial using five different herbicide treatments.

Featured presenters include Mike Henry - Saline County rancher, Trent Page - sales manager for Star Seed, Jay Wisbey - CKD crop production agent, and Cade Rensink - CKD director.

This is a free event and no reservations are needed. For questions or more information, please contact the CKD-Salina Office by calling (785) 309-5850.

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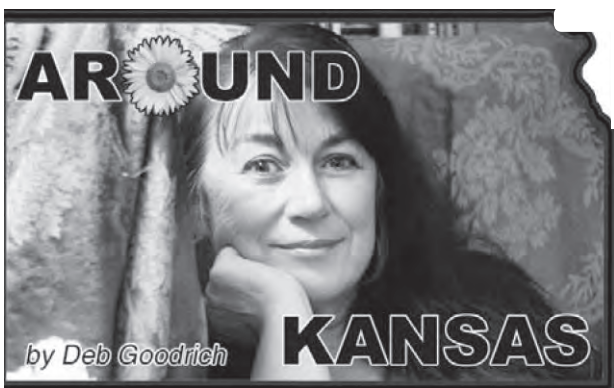
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"Yes!"

I rummaged through the kids' books and found a beautifully illustrated Jack and the Beanstalk.

It began familiarly with a poor old woman and her son Jack. He traded the dry milk cow for magic beans and the angry mother threw them out the window. The next morning, Jack awoke to a beanstalk that reached the sky which he proceeded to climb.

He hid in the oven while the Giant ate breakfast and fell asleep. Jack then stole a bag of gold and ran away.

"He should not have taken that without permission!!!" exclaimed my morally outraged grandson.

"True!" I affirmed. Then Jack and his mother spent all the gold and he decided to climb the beanstalk again whereupon he stole the hen that laid golden eggs.

Jack got away yet again and he and his mother were doing quite well.

Then one day Jack says, and I quote, "Maybe the giant has more things. I am going to try my luck again." Seriously?

This time, Jack spied the golden harp which was actually alive - a woman was a part of the harp and she sang. When he nabbed her, she screamed, "Master, Master!" as Jack fled to

the beanstalk once more. This time, the Giant awoke and ran after Jack. Of course, Jack reached the bottom first and grabbed an ax. Chopping down the beanstalk, he caused the giant to fall to his death.

THEN, the story ends, "People paid money to hear the harp sing. And every day the hen laid a golden egg. So Jack and his mother became very rich. And they lived happily ever after."

The illustration has Jack and his mother each sitting on a throne.

I am trying to remember other versions of the story that offer some moral justification for Jack's stealing from the Giant and ultimately killing him. This book does mention in passing that the Giant snacked on young boys. But geez, if a four-year-old is pointing out the error of your ways, you must have issues. This book was published in 1965 by Scholastic, so it is not new. But it is the greediest version of the story I have ever read.

From now on, I'll make sure to read every story before sharing it, even if it is a fairy tale old as the hills.

The secret lies in who is telling the story - always.

Deb Goodrich is the co-host with Michelle Martin of the *Around Kansas TV show* and the *Garvey Texas Historian in Residence at the Fort Wallace Museum*. She chairs the *Santa Fe Trail 200*, commemorated through 2024. Contact her at author: debgoodrich@gmail.com.

Stutzman receives elite Accredited Land Consultant (ALC) Designation

The REALTORS® Land Institute proudly announced that Tobias (Toby) Stutzman, broker associate with United Country Stutzman Realty and Auction of Ulysses, has officially joined the ranks of those holding the elite Accredited Land Consultant (ALC) Designation on July 20, 2022. The REALTORS® Land Institute provides the expertise, camaraderie, and resources that are the foundation for all land real estate professionals to become the best in the business.

Stutzman is now among the most dedicated land professionals from around the globe, joining an elite group of over 500 land specialists who hold the designation worldwide. With more than 18,000 licensees throughout Kansas, Stutzman is 1 of 12 professionals that have achieved the ALC level. In addition to subscribing to the REALTORS® Code of Ethics, ALCs support the high standards of conduct and experience that directly relate to their specialty. As an ALC, Stutzman has access to the best industry knowledge, an unprecedented network of fellow land professionals, and a variety of resources to help best serve his clients.

