

# Meadowlark District

K-STATE RESEARCH AND EXTENSION NEWS

*meadowlark.ksu.edu*

**Winter 2022**



Our office will be closed on February 21st in observance of President's Day.

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*Save the Dates*  
*Walk Kansas 2022*  
*March 20 - May 14*

Walk Kansas is a team-based program that will help you and others lead a healthier life.

Join this program and be more active with friends and family, make better nutrition choices and walk away your stress.

More details in the months to come. Go to <https://www.walkkansas.org> or contact your local extension office for more information.



David Hallauer, District Extension Agent

## Armyworm Recovery

The armyworm infestation of 2021 felt like déjà vu all over again for many forage producers. Still, there were differences and that means 'recovery' may be different, too. Without a one size fits all answer, consider the following this spring:

First, the heaviest damaged stands will likely see some level of stand/yield loss, but recovery may be better than you think. Experienced forage agronomists from KSU suggest patience since those stands tend to recover better than we'd expect. Not all may be lost!

Second, while it will be difficult to evaluate density until spring (and damaged stands will likely green up more slowly), an early spring root evaluation may provide some idea whether roots are alive or not.

Third, KSU research shows early April N applications can yield similarly to February. If you've been delaying application to monitor recovery, there IS a cutoff, but we can still get good response to nitrogen applications even in to early spring (March is even better).

Last, the spring planting window for brome production in northeast Kansas extends until April 1. We can still have success after that, but run the risk the stand won't be well established by summer heat. Fall is the preferred planting window and should be done from mid-August through mid-September.

Stands that did not get three to four inches of regrowth prior to dormancy will be the most likely to exhibit slower green up, reduced stand density, and lowered yields. Make notes now of those areas – and their size – and start planning for potential weed control applications as well as possible forage supply replacements if stand losses are significant.

## Conservation Trees from the Kansas Forest Service

Low-cost tree/shrub seedlings are on sale now from the Kansas Forest Service. Available for conservation plantings as either bare root or container grown seedlings, plants are one to two years old varying in size from eight to 18 inches. Orders are accepted through May 1 and shipping starts in mid-March.

Approved uses include windbreaks, wood lots, wildlife habitat, timber, and riparian plantings. Each unit consists of 25 plants. Special bundles are available, as are accessories like tree tubes and weed barrier fabric. For details visit: <http://kfs.mybigcommerce.com/> or contact any District Office.

## Fertility Considerations for Reduced Stands

When cool season grass stands are compromised, it may be difficult to spend much on fertilizer if the stand isn't going to be there to respond. When making that decision, keep three things in mind:

1. Nitrogen is an important component of yield, but not the only one. A soil test is the only way to know for sure what fertility levels are present so that a good decision can be made. Nitrogen response is reduced when phosphorous, potassium, and pH levels are less than optimum. Soil test this spring if possible.
2. Be careful about skimping on P/K levels unless soil test levels are optimum. Many hay/pasture soil test levels are pretty low to begin with. Reducing P/K levels may seem economical in the short term, but could lead to increased issues in the future. Whether you are trying to encourage the stand to recover now, or have to reseed, keeping nutrient levels at a suitable level will be one important part of the equation. Plus, P and K applications will continue to be important for the portion of the stand seeing less damage.
3. Nitrogen recommendations typically suggest 30-40# of actual N per ton of yield. If you suspect yields will be reduced and want to reduce nutrient application levels, some reduction in nitrogen might be an option. Just remember: cool season grasses respond very well to nitrogen, and a no nitrogen at all program may limit yields to a greater degree than you'd like. An old soil fertility specialist said one time: if we fertilize for a failure, that's what we'll get!

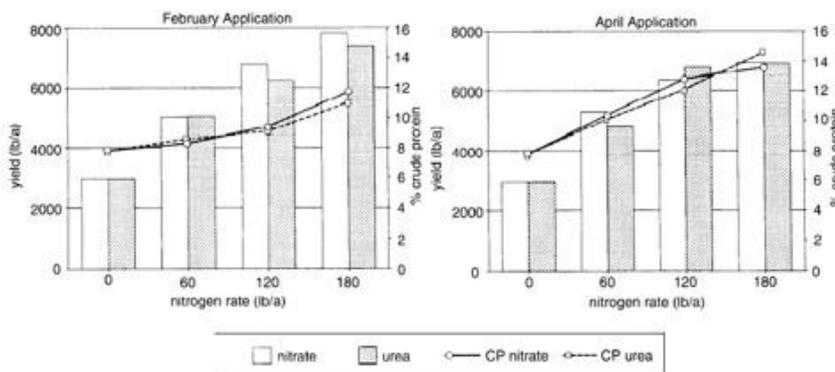


Figure 2. Production and crude protein content as influenced by timing of nitrogen application and nitrogen source based on eight years of data.



