Meadowlark Offices Closed
Veterans Day 11-11 and for Thanksgiving Holiday November 25-26

Holton Office
114 W 5th St.
Holton, KS 66436-1778
785-364-4125

Oskaloosa Office
P.O. Box 326
100 E Washington
Oskaloosa, KS 66066-0326
785-863-2212

Seneca Office
1500 Community Drive
Seneca, KS 66538-1921
785-336-2184

Grant Writing
Virtual (Online) Workshop

Grants are a vital piece in your community’s funding…and you can do it.

Dates: January 10, 11
Time: 1:30 – 4:30 pm
COST: $60

Two 3-hour Online courses
Many Downloadable Resources
Payment is made online.
Enrollment is limited; please use wait list, if offered.

What you will learn:
• To conquer your fears and start writing,
• Sources of data for community needs,
• Where to find grants.
• How to develop the grant elements: problem, outcomes, activities, evaluation and budget.

Presented by: Nancy Daniels
Community Vitality Specialist
K-State Research and Extension

To register: https://bit.ly/3FPRpsM

Questions: David Key
Meadowlark Extension District Agent
785-336-2184 or dkey@ksu.edu

Hold smartphone camera over code to register
Youth Community Perceptions

Youth Community Perceptions is a curriculum which explains the make up of a healthy community and offers a method for youth to become actively engaged in their community. Youth participate in a community assessment and identify the unique assets and strengths of their community as well as the needs, providing them with an opportunity to engage in community conversations and improvement.

The program assists youth and communities in:

- Creating opportunities for youth to have a voice in the community.
- Involving and familiarizing youth with local government and community processes.
- Bridging the gap between youth, local government and the community.
- Participating in a service learning youth identified project.

To participate in this program a few simple steps must be considered:

- Identify a volunteer group or school
- to coordinate the program noting that schools may need to obtain administrative approval
- Identify local youth groups/class rooms to partner or conduct the assessment

- Adults and youth meet with the local city council to explain the program and obtain permission to conduct the assessment
- Youth conduct the assessment and take photos to document their findings
- Photos and comments are compiled to place into a presentation that is shared with the support of the city council at a town hall meeting
- Youth then identify a community service project to conduct based on the findings securing all necessary training or requirements to conduct the project
- Project is conducted and success is celebrated!

For more resources and program information contact:
David Key: Director and Agent
Meadowlark Extension District at 785-336-2184 or dkey@ksu.edu.

To review this program resource and more information visit:
https://bit.ly/33GGwGS

Meadowlark Extension District to Host a Grant Writing Workshop in 2022

Grant writing and grants are a vital piece in your community’s funding and success and you can make this happen! To help support our communities and their efforts to secure funding and support the Meadowlark Extension District is hosting a two-day afternoon online grant writing workshop on January 10 and 11, 2022. Participants will receive six hours of online training to conquer their fear and start writing, learn about sources of data for community needs, where to find grants, how to develop the grant application elements: problem, outcomes, activities, evaluation and budget.

Registration and access to the downloadable resource is done online at a cost of $60.00 per person. To register visit: https://bit.ly/3FPRpsM. Registration will close for this course on January 3, 2022! For questions please contact David Key, Meadowlark Extension District Agent at 785-336-2184 or dkey@ksu.edu.
Forage Fertility – Soil Testing Tips

By all accounts, fertilizer prices from now through next spring are likely to be higher than we’ve seen in recent history. It’s not a year to be ‘guessing’ when it comes to a fertility program, and the best way to get a good N/P/K recommendation is to soil test.

Soil tests can be pulled any time, but fall testing allows you to start planning for fertilizer applications much sooner than spring testing, which is often delayed by weather factors. Whether you’re trying to get lime on early enough to do some good for next year’s crop or doing what you can to keep costs down by prepaying, now is a great time to get samples submitted.

A good forage soil testing program should include testing on an every three to four-year basis. On the front end, it gives you a good base number on which to base applications so you aren’t over OR under applying fertilizer. The longer you get in to the program, the better you can see how the program is working by the way soil test levels are responding.