Through RLI's Land University (LANDU), he will continue to gain expertise through an unparalleled land

real estate education program that offers top-notch educational courses and webinars for land professionals. Land is a unique real estate specialty that requires the kind of specialized professional education which can be found at LANDU of the REALTORS® Land Institute. This depth of knowledge translates into the highest level of service to clients, ensuring they receive the best services in the business when buying, selling, managing, or investing in a property.

Stutzman specializes in farm and ranch land sales throughout Kansas, Colorado and Oklahoma. Upon receiving the designation, he said, "It is an honor to have achieved this designation. As I continue the processes of uniting buyers and sellers, I am aware that this accomplishment was made possible by the trust and confidence that previous buyers and sellers held in me, and for that I am extremely grateful."

The REALTORS® Land Institute confers the Accredited Land Consultant (ALC) designation only to its members who meet the rigorous knowledge and experience requirements. The ALC designation is recognized throughout the industry as the pinnacle of achievement for land real estate professionals.

Soy growers welcome opportunity to provide protein for critical food aid to address global hunger, child malnutrition

The U.S. Agency for International Development has announced nearly \$1.3 billion in additional critical humanitarian and development assistance to Ethiopia, Kenya, and Somalia, including \$200 million for the procurement of Ready-to-Use Therapeutic Food.

RUTFs, an energy-dense medical food paste made of soy, peanuts, powdered milk, vegetable oil, sugar and multivitamins, is one of the most effective tools to help severely malnourished children. The U.S. is one of the world's largest and most cost-efficient producers of RUTFs, but American farmers have the capacity to produce more.

This past spring, the American Soybean Association urged Congress to provide \$200 million in appropriations to procure RUTFs and double the global supply to reach more food insecure children across the globe. ASA's World Initiative for Soy in Human Health program works with companies like the Rhode Island-based Edesia, one of many enterprises that relies on U.S. soy to provide affordable, high-quality protein in its products designed to combat malnutrition, like RUTFs. U.S. soy growers applaud this new investment and welcome the opportunity to expand the industry's contribution to global food security.

"U.S. soybean growers are proud of the role they play in global food security and today's announcement from USAID administrator Samantha Power is a significant investment in addressing global hunger and child malnutrition," said ASA president Brad

Doyle, a soybean grower from Arkansas. "Through the World Initiative for Soy in Human Health, ASA has partnered with companies like Edesia to increase the use of soy in ready-to-use therapeutic foods. Soy growers welcome the opportunity to provide more protein to feed those in need around the world and we thank USAID and the administration for this much-needed investment in RUTFs."

"USAID's announcement further reinforces the importance of U.S. soy for global food security," said Gerry Hayden, ASA/WISHH Program chair and an ASA director from Kentucky. "Through USB's funding of ASA/WISHH's leadership for global food security, U.S. soybean growers were able to personally see the role of U.S. soy in Edesia's RUTFs in December at WISHH's global food security dialogue. Edesia already expects to procure the equivalent of more than 170,000 bushels of U.S. soy this year. USAID's announcement may result in an increase to that amount."

House passes appropriations bills, including ag spending

The U.S. House of Representatives passed a \$405 billion package of six fiscal year 2023 appropriations bills recently. The agriculture appropriations bill, included in the larger package, provides \$195 billion in spending.

The discretionary portion of the bill is \$27.2 billion, which is an increase of \$2 billion over last fiscal year, includes an additional \$5 million for enforcement of the Packers and Stockyards Act and an additional \$52 million for USDA's Animal and Plant Health Inspection Service. The bill also increases the funding for conservation technical assistance, rural broadband and food safety.

The bill also prohibits companies from China, Russia and Iran from buying U.S. farmland.

Despite action in the House, it is unlikely that a final spending package will be completed by Congress prior to the midterm elections, meaning they will need to pass a continuing resolution prior to Oct. 1 to prevent a government shutdown.

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pitchers inc: Farmers Coop Canton, KS; blue crock butterfly pitcher; blue crock bowls; wall salt crocks; Mason Stone fruit jar; brown crocks; Coan Drug bottles Barnes, KS; blue & white granite; brown Lighting jars; hand bell from trolley car; tins inc: Lee; tin picnic basket collection; Corning ware; Pyrex; 2 cast iron skillets; set stainless cookware; copper boiler; golf clubs; assortment Christmas & Halloween items; Valentines; postcards; Nixon pinbacks & hats; metal shells; Texas ware bowls; assortment jewelry; Native American jewelry w/ turquoise; designer jewelry; assortment of other items.