David Key, District Extension Director

## Effective Meeting Management for 2022

Careful planning and preparation are essential to maximizing meeting effectiveness. Because governmental bodies and other groups and organizations must conduct much of their business through meetings, it is important that these sessions be meaningful and productive. Meeting participants are busy people who may be willing to become more involved if they know their time will be well spent.

### 1. Establishing Meeting Procedures

Who is responsible for meeting productivity? The chairperson should be in charge of planning and may delegate some duties to other individuals. Everyone attending the meeting should be prepared to participate and contribute to the business at hand.

Ideally, a meeting should have a standard scheduled date and starting time. The meeting may have a specified ending time or it may be determined by the volume of the business to conduct. At its first meeting the groups should decide how future meetings will be conducted.

One of the most important parts of a meeting planning is preparing the agenda. The agenda is a helpful tool for guiding discussion and is a

written order of business to conduct a meeting. It should be viewed as a list of things to be done. It is an invaluable tool to help a group focus on the business at hand and more quickly achieve its goals. A good reference for helping prepare a meeting agenda is *Roberts Rules of Order*.

When decisions and/or recommendations have been made, members need to support them. For this reason, unmistakable communication is critical. Members not only need to speak clearly, but they need to be active listeners. Repeating or summarizing someone's contribution can be beneficial to the group's efficiency.

### 2. Selecting a Meeting Site

In addition to planning the agenda, the leader should make sure the meeting site has a favorable environment. Meeting participants will contribute to and get more from the meetings if they are comfortable. Pay special attention to acoustics, lighting, temperature and noise levels, table and chair arrangements, internet access and WIFI, physical barriers that discourage participation as well as parking, handicap accessibility and location directions especially if the meeting area is in an unfamiliar location.

### 3. Leader Responsibilities

In addition to preparing the agenda and adhering to meeting procedures the leader performs a number of tasks to ensure meeting effectiveness. Some important responsibilities for leaders include:

- Be prepared and have meeting materials ready, speak clearly, clarify and ensure communication of the

discussion being held, be confident and enthusiastic.

- Encourage input from everyone and maintain group focus on the specific item of discussion.
- Delegate specific jobs as needed to other group members.
- Close on a positive note.

### 4. Member Responsibilities

Just as the leader has specific responsibilities, so do the other members of the group. Some ideas for members to consider include the following:

- Be prepared to report or discuss meeting topics and stay focused on the discussion being held.
- Be loyal to the group, be willing to compromise, accept and support group decisions.
- Practice confidentiality.
- Criticize ideas, not individuals

### Summary

Group leaders and members can do a number of things to ensure that their meetings are productive and efficient. Advanced planning by everyone involved is the key to achieving this goal.





Ross Mosteller, District Extension Agent

### Meet the New Livestock & Natural Resources Agent

Meadowlark Extension District has been very stable in agent staff, certainly in the past twelve years, but really since the inception of the District. With Jody and Nancy announcing retirements in 2021, the staffing structure has begun to change. I'm in the process of shifting from the 4-H Youth Development agent to Livestock and Natural Resources. This process will be taking place through the Spring, when a new 4-H agent will hopefully be hired. I've enjoyed getting to know many people through the 4-H program, but know there is a whole new audience of adult producers I've not yet had the opportunity to work with.

So, what's my pedigree and why the switch? Prior to my time as the Meadowlark 4-H Agent, I spent five years as a specialized Livestock Agent with River Valley Extension District and three years prior to that as the Agriculture agent in Washington County. My bachelor degree from Kansas State University is Animal Sciences and Industry, with a minor in Agronomy - Forage focus. Prior to all of that, I grew up as a fifth generation, diversified livestock and crop production farm kid by Bern. Like many farms in the past, we had beef cattle, milked cows by hand, ran a small farrow to finish swine operation, had a chicken house full of laying hens and always had horses around. My Mother's family had past experience with sheep production as well, so I grew up with a wide base of livestock experience. Currently, I maintain a small herd of registered Shorthorn cattle, consider myself a backyard poultry hobbyist and have learned so much about rabbit production, through my daughter's 4-H project work..

My hope is to draw on all my past knowledge and experiences to help livestock producers across Meadowlark Extension District, working in conjunction with David Hallauer on agricultural programs. I know I have big shoes to fill, but I'm ready to hit the ground running to help serve you. I'll be maintaining my office location in Seneca, but am available to producers across the District. Please reach out if I can be of assistance to anyone with Livestock or Natural Resource questions at either [rmostell@ksu.edu](mailto:rmostell@ksu.edu) or 785-336-2184.



### Calf Scours Considerations

By the time this newsletter goes to print, we will no doubt be into a spring calving season for some beef operations. The term "spring calving" often makes me chuckle as producers fight to keep calves alive in sometimes harsh winter conditions. No matter the time of year your particular operation calves, one thing that needs constant attention and consideration is scour prevention and management.

No herd is immune from this potential problem, partly because it is such a broad area of disease, falling under one term - scours. While it is true that scours cases typically can be blamed on infectious agents (bacteria such as *E. coli* and *Salmonella*, viruses such as rotavirus and coronavirus, or protozoan parasites such as *Cryptosporidia* and *Coccidia*) nutrition and management of both the cow and calf; as well as maintaining clean environments, can all play a factor in successful control of scours.

Cows and heifers tend to have some natural antibody resistance built up to these organisms, either through past exposure or vaccines. They will pass on a certain level of immunity to their offspring through colostrum following patriation. This is why it is critical to make sure the newborn calf consumes ten percent of body weight in colostrum, within the first four hours after birth. For the average calf, that is three to four quarts and this window gives the greatest opportunity for the calf to maximize absorption of antibodies in the stomach. Colostrum consumption gives the newborn calf the best level of protection as they begin to lose this passive immunity from their mother and build their own immunity as they age.

The second factor is fecal contamination and infective organism load in the calving sites. One very simple approach can be to have "clean" pastures or paddocks to calve in. If you calve cows in an area where they have been concentrated in for winter feeding, this often leads to higher incidences of scours, due simply to the fecal load & infectious agents. A system called the Sandhills calving system was developed in Nebraska and it gives good advice to managing scours at calving. Essentially, cows are moved to clean areas with low fecal load and kept in groups by calving windows of two-three weeks. Cows who've yet to calve, keep getting moved to clean paddocks, away from older born calves. Producers might not be able to implement this fully, but looking for ways to implement a similar design that works best for your operation, keeping calves in cleaner environments, is always better.

I know first-hand how frustrating scours can be, because even when you seem to do everything right, there are times this problem rears its ugly head. When those times come, getting on top of treatment and providing fluids with electrolytes, to prevent dehydration is key. I'd encourage you to visit with your herd veterinarian to see what approach might be best for your particular situation if scours become a challenge, as well as discussing cow vaccination schedules. Best wishes for a successful calving season!



Ross Mosteller, District Extension Agent

## Strategy for Building Sustainable Livelihoods Worldwide

*Taken from - DuPont Advisory Committee on Agricultural Innovation and Productivity for the 21st Century*

As the world’s population continues to grow—projected to surpass 8 billion people by 2025—food security has become a critical issue. One in seven people goes to bed hungry every night. Hunger kills more people than AIDS, malaria and tuberculosis combined. Dramatically increased food demands are being placed on already-stressed farmers, as well as the entire agriculture industry. And it will only get worse as food production must double by 2050 to meet the population growth in developing countries.

Worldwide, there are more than 1.3 billion people ages 12 to 24, and this number is growing rapidly. Many of these are rural youth without access to resources to develop a viable future. The United Nations reports that 24 percent of the world’s working poor are young people who earn less than \$1 a day. In many regions of the developing world, such as Sub-Saharan Africa, agricultural development has not reached productivity levels necessary to overcome the vicious cycle of hunger and poverty.

Despite these obstacles, the youth of the world have the potential to change the course of history and build a sustainable future—to lead the next “Green Revolution”. An integrated youth strategy that engages young people at an early age is essential to the success of any

global food security initiative. Young people are essential to building a sustainable, food-secure world.

Through its programs and its scope, 4-H is uniquely positioned to prepare the world’s young people to meet urgent global needs. By linking 4-H programs worldwide, youth around the world are engaged in a global movement to improve their own lives and the economy of their communities and their countries. In 2010, National 4-H Council mobilized private sector partners—including the Bill and Melinda Gates Foundation, Cargill, DuPont Corporation, Motorola Foundation, and the Nike Foundation—to launch an initiative to bring 4-H programs around the world together to create sustainable livelihoods and economic security for the next generation of farmers.

Integrating agricultural development, partnerships, and positive youth development strategies to create powerful and lasting change, this network is engaging with and learning from African 4-H partners, building partnerships to impact 250,000 African youth within 3 years, and engaging 4-H programs and partners around the world to reach millions of young people and their families.

With the world facing considerable challenges in the years ahead, investing in our youth has never been more crucial. Armed with the necessary skills and experience, 4-H youth have the power to generate the changes needed to build a sustainable world and grow a brighter future. The youth of the world have the potential to change the course of history.

Food production must double by 2050 to meet population growth. 4-H is one of the world’s largest youth development organizations, found in more than 70 countries in North America, South America, Central America, Europe, Asia, and

Africa. 4-H young people—from age 6 to 25—are responding to challenges every day in their communities and their world. For more than 100 years, 4-H has been a model for teaching agricultural innovation, building community engagement, and improving incomes for rural youth.

The 4-H youth experience includes practical skill building activities, meaningful leadership roles, and connection with caring adults. The integration of these elements creates a unique positive youth development experience that equips young people for future life success. In the United States, 4-H is a thriving community of over 6 million young people, 540,000 volunteers, 3,500 professionals, and more than 60 million alumni. All with a direct connection to 111 public universities and the Cooperative Extension system. 4-H youth in urban neighborhoods, suburban schoolyards and rural farming communities stand out among peers: building economic opportunities and implementing community-wide change at an early age.

Outside the U.S., more than 500,000 young people are involved in 4-H programs, with a strategy underway to double that number in developing countries by 2015. 4-H programs across the globe are coming together as a powerful force for agricultural and economic development.

*“Long-term investments in basic education and strategies, such as 4-H, will be essential to mobilize young people to lead technology transfer and adoption of innovation.”*





**Cindy Williams, District Extension Agent**

## It's January...Time to Set Some Goals!

How are your goals progressing this year? I was reminded how helpful it is to write down some action plans and verbalize those plans with others. This reminded me of a couple of other tools I learned about setting goals and working on action plans. Here are some highlights to help you utilize goal setting throughout the year.

One that tends to get overlooked is that of purpose. Your goal has to be related to a result or something that is important to you, or otherwise you won't do it. You have to have different goals within different levels of purpose such as career, family, project, or even life purpose. So first get clear on what purpose you are working on or setting goals for! This also reminds me to speak positively about your goals, saying "I will" instead of "I will try," setting yourself up for more success. Now it is time to start setting your goals!

Try the **SMART** technique:

- **Specific**---Make sure your goals are very specific, rather than general. Instead of saying "I will practice self-care," instead "I will read a book for fun."
- **Measurable**---Have a way to track and measure your success to know if you are meeting your goals, such as "I will read a chapter three nights a week before bed".
- **Achievable**---Set goals that are realistic---Why set yourself up to fail? If you usually watch TV before bed every night, can you realistically give that up altogether? Start with reading one to three nights a week,

eventually TV before bed may be a treat!

- **Relevant**---Make sure you are working on a goal that makes sense to you. If reading is a not relaxing to you, select something else for your self-care.
- **Time-Bound**---Set a target date to achieve your goal. Again, use numbers here! Such as, "I will start reading a chapter one night a week and by the end of the month be reading a chapter three nights a week."

Tips for Success:

- **Break it Down**---Is your goal a big one? Break it down into smaller tasks, tactics, or action plans.
- **Plan for Progress**---It's not about success for failure, celebrate progress and certain milestones. Set some deadlines and check-ins to help celebrate this progress!
- **Don't go it Alone**---Create accountability and include others! Who can I partner with to complete this? Who will challenge and support me to keep going?

## Stock Your Pantry the Mediterranean Way

The Mediterranean way of eating emphasizes a lot of fruits and vegetables. There are a variety of options to achieve this goal.

Fresh fruits and vegetables choices change throughout the year based on growing season. But, many of these same foods are available in frozen, canned, or dried forms year around. Look for plain frozen fruits and vegetables without added flavors or sauces. Choose canned products without added salt for vegetables or canned in their own juice for fruit. Dried fruit can be eaten as is or can be rehydrated.

Fresh or frozen fish options are few in some locations. But canned tuna or salmon, packed in water or olive oil, are good choices.

Don't have fresh herb? There are many dried herbs available to use instead.

A 1/4 teaspoon dried ground is a equal to 1 Tablespoon of whole/crumbled or fresh chopped herbs.



## Bitter Taste Could Be in Your Genes

While we encourage consumers to eat healthy vegetables, such as broccoli, cabbage, and brussels sprouts, to some, the bitterness will turn up their nose.

Turns out, this could be genetic. Researchers at the University of Kentucky School of Medicine discovered that we all inherit two copies of TAS2R38 taste gene. There are two variants of this gene, the AVI and PAV variants. If you have two copies of the AVI variant, you are not as sensitive to bitter flavors in those foods. If you have one of each variants, you perceive bitter flavors in the same foods. If you have two PAV variants, you are a "super-taster" and those foods will be very bitter and inedible.

Source: Food Technology, Jan. 2020



**Cindy Williams, District Extension Agent**

**Youth Farm Stress**

Farmers can become stressed by a range of challenges—low commodity prices, debt, weather events, animal and crop issues, illness, injuries and other problems. This stress can carry over into farmers’ personal lives and families. As a result, youth may experience stress from their family’s farm conditions.

• **Warning Signs of Stress:**

Farm stress can affect youth emotionally, physically and socially. Signs of stress in youth in those categories follow:

**1. Emotional:**

- Acting out (physically or verbally, out of character)
- Mood swings
- Depression
- Excessive Sleeping
- Lack of motivation
- Anxiety

**2. Physical:**

- Excessive tiredness
- Trouble sleeping
- Headaches
- Tension (muscles in back and neck)
- Excessive sickness and absenteeism
- Butterflies in stomach
- Experimentation with use of drugs and alcohol

**3. Social:**

- Change in normal routines, temperament and behavior
- Change in friends who influence in negative ways
- Loss of interest in extracurricular activities
- Dropping out of social engagements
- Isolation

• **Ways to Help---Community Resources**

If you notice the warning signs of stress in youth and have a trusting relationship, reach out to them or their parents to talk. In this conversation, you can identify the behaviors you noticed and provide the following resources and suggestions for assistance or treatment.

- Community mental health organizations
- Private and or school counseling
- Support groups
- Positive youth development (4-H or mentoring programs)
- Extracurricular activities (after school programs or sports)
- Spiritual practices or faith-based support.

Adults can:

- Create opportunities for conversation.
- Use open-ended questions.
- Listen without solving problems.
- Listen without judgement.
- Encourage physical activity.
- Encourage positive talk.
- Create space for “kids to be kids.”
- Provide healthy meals and snacks.

• **Stress Reducers**

In addition, there are several things that youth and families experiencing farm stress can do at home together to reduce stressful feelings. These techniques are beneficial for all families and can increase their bond while reducing stress.

- Mindfulness and breathing techniques
- Laughter and fun
- Talking without electronics
- Healthy eating
- Exercise
- Community service

- Appropriate amounts of sleep
- Caffeine avoidance
- Positive talk
- Family time and family Activities
- Community events such as fairs and festivals
- Sports and outdoor activities including biking and hiking
- Cooking together
- Cultural arts and the theater

• **Ways Youth Can Support Parents in Stressful Circumstances**

Most youth are resilient. They may experience stressful feelings due to their family’s farm circumstances but are more likely than adults to regain normalcy fairly quickly with short-term support or treatment. If youth are well balanced and supported, then they may turn into a resource for their parents who are experiencing stress. Youth can:

- Assist with chores.
- Help out with siblings.
- Become more self-sufficient regarding meals, homework and other areas.
- Remind parents to have fun.
- Organize clothes and lunches the night before for school or other events.
- Be flexible.

*Source: Authors: Kea Norrell-Aitch and Janelle Stewart, Michigan State University Extension Educators.*



**Meadowlark Extension District**

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## Upcoming Events

**Feb. 3:** KSU Dairy Days - Seneca—Postponed

**Feb. 8:** KSU Swine Profitability Conference - Manhattan

**Feb. 8, 10, 15, 24:** KSU Winter Ranch Management series - Hays, Council Grove, Randolph, Oakley

**Feb. 11:** Winning the Game Corn Marketing Workshop—Holton

**Feb. 19:** Club Days-JCN High School, Winchester

**Feb. 23:** Beef Cow/Calf Risk Management Session - Sabetha

**March 5:** Club Days –Jackson Heights High School, Holton

**March 4:** KSU Cattleman’s Day - Manhattan

**March 5:** Jr. Beef Producer Day-Manhattan

**March 19:** Jr. Sheep Producer Day-Manhattan

**March 20 - May 14:** Walk Kansas