Fall/Winter 2020

Offices will be closed for the following holidays:
Veteran’s Day November 11th
Thanksgiving November 26-27th
Christmas December 24-25th

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

Visiting our Meadowlark Extension Offices During the Covid-19

We are open to the public and welcome your visit. K-State Research and Extension and the Meadowlark Extension District asked that you keep the following guidelines in mind when visiting our offices:

♦ Visitors will be allowed into offices as requested or necessary, with visits kept brief.
♦ Visitors are asked to comply with the posted Social Distancing practices in each office.
♦ Masks are strongly encouraged when visiting our offices.
♦ A “Pick-Up” table is available for you for any information you may have requested from our offices.
♦ Visitors showing signs of a fever, symptoms of illness such as sore throat, or shortness of breath should stay home.
♦ All employees and visitors are strongly encouraged to wear face masks while on the premises where Social Distancing is not possible.
♦ If you do not have a face covering, we can provide a mask for you.
♦ If you are unable to wear a covering over your nose and mouth, please call our local offices so that we may find an alternative way to assist you.

Contact information below
Holton Office-785-364-4125
Email JA@LISTSERVE.KSU.EDU

Oskaloosa Office-785-863-2212
Email JF@LISTSERVE.KSU.EDU

Seneca Office-785-336-2184
Email NM@LISTSERVE.KSU.EDU

District website https://www.meadowlark.ksu.edu/
Free Testing for Soybean Cyst Nematode

Soybean cyst nematodes often go undetected but cause more yield loss in Nebraska and across the U.S. than all other soybean diseases combined. John Wilson, UNL Extension Educator Emeritus

A search of publications on soybean cyst nematode from across the Midwest all tell one story: soybean cyst nematode (SCN) is a huge, and often unseen problem for soybean producers. Microscopic and found on soybean roots, it’s not uncommon for them to go unnoticed – for years – slowly robbing yield.

While they can be difficult to detect, post-harvest soil sampling gives you the best chance to determine if you have them or not. Don’t be surprised if you do. KSU Nematologist Tim Todd has confirmed it in 59 Kansas counties accounting for greater than 85 percent of the state’s soybean acres.

If you have a field this past summer that just didn’t do what you thought it would, SCN could be a culprit to consider. Want to ‘take the test to beat the pest’? Sampling/shipping instructions are in a recent KSU eUpdate: (https://eupdate.agronomy.ksu.edu/article_new/after-harvest-is-the-optimal-time-for-soybean-cyst-nematode-sampling-409). For a limited time, free SCN testing (normally $35) is being offered to Kansas producers. Contact me for further information.

Watering Landscape Plants Prior to Winter

Another warm/dry end to summer has turned in to a climate pattern that is expected to result in above normal temperatures and below normal precipitation through early next spring.

That means planning now to help landscape plants make it through with a good watering.

When watering, the goal is wetting the soil to a twelve-inch depth. Test moisture levels by pushing a metal rod, wooden dowel, electric fence post or other similar object in to the soil. Dry soil is much harder to push through than wet, and you’ll likely be able to tell just how far rainfall or irrigation has penetrated the soil profile. Then, add water accordingly.

Focus on newly planted trees and shrubs first, since they tend to have lesser developed root systems. This includes anything planted in the last two to three years. Evergreens are also at greater risk to exhibit drought stress because they lose moisture from foliage year round.

If you’ve got new trees, try to slowly apply about 10 gallons of water by drilling a small hole in the side of a five-gallon bucket. Two fills and you’ve got a nice, slow watering of the root zone.

For larger trees, a soaker hose may be a better option for applying the much larger rates required of mature trees. Circle the trunk about half way between the trunk and dripline. If the hose can be wrapped around smaller trees, you can do so multiple times, spacing between circles. Check soil moisture levels frequently until you have a good feel for when it should be run. A good watering in advance of winter is a great idea. Sensitive trees may benefit from watering during dry winters when the soil has thawed enough to take water in.

Lawn Fertility Window II

If we could fertilize our cool season lawns once – when would it be? Many would answer early spring, and while applications then can do wonders for making the grass turn dark green and grow quickly, it doesn’t always help with the long term health of the turf. Make those applications in the fall.

September is actually our first window of opportunity, as we apply fertilizer to encourage tillering prior to dormancy. Since that window has closed, let’s look at the second fall window: November.