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4-H'er says she values friendships most

By Annika Wiebers, K-State Research and Extension news service
The Kansas 4-H program is known for helping youth cultivate skills in leadership, citizenship and many other project disciplines, but that may not be the main reason some members stick with the program.

Enter Kathryn Tremblay, a former member and current advisor to the Kansas 4-H Youth Leadership Council.

"For me, 4-H has always been about the people I meet and the growth along the way," she said. "I started 4-H at a young age and loved showing at the fair, but 4-H didn't change my life until I was about 14 years old and I

went to Rock Springs 4-H Camp as a junior counselor for the first time.

"I always had a hard time making friends as a kid, but those few days with my co-counselor (Sydney) changed my life forever. She wouldn't let me be shy and immediately forced me into friendships with her friends who were also counselors, and we all became really good friends very quickly."

The point: Many 4-H members join because of the project opportunities, but they stay and get more involved because of their friends.

"Because of the confidence I built up with this small group of 4-H friends, who felt more like family, my confidence grew and I

attended other 4-H events, like the Northwest Youth Leadership Forum and Kansas Youth Leadership Forum," Tremblay said.

In Tremblay's case, her new friends even helped her reach her position on the Kansas 4-H Youth Leadership Council.

"Sydney was on the Kansas 4-H Youth Leadership Council, which plans these (state 4-H) events," she said. "I honestly never knew about the Council until Sydney told me about what she was doing. Through her encouragement, I ran for Council and was voted in by the Northwest delegates on my birthday."

Tremblay noted that 4-H friendships eventually lead to an extensive web of connections that spill from 4-H events to every area of life.

"I loved my time on the Kansas 4-H Youth Leadership Council, and I especially liked working with our small groups at events and meeting so many different people," Tremblay said. "I suddenly became that person who knew people at every event I attended, whether it was a school, church or 4-H event. My classmates were

baffled, 'How do you know so many people?' they would ask me and I was happy to have so many friends to count on."

Having gained so much from her own 4-H friendships, Tremblay paid it forward by encouraging younger members to grow in their 4-H journey.

She said: "My favorite Youth Council event was Campference, which was an event for 12 to 14-year-olds who were too old to attend regular camp as a camper, but too young to be a counselor. It's also one of the most important age ranges for retaining members in 4-H."

"I met several young 4-H'ers at Campference and had a great time being a mentor for them and helping them to have a great time and learn about the various opportunities available in Kansas 4-H. I encouraged several of them to run for Youth Council. All it took was for me to say 'Hey, I think you would be really great at this.'"

Tremblay said one of the seeds she planted took root in a particularly meaningful way.

"I will never forget my last time attending the

Kansas Youth Leadership Forum as a member of the Youth Council," she said. "A few of those delegates from Campference applied for Youth Council."

She said one in particular, Greyson, asked her for help on his application.

"I had been really involved in helping him on his way to Council," Tremblay said. "One of my good friends on Youth Council was in Greyson's interview room and after the interviews he came up to me and said 'You'll never believe what Greyson said about you. When they asked him who his role model was. He said it was you.'"

Tremblay described her reaction as "stunned."

"I had never had such a wonderful compliment from someone. Greyson did go on to be elected to Youth Council, along with several others from that Campference group."

Over her years in 4-H,

Tremblay said she has built many meaningful relationships that have led to growth in her own involvement as well as encouraging the next generation of leaders. For her, 4-H is about people.

"The relationships we make with others are more important than almost anything else we do," she said. "4-H isn't just about ribbons or premiums. I judge at local fairs, and when a 4-H'er is really successful, they almost always can tell me who has helped them to learn and grow in their project."

"That's why people are the most important part of 4-H and life. We grow with each other and because of each other. Surround yourself with those who make you better and you, in turn, will make others better."

More information on opportunities available through Kansas 4-H is available at local Extension offices in Kansas.

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Reasons to test hay for quality

By Lisa Moser, K-State Research and Extension news service

For the health-conscious consumer, time spent reading the nutrient profiles of food packages is an important strategy to maintain a well-balanced diet.

In much the same way, beef producers who know the nutrient profile of the hay they are feeding their herds are better able to match the right supplement strategy to meet the needs of the cow, said the Kansas State University Beef Cattle Institute experts on a recent Cattle Chat podcast.

"For a dry cow, the nutrient needs are much lower than for a first-calf heifer or lactating cow, so by doing hay testing, producers can use that information to deliver the highest quality hay to the females that need it the most," said K-State veterinarian Bob Larson.

