



# Meadowlark District

K-STATE RESEARCH AND EXTENSION NEWS

[meadowlark.ksu.edu](http://meadowlark.ksu.edu)

*February  
2023*

## 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

## District Office Hours:

**Open Monday-Friday**  
8:00 AM-noon, 12:30-4:30 PM

**Closed for designated  
holidays**

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## Walk Kansas 2023

The other day I was reminded that there are only 7 more Mondays until spring. Now is the time to begin thinking about getting your “Walk Kansas” team together!

Dates for this program is March 26-May 20, 2023. Teams can consist of up to 6 members. You compile your “exercise” miles/minutes together to help form healthier habits and enjoy some walking in the “great outdoors” and being with friends!

Last year the Meadowlark Extension District had 38 teams. I want to challenge you to increase this to 48 teams for this year. Yes, we can all do it and now is the time to begin thinking about forming your team. Registration could be available sometime after March 1. If you have questions, please contact me at 785-863-2212.

Depending on the weather, we will be having “Walking Wednesdays”. I hope you can enjoy this. This will be offered in Seneca, Holton and Oskaloosa. More details to come out later.

Think spring and think about forming your “Walk Kansas” teams! ~ Cindy

*Save the Dates  
Walk Kansas 2023  
March 26 - May 20*



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 Key, District Extension Director

### New Board Member Resource—A Checklist for Success!

Being asked to serve on a board is important – it will take up a lot of your time. If you are asked to be on a board, your contribution was requested for any of the following reasons: You are a representative of an important sector of our population. You are skilled. You are independent. You were available and willing to serve.

You don't have to give your answer immediately. **Ask** questions to help you determine if you want to serve. **Ask** about the time commitment; if there are any financial commitments. (Some organizations may require board members to contribute money.) **Ask** to see a copy of the mission statement, the board manual, and the last annual report if one exists. Current board members and staff of the organization will appreciate your thoughtful and professional approach to making this important decision!

To help you prepare for joining a board, review the following checklist for potential board members to complete before you accept your position and ask yourself if you are able or willing to:

- Education myself on the organization, its history and goals
- Educate myself on clients/constituency, staff, current status, problems and needs

- Keep abreast of national, state, and local trends that affect the organization and its constituency
- Educate myself on the role and responsibility of the board as a whole as well as individual board members
- Participate in the tasks of the board
- Be enthusiastic and knowledgeable voice for the organization
- Serve actively on at least one committee
- Understand how committees relate to the board
- Act as an advocate for the organization and its clientele
- Contribute financially to the organization if agreed upon by the board
- Participate in discussions at meetings, ask probing questions and seek relevant answers before voting
- Report to the board in verbal or written form as appropriate
- Recognize my role as a member of a team
- Attend board orientation and training
- Attend board meetings, committee meetings and general membership meetings
- Do assigned work between meetings including preparing for meetings by reading reports and background material
- Support board decisions once they're made, **even if I voted against the decision**, or resign if I can't
- Avoid any possibility of conflict of interest  
Understand the difference between the roles of the board and the staff—don't attempt to do the staff's job, or let them do yours
- Excerpts from Welcome-Aboard Board Leadership Basics Lesson #1 Organized

Groups-How Do They Function and What Is Your Role When Asked to Serve

### Welcome A-Board Leadership Basics Offered Via Zoom

K-State Research and Extension and the Meadowlark Extension District is hosting the Welcome A-Board Leadership Basics course again this winter.

Four sessions will be offered this year and one registration allows your participation in any or all of the sessions that will be held after supper for most in the comfort of your home via Zoom from **February 28 thru March 16, 2023.**

**February 28**—how organized groups function and what is your role when asked to serve.

**March 7**—the duties and responsibilities of non-profit board members and how to organize and lead productive meetings, effective meeting agendas and basic parliamentary procedure

**March 14**—Financial Responsibilities, Fund Raising, Legalities and Ethics of Non-Profit Boards

**March 16**—Strategic Planning for Non-Profit Boards and Groups

All sessions will be offered at no cost and live via Zoom Conferencing or conference call from 6:30 p.m. to 8:30 p.m. each evening.

