### **Moments With Mila**

#### **Kids and Drinking Water**

they forget to drink water regularly. Without water, their bodies would stop working properly.

Water makes up more than half of their body weight and a person can't survive for more than a few days without it. The body has lots of important jobs and it needs water to do many of them.

For instance, the blood, which contains a lot of water, carries oxygen to all the cells of the body. Without oxygen, those tiny cells would die and their body would stop working.

Water is also in lymph, a fluid that is a big part of their immune important. If they are going to system, which helps fight off illness. Flu season is just around

Kids are so busy these days; back to school - kids need to drink plenty of water on a daily basis to fight flu season germs.

How much water is enough? There is no magic amount of they are thirsty.

they are exercising, they need them sick. more water. Be sure to have kids drink some extra water when water bottles available and they are out in warm weather, reminding kids to drink more water especially while playing sports or exercising.

When kids drink is also day, and will help kids feel great. sports practice, a game, or just and water please call the Cheyenne working out or playing hard, have County Health Department at the corner and with kids starting kids drink water before, during, 785-332-2381.



County Health Nurse

and after playing. Kids don't play their best when they are thirsty.

Have a water bottle available at water that kids need to drink all times. When their bodies don't every day. Usually, kids like to have enough water, they become drink something with meals and dehydrated. Dehydration can keep should definitely drink when them from being as fast and as sharp as they would like to be. A But when it's warm out or bad case of dehydration can make

> Getting in the habit of having will help to fight off illnesses, have more energy throughout the

For more information on kids



IDALIA RESIDENTS eagerly enter the new school at the open house on Aug. 22.

## **Risk of corn rust increases** in August and impacts yield

Small, light brown, circular lesions covering corn leaves this field. time of year are not a welcome sight.

Southern corn rust, a fungal disease caused by the Puccinia polysora pathogen, begins to show up in Kansas around Aug. 1 each year, according to Kansas State Research and Extension plant pathologist Doug Jardine. Corn producers, particularly those who farm north of Interstate 70, should evaluate each field for the disease and determine if fungicide treatment is necessary and economical..

Jardine identified southern corn run in Kansas for the first time in 2013 on Aug. 1 in McPherson County. He said he has since seen it in other north-central Kansas counties including Riley, Clay, Cloud and Washington, but there may be more cases other crop scouts have identified elsewhere.

The disease does not live yearround in Kansas, as it requires a live plant to survive. It lives mainly in southern Texas and northern Mexico, where temperatures allow corn to grow year-round, and it travels northward to the U.S. Corn Belt each summer. Because the disease is currently wide-spread in south central Nebraska, it would have had to blow over Kansas from those southern areas.

The negative impact of southern corn rust depends heavily on a number of factors: • Weather forecast.

• Stage of crop development.

• Yield potential of the field.

• Susceptibility of the hybrid. Southern rust is favored by hot, humid conditions, which Kansas experienced in early August. However, mid-August temperatures cooled, which that could mean \$120 loss per Jardine said slowed the spread of southern rust.

Although the recent weather has been a benefit to farmers, the stage of the corn might be a problem.

was planted two to three weeks that is not treated, and producers late," Jardine said. "This is a could see as much as a 30 percent problem across the entire Corn loss. With the current cooler-than-Belt."

rust and has not yet passed the this year. soft dough stage - 35 days before maturity - it may be research how susceptible their beneficial for farmers to spray corn hybrid might be to a southern fungicides. Products containing a triazole mode of action are recommended.

denting phase of maturity, In Kansas, greatest yield losses Jardine said, producers probably to southern rust occur when won't see an economic benefit to susceptible hybrids are planted spraying, as the rust likely won't late or when the disease arrives affect the yield too much. He said earlier than normal. The crop that much of south central Kansas is two to four weeks behind and is has reached that denting stage of more susceptible to southern rust development already and likely should be examined very closely. won't need to be sprayed.

should evaluate each field and Management in Kansas (www. separately. If southern rust has ksre.ksu.edu/library/plant2/ hit a field of younger corn and mf3016.pdf) has information on the corn has good yield potential, southern rust as well as common spraying could be economical. rust, and outlines the differences

this year, and some of it has 200 of these two diseases.