The experts said not all hay necessarily needs to be tested annually, but there are times when it is important to test.

"Producers who can fairly accurately estimate the quality of hay based on previous testing or many years of monitoring cow condition won't necessarily need to test hay as long as it is compared to hay harvested at about the same maturity from the same field or pasture," Larson said.

He noted that because typically much less is known about purchased hay compared to raised hay, off-farm hay should almost always be tested prior to purchasing.

Nutritionist Phillip Lancaster said it is beneficial to evaluate hay that is newly acquired.

"When testing, there are two main things to look at on the report: the amount of protein, and some estimate of digestibility," Lancaster said. "Total digestible nutrients (or TDN) will help us know how much energy is in the

hay, and that is the nutrient that cattle need in the greatest quantity."

Veterinarian Brad White added that it is important to get a correct sample of the hay when testing.

"You don't have to test every bale, but you do need to get a representative sample from the cuttings. For guidelines on how to properly collect the sample, reach out to the local county Extension office," White said.

Snake bite and managing abscesses

K-State's beef cattle expert also talked about managing snake bites and abscesses in cattle.

"Cattle experiencing snake bites are not common, but when they do happen, it is a memorable experience because the tissue at the site of the bite will swell considerably," Larson said.

He added that the snake bite is typically not fatal to the beef animal.

Veterinarian Brian Lubbers added: "Sometimes cattle will develop a secondary infection that can be fatal, but that is not common."

Larson and Lubbers agree that the best treatment is comfort care.

"We try to manage them so that the condition doesn't get worse and intervene with treatments on an individual basis," Lubbers said.

Along with snake bites,

sometimes cattle will develop unrelated abscesses on their bodies, said the experts.

"Cattle will sometimes be injured by a wire or stick that penetrates the skin and an abscess can result," Larson said.

When that happens, Lubbers said the object will need to be removed before the wound can begin to heal.

The bottom line, White said, is that whenever swelling on an animal is detected, it is important to investigate.

"Get the cattle in the barn or a chute where you and your veterinarian can examine them because different conditions will result in different treatments," White said.

To hear the full conversations for either of these topics, listen to the BCI Cattle Chat podcast online.

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- Tract 4: NE/4 of SW/4 & S/2 of NW4 Sect 11-15-2 DK Co. 119 Ac +/-
- Tract 5: W/2 of NE/4 of Section 28-14-2, DK Co. 80 Ac +/-
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Could food prices ease in 2023? USDA's new consumer food price forecast has a bit of good news

From Pork Business, By Jim Wiesemeyer
 USDA raised its consumer food price forecast again, to 8.5% to 9.5% for 2022. The agency had initially predicted a 2% to 3% rise in the prices consumers pay for food this year and in February started lifting that outlook. Eggs, fats and oils, and poultry prices are making the biggest gains.
 In its first forecast for 2023, USDA sees inflation retracting to a 2.5%-3.5% range. The 20-year historical average for consumer food prices is a 2.4% rise.
 Breakdown of food prices in latest USDA forecast
 The Consumer Price Index (CPI) for all food in 2022 at up 8.5% to 9.5% from 2021 is the highest

rate of overall food price inflation since 1979, which saw prices rise 11%.
 The biggest increase is for the fats and oils category, which is hiked to a 16.5%-17.5% range from a 14%-15% range. Other categories with big increases are poultry, dairy and cereals/bakery.
 For food at home (grocery) prices, USDA now sees them rising 10% to 11%, the biggest rise since prices surged 10.8% in 1979.
 Food away from home (restaurant) prices are expected to increase 6.5% to 7.5%, the biggest increase since the 9% hike in 1981.
 This is the sixth consecutive set of monthly increases in forecasts for all food and grocery store

prices, the first time that has happened based on monthly data from USDA dating back to 2003. USDA's forecasts for restaurant prices have risen every month since January except for April and June.
Which commodities are driving the increase?
 For individual commodities or commodity groups, the July outlook was revised upward for ten food categories and four aggregate categories versus forecast levels from June. Several saw no change.
 Prices for eight food categories increased by at least 1%: food at home, other meats, poultry, dairy products, fats and oils, processed fruits and vegetables, sugar and sweets,