November applications are designed to have fertilizer in place to help with green up next spring, with nutrients available in to early next summer. For this application, use a quick-release nitrogen formula applied at the rate of one-pound actual nitrogen per 1,000 square feet.

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<th>Total Annual N (lb./1,000 sq.ft.)</th>
<th>September¹</th>
<th>November²</th>
<th>May³</th>
<th>Mid-June to early July⁴</th>
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Source: MF2324 – Fertilizing Kansas Lawns
David Key, District Extension Director

The Top 3 Documents Every Nonprofit Needs

Nonprofits engage in various activities all across our District and the country including the preservation of historic sites, providing assistance to the underserved or those in need, caring for unwanted pets and improving our communities making them more acceptable to live in.

There are more than 1.6 million tax-exempt nonprofit organizations in the US alone-this includes all Internal Revenue Service 501c designated organizations. The biggest problem for this multitude of nonprofit organizations is when the Internal Revenue Service moves the goal posts for tax-exempt status making it more difficult to determine your status when you first apply. If you are setting up a nonprofit for the first time, there are three key documents you need to be familiar with and have dealt with before you can feel relaxed and certain about your nonprofit’s future and status.

The three documents are articles of incorporation, corporate bylaws and organizational meeting minutes. These three documents provide details of the important rules you need to follow in order to operate your nonprofit include:

**Articles of Incorporation**
The articles of incorporation include the basic information about your nonprofit, including the nonprofit name, its registered agent (main contact) and address and the membership structure of your nonprofit corporation. You can also include the reason for your tax-exempt status and include where the assets would end up if your nonprofit no longer existed. When you set up your nonprofit, the articles of incorporation must be filed at the Secretary of State’s Office in your state. Be sure you do a name search of businesses in your state before assigning a name.

**Corporate Bylaws**
The second most important document is your nonprofits’ corporate bylaws. Bylaws are there to provide an operating manual for the organization. The following provisions should be included your nonprofit bylaws: Governing Structure-describes whether the nonprofit is either member-driven or board driven and what rights members of the corporation have. The Role of Directors-The bylaws should list the conditions of office for the directors and include their term limit and how they are appointed, removed or replaced. Officers in a Nonprofit-The bylaws should include how officers are appointed, what their duties are and how long they are appointed for and how they can be removed and replaced. Voting Rules-The bylaws should include the number of directors who need to be present so that a valid meeting can take place and what the voting rules are. Committee Formation-The bylaws should show how a committee is formed and abolished so that the difficult process of amending your bylaws is not necessary to change the committee formation.

It is better if you have the opportunity to include important materials in your bylaws and not your articles of incorporation as changing them, if required is far simpler. The bylaws must include how amendments are made and whether it is through the board, the membership, or by getting approval from a third party. Sometimes a 66 percent majority is required before a bylaw amendment can take place.

**Organizational Meeting Minutes**
When a nonprofit starts operating for the first time, a meeting is usually held so that approval can be given for business items that are fundamental to the nonprofit. This is called the corporation’s organizational minutes. The meeting minutes are a formal record of the proceedings and actions taken. They should include setting up an accounting time period for your nonprofit, approving the membership, establishment of the board and other committees, appointment of officers, approval of bylaws, deciding on the tax exemption status and when it is to commence and giving approval for the first transactions to take place like opening an official bank account.

Often, a startup nonprofit is created without paying attention to taking minutes from the first meeting. If this has happened, then you can write the minutes from memory to include in your record, but you have to state that they have been created after the meeting and not at the time of the meeting.

You will also need to create a file to store your corporate documents. This could be a hard copy such as ring binder. Included in it should be:

1. The three main documents mentioned in this article: the articles of incorporation, the bylaws and the organizational meeting minutes.

2. The nonprofit’s directors’ names and addresses (or the members’ names and addresses if your nonprofit is a membership organization).

3. Written agreements for any actions taken by the board of directors or members.

All your nonprofit’s records should be kept securely at the business’s main base so they can be accessed when necessary. If your nonprofit is subject to an IRS audit, then keeping all of your documents close by and easily accessible ensures such disputes are far more easily resolved if your file is up to date and accurate.
4-H Youth Development

Ross Mosteller, District Extension Agent

4-H Empowers Young People with The Skills to Lead for A Lifetime

The new 4-H year has just started in October, which means hundreds of young people are enrolling or re-enrolling in the Meadowlark District 4-H program. These young people, and the adults who support them, obviously know the benefits and value of a healthy 4-H experience, but does everyone? Why should you consider joining or encouraging a child/grandchild or other young person in your life to join 4-H? 4-H is no different than anything else in life, you get out what you put in, so here is a quick overview of what the 4-H program is and what we believe in.

