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District Extension Agent, Crops & Soils/Horticulture

### **Soybean Seedling Diseases**

A seed treatment is designed to protect seeds/seedlings for approximately three weeks after planting. It depends a little on disease and certainly depends on product, but if we get conditions conducive to disease on a susceptible variety after that time, emergence and stand issues could rear their ugly head. As soybeans emerge, it's a great time to take a closer look to see what – if any – effect soybean diseases may have had on stands.

Differentiating between diseases is difficult. Pythium and Phytophthora prefer poorly drained and compacted no-till soils as well as early planting followed by cold stress (or any other plant stress for that matter) and periods of heavy rainfall. Rhizoctonia is often found when we see delayed emergence in moist (but not necessarily saturated) soils or in situations where herbicide injury is an issue. Warm, wet soils in late May and June can contribute as well.

Scout now and consider submitting suspicious plants to the KSU Plant Disease Diagnostic Lab through any of our District Offices. They can help in a couple of ways. If it's *not* disease, they can help isolate that so you can investigate further. If it *is* disease, knowing what you are dealing with can better help you manage future planting windows and seed treatments.

A great resource on soybean seedling diseases can be found online (or upon request) at: <https://cropprotectionnetwork.org/publications/an-overview-of-soybean-seedling-diseases> .

### **Turfgrass Issues Abound**

It might be a good idea to keep a pretty close eye on turfgrass stands this spring. Rainfall continues to be relatively light and summertime temperatures are on their way up. That could mean trouble for stands stressed by multiple factors.

One factor at play right now is a couple of years of warm/dry fall weather. Stands need 'recovery' time as they head in to winter. When they fail to replenish root reserves adequately, there may not be enough energy in root systems to get the plants growing in the spring. In some cases, stands have greened up only to go backwards as temperatures increase.

There could be winter injury at play as well. Cold snaps last December damaged turf in some areas of the state, and it's possible we'll see injury here as well.

Disease isn't likely this time of year, even though some stand issues sure resemble them. Most of our cool season turfgrass diseases love heat and high humidity, making them a greater problem as we get in to mid/late summer.

At mowing is a great time for scouting. Look for dead spots or patches, noting which turf species have survived – and which have not. Look for landscape differences that may explain why turf is thin as well. Plan ahead now to get turf back on track later this fall.

Teresa Hatfield  
District Extension Agent, Family and Community Wellness

### **May is Older Americans Month**

Older American Month was established in 1963 and is a time to acknowledge the contributions and achievements of older Americans. This year is the sixth anniversary. This year's theme is Aging Unbound, which highlights the importance of experiencing joy in the independence and fulfillment of charting our course as we age.

People with a positive view of aging can increase their lifespan and enjoy life more. People with positive views on aging report that they have a daily purpose that aligns with what they feel is important in their lives. They don't believe in common myths about aging, such as declining health is inevitable. Older adults have many things to offer to their families, friends, and communities. They stay socially active and involved in their communities. They participate in religious activities, join civic clubs, and meet with friends and family. They are also willing to try something new or start a new hobby. Below are a few ways you do this.

Be physically active. Physical activity is vital at any age. Exercise can include anything you enjoy, such as walking, gardening, biking, climbing stairs, golfing, and other activities. Exercise helps strengthen your bones, improves cardiovascular health, decreases pain from arthritis, and improves mental health. It is never too late to start moving. If you haven't been active, start slow and check with your doctor before you start.

Another thing you can do is tune into the times. We live in a world in which technology changes quickly. Staying up with the newest phones, apps, and other technology allows you to learn new things regularly. With the internet, you can play video games, track down an old friend, look up a recipe, or video chat with family. You can even take a college course online. Many universities offer opportunities for older adults to audit classes for free. Keeping your brain active is just as important as physical activity.

Remember also to take care of yourself. Find time each day to do something for yourself. Life can get hectic, and finding time for yourself can help reduce stress, improve your mood, and help you be more relaxed and content. Everyone is different as to what helps them relax. To keep you accountable, write down an action plan and follow through. Plan to spend at least 15 minutes a day doing something you want, not something you must do.

Consider the older adults in your life who have made an impact during Older Americans Month. Share with them how special they make you feel. Also, remember to enjoy all the seasons of your life and the rewards that they bring. For more information on the topic of aging, contact Teresa Hatfield at the Meadowlark Extension District at 785-364-4125 or [thatfield@ksu.edu](mailto:thatfield@ksu.edu).

Cindy Williams  
District Extension Agent, Family & Community Wellness

### **Working Out While Cooking**

While we often think of the kitchen as a place where we cook up calories, it's also possible to burn additional calories while cooking. There are several advantages to building some "workout" time into the time we spend preparing food.

1. Cooking is a time already reserved for an activity and is on our schedule.
2. You have to eat---so, it is less likely you'll have a schedule conflict.

The following examples are some simple ways to burn more calories while you cook. Values for approximate calories burned are from MyFitnessPal at [www.myfitnesspal.com/exercise/lookup](http://www.myfitnesspal.com/exercise/lookup) and are for a 150-pound person. You can adjust the weight and amount of time entered in the online calculator up or down.

These activities aren't meant to replace regular physical activities such as walking, biking, weight-lifting, etc. However, while the individual amounts appear rather small---just by adding together a few activities, one can see how it is easy to burn 100 or more calories during a regular ongoing event such as food preparation. As an extra 100 calories daily could lead to a weight gain of 10 pounds a year, this amount of energy expenditure could be significant over a period of time.

Here are some exercises you might want to try:

1. Burn calories by cooking! Just by cooking, you're burning more calories than eating out or picking up a take-out meal. Plus, you're more likely to eat a healthier meal. Activity (time): Cooking or food preparation---20 minutes. Approximate calories burned: 37
2. Workout while waiting for water to boil. Just walking around, waving your arms in circles, raising your legs, etc. will burn calories. Activity (time): Calories burned from light calisthenics, home, light/moderate effort----5 minutes. Approximate calories burned: 20.
3. March in place while stirring at the stove. Many recipes say to "stir frequently". Use the time between stirs to add some activity such as marching in place. Activity (time): Marching rapidly, military style---5 minutes. Approximate calories burned: 37.
4. Dance while dinner is in the oven. Just by cooking, you're burning more calories than eating. Rather than sit and read the paper or have a cup of coffee while dinner is cooking, dance the time away. Have a couple of lively tunes ready to begin to boogie! Or, simply head outdoors and take a brisk walk while dinner is cooking. Activity (time): Dancing, general----10 minutes. Approximate calories burned: 51.