

December 14
17th Edition

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Dear Meadowlark Extension District Patrons,

We hope you enjoy our winter edition of the Meadowlark Extension District Newsletter produced by your district extension agents. K-State Research and Extension, based at Kansas State University in Manhattan Kansas and the Meadowlark Extension District provide practical information you can trust - to help people develop skills and build a better future. Our focus is on solving grand challenges around water, health, global food systems, vitalizing our communities, and growing tomorrow's leaders.

We are Kansas State University in your community! We are committed to providing practical information, education and training that is research based on issues that Kansans consider important and helpful in improving their lives, farms, organizations, businesses, families or communities.

Sincerely,

David Key
Meadowlark Extension District Director and Agent
Seneca KS



Community Economic Development

David Key

Resolving Community Conflict

Wherever people live and work together, conflict (social tension) exists. Its cause may be nothing more than a misunderstanding or personality clash. No matter what the cause, conflict can be disruptive to life in our communities.

It is important to understand that conflict is not inherently good or bad, despite the fact the presence of conflict frequently elicits negative responses and expectations. The problem for each of us is learning how to respond to and handle conflict creatively, so that we can resolve our differences. Remember, it is our reaction to conflict that shapes its outcome

What is conflict? Every person characterizes conflict in a different manner. Some words commonly used to describe conflict are:

- Anger
- Emotional
- Consensus
- Disagree
- Win/Lose
- Confront
- Frustration
- Clash
- Challenge

Community conflict is most often interpersonal (between two or more people), due to the large diversity in viewpoints, backgrounds and experiences of community members. Many times community members spend more time avoiding conflict instead of using conflict that comes naturally to promote the exchange of new ideas

Conflict also arises with different levels of intensity. Disagreement or anger is often indicative of low-level conflict. Mid-range conflict may occur when there is no attempt made to deal with the conflict. As a result individuals involved initially feel stressed or anxious. Eventually emotions build to produce threats or arguments between parties. Unresolved high level conflict can be very destructive. As the conflict grows, some people resort to attacks on others in order to “win the battle.” Other will attack silently by attempting to sabotage events rather than confront the person directly.

One of the most common myths about conflict is that it is always a negative experience. In fact, conflict can bring about very positive results. If all parties understand that conflict is a normal part of the of the process of creating solutions, then incidences of heated disagreement are not seen as threatening or intimidating; rather they are

considered normal communication practices. Once you have identified the sources and causes of conflict, it is helpful to look at how you typically react to conflict. There are four basic conflict response styles:

1. **Avoider:** “Don’t call me; I’ll call you.” This style can work well when the conflict is over something unimportant, or when a cooling-off period is needed. However, continued avoidance or denial of the conflict usually leads to frustration and even sabotage or revenge.
2. **Confronter:** “We need to deal with this here and now.” In this response, on person assumes power over another, usually entering into a win/lose attitude. If the parties never get a chance to express their needs and feelings, this style doesn’t work. (In certain situations, power can be a useful intervention; if the relationship is unequal, or if parties treat conflict differently, or if a speedy resolution is vital.)
3. **Peacekeeper:** “Lets try to get along.” In this style, parties involved in conflict may suppress the issue or delay the situation, in order to “get along.” Any peace is usually temporary and does not address (and may even confuse) the cause of conflict and result in low satisfaction. This method can work well if the relationship is more important than the issue in conflict and if all parties take turns accommodating each other.
4. **Negotiator:** “Let’s reason together.” This style appeals to fairness. In this approach, those involved work toward consensus or a win-win solution, clarifying issues and considering multiple options. Negotiation takes a lot of time, and usually results in a high level of satisfaction for all parties. This style won’t help if the parties don’t believe in negotiating, or are unwaveringly attached to a position so that there’s no chance for a shared goal.

Remember, there is no one “correct” conflict management style. Depending on the situation, you may find it helpful to use all four response style. The key is to identify and use the most appropriate style and strategy for each conflict situation you face.



Crops and Soil, Horticulture

David Hallauer

Starting Plants from Seed

There may still be winter weather, but that doesn't mean winter has to be without garden work! In fact, if you are starting plants from seed, it's time to start planning!

Determine your seeding date based on the target date for transplanting outside and the number of weeks needed to grow the transplant. The target date for cool-season crops such as broccoli, cabbage, cauliflower and onions is the end of March/beginning of April. Warm-season crops like tomatoes, peppers and most annual flowers are usually planted about May 10.