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 88,000 youth in Kansas with the skills to lead for a lifetime.

4-H is a research-based experience that includes a mentor, a hands-on project, and some meaningful leadership opportunities. Based upon their own interests and guided by adult volunteers, youth develop their own pathway in 4-H. They select from a broad menu of local 4-H programs and projects. In 4-H, we are committed to providing positive dynamic learning experiences for as many young people as possible. Many people have the perception that you have to live on a farm and take an animal or cooking project— that couldn’t be farther from the truth! There are hands-on, learn by doing, opportunities for everyone. In fact, our current marketing message is #Opportunity4All!

Kansas 4-H is a vibrant youth development program for K-State Research and Extension. 4-H is delivered in partnership with local volunteers and resources, Kansas State Research and Extension, Kansas State University, and the larger National Cooperative Extension system—a community of more than 100 public universities across the nation that provides experiences where young people learn by doing. In the case of youth in Jackson, Jefferson, and Nemaha counties, 4-H is offered by the Meadowlark Extension District, the local K-State Research and Extension partner. We have offices in Holton, OsKaloosa, and Seneca—with a full-time District 4-H agent and three 4-H Program Managers (one in each office) dedicated to coordinating the 4-H program, alongside of our screened, adult volunteers.

Kids complete hands-on projects in areas like health, science, agriculture, and citizenship, in a positive environment where they receive guidance from adult mentors and are encouraged to take on proactive leadership roles. Please review the Project Selection Guide to see what 4-H projects are all about, https://www.kansas4h.org/projects/docs/ProjectSelectionGuideColor.pdf The top three project enrollments within Meadowlark are: Foods & Nutrition, Visual Arts, and Photography. With over 30 recognized project areas, including one call “Self-Determined—which can be ANYTHING, there is something for everyone to do in 4-H!

Youth experience 4-H in every county in the country—through community clubs, project clubs, SPIN clubs, after-school programs, and 4-H camps. Within Meadowlark District, we have 30 community clubs scattered across almost every community in our three counties. There is a rich and vibrant school enrichment offering through schools too.

4-H’s reach and depth are unmatched. Through our community of 100 public universities, 4-H reaches kids in every corner of America—from urban neighborhoods to suburban schoolyards to rural farming communities. Our national network of 500,000 volunteers and 3,500 4-H professionals provide caring and supportive mentoring to all 6 million 4-H’ers, helping them grow into true leaders today and into the future. In Kansas, over 6,000 adult volunteers and professionals in all 105 Kansas counties grow life skills in youth who make valuable social and economic contributions in their communities.

4-H is committed to youth engagement using positive youth development. Positive Youth Development (PYD) engages youth within their communities, schools, organizations, peer groups, and families in a manner that is productive and constructive; recognizes, utilizes, and enhances young people’s strengths; and promotes positive outcomes for young people by providing opportunities, fostering positive relationships, and furnishing the support needed to build on their leadership strengths.

Ready to get started? There is no better time than now! Find a 4-H Club near you by visiting our website https://www.meadowlark.k-state.edu/4-h/ and clicking on “Find a Meadowlark 4-H Club Near You” https://www.meadowlark.k-state.edu/docs/4h/new-to-4h-inf/Club%20Maps-1.pdf or contact any of our Extension Office locations for more information about 4-H.
Handle Vaccines Carefully

The Animal pharmaceutical companies garner over 27.5 Billion with a “B” dollars each year selling vaccines. For the farmer/rancher they spend on the average of $35 per cow, $13 per head backgrounding and $6 per head for stockers. As you can see, the costs of vaccines quickly add up. There is one product that can cost upwards of $27 for one vaccination, around $5.58 per cc, for sure handling and giving the vaccine correctly is in our best interest.

Vaccines can lose their effectiveness if not stored at proper temperatures. Always store vaccines in a refrigerator with an airtight door and thermometer so the temperature can be checked regularly. For most products, the temperature should be between 35°F and 45°F.

Store vaccines in the center of the refrigerator, not in the door or at the bottom. The temperature in these areas is unstable and can affect the temperature of the vials. Place vials in order of their expiration date. Do not store other food or beverages in the refrigerator, and ensure it is cleaned monthly.