Registration is due at <https://tinyurl.com/2023-BLS> by the close of business on February 24, 2023. If you have any questions, please contact David Key in the Seneca Meadowlark Extension District office at 785-336-2184 or by email at [dkey@ksu.edu](mailto:dkey@ksu.edu).



David Hallauer, District Extension Agent

### Corn/Soybean Disease Management Meetings

Dr. Rodrigo Onofre, KSU Extension Row Crops Pathologist will be our featured speaker for a series of two February 15<sup>th</sup> meetings focusing on corn and soybean disease management. The morning session will be held at the Knights of Columbus Hall in Nortonville (8:30-10:00). The afternoon session will be held at the Community Building in Corning (2:00-3:30).

Both meetings will focus on ongoing disease management research by Dr. Onofre and his colleagues, including his trials focusing on management of Gray Leaf Spot in corn. He'll also share information on the movement of Tar Spot in to Kansas during the past growing season as well as preliminary findings from soybean samples tested for fungicide resistance.

Additional details are available on the Meadowlark Extension District Events page: <https://www.meadowlark.k-state.edu/crops-soils/index.html> or email me at [dhallaue@ksu.edu](mailto:dhallaue@ksu.edu). Thank you to our sponsors: Kansas Insurance and Ag Partners Coop for their generous support to make these meetings possible.

### ARC/PLC Resources

Visit <https://www.agmanager.info/ag-policy/2018-farm-bill> for March 15 election deadline resources. A spreadsheet, *Tradeoff Between 2023/2024 ARC and PLC*, shows where each program has the potential to pay-or-not. A second, *ARC/PLC Decisions for 2023*, looks at program features and historical elections. Check them out!

### Grass Control Around Newly Planted Trees

Want to hamper the growth of your newly planted trees – don't implement grass control around them. A research study out of KSU's John C. Pair Horticultural Center looked at the effects three different grass species (Tall Fescue, Kentucky Bluegrass, and Bermudagrass) had on newly planted trees, noting significant growth differences between trees that had grass control and those that did not. Caliper measures six inches above the soil surface were twice as large for plots with no grass (either bare soil or three-inch deep mulch) as they were for those growing in fescue and bluegrass, two of our most common turfgrass species.

Measurements for top growth and leaf area were also taken as part of the study. Redbuds showed a 300 percent weight advantage where grasses were controlled while pecans exhibited almost a 200 percent weight advantage under the same circumstance. Leaf area increases were significant as well, almost 200 percent larger in plots with no grass competition versus those plots with grass allowed to grow.

To maximize growth of newly transplanted trees, make sure grass is controlled under trees. While mulch is great for aesthetic purposes, even that may not allow trees to reach maximum growth. Instead, consider other weed control methods to keep grass at bay for a minimum of three feet from the trunk in all directions.

### Potassium Considerations for Cool Season Grass Production

Potassium (K) plays a critical role in the growth and development of our cool season grass crops helping with photosynthesis, plant metabolism, and reducing plant disease.

For a long time, our soils have been blessed with a reservoir of K that required little to no regular applications. Unfortunately, that has changed, particularly on the shallow topsoil, claypan soils on which our forage production is generally focused. As I've monitored soil test results from forage stands over the last decade, low soil test P (Phosphorous) levels have been of great concern. While that continues, there's an increasing need to monitor K levels as well.

Soil tests are one of the best ways to manage forage crop soil test K levels. Similar to testing for pH and Phosphorous, a zero to six-inch sampling depth is recommended. One slight difference for K is the need for consistency in the time of year fields are sampled. Because Potassium can leach back in to soil from crop biomass and tends to be more affected by dry weather than other nutrients, try to collect samples at the same time every year of your sampling cycle. This can help reduce the seasonal variability that can be found when soil sampling for K.

For additional information on K level requirements for cool season grass production, see the publication above at: <https://bookstore.ksre.ksu.edu/pubs/mf2586.pdf> or request a copy from any District Office.