Test results are only as good as the representative sample collected. For best results, use a soil probe. If you don’t have one, contact a District Office to check one out. You can use a shovel or spade, but the soil volumes you get in these types of samples can increase sample variability.

Divide fields in to representative areas and sample according to factors like yield response, soil type, or management zone. Ideally, the sample area would encompass no more than 40 acres, but at the very least, fields should be split in to zones to allow you to get a good soil test value on which to build your program.

Collect at least 15-20 cores and mix well in a clean, plastic container to get a composite sample. Collect cores from a depth of zero to six inches.

Samples can be sent to a lab of your choice or submitted through any of our District Offices to be sent to the KSU Soil Testing Lab. Costs vary depending on tests requested and cost share programs available.

While all perennial plants tend to benefit from moist soils going in to winter, newly planted trees and shrubs with limited root systems should be a focus. Newly planted doesn’t mean just this year. Trees planted within the last two to three years are still less tolerant to drought than more established plants – especially evergreens that lose moisture from foliage year round. The investment we make in landscape plantings is large. Don’t let lack of moisture hurt that investment.

One way to inexpensively water trees or shrubs is with a five-gallon bucket with an eighth inch hole drilled in the side near the bottom. This hole will be large enough to let water flow through with less chance of clogging from debris, while slowing water flow enough to soak in rather than run off. Fill the bucket and let it sit on one side of the tree/shrub until empty. Repeat after moving the bucket to the other side of the tree. Larger trees will require more water.

Fall Watering of Landscape Plants

Most of the area has received beneficial moisture over the last few weeks. Even so, it’s a good time to test soils in your landscape to be sure. Landscape plants suffer more than we realize in the fall and into winter when we lack adequate moisture in the soil profile.

Soil moisture should reach to a depth of twelve inches. If this occurs via natural rainfall, great, but too often, small moisture events only wet the surface layer. Following dry periods earlier this fall, it’s possible the lower part of the profile is still dry. Check for soil moisture levels using a metal rod, wooden dowel, electric fence post or long screwdriver to check depth. Dry soil is much harder to push through than wet. If the tool you are using pushes easily to a depth of eight inches and then stops, it’s likely dry below that level – and added moisture may be beneficial.

Fall Armyworm Recovery

With recent moisture across some parts of the District, it’s a great time to be checking out forage stands damaged by fall armyworms. Some stands have recovered nicely while others are quite variable in response to the heavy feeding seen earlier this summer. As of this writing, no new armyworm sightings have been made for a month. Fall Armyworms do not typically overwinter in Kansas, and we’re hopeful they have headed south for the winter.
Livestock, Natural Resources

David Hallauer, Agent

Do I Need in a Forage Analysis?

KSU Beef Systems Specialist Dr. Justin Waggoner wrote recently that one of the more common questions he gets is about what analysis package should be selected when submitting a forage test. There are a number of different labs doing testing and while all offer similar testing, testing packages can be a little confusing to figure out. Here are a few tips from Dr. Waggoner to help you decide on a test package:

At the very least, most nutritionists will want some measure of dry matter/moisture, a value for crude protein, an energy estimate (Total Digestible Nutrients or TDN, Net Energy for Maintenance – NEm - , Net Energy for gain – NEg - macro minerals, Calcium and Phosphorous. These measures are what will be needed to even get most ration analyses started, and should be part of what you request when doing a forage analysis for trying to balance a ratio.

Additional analyses might also be helpful, especially if we want to fine tune even further how we might predict animal performance. Numbers like acid detergent fiber (ADF) and neutral detergent fiber (NDF) can be valuable indicators of forage quality as well. NDF measures the amount of cell wall contents (hemicellulose, cellulose, and lignin) in the sample and can be used to estimate dry matter forage intake for the purposes of determining feeding levels. ADF represents the amount of cellulose and lignin within the forage and is correlated with digestibility (the higher the ADF, typically the more mature the forage). ADF is also used to calculate energy estimates, allowing your nutritionist to fine tune energy level predictions when it is included as part of the test package.

