

Highlights from YOUR Fields

Corn planted May 10 in Ansley, has accumulated 1819 GDUs. 30 yr average is 1888. (4 days behind) Projected black layer of 110day planted 5/10 is Oct. 13th.

<https://hprcc.unl.edu/gdd.php#>

Estimated corn water usage this week:

0.16"/day

1.12" total.



Channel Team

Muddy Creek Ag, LLC

<https://www.muddycreekag.com/>

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IRRIGATION

Corn: Corn water usage is on the decline. Recent cooler temps have decreased the actual ET rates also. All corn fields that I have checked are at least 75% saturated, and many are nearly 100%. So, even the drier fields have enough water to supply the crop for this week.

Soybeans: Soybean water usage is on the incline. However, just the past few days we have found White Mold in some area soybean fields. This should be a consideration when making irrigation decisions the next few weeks. It will be important that we do not over irrigate to encourage White Mold progression. In some cases, this is reason enough to terminate irrigation.

PESTS

Disease: Grey Leaf Spot and Common Rust are in most corn fields. Southern Rust has been identified by the University in nearby counties, but we have yet to find Southern ourselves. It looks like preventative fungicides are well justified, but I have not seen field disease pressures enough to justify any rescue treatment.

In soybeans, White Mold is the only disease concern I currently have. Rescue treatments are an option, and Delaro from Bayer seems to be the best product choice. However, stopping White Mold that has already infected plants is a difficult task and no fungicide products are claiming success. I believe our best management is to control irrigation from this point forward.

Questions? Pete or Trey would be happy to help.

Gothenburg Learning Center Tour

This Wednesday August 21st 10:00am – 2:00 pm



Always a learning experience whether you've been there 10 times or not at all. We will offer to transport anyone wanting to go.

Please RSVP to Pete (308) 212-0298 or Trey (308) 293-4799 by Tuesday evening.

The Challenge of Rural Stress

Susan Harris-Broomfield - Extension Educator for Rural Health, Wellness, and Safety



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“Men marry women with the hope they will never change. Women marry men with the hope that they will change. Invariably they are both disappointed.”

-Albert Einstein

“I’d rather be on my own farm than be emperor of the world.”

-George Washington

Stress has become a fact of life for farm families. Several factors are behind this: low commodity prices; the shifting international trade outlook; and damage and obstacles created by storms, floods, and other natural disasters. There’s added stress this summer in Scotts Bluff and Goshen counties from the loss of irrigation water to more than 100,000 acres of crops due to the collapse of the Goshen/Gering-Ft. Laramie canal tunnel. But there are resources to help farm families address problems caused by stress. Stress can be positive, giving us a competitive edge. However, when that stress turns into negative distress, it is no longer healthy for our well-being. In rural areas, many are subject to stresses and distress resulting from agriculture.

Farming is among the most stressful jobs in America, based on factors that affect a farmer’s financial, physical, and mental health, according to John Shutske, professor and extension specialist at the University of Wisconsin – Madison with over 30 years of experience with the agricultural community. A 2016 study showed that people involved in agriculture have the highest overall rate of suicide among all occupational groups, with their suicide rate being almost 60% higher than the next closest industry. Farmers may refer to themselves as “full-time gamblers,” a fitting title. Complex factors such as markets and weather are impossible to control directly, and these influence the livelihood of a farmer.

Shutske says stress is a double-edged sword. A little stress can serve as a constructive motivator, pushing us to action. However, too much stress can damage our health, compromise safety, and sabotage personal relationships. It reduces our capacity to consider and evaluate optional solutions to complex problems and can limit our power to make sound decisions. Stress can also manifest itself as a vicious cycle with escalating consequences that can paralyze business owners or their families.

When somebody shows symptoms of stress, such as moodiness, anger, loneliness, anxiety, lack of energy, sleep deprivation, low self-esteem, constant worrying, forgetfulness, overeating, or increased use of alcohol or drugs, it might be time to talk to someone about it.

If you or someone you know needs help with stress management or would like to talk to someone confidentially, Nebraska has some great resources:

- Rural Response Hotline (from [Nebraska Legal Aid](#)) offers free no-cost vouchers for confidential mental health services for persons affected by the rural crisis. They also offer information about farm mediation clinics. Call 800-464-0258.
- Farm Mediation is a way to resolve disputes involving farm loans and other issues. Call 402-471-4876.
- The [Nebraska Resource and Referral System \(NRRS\)](#) lists toll-free numbers, websites, and email contacts to help you connect faster to the services you are seeking.