Ross Mosteller, District Extension Agent

### Calving Management Tips

With snow on the ground and temperatures hovering below freezing, there is no better time to write about “spring” calving, right? Regardless of the time of year your operation chooses to target for calving, preparation and knowledge can help to prepare for the calving “season”. Following are some best management practices to consider to have calving success, based off an article from retired K-State Extension Beef Veterinarian, Dr. Larry Hollis.

**Feeding:** Cows in a body condition score of 5.5-6.5 at calving will nurse well and have better re-breeding rates than those with lesser body condition scores. Research shows that the time of calving can be influenced by feeding time. Feeding late in the evening can result in roughly 80 percent of calves being born during daylight hours. This makes observation of calving easier and should provide for earlier intervention. Having done this for many years, I’d say it is pretty darn accurate.

**Facilities & Equipment:** No matter if your preference is to observe and calve in open fields or calving sheds, you need to be prepared with facilities that keep the animal and handler safe, should you need to intervene. Make sure your calving kit is clean, well-stocked and ready to go, well in advance of the first due date. Some recommended items include: cow halter/rope, OB sleeves, lube, towels, bucket, iodine, disinfectant, pulling chains/straps, calf puller, ear tags, syringe/needles, colostrum replacer/supplement, electrolytes, milk bottle/stomach tube, flashlight and thermometer to name a few. Make sure equipment is

in working order and placed together, ideally in an easy to transport carrier.

**Observation:** Once heifers/cows near their anticipated calving date, start bagging up, begin loosening in the vulvar area, or start producing mucous, observation should begin on a regular schedule. Since heifers are more prone to dystocia problems, they ideally should be observed every two hours to allow for early intervention. The calving process can be divided into three main stages to watch for & manage around.

*Stage 1* - Preparation for calving can take up to eight hours. The heifer/cow will appear restless or uncomfortable and often separate themselves from the rest of the herd. They may stand and lay down in cycles, more frequently than normal. Tail switching, smelling the ground and other behavioral clues can be noticed during this stage.

*Stage 2* - Delivery of the calf, starts when the calf is lined up in the birth canal and contractions begin. Observation during this period is critical. Heifers should complete delivery of a calf within one hour of the time they are first noticed going into labor. Cows should complete delivery within 30 minutes after labor begins. If delivery is not complete within that time frame, the heifer/cow should be examined to determine if assistance is needed.

*Stage 3* - Expulsion of the afterbirth, normally occurs within 12 hours after delivery. Retained placenta can occasionally be an issue in a small percentage of animals. There is always risk for damage to the uterus when trying to manually remove placental membranes. Generally, it is recommended to allow the placenta to be expelled naturally. Having said this, watch carefully for signs of infection and consult a veterinarian if placenta is retained for multiple days.

**Intervention:** If proper calving ease and/or low birth weight EPD bulls were utilized, calving will normally proceed without much the need for intervention. However,

especially in heifers, intervention may be necessary to complete the process. Knowing when to intervene is critical, too early can be almost as problematic as too late. Watch the clock and know the signs of progressing or not progressing.

Intervention is recommended when (1) the process is taking too long (longer than the times mentioned above), (2) when you see that the calf is in trouble (tongue or head swollen), (3) when you observe rectal bleeding from the heifer/cow, (4) when the heifer/cow quits trying to push the calf out after obviously beginning Stage 2, or (5) when you first detect that the calf is coming in an abnormal presentation (something other than nose and 2 front feet first-such as breech, leg back, head back, etc.).

When intervening, know your limitations - don’t get in over your head. Use good sanitation. Tie the tail of the cow to the side, wash the area around the vulva and use an obstetrics sleeve when you work inside the vagina. Let the cow help you - lay her down on her right side and pull only when she pushes. Pull the calf’s lower leg first, then the upper leg. Repeat the sequence. Pull the calf straight out, rather than pulling down toward the feet of the cow. Time yourself - if you do not have the calf out within 30 minutes, get professional help.

When the calf is out: Do not hang it upside down - instead place it in a sitting position to enhance its’ ability to breathe. Calves may be stimulated to breathe by tickling their nose with a straw or splashing their face with cold water. Squirt iodine up inside navel, not just on the outside of it, to prevent infections. It is extremely important to allow the mother and calf to bond. Good signs of bonding are when the heifer/cow is vigorously licking the calf and coaxing it to stand and nurse. Observe the pair until you see the calf nurse - if the calf has not nursed within two hours, milk the cow and force feed the calf to ensure that it gets adequate colostrum in a timely fashion.