Other analyses might include sulfur (if the forage will be fed in combination with a byproduct feed used in a growing or feedlot ration) or nitrate if the forage is a known nitrate accumulator – forage sorghums and Sudan grass in particular. Most labs will off individual analyses like these in addition to testing packages that include many of the measures referenced above.

A good forage analysis is the best way to get good numbers to put together an accurate ration – and it starts with a good sampling program. For more information on best management practices for forage sampling, check out Forage Sampling Procedures and Equipment, a great resource on forage sampling available upon request from any District Office or online at: https://bookstore.ksre.ksu.edu/pubs/MF3177.pdf.

Open Cows – What Happened?

Whether it’s realistic or not, most cattle producers would love to see a calf from every female every year. When it doesn’t happen, it should at least make us pause for a second to think about why – and what might be done to improve conception rates.

There are multiple reasons from both the bull and heifer/cow side for poor reproductive performance. On the female side, according to an article written by KSU Extension Livestock Production Specialist Sandy Johnson, the most common reason for poor pregnancy outcomes is related to nutrition. Heifers may not have achieved sufficient growth in time for breeding and cows may not have the needed energy reserves to resume normal cycles and rebreed. A number of disease issues can occur that impact pregnancy rate and the nutrient status of the female will impact her ability to withstand the challenge or develop immunity in response to vaccination.

Don’t forget the bull, but if you are trying to evaluate the female side of the equation, check out the rest of Dr. Johnson’s article at https:// enewletters.k-state.edu/beef/tips/2020/11/03/troubleshooting-poor-reproductive-performance-in-cows/. It provides a great overview of what to consider, particularly from a nutrition standpoint, when trying to evaluate reproductive performance rates in the cow herd.

Animal Comfort Index – Kansas Mesonet

As Kansas Mesonet station location continue to expand across the state, so too does the information the system provides. The Animal Comfort Index page is one example.

Taking into consideration temperature and windspeed, the index, developed at the University of Nebraska, also incorporates relative humidity and solar radiation to provide indices for both hot and cold weather situations. In addition to the real time information provided by the index, the tools available from the Mesonet site also allow you to get a history for varying station sites as well. Check it out online at: http://mesonet.k-state.edu/agriculture/animal/.

4-H Thriving Model of Positive Youth Development

What are Sparks?
Everybody has a skill, a talent, an interest, or a special quality that they are passionate about. We call these things SPARKS. They provide joy, purpose, and direction. Sparks are self-discovered and self-identified. They come from deep within and provide energy, joy, purpose, and direction in one’s life. Examples of sparks include:

- Music, art, and sports (skill or talent)
- Vintage films, cars, or fishing (an interest)
- Social justice, environmental advocacy, pet adoption (passionate commitment)
- Empathy, intelligence, spirituality (a special quality)

Why are Sparks Important?

Growth: Sparks provide the “intrinsic fuel” that powers youth to grow and build new skills, and to overcome barriers that stand in their way. A spark may drive an individual to face down their fear of public speaking, learn new tech skills, get more involved with their community, stay out of trouble, and much more.

- Contribution: Sparks create actions that almost always benefit the larger society. A love of music may lead to playing at a nursing home once a month; a passion for social justice may lead to greater civic engagement; A love of basketball may lead to volunteering as a coach for younger children. The possibilities are endless!

- Connection: Sparks spur youth to build networks of peers who share their interests. Sparks create engagement opportunities for caring 4-H adults who have the expertise to help them.

- Protective Factors: Youth pursuing their sparks are more motivated to succeed, stay out of trouble, and govern their own behavior. These youth tend to avoid behaviors that might endanger themselves or others, are motivated to succeed in academics, are self-aware, and make healthy choices.

- Positive Adjustment: Being actively engaged in one’s sparks contributes to a larger sense of purpose in life, greater optimism, higher self-esteem. These youth tend to feel a sense of having a place in the world. Youth actively engaged in their sparks tend to feel a sense of knowing their “niche,” and a sense of place in the world. They feel confident, knowing they have a place to fit in.