Start by purchasing recommended, quality, packaged during the current year seed. K-State has a list of recommended varieties. Garden centers and your friends may also weigh in.

Sow seed in a media made for germination and keep seed moist to enhance germination. To do so, water often enough that the media never dries. Light is key to proper growth! Some plants require darkness to germinate. Others light. Others don't care. However, all plants require adequate amounts of light once emergence occurs. Windows may not provide enough so you may want to consider fluorescent fixtures suspended 2 to 4 inches above the plants. Leave them on for 16 hours each day.

Heat is also important. For best results, consider a heating mat (the top of the refrigerator isn't consistent!) set at the appropriate germination temperature. After germination, temperatures can be dropped – and should be – to prevent tall, spindly transplants.

Try brushing over your plants with your hand – 20 strokes a day to help them become stocky.

Last, but not least, properly harden off plants to avoid transplant shock. Do so by moving them outside and gradually exposing them to sun and wind 2 weeks before transplanting.

Conservation Tree Order Forms Available Now!

Spring will be here soon! Need conservation trees? The time to order conservation trees is now! Order forms are available in District Offices or online at www.kansasforests.org/conservation/. If a windbreak planting is in your plans, check out Windbreaks for Kansas, available from your district office and give us a call to chat about planning!

All Things Farm Bill

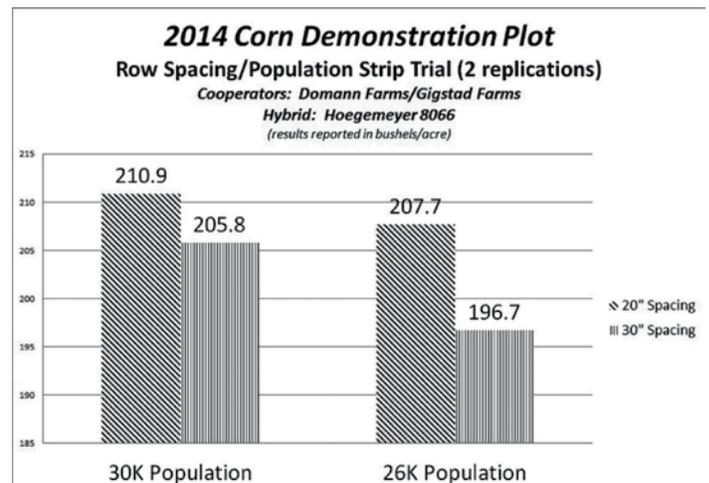
Most producers have by now seen or heard enough about the new Farm Bill to make their head spin! To help sort through the options, take a quick look at the resources available at www.agmanager.info. K-State's Department of Agricultural Economics has put together a number of publications to assist producers, including a spreadsheet tool you can use to aid in the decision making process. Can't access something on the page? Contact a Meadowlark Extension District Office for assistance. For other Farm Bill information, you can also check out the USDA-FSA Farm Bill site at: www.fsa.usda.gov/arc-plc. Information on upcoming K-State meetings is included on the back of this newsletter.

K-State Soybean School

A one-day Soybean Production schools will be Friday, February 6, 2015 at the North Ridge Church, 316 Lincoln St., Sabetha. It will cover a number of issues facing soybean growers: irrigation management; weed-control strategies; crop production practices; nutrient and soil fertility management; and insect and disease management. For more information, contact a Meadowlark Extension District Office closer to the meeting date.

Corn Demonstration Plot Results

The first year of a multi-year corn row spacing study was conducted in 2014 with collaboration from Domann Farms and Gigstad Farms in northeast Jefferson County. Results are included in the chart below. NOTE: results are from single year with multiple years of data needed to make any definite conclusions.





Livestock, Natural Resources

Jody Holthaus

Keeping Up With The Grain Cart

It's easy to make progress in the agronomy world. Crop yields are at all-time highs; the Nebraska corn yield contest winner was at 325 bushels per acre. Technology and genetics are quickly developing new plants. Unfortunately, it still takes 9 months to gestate a calf! Progress is made in the livestock industry, but we have to rely more on national or statewide statistics. 2015 is beginning and it's time to recap where we're at. This is mostly positive news for the livestock owners.