Clay Roland, *District Extension Agent*

### Tips for Parents: Keeping Lines of Communication Open

As my wife's due date is in the rearview mirror by the time this article hits the press, I found value in the following article by Lisa Moser.

When sitting in the stands at a youth event, it is easy to pick up on a wide range of parenting approaches, as well as varied levels of interest shown by the children participating.

As the new year begins, Bradford Wiles, a K-State Research and Extension specialist in applied human sciences, encourages families to pause and reflect on ways that will best help develop children as they work through adolescence.

"This is a really good time to have conversations with kids about their routines and activities and allow the children the opportunity to share their likes and dislikes," Wiles said. "Parents should always have the final say, but it is important to listen to children to learn what their goals are. And where it is feasible, make adjustments."

Wiles said sometimes it is hard for parents to allow their children to drop an activity that the family is invested in.

"These transitions can be very hard for the adults who have

invested large sums of money and time into activities that their children decided that they didn't want to do anymore," Wiles said.

He stressed the importance of really listening to the children.

"If we want to raise happy and healthy kids, we need to be open to the possibilities of what can happen when we give them the opportunity to tell us what will make them happy and healthy. And if those things aren't risky, then go for it," Wiles said. "But keep in mind this is not a democracy and parents are the final arbiters of what goes on in their households."

To help facilitate an openness where children feel safe to express their views, Wiles encourages parents to engage them in a daily dialog from a young age.

"The first step is to ask kids open-ended questions," Wiles said. "By doing so, parents are demonstrating that they are really interested in their children's lives."

It is by being present and responsive to their needs that parents can model life skills to their children, he said.

"One of the hallmarks of good parenting is you dislike the behavior but love the child. Children are going to do things wrong and make mistakes, but it is how we respond to mistakes that is important," Wiles said.

He gave the example of tenacity as a behavior that parents can model when a child has a misstep in life.

"Modeling encouragement and tenacity will help them get through difficulty," Wiles said.

Through regular conversations with children, parents are fostering bonds that will last a lifetime.

Wiles said: "If a child has been asked day after day how things are going, eventually they will share information with parents that will provide an opportunity to learn about themselves while gaining trust and building a resilience needed throughout life."

### Project Highlight— Astronomy!

Have you ever looked up at the night sky and wondered? Are you curious what the stars and planets are made of? Astronomers ask big questions and seek out the secrets of the universe. If you find these questions interesting then this 4-H Project is for you!

There is a plethora of things to learn in this STEM (science, technology, engineering, and math) project! You will learn the basics of being an astronomer including: how to locate the North Star, how to use a telescope, and being able to locate common stars in the night sky!

If you have interest in this project, please reach out to your club leaders or your local office, and they can offer more information!





Cindy Williams, District Extension Agent

## What to Expect When Processing Meat

If you are new to taking your own animals to be processed, you may be surprised what you get after processing is done.

Changes occur when converting the live animal to a carcass. Even more changes occur to convert the carcass to a package of meat.

The dressing percentage, or yield, varies between animal species. Pork has the highest average dressing percentage of 70-75%. Beef averages 60-64% and lamb averages 54-59%. Loss factors include the animal blood, hide, internal organs, food in the animal stomach, and other factors.

To help guide you on what to expect before you take your animal to be processed, see these K-State Research and Extension publications:

- How Much Meat to Expect from Your Animal—MF3394 (<https://bookstore.ksre.ksu.edu/pubs/MF3394.pdf>)
- Pork Processing Options for Consumers---MF3396 (<https://bookstore.ksre.ksu.edu/pubs/MF3396.pdf>)
- Beef Processing Options for Consumers---MF3395 (<https://bookstore.ksre.ksu.edu/pubs/MF3395.pdf>)
- Lamb Processing Options for Consumers---MF3397 (<https://bookstore.ksre.ksu.edu/pubs/MF3397.pdf>)

## Fresh Ground Beef Color: A Consumer's Guide

Consumers expect fresh ground beef to be bright-red, but at times it may appear brown, mottled red and brown, or even purplish. Color variations can be confusing and may lead to the rejection of acceptable ground beef.