cereals and bakery products, and other foods. Three of those categories were up 2%: other foods, cereals and bakery products, and fats and oils.
 Annualized increases were seen in June for all food categories and in June with the smallest being for beef and veal at 4.1%. Double-digit increases were registered for all grocery store prices (12.1%) with the biggest percentage increase coming in eggs at 33.1%.
Impact of Avian Influenza Outbreak
 The big rise in egg prices was due to the highly pathogenic avian influenza outbreak. "This outbreak has contributed to elevated egg prices and increasing poultry prices as

over 40 million birds in 37 states have been affected" USDA said.
 Supply chain issues were also cited as factors for some of the food price increases.
 "Economy-wide factors including ongoing supply chain issues and higher energy, transportation, and labor costs, contributed to increases in prices across food categories," USDA said.
Outlook for 2023
 As for 2023, this is the first outlook for food price inflation for the coming year. In 2023, food-at-home prices are forecast to rise between 2.0% and 3% with food-away-from-home prices predicted to increase between 3% and 4%. Overall food price in-

flation is forecast up from 2.5% to 3.5%. The 20-year average increase in food prices is 2.4% for all food prices, 2.9% for restaurant prices and 2% for grocery store prices.
 Some industry contacts say USDA's initial forecasts for 2023 appear too low.
 Meanwhile, USDA's own forecasting methodology is changing. "The Food Price Outlook forecasting methodology is being revised and will result in a revised data series," USDA said. "A report describing the changes to the methodology is forthcoming and will be released before changes to the data series become effective."

Kansas Cowboy Hall of Fame calls for nominations

Without doubt, the cowboy is America's national hero. Each year legendary Kansas cowboys are honored for their contributions to the western life as they are inducted into the Kansas Cowboy Hall of Fame in Dodge City.
 Kansas honored its role in the creation of the cowboy in 2002 by establishing the Kansas Cowboy Hall of Fame. Each year since honorees have been named to the following categories: Working Cowboy, Rancher/Cattlemen, Cowboy Artist/Entertainer, Rodeo Cowboy, Cowboy Historian.
 Kansas Cowboy Hall

of Fame inductees are selected for their significant contributions to the western heritage lifestyle, past or present, and to the preservation of the cowboy culture in Kansas. Each of them personifies the cowboy ideals of integrity, honesty, and self-sufficiency.
 Any organization or individual may nominate a qualified person, living or deceased, for consideration. The Kansas Cowboy Hall of Fame Committee from all over the state, meets annually to evaluate and determine inductees.
 Nomination forms may

be requested through Boot Hill Museum, Inc., Front Street, Dodge City, Kansas 67801.
 Forms must be received

by August 22, for induction consideration for 2022.
 A 20th year celebration and induction ceremony will take place at the Ma-

riah Gallery, Boot Hill Museum, Inc., in Dodge City, on Saturday, Nov. 5, 2022.
 For more information or to obtain an applica-

tion, please visit www.boothill.org, or contact Boot Hill Museum. Email info@boothill.org or call 620-227-8188.

AUCTION REMINDER
SATURDAY, AUGUST 6, 2022 - 9:30 AM
 3408 West 6th, American Legion, LAWRENCE, KANSAS

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 John Deere 4640 w/duals, cab, extended fuel tank, 3 pt. dual hydraulics, tires 20.8 R42, Genpro 125000 watt Portable Generator, Kawasaki Scag 52" Zero Turn Mower * Honda Recon 4-Wheeler, Genearac Guardian 15000 watt Generator, 185 Allis Chalmers w/Loader 3pt, Gleaner M2 w/20 ft Header, Ford 1720 w/Front Wheel Assist 3 pt, 20 ft Site Box, 1175 Case w/Cab Duals, 3 pt, Dual Hydraulics, tires 18.4R38, Coleman 6.5 Hp Upright Air Compressor, (2) Farmall H 3 pt Good Rubber, Salvage: Rows of Salvage Machinery, 12 ft Tucker Speed Mover, Kawasaki 300 Automatic 4-Wheeler.