Prior to administering vaccinations, calculate the amount of doses you will need. Inspect each vial to ensure it has not been tampered with or broken or has changed colors. Verify that it is the recommended temperature, and gently shake the vial to mix.

Gently shake the vial between administrations, and be careful not to contaminate the remaining doses. Use sterile or thoroughly cleaned needles to avoid transmitting the disease among animals or pens.

Use the appropriate needle based on the size of animal vaccinated. Change needles often to reduce the risk of injuries. Discard any mixed MLV vaccines that are not used, as they are only viable for about an hour or two after reconstitution. Discard any partial bottles of inactivated vaccine that have been contaminated by dirty needles. Return unmixed MLV and unused inactivated vaccines to proper storage as soon as possible. Clean syringes, transfer needles, and tubing. Make sure to rinse with distilled, boiling water inside and out. Follow the manufacturer’s directions on proper cleaning and maintenance of needle-free injection systems. Burn empty vaccine bottles or follow label directions for disposal of containers and needles.

The success of any livestock vaccination program depends on the effectiveness of the vaccine used. Vaccines—which in essence are suspensions of biological organisms—will become ineffective if proper storage and handling recommendations are not followed. Thus, if they are not followed you have in essence wasted a lot of money and time and have increased the potential for livestock illness and death loss due to disease that might have been avoided.

To keep vaccines at the proper temperature at chute side, check out this video on how to make a vac box.

https://www.meadowlark.k-state.edu/videos/livestock-and-natural-resources/Vaccine%20Cooler.mp4

Tailgate Talks
Our summer grazing series was changed due to the Pandemic, but since it was virtual those recordings can be watched at your leisure. After harvest, or doing a rainy spell, pull up a chair and take them in. We did four sessions on grazing resources, weed & brush control, and water resources. You can find the virtual Tailgate Talks at:
https://www.meadowlark.k-state.edu/livestock-natresource/
Tips for a Food Safe Thanksgiving

Soon, millions of Americans will gather family and friends around the dinner table to give thanks. But for those preparing the meal, it can be a stressful time. Not to mention, for many it is the largest meal they have cooked all year, leaving plenty of room for mistakes that could cause foodborne illness. To avoid making everyone at the table sick, there are some tips for a safe Thanksgiving:

**Tip 1: Don’t Wash That Turkey.**

According to the most recent Food Safety Survey, conducted by the FDA, 68% of the public washes whole turkey before cooking it. USDA does not recommend washing raw meat and poultry before cooking. Washing raw meat and poultry can cause bacteria to spread up to three feet away. Cooking (baking, broiling, boiling, frying or grilling) meat and poultry to the right temperature kills any bacteria that may be present, so washing meat and poultry is not necessary.

**Tip 2: Use the refrigerator, the cold-water method or the microwave to defrost a frozen turkey.** There are three safe ways to defrost a turkey: in the refrigerator, in cold water and in the microwave oven. Thawing food in the refrigerator is the safest method because the turkey will defrost at a consistent, safe temperature. It will take 24 hours for every 5 pounds of weight for a turkey to thaw in the refrigerator.

**Tip 3 Use a meat thermometer.** The only way to determine if a turkey (or any meat, poultry or seafood) is cooked is to check its internal temperature with a food thermometer. A whole turkey should be checked in three locations: the innermost part of the thigh, the innermost part of the wing and the thickest part of the breast. Your thermometer should register 165°F in all three of these places.

**Tip 4: Don’t store food outside, even if it’s cold.** Storing food outside is not food safe for two reasons. The first is that animals, both wild and domesticated, can get into food stored outside, consuming it or contaminating it. The second is temperature variations. The best way to keep that extra food at a safe temperature (below 40°F) is in a cooler with ice.

**Tip 5: Leftovers are good in the refrigerator for up to four days.** Cut the turkey off the bone and refrigerate it as soon as you can, within 2 hours of the turkey coming out of the oven. Leftovers will last for four days in the refrigerator, so if you know you won’t use them right away, pack them into freezer bags or airtight containers and freeze.

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**Yogurt Mashed Potatoes**

One of my favorites for Thanksgiving dinner is the mashed potatoes. In order to make them healthier for you, consider trying this modified version of yogurt mashed potatoes.

4 cups potatoes, peeled, cut into eighths (about 2 pounds as purchased)

1/4 cup fat-free milk

1 1/4 cups plain fat-free yogurt

1/2 to 1 teaspoon garlic powder, or desired seasoning

Salt and pepper to taste

Place potatoes in microwave-safe dish. Add milk. Cover tightly and cook on high until potatoes are tender but not mushy, about 12 minutes. Meanwhile, combine yogurt and garlic powder in a bowl. Remove potatoes from microwave, add yogurt mixture, and mash roughly. Season with salt and pepper.