- Thriving Orientation: Youth who benefit from the people and places they are associated with grow in their connection, competence, caring, confidence, and good character. They have high personal standards and take responsibility. When they also start contributing, making the world around them a better place, they are said to be thriving. Sparks are at the heart of a young person’s ability to achieve a thriving orientation, leading to highly positive 4-H outcomes.

How Do Youth Find Their Sparks?

4-H offers many opportunities for youth to explore and discover their sparks. In 4-H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us. We are America’s largest youth development organization—empowering nearly six million young people across the U.S. and over 74,000 youth in Kansas with the skills to lead for a lifetime. The new 4-H year begins in October, so now is a perfect time to enroll that young person in your life in 4-H! [https://www.meadowlark.ksstate.edu/4-h/new_to_4H.html](https://www.meadowlark.ksstate.edu/4-h/new_to_4H.html)

Taken from information provided by the National 4-H Thriving Model Taskforce.
Preparing Safe Jerk

Jerky is a lightweight, dried meat product that is a handy food for backpackers, campers and outdoor sports enthusiasts. It requires no refrigeration. Jerky can be made from almost any lean meat, including beef, pork, venison or smoked turkey breast. (Raw poultry is generally not recommended for use in making jerky because of the texture and flavor of the finished product.)

Raw meats can be contaminated with microorganisms that cause disease. These harmful bacteria can easily multiply of moist, high protein foods like meat and poultry and can cause illness if the products are not handled correctly. If pork or wild game is used to make jerky, the meat should be treated to kill the Trichinella parasite before it is sliced and marinated. This parasite causes the disease, trichinosis. To treat the meat, freeze a portion that is 6 inches or less thick at 5°F or below for at least 20 days. Freezing will not eliminate bacteria from the meat.

General Tips for Safe Food Handling

The following general tips for safe handling are based on USDA Meat and Poultry Hotline recommendations:

* Always wash hands thoroughly with soap and running water for at least 20 seconds before and after handling raw meats.
* Use clean equipment and utensils.
* Keep meat and poultry refrigerated at 40°F or below. Use ground beef and poultry within 2 days, red meats within 3 to 5 days or freeze for later use.
* Thaw frozen meat in the refrigerator, not on the kitchen counter.
* Marinate meat in the refrigerator.

Preparring the meat

Partially freeze meat to make slicing easier. The thickness of the meat strips will make a difference. Slice meat no thicker than ¼ inch. Trim and discard all fat from meat because it becomes rancid quickly. If a chewy jerky is desired, slice with the grain. Slice across the grain if a more tender, brittle jerky is preferred. A tenderizer can be used according to package directions, if desired. The meat can be marinated for flavor and tenderness. Marinade recipes may include oil, salt, spices and acid ingredients such as vinegar, lemon juice, teriyaki, soy sauce or wine. Try this marinade recipe. This is enough for 1 ½ to 2 pounds of lean meat (beef, pork or venison) *

Jerky Marinade*

½ cup soy sauce
1 Tablespoon Worcestershire sauce
½ teaspoon EACH of pepper and garlic powder
½ teaspoon onion powder
1 teaspoon hickory smoke-flavored salt

Combine all ingredients. Place strips of meat in a shallow pan and cover with marinade. Cover and refrigerate 1 to 2 hours overnight. Products marinated for several hours may be saltier than some people prefer. If you choose to heat the meat prior to drying to decrease the risk of foodborne illness, do so at the end of the marination time. To heat, bring the strips and marinade to a boil and boil 5 minutes before draining and drying. If strips are more than ¼ inch thick, the length of time may need to be increased. If possible, check the temperature of several strips with a metal stem-type thermometer to determine that 160°F has been reached.

Drying the Meat

Remove meat strips from the marinade and rain on clean, absorbent towels. Arrange strips on dehydrator trays or cake racks placed on baking sheets or oven drying. Place the slices close together, but not touching or overlapping. Place the racks in a dehydrator or oven preheated to 140°F. Dry until a test piece that is allowed to cool cracks but does not break when it is bent. Samples heated in marinade will dry faster. Begin checking samples after 3 hours. Once drying is completed, pat off any beads of oil with clean, absorbent towels and cool. Remove strips from the racks. Cool. Package in glass jars or heavy plastic food storage bags.