Swine producers have made big progress. From 1970 to 2000, pigs per litter did not change much from an average of 7. In 2013 we are now weaning 10.38 pigs per litter. The best farms in Kansas weaned an average of 13.5 pigs. Carcass weights are up, our pork producers are raising 5,000 pounds of pork per sow a year, the best farms are making 6,500 pounds per sow per year. Sows are weaning 26 to 30 per year, adjusted 21 day litter weights are 150 to 170 pounds. That's good news!

The challenge is, a large portion of retailers and meat suppliers have indicated they will only purchase pork from pigs originating from group-housed sows in the next 8 to 10 years. That affects almost all commercial producers in Kansas and only 20 percent of sows in the United States are group housed now.

The dairy industry has always led the livestock sector with their production records and can easily measure progress with their daily milk measurement. Nemaha county has the most family dairies in the state, but not the most dairy cows. In 1945, 25 million cows were producing 120 million pounds of milk, in 2011, 9.2 million cows were producing 196 million pounds of milk, that's an average of 21,345

pounds per cow. We've seen a 44 percent increase in the production per cow since 1996, in that same time, milk production has doubled. Nutrition and genetics are leading the charge in becoming more efficient.

Farmers and ranchers raising beef are enjoying the highest prices ever. There is some indication of rebuilding the U.S. beef herd, but some obstacles are still in the way. Jim Robb, LMIC economist, predicts strong prices through 2016 and then a slow erosion of calf prices. He is also saying, "calf prices will not drop below \$2 per pound on 500 weight calves." Besides prices increasing, production has increased. In 1984, the national weaning weight average was 465 pounds and slaughter weight was 1,014. In 2013, weaning weight is at 679 pounds and slaughter weight is 1,415 pounds. We gained 7.4 pounds per year on weaning weight and 13.8 pounds a year on slaughter weight. There again, mostly due to genetics and nutrition.

Challenges in the livestock industries will be those people and groups promoting a vegetarian lifestyle. Social media is a threat as misinformation can spread like wildfire. We must become advocates for our industries.

K-State Dairy Day January 30, 2015

One of K-State's Dairy Days will be hosted in Seneca on January 30, 2015. This year's event will take place at the Nemaha County Community Center, 1500 Community Drive. Kansas State University dairy specialists will be on hand to bring you the latest research findings. Vendors will be on hand to display new equipment and technologies. The noon meal will be catered, there is no charge to attend, please call in for the meal count, 785-336-2184.



Food and Nutrition -Financial Management

Cindy Williams

Energy Drinks and Kids

Energy drinks are popular, but can be dangerous. The National Poison Control Center reports that 40 percent of reports to their center are related to these drinks and children under the age of six.

The major problems cited include cardiovascular problems and seizures. Some energy drinks have up to 400 mg of caffeine per serving compared to 100 to 150 mg in one cup of coffee. Poisoning can occur in children under 12 years of age at a rate of 2.5 mg per every 2.2 pounds of body weight.

New App for Restaurant Health Inspections

Before going to a restaurant, check the HDScores app to see how they rated on their health inspections. This new app for iPhones can show inspections within the 12 to 24 hours of the health department's filing. It shows your area and the percentage score for the restaurant. The app focuses on cleanliness and foodborne illness factors

Currently, information is available from the state of Kansas, some other states, and major cities such as Seattle, Chicago, and San Francisco. An Android version is coming soon.

How Many Calories Are on The Menu?

When you eat in a restaurant, do you generally know how many calories you're consuming? The answer is most likely, "no," according to research findings examined by the Food and Drug Administration or (FDA).

The good news is that FDA is now taking an important step to provide consumers with more information to help consumers make more informed choices about the food they eat away from home.

The menu labeling rules cover:

- Sit-down and fast-food restaurants, bakeries, coffee shops and restaurant-type foods in certain grocery and convenience stores.
- Take-out and delivery foods, such as pizza.

- Foods purchased at drive-through windows.
- Foods that you serve yourself from a salad or hot-food bar.
- Alcoholic drinks such as cocktails when they appear on menus.
- Foods at places of entertainment, such as movie theaters.

Learn more at: www.fda.gov/ForConsumers/ConsumerUpdates/ucm423082.htm

January is Oat Month

Oats are purchased more often in January than any other time of year. It is the number one breakfast food and number three on the satiety index measuring fullness and satisfaction.