This publication helps explain where meat color comes from; if brown ground beef is safe; and if packaging makes a difference. It also shows external and internal color changes over time.

Vacuum packaged meat excludes oxygen and the meat will appear purplish-red. Learn more at [www.bookstore.ksre.ksu.edu/pubs/MF2957.pdf](http://www.bookstore.ksre.ksu.edu/pubs/MF2957.pdf).

## Don't Let the End Zone Be the Danger Zone!

At the time of this writing the Super Bowl will soon be here. Regardless if you are a football fan or not, serving safe food will score big at your next watch party or any event for that matter. Here is how to "score" big with food safety:

### Clean: Prepare for the win!!

- Wash your hands with warm soapy water for 20 seconds.
- Wash and sanitize all dishware and utensils.

### Separate: Your best defense!

- Keep raw meat and poultry away from ready-to-eat foods.
- Use a clean utensil for each dish.
- Use a clean plate when going for second helpings of food.

### Cook: A game winner!

- Use a food thermometer to check for doneness.
- All poultry---165°F
- Burgers and sliders---160°F
- Soup and reheated foods---165°F

### Chill: Don't let the clock expire!!!

- Keep hot foods hot and cold foods cold
- Put out food in batches.
- Follow the 2-hour rule.

## Slow Cooker Pasta Sauce

### Ingredients:

- 1-pound lean ground beef or pork
  - ½ medium onion, chopped
  - ½ bell pepper, chopped
  - 3 carrots, sliced
  - 1 zucchini, sliced and quartered
  - 2 cloves garlic, diced
  - 2 cans (15-ounce) tomato sauce
  - 1 can (15-ounce) diced tomatoes
  - ½ teaspoon dried basil\*
  - ½ teaspoon dried oregano\*
  - ½ teaspoon dried thyme\*
  - \*Or substitute 2 teaspoons dried Italian seasoning for the 3 spices
- Cooked pasta

### Directions: (Remember to wash your hands!)

1. Cook meat on stovetop until browned thoroughly. Drain off liquid and place meat in slow cooker.
2. Add vegetables and herbs, and stir to combine ingredients.
3. Cook on low setting 6 to 8 hours or high 3 to 4 hours.
4. Serve over cooked pasta and top with shredded cheese, if desired

Helpful hints: Get a head start on this dish by preparing the vegetables and browning the meat the day before, covering and storing in the refrigerator overnight. In the morning, put all ingredients in the slow cooker. Other ingredients (mushrooms, broccoli, celery or pepperoni) may be added for extra flavor. If tomatoes are in season, substitute fresh for canned. Two large or 3 medium size tomatoes would equal one 15-ounce can.

Safety tips: Refrigerate or freeze leftovers within 2 hours of cooking. Divide pasta sauce into shallow containers no more than 2 inches deep; refrigerate or freeze immediately. This is important so the sauce cools quickly, limiting bacterial growth. Reheat all leftovers to 165°F to make sure food is safe to eat.

Serving size: 1 cup; total fat 3 g; cholesterol 40 mg; sodium 900 mg; total carbs. 20 g.

Recipe source: *Kid's A Cookin'*, K-State Research & Extension Family Nutrition Program.



**Teresa Hatfield**, *District Extension Agent*

### 2023 Medicare Changes

If you are a current Medicare beneficiary or just going onto Medicare, there are some changes you will need to keep in mind for 2023.

#### Cost

The cost of the Medicare Part B premium will be \$164.90 per month per person for most people. If your modified adjusted gross income on your 2021 tax return as an individual was \$97,000 or greater or as a married couple was \$194,000 or greater, you may have to pay more for your Part B premium. The Part B annual deductible will be \$226 (you only have to pay this once for the whole year).

