

Meadowlark District

K-STATE RESEARCH AND EXTENSION NEWS

meadowlark.ksu.edu

Summer 2022

New faces in offices as of June 13.

Teresa Hatfield, Meadowlark District Extension Agent

Teresa Hatfield will begin serving as the Meadowlark District Family and Community Wellness Extension Agent, effective June 13. Meadowlark District has offices in Holton, Oskaloosa and Seneca. Hatfield's primary office is in Holton.

Hatfield earned both her bachelor's degree in History and her master's degree in Gerontology from Wichita State University. She has most recently been employed as an adult development and aging extension agent for K-State Research and Extension – Sedgwick County in Wichita, KS.

Family and community wellness agents develop and deliver educational programs to build healthy, sustainable communities, families, and individuals. Programming may include but is not limited to: strengthening families and individuals, building community capacity, family and community health and wellness, and local volunteer development.

Contact Teresa Hatfield via email at: thatfield@ksu.edu.



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:

8:00-12:00, 12:30-4:30

Closed for designated
county holidays



Clay Roland, Meadowlark District Extension Agent

Clay Roland will begin serving as the Meadowlark District 4-H Youth Development Extension Agent, effective June 13. Meadowlark District has offices in Holton, Oskaloosa and Seneca. Roland's primary office is in Oskaloosa.

Roland earned his bachelor's degree in Animal Science from the University of Nebraska – Lincoln and his master's degree in Meat Science from the University of Florida. He has most recently been employed as an agriculture instructor and livestock judging coach for Laramie County Community College in Cheyenne, WY.

4-H youth development agents develop and deliver educational programs for school-aged youth. This includes supporting community clubs, out-of-school programs, school enrichment, volunteer management, and outreach to create new program opportunities with new and existing community partners.

Contact Clay Roland via email at: croland@ksu.edu.

More information about K-State Research and Extension Meadowlark District is available online at meadowlark.k-state.edu.

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David Key, District Extension Director

Productive Groups

Productive groups are the foundation for accomplishing the work of formal organizations (such as clubs, councils, boards, associations or coalitions) or less formal groups (such as task forces, committees or project work teams).

- ◆ A productive group communicates with respect and openness, accepts and supports differences, and works effectively together to achieve mutual goals. Such a group shares leadership, serves others and is willing to take risks.
- ◆ A productive group accepts and supports differences, communicates openly and with respect, and works together for mutual goals. A newly formed group often doesn't have clear rules on what is acceptable behavior. Fear of not being accepted or respected can create problems. It is important that all group members get to know one another and feel comfortable with one another.



The following lists describe group behaviors that are either building or blocking successful group building.

Builders

- Humor
- Starting on time
- Short meetings
- Fun
- Compromising
- Similar backgrounds
- Common goals
- Enthusiasm
- Cooperation
- Assigning a leadership role on a temporary basis (rotating facilitator)
- Listening
- Taking an extreme, absurd position to help others realize where they stand
- Having clear goals are understood by all
- Following through and accepting responsibility
- Alternative ideas
- Consensus decision-making
- Respect
- Defined roles
- Commitment
- Flexible structuring
- Support for others
- Facilitation rather than leadership
- Initiative
- Sensitivity to people's differing needs
- Trust
- Being process-orientated, as well as task orientated

Blockers

- Not listening
- Unclear issues
- Disorganized
- No facilitator
- No defined goals and objectives
- Not buying into goals and objectives
- Not being involved in decision-making
- Impatience with group decision-making process
- Being afraid to speak up at a meeting because of what others might say
- Using words and jargon that some members might not understand
- Lack of information
- No prepared agenda
- Suppressing conflict
- Rejecting other's ideas without hearing them out
- Animosity and dislike in the group
- Inflexible group structure
- Lack of planning
- Time Pressures
- Outside pressures
- Ego
- Pushy people
- Hidden agenda/self interest
- Lack of well-defined roles
- False humor or too much

Experts from Productive Groups-LEADs Curriculum Notebook K-State Research and Extension



David Hallauer, District Extension Agent

Summer Fire & Sericea Control

In March of 2014, researchers at Kansas State University began a four-year evaluation of sericea control using different prescribed fire timings. In the years since the study (conducted without grazing pressure), much interest has been shown in the results, particularly the effectiveness from late summer burns. The research also poses a number of questions as well.

For starters, how does it work? Any time we can stress a plant at the low point of its root energy cycle, particularly in plants by removing leaves used for energy production, we force further depletion of any of the root energy reserves left as the plant tries to recover from the stress. If we do this at the right time and with enough frequency, the plant is weakened – and in a perfect world, outright killed. For sericea, burns during the time when the plant has reached that low energy point – in this case at bloom in August – prescribed fire removes the photosynthetic factory (leaves) at a point when it is vulnerable. This helps to reduce seed production during the growing season, even as the plant may well have enough energy in the root system to regrow. That's a huge positive.

In warm season grass systems, the grass tends to respond fairly well. Biomass may be reduced slightly, but temperatures are warm enough for long enough that grass can recover and be in good shape going in to dormancy. Cool season grasses may struggle a little. Brome doesn't respond to fire like native grasses do, so prescribed fire in brome is typically more damaging

than in warm season native grasses. In fact, fire may stress brome similarly to sericea if conditions aren't right.

Consider as well that a good fire, especially one in which you are trying to burn through still green warm season forages, will require some fuel. Grazing must be managed in advance of the burn in such a manner that provides adequate fuel to burn leaves off sericea (or small weeds/brush).

What if it's dry? In addition to local restrictions limiting the ability to burn in general, consideration should be given to soil moisture levels as well so adequate regrowth can occur prior to fall dormancy.

Last but not least, fall burns (or even spring ones for that matter...) tend to result in at least *some* regrowth of sericea. In addition, burns at any time will likely scarify sericea seed laying on the soil surface, potentially increasing seed germination if environmental conditions are good. Prescribed fire in combination with an appropriately timed herbicide can be a great combination from the standpoint of getting even greater control of sericea lespedeza in forage stands when plants are small.

Late season fire isn't a silver bullet, but it is an option for warm season grass producers to consider in the fight against sericea lespedeza. If you are interested in the research report, copies are available upon request.

Tree/Shrub Watering