• Amount of disease in the (bushel per acre) yield potential," Jardine said. "A field with a reasonable amount of rust could have 10 to 15 percent yield loss."

A 10 percent loss on a 200-bushel per acre yield is 20 bushels. If corn is at \$6 per bushel, acre. Therefore, Jardine said, it would be economical to pay \$30 per acre to spray that field.

Jardine said the worst-case situation would be to see an "The problem this year is corn epidemic of southern rust early on normal August temperatures, If corn is hit with southern though, that is not a likely situation

Another tip for producers is to rust. Genetic resistance to southern rust is limited, with most hybrids rating five to seven on a scale of If the corn is already in the one to nine (one being resistant).

The Kansas State publication Jardine said corn producers MF-3016, Corn Rust Identification "There is some good corn in identification and management

# Idalia News-

St. John Church news Pastor Chuck is back and will be doing the Idalia news again.

Men's Bible Study will be held on Thursday, Aug. 30 at 7 a.m. in the fellowship hall. All men are welcome.

The Sacrament of Holy Communion will be included with the service on Sunday, September 1.

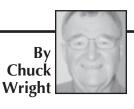
on Sunday, September 8 at 3 p.m.

We are looking for volunteers to give the nursery a thorough cleaning. Please contact Tara Garton.

#### School news

On Tuesday, Aug. 27, all school pictures and fall sports pictures will be taken.

On Friday, Aug. 30, volleyball and football at Bethune Jr./ Senior High. Volleyball and Jr. This is open to everyone, please The annual crop walk will be held High football starts at 2 p.m. JV and varsity games to follow.



Monday, Sept. 2, No School, Labor Day.

#### **Blood pressure checks**

On Wednesday, Aug. 28 from 8:30-10:00 a.m., Nicole Salmans will be at the Prairie Vista for blood pressure checks. come and take advantage of this free service.



## Nebraska Brass travels to Oberlin

perform at 6:30 p.m. (Mountain Time) at the Oberlin Gateway Center on Saturday, Sept. 7, sponsored by the Oberlin Arts and Humanities.

Founded in 1987, the Nebraska Brass is one of the Midwest's most popular brass quintets and recently celebrated its 25th anniversary season. Audiences young and old enjoy serious musicianship and light-hearted humor as the group presents a variety of music ranging from classical to popular, including Dixieland and jazz.

composed of musicians with special events. a wealth of experience in both

The Nebraska Brass will ensembles such as the Omaha in Nebraska and Iowa public Symphony Orchestra, Lincoln's schools and Nebraska Wesleyan Symphony Orchestra, Nebraska Jazz Orchestra, Dallas Symphony, Chicago Symphony Orchestra, Nashville Symphony, Strategic trumpet, Brad J. Obblink, trumpet, Air Command (U.S. Air Force) and Mannheim Steamroller. In Mendell, trombone, and Ken addition, members have toured and Kielniarz, tuba. performed throughout the U.S., Australia, Europe, South America, \$12 for adults and \$7 for students Japan, and the Caribbean with grades 1-12. For information call numerous musical ensembles. They also perform at weddings, Henzel 785-470-0218. graduation ceremonies, business

and government functions, church The Nebraska Brass is services, public park concerts and

In addition to their busy classical and commercial idioms. performing schedules, members Members have performed with are experienced as educators

University in Lincoln. They have released four CD's.

Members include Dean Haist, Richard Ricker, horn, Mark

This is a season ticket event or Ella Betts 785-475-3557 or Mary





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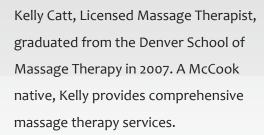
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