Makes 10 servings.

Nutrition per 1/2 cup serving (without added salt): 70 calories, 0 g fat, 0 mg cholesterol, 25 mg sodium, 16 g carbohydrate, 1 g fiber, 3 g sugars, 3 g protein.
Loneliness and Social Isolation

What will we hold onto from the year 2020? There have been life-altering changes, high stress, a global pandemic, and discussion of racial, ethnic, and political divides. Among all the chaos, many people are staying home long after stay at home orders were in place.

Caution and safety are at the forefront of so many, particularly among the many older adults who may live alone and/or face significant health risks.

Living alone and having limited social connections already heightens the risk of numerous health outcomes such as anxiety, depression, cardiovascular disease, and cognitive decline, but this pandemic has heightened those risks for so many more.

So, what’s the difference between loneliness and social isolation? Although some may think these concepts are synonymous, they actually mean different things.

Loneliness is a feeling or experience that some people might have. It can occur when you don’t have as much social interaction as you would like or even after a major life transition such as divorce, death, a move, or even quarantine due to COVID-19.

Loneliness is something you feel, and may be outwardly expressed through sadness, anger, withdrawal, or a variety of other outward emotions.

Social isolation, though, is someone who has little contact with other people on a regular basis. Someone can feel lonely but not be socially isolated, and someone else could be socially isolated, but not feel lonely. These concepts do not always go hand-in-hand, but many times they do. These concepts are not experienced only by older adults, but there is heightened concern for this population.

Personally, be sure to check-in with your loved ones, neighbors, and friends at least once or twice a week. This frequency of connection has been shown to reduce the risk of loneliness and depression among older adults.

How You Can Help

If you believe that someone close to you could be experiencing any degree of family stress, there are a few things you can do.

The first is not to pass judgement.

Family stress comes in all shapes and sizes—what may not seem stressful to you, could be a traumatic and stressful experience to another person.

Second, become a player in their support system. Experiencing stress can often be an emotional experience and affect many other aspects of life. Having a strong support system can better equip a family to handle the stress in a positive way.

Lastly, remember to actively listen to their concerns. Many times, people under severe family stress or stress in general are simply looking for a supportive person to whom they can express their concern, worries, and thoughts. So actively listening to the family or family members who are under stress can have positive impact.

Grieving the Loss of a Loved One

Grieving the loss of a loved one can be especially hard during COVID-19. Due to physical distancing guidelines, visiting a loved one at the end of his or her life and attending a funeral service may not be possible. It can also affect the ability of friends and family to come together in person and grieve.

Consider these recommendations from the National Institute on Aging during this challenging time:

Take care of yourself. Grief can be hard on your health. Exercise regularly, eat healthy food, and try to get enough sleep.

Make plans and be active. Many people find it helps to have things to do every day.

Find a support system. Get help from your family, friends, or professionals if you need it.

Let major decisions wait, if possible. Try to delay major life decisions until you are feeling better.

Concerned about Driving Safety?

As the U.S. population ages, the number of licensed older adults on the road will continue to increase. The Federal Highway Administration recorded a record-high 221.7 million licensed drivers in the U.S. in 2016, including 41.7 million—or almost one in five—who are 65 years or older.

Natural changes can occur with age that may affect a person’s ability to drive, like having slower response speed, diminished vision or hearing, and reduced strength or mobility. The questions of when it is time to limit or stop driving should not be about age, rather, it should be about one’s ability to drive safely.

Observe the person’s driving skills. Look for signs the person may need to stop driving, such as accidents, traffic tickets, complaints or anxiety about driving at night.

Talk with him or her about driving. Be positive and supportive. Avoid confrontation and focus on safety. To maintain independence, find out about local services to help someone who can no longer drive.

Source: National Institute on Aging
Upcoming Events

4-H Achievement Celebrations;
Jackson – November 1, Northeast Kansas Heritage Building – Holton
Jefferson – November 14, The Silos Wedding & Event Center – Meriden
Nemaha – November 24, Nemaha County Community Building – Seneca

Offices will be closed for the following holidays:

- Veteran’s Day—November 11th
- Thanksgiving—November 26—27th
- Christmas—December 24—25th