Oats are deemed a whole grain as the bran and germ are never removed during processing. Oats are steamed and flattened to make rolled oats. The more they are steamed and flattened, the faster they cook (e.g. quick oats.)

Steel-cut oats are chewier and nuttier. The whole oat is sliced once or twice into smaller pieces. When cooked, they are called porridge.

Oats helps lower LDL cholesterol and can help lower blood pressure. The soluble fiber helps control blood sugar to reduce type 2 diabetes.

2015 National Festival of Breads

The search is underway! If you bake bread and enjoy being creative, this contest is for you! The 2015 National Festival of Breads is now accepting entries from amateur bakers with original recipes. The categories include ethnic breads, rolls, time-saving and simple breads, and whole grain breads. Youth bakers, ages 12-17, can also enter in yeast bread and quick bread categories. The Festival will be June 13, 2015 in Manhattan. Learn the rules and how to enter your recipe at:

nationalfestivalofbreads.com/national-festival-of-breads.



Family Life

Nancy Nelson

Choosing Care for Your Children

Selection of child care is an important task for parents. A child care home is a child care facility and is required by state law to be licensed by the Kansas Department of Health and Environment. The number of children that may be cared for at any one time is based on the type of home, ages of children in care, and the number of caregivers.

Types of homes

Licensed family child care home: One caregiver provides care for 10 or fewer children, including the provider's own, younger than 16 years of age. Children 11 to 16 years of age unrelated to the provider are included in the license capacity if child care for this age group exceeds 3 hours a week. No more than seven children younger than 5 years old may be cared for in the home. No more than three children may be 18 months or younger.

Maximum License Capacity Examples

No. under 18 mos.	No. 18 mos. to 5 years	5 years to 11 years	License capacity
—	7	3	10
1	5	4	10
2	4	3	9
3	3	2	8

Licensed group child care home: Two caregivers may provide care for a maximum of 12 children from infancy to 16 years of age, or one caregiver may provide care for the following ages and numbers of children:

- If no children are younger than 2½ years, one adult may care for nine children.
- If no children are younger than 3 years, one adult may care for 10 children.
- If all children are school age, one adult may care for 12 children.

How do I know if a home is licensed?

Kansas licensing law requires that any person providing care for one or more non-related children for more than 20 hours a week must be licensed. Ask to see the license when you visit the home. A license means that the home was inspected by the local health department before the license to operate a child care home was issued. This inspection covers health, safety, and programs. Parents are responsible for evaluating care.

Finding and choosing the right home

Most families find a child care home by word of mouth:

friends, co-workers, neighbors. Many child care homes advertise on community bulletin boards and in newspapers. The following suggestions may be helpful:

- Obtain names of licensed providers from local health, KDHE office;
- Obtain names from community or employer child care resource and referral services;
- Advertise, describing the type of services needed.
- Most importantly, visit several homes.

This is the surest way to choose good child care. Don't be embarrassed about asking to see "someone else's house." Look at all the rooms and spaces the children use — kitchen, bathroom, bedrooms, and inside and outside play areas. Use all senses, including nose, eyes, ears, and touch when evaluating the areas. Visit at least once when children are in care.

Business arrangements

Once you have made a choice, work out arrangements with the provider about costs, hours, and substitute child care when the provider is ill. Check the following business details:

- Payment plan.
- Necessary permissions you must sign.
- Phone numbers where you or other family members or a friend may be reached.
- Names of people authorized to pick up your child.
- A written, signed contract or agreement is suggested for clearly defining parent/provider relations.

Prepare your child for this experience

Parents and children can benefit from preparation. Talk with your child about the home and the caregiver before you take the child for a visit. The first visit should be when other children are not there. Be sure to mention familiar and enjoyable activities. Give your child time to "check it all out." Provide a few familiar things for your child to take to this new place. Stay until your child feels comfortable. You may have to take a day off from work, but it will be worth it in the long run. Special attention during these first few weeks is extremely important.

For additional information including guidelines for choosing child care, request the publication, MF3175, *Choosing Care for Your Children: Child Care Homes* at your local Extension Office.



4-H Youth Development

Ross Mosteller

What is Your 4-H and Positive Youth Development Knowledge?

How much do you know about the 4-H program and what it is that we seek to do with Positive Youth Development? Many people think about 4-H as the county fair, green 4-H clover (some may even know that the 4 H's are Head, Heart, Hands, and Health), but what is it that 4-H really does? 4-H provides opportunities for youth to develop skills, practical knowledge, and wisdom through observing, doing, and living through specific educational experiences.