#### Enrollment

The Medicare Enrollment periods start dates are more straightforward in 2023. To enroll in Medicare, you must fall into an enrollment period to sign up for coverage. The first enrollment period most people will see is the Initial Enrollment Period (IEP). This period runs seven months surrounding your eligibility month for Medicare (three months before your eligibility month and three months after your eligibility month). However, if you were born on the first day of the month, your IEP will start the month before your birth month. The start date of your Medicare will depend on which month you sign up. If you sign up three months before your Medicare begins, your Medicare will start the month you are first eligible. If you sign up the month you are eligible, your

Medicare will start the first day of the following month. If you sign up the last three months of eligibility, your Medicare will start the first day of the month after you signed up for Medicare. People eligible for Medicare also have the General Enrollment Period every year from January 1 to March 31 to sign up; however, depending on your situation, you may have to pay a late enrollment penalty. The Medicare Special Enrollment Period (SEP) allows people with particular circumstances to enroll outside the initial and general enrollment periods.

#### Insulin

As of January 2023, Part D-covered insulin co-pays are capped at \$35 per month for each type of insulin, with no deductible. You will still need to ensure your plan covers your insulin; in other words, it must be on your plan's formulary. Medical supplies used to administer your insulin (syringes, fillable pens) can also be covered by your Part D plan as long as they are on the plan formulary. Starting in July 2023, if you use an insulin pump, the insulin used in the pump will cost \$35 per month under Medicare Part B.

#### Vaccinations

Medicare Part D vaccinations will be covered at 100% without a deductible in 2023. Coverage includes vaccinations such as the Shingrix shot for Shingles. In the past, this vaccination was subject to Part D deductible and co-insurance. Vaccinations such as flu, pneumonia, hepatitis B, and COVID-19 vaccinations are still covered under Medicare Part B.

### New to Medicare

Medicare has evolved over the years and is unique among all other types of health insurance. Understanding the basics of Medicare can be pretty tricky. If you, a spouse, or a family member

is going to be eligible for Medicare in the near future, the "Medicare Options Class" might be helpful. This class will be held in an online format. You will have to register for the class to participate.

This class will discuss Original Medicare, Medicare Advantage Plans, Medigap insurance, and Medicare Prescription drug covers.

You will learn the following:

- What Medicare is and how it works
- Coverage and cost of the different types of plans
- Enrollment and eligibility
- Tools to help you make a decision
- Other programs that can help pay for Medicare costs

**When:** February 15, 6:00 PM

**Where:** Online Zoom

Contact the Meadowlark Extension District at 785-364-4125 to sign up for the class and receive your Zoom link.

### Upcoming Events

#### **Virtual Powerful Tools for Caregivers:**

Tuesdays at 2:00 PM for six weeks starting March 7, includes Caregiver Workbook

Cost: \$10

#### **Walk with Ease:**

Monday and Wednesday at 1:30 PM, Evangel Church, Holton KS

Cost: Free

#### **Stay Strong Stay Healthy Level 2:**

Tuesday and Thursday at 9:30 AM for eight weeks starting April 4, Nemaha County Community Building

Cost: \$20 (all 16 sessions)

**Meadowlark Extension District**

114 W 5th St.  
Holton, KS 66436

Address Service Requested

## Publications and Resources For Sale

Family Account Book  
Farm Account Book  
Radon Kits  
Predator Calls  
IMR Calving Books  
Pesticide Manuals  
Geo Textile Fabric (12 1/2' wide - sold per linear ft.)  
Neutroleum Alpha®  
Mosquito Briquets  
Soil Tests - Crop, Pasture, Lawn & Garden  
Water Test Kits (pay SDK Labs, not us)  
Field Record Books (free)

## Items to Check Out

Soil & Hay Probes  
Ear Taggers  
Mole Trap  
Freeze Branding Irons  
Pesticide Manuals  
PA System  
LCD Projector  
Microphone  
Buzzers

## Job Postings

Any upcoming job positions are posted on  
the following sites:

- <https://www.meadowlark.k-state.edu/>
- <https://www.facebook.com/Meadowlarkextensiondistrict>

### Would you like some extra cash???

Our offices are looking for temporary help for when our Office Professionals need to be gone.

If interested, contact your local extension office.