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LAND AUCTION
SATURDAY, AUGUST 27, 2022 — 10:00 AM
 Cougars Den, 101 Main St. — MORROWVILLE, KANSAS

80± ACRES WASHINGTON COUNTY, KS LAND

LEGAL DESCRIPTION: N 1/2 NE 1/4 Sec 33 Twp 1S Rng. 1E LESS R/W (Per Washington County Kansas Appraisers Office)
FSA Information:
 • FSA Farmland = 78.49 acres with 75.2 DCP Cropland acres
 • Base Acres: Wheat 36.20, Corn 8.70, Grain Sorghum 18.10 Total 63.0
 • Enrolled in ARC-County: Wheat & PLC Corn & Grain Sorghum
 2021 Property Taxes: \$1323.05
PROPERTY LOCATION: From Haddam, KS go West 1 mile to Bismark Rd. Then go North 5 miles to 25th Rd. Then go East 1/2 mile to Northwest corner of the property. Property runs on the south side of the road for 1/2 mile.
PROPERTY DESCRIPTION: This approximately 80-acre tract is gently rolling with class II and Class III soils, predominately Crete silty clay loam. The land has been in broom grass CRP for the last several years. The CRP contract is no longer in place.
Terms & Possession: 10% down day of the sale, balance due at closing on or before Thursday, September 29th, 2022. Buyer to take possession, at closing. Sellers to pay 2022 property taxes. Title insurance, escrow and closing costs to be split equally between buyer and seller. Property to be sold as-is, where-is. All inspections should be made prior to the day of the sale. Seller's interest in mineral rights to transfer with the sale. This is a cash sale and is not subject to financing, have your financing arrangements made prior to the auction. Midwest Land and Home is acting as a Seller's Agent and represents the seller's interest. All information has come from reliable sources; however, potential buyers are encouraged to verify all information independently. Seller expressly disclaims any liability for errors, omissions, or changes regarding any information provided for the sale. Potential purchasers are strongly urged to rely solely upon their own inspections and opinions in preparing to purchase property and are expressly advised to not rely on any representations made by the seller or their agents. Statements made the day of sale take precedence over all other printed materials. Galloway, Wieggers, & Brinegar, will prepare purchase contracts and Pony Express Title will act as escrow, title & closing agent.

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These exhibitors received honorable mention at the 2022 National Junior Angus Showmanship Contest, held in conjunction with the National Junior Angus Show (NJAS), July 7-9 in Kansas City, Mo. Pictured from left are Avery Dull, Westminster, Md.; Baylee Wulfkuhle, Lawrence; Rylee Closser, Hebron, Ohio; and Taylor Schofield, Pavilion, New York.
 Photo by Pearl's Pics

LAND AUCTION - WILSON COUNTY, KS
TUESDAY, AUGUST 9, 2022 - 6:00 PM
 AUCTION LOCATION: Americas Best Value Inn, 2404 E Washington St, FREDONIA, KANSAS

81.5 Acres of Quality Tillable Farm Ground
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LAND LOCATION: From HWY 400 at the northwest edge of Fredonia, South on Harper Rd (2nd St) 3/4 mile to 1200 Rd., West on 1200 Rd 3 1/4 mile.
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ESTATE AUCTION
SATURDAY, AUGUST 6, 2022 • 10:00 AM
 2248 A, ZZ Road, STRONG CITY, KANSAS
 Saffordville Community Building which is about 10 miles West of Emporia, KS on Highway 50. There is a large Saffordville sign along the Highway. Exit highway and go south across the railroad tracks to auction site.

Photos at: www.hancockauctionandrealestate.com
About 500 pieces of Glassware includes: Fenton, Westmoreland, Precious Moments, Cherished Teddies, Ruby. **Several Railroad items include** signal lanterns, plates, Antique Sofa * China Hutches & Bookcases Sewing Machine * Garage full of Shop Tools * Furniture items

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 620.340.5692 PAUL HANCOCK, Auctioneer

LEE VALLEY, INC.
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THURSDAY, AUGUST 18, 2022 * 8:30 AM
 Live Auction held at 1325 Hwy. 75, Tekamah, Nebraska

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Lauren Frederick, Hutchinson, right, won third place showmanship honors at the 2022 National Junior Angus Showmanship Contest, held in conjunction with the National Junior Angus Show (NJAS), July 7-9 in Kansas City, Mo. Also pictured presenting the Silver Revere bowl is Karla Knapp, American Angus Auxiliary secretary-treasurer, left. The top five winners also received a monetary award from the Ham James Memorial Fund. Forty-two youth from across the country competed for top honors in the 56th annual event.
 Photo by Pearl's Pics

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LAND AUCTION
THURSDAY, AUGUST 18, 2022 — 6:00 PM
 4-H Building, 901 Otoe Street — BELLEVILLE, KANSAS

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