4-H emphasizes the practical application of knowledge or "learning by doing" to develop skills and acquire a sense of responsibility, initiative, and self-worth. For more than a century, 4-H has made a measurable impact on many lives and has continued to expand programming while transferring the latest research of the land grant system to young people. For Kansas, this is Kansas State University. This is accomplished through community 4-H clubs, overnight camping experiences and through school enrichment/after-school activities, all which partner youth with caring adults.

The educational foundation for 4-H Youth Development Program lies in three areas that are tied to the land grant universities and the United States Department of Agriculture (USDA). 4-H curriculum and activities engage youth in processes of discovery and exploration through hands-on learning. Within the three mandates below are numerous project areas individuals choose to pursue - from astronomy to financial literacy, market beef to safety, health to agronomy, and everything in between.

4-H Science: The 4-H Youth Development Program is directly connected to the research and resources of the nation's land grant universities and colleges of the Cooperative Extension System.

This has meant a solid focus on agricultural science, electricity, mechanics, entrepreneurship, and natural sciences. Today opportunities also exist in subjects

like rocketry, robotics, bio-fuels, renewable energy, and computer science. 4-H Science, Engineering and Technology programs reach more than 5 million youth with hands-on learning experiences to encourage young minds and to fill the pipeline of young leaders proficient in science

4-H Citizenship: Since its inception, 4-H has placed emphasis on the importance of young people being engaged, well-informed citizens. By connecting to their communities and leaders, youth understand their role in civic affairs and are able to expand their role in decision-making processes. It's clear that civic engagement provides the foundation that helps youth understand the big picture of life and learn the skill sets that will allow them to become wise leaders for the 21st century. 4-Hers are known for giving back to their community through the many community service projects at the club, county, state and national levels.

4-H Health Living: A core belief of 4-H is Health, as evidenced by the four H's in the 4-H clover: Head, Heart, Hands, and Health. 4-H is committed to the physical, mental and emotional health of our nation's youth so they may lead healthy and productive lives into adulthood. 4-H has become a national leader in health-related educational issues including chemical health, mental and emotional health, foods and nutrition, physical health and safety.

As you can see, there is a wide range of interest and purpose within the 4-H Mission Mandates. One of the old slogans was "4-H is more than cows and cookies," which is so very true. I prefer the statement, "4-H is a network of families growing great kids and it is for town and city families too!" To check out what the Kansas 4-H and Meadowlark District 4-H Program has to offer, please visit: www.joinkansas4-H.org or www.meadowlark.ksu.edu



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UPCOMING EVENTS IN THE MEADOWLARK EXTENSION DISTRICT

Local Farm Bill meeting dates

January 14 in Emporia, January 15 in Ottawa, February 12 in Marysville and February 13 in Atchison.

The registration deadline for each meeting is five days before the meeting. **YOU MUST REGISTER TO GUARANTEE ADMITTANCE.** Attendance is by ticket only to those who have registered. Even if you are given a ticket by a sponsor, you must register with the host county to guarantee admittance to the meeting and materials.

More detailed information is available at the 2014 Farm Bill Meetings link: <http://agmanager.info/events/farmbill/>. Further information also is available by contacting your local Meadowlark Extension District office.

Speaker's Bureau Offered by the Meadowlark Extension District

The Meadowlark Extension District has recently released a new Extension Speakers Bureau guide offering several new presentations for groups and organizations needing an educational program.

Most presentations are designed to be 30 to 60 but can be adapted to meet your needs. A more detailed description of each presentation is available by contacting one of our extension offices in Holton, Oskaloosa or Seneca or by going to our district website: www.meadowlark.ksu.edu

Jackson County Livestock Association Winter Meeting

This year's event will be on January 24, 2015, at the fair building on Dakota street, starting at 4 pm. Mike Brouk, KSU Dairy Specialist, will speak about stored forages, and Mike Irvin, Kansas Farm Bureau, will speak about family farm transitions. The steak dinner will be \$15/person, and serving begins at 5 p.m. Special entertainment will be Professor Farqua and Polecat Annie, followed by a dance with music by Silver Bullets. Tickets can be purchased at the Meadowlark Extension District office in Holton.