

Fenceline
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Livestock-Natural Resources

No article this week

David G. Hallauer
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Eastern Kansas Grazing School

Few livestock operations that would say they have an abundance of available forage – or that they couldn't use more! Since they aren't making any more land, however, that means we have to fine tune our management to get the most out of what we have available to us. That's the purpose of the Eastern Kansas Grazing School to be held at Perry on September 20-21, 2016.

Whether you are a beginning or experienced grazier, information on how to get the most out of your forages is a key to profitability in your operation. This year's school will again include presentations from K-State Research & Extension and Natural Resource Conservation Service (NRCS) specialists on the art and science of grazing and grazing arithmetic as well as a pasture allocation exercise and grazing operation tour. Missouri NRCS District Conservationist Mark Green will be back to share information on watering systems, fencing, and layout and design of management intensive grazing systems. University of Missouri Extension Ag Economist Dr. Wesley Tucker will discuss the economics of these systems.

Limited space is available for the school on a first registered basis. Registration is \$50 for the first person from a farm (includes lunches, snacks, and handouts). Additional members from the same farm are \$25. Contact the Holton Office of the Meadowlark Extension District at (785) 364-4125 or e-mail myself or Jody Holthaus, jholthau@ksu.edu for further information.

Time to Cut Back Peonies

How do your peonies look? If they're like mine, summer heat, grass competition, and even some leaf disease pressure have resulted in a pretty tough looking plants!

Fortunately, you don't have to look at them any longer! Because they are essentially dormant this time of year (even if leaves are still green!), peonies can be cut back with no problem. To do so, cut leaves off close to the ground. Compost or discard – and look forward to a deep green, ready to grow plant come next spring!

Cindy Williams
Meadowlark Extension District Agent
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Avoiding Credit Card Crises in College

You're heading to college for the first time or returning to campus, and you decide with your parents to get a credit card in your name. A University of Florida Institute of Food and Agricultural Sciences financial expert says you can use credit wisely by sticking to a few key points.

The two biggest mistakes college students make with credit cards are taking on too much debt and failing to make payments even if your credit card bill comes with a low amount due, said Michael Gutter, associate professor of family financial planning and associate dean for UF/IFAS Extension.

Here are some of Gutter's top tips for college students trying to stay financially savvy:

*Set a budget and communicate with your family so you can avoid pitfalls others might see. Communicating with your parents before buying items on a credit card, is key. Research shows youth who had greater discussions about their personal finances were less likely to engage in risky credit behavior, Gutter said. In addition, maintain a budget. Stay organized and be willing to ask for help or advice before it gets out of hand. @

*If you're going to use credit cards, make sure you are growing your positive credit history and continue consulting with your parents.

*Avoid credit cards altogether, or get cards with low spending limits or limited use. Then, set rules such as only charging what you could otherwise pay for in cash.

Nancy C. Nelson
Meadowlark District Agent
Family Life

Back-to-School Breakfasts for Busy Days

How many times have you heard that breakfast is the most important meal of the day? Read on for tips to help you start your day right.

According to an article in the *Journal of the American Dietetic Association*, some benefits of eating breakfast include:

- Better memory and better mood
- Better test scores and school attendance, and lower tardiness rates
- Decreased hyperactivity
- Decreased risk of being overweight, and lower cholesterol levels
- Higher intakes of vitamins A and C, riboflavin, calcium, zinc and iron

If it seems like you're too time-crunched in the morning to get a healthy start, try some of these fast fixes. You could get everything ready the night before. If you wish, take breakfast along for the ride as you or the children head out the door.

- Whole wheat bread, toast, bagel or tortilla, spread with peanut butter or cheese, and an apple
- Ready-to-eat cereal in a bag, a cup of milk, and a banana
- Grits topped with cheese, and a cup of tomato juice
- Oatmeal with milk and canned peaches
- Toasted frozen waffle with peanut butter and applesauce
- Rice and beans with a piece of fruit
- Yogurt mixed with small bits of fruit and ready-to-eat cereal
- Leftover cooked rice, a hard-boiled egg and baby carrots
- Scrambled egg and cheese wrapped in a tortilla

If there is a picky eater in your family, offer two or three food choices to help the child feel more in control. Having children help with breakfast is a nice way to start the day together. And remember, kids are more likely to eat breakfast when they see adults eating breakfast. So set a good example— you'll both benefit.