Source: University of Georgia, Cooperative Extension, revised March, 2011.
Population of Older Americans tops Young Children

For the first time in the United States, there are more older adults than young children.

The first of the Baby Boomers turned 65 in 2011 so the oldest of the Baby Boomers are just now turning 75, which means that this population is going to continue to rapidly grow.

Older Americans – those age 65 and up – have topped 54 million, according to the U.S. Census Bureau, experiencing rapid growth over the past 10 years. The youngest age group – those age 5 and younger – has remained mostly flat in the U.S. and is estimated at just under 20 million.

Further, current projections from the U.S. Census Bureau indicate that America’s older population will surpass those 18 and younger (currently at about 73 million) by the year 2035.

“There are a lot of good things that happen as a result of having an older population,” says Kansas State University specialist in aging Erin Yelland. “For example, the majority of wealth is held by older adults, so they have a strong influence on our economy. Older adults bring wisdom, historical perspectives and value to our society. Because we are living longer, older adults are able to act as the glue to some inter-generational families. Some are even raising or providing regular care for their grandchildren. Older adults play a lot of roles in society, all of which are valued.”

“In Kansas,” she added, “we have the highest percentage in the country of older adults who volunteer. For older adults – even if they’re working part - or full-time – it’s a lot easier to find time to give back because they’re not necessarily dealing with the number of obligations they had when they were younger.”

A concern for older adults, however, is health. Medicine and other interventions “are good at keeping us alive,” Yelland said, “but not so good at keeping us healthy.”

It’s estimated that by 2050, 12.7 million Americans will suffer from Alzheimer’s dementia, Yelland said. More older adults will be living in long-term care facilities.

“We are also seeing that heart disease is the No. 1 killer among adults 65 and older, and that can be attributed to the 45% of adults who are obese, the 77 of older adults who have hypertension and the 5 million adults that live in poverty, which greatly affects our health.”

Your ability to age well is a life span challenge, or something we should be doing throughout our lives. The decisions that 18-, 19-, and 20-year-olds are making now will affect their ability to live well. Our younger generation often thinks they’re invincible and nothing is going to hurt them. But it’s really important that we’re working to help people understand the importance and value of their decisions across their lifespan.

Looking for Positives Helps in Maintaining Health

A smile or words of encouragement may seem like small things but they add up. If you have that positive outlook, you’re able to embrace aging and look for the positives.

The acronym SMILE BIG supports that living with positivity is the healthy path for most.

• Successful aging requires practicing positivity. If we have a positive attitude, we are more likely to make changes and implement healthy behaviors into our lives that are going to help us be successful as we age.

• Manage our expectations. We are not always going to be at the pinnacle of healthy aging, and that’s okay. We need to make our expectations something that are attainable.

• Interact with positivity. Research shows that when you interact with positive people and places, you’re more likely to embrace positivity as well.

• Looking for positives. We know that bad things happen sometimes, but when you take the time to truly reflect, you’ll likely find something positive that came from the situation.

• Escaping ageism. Your age does not define who you are. Make it a priority to escape stereotypes associate with aging.

• Being healthy. We know that there are a lot of healthy behaviors that we should be doing, but we don’t always do them. Eating healthfully, exercising regularly, taking care of our brain…all of those things lead to successful aging.

• ‘I Can’ approach. Instead of saying, ‘I can’t do this or that anymore,’ take the ‘I Can’ approach. For example, ‘I can utilize a cane that will help me move around more safely.’

• Give yourself grace. Sometimes we’re going to mess up or have a bad day. We need to give ourselves grace so we’re not beating ourselves down when we don’t always embrace positivity. It is okay to not be okay.
4-H Achievement Nights

Jefferson 11/06 – Meriden
Jackson 11/07 – Holton
Nemaha 11/23 – Seneca

CONGRATULATIONS TO ALL 4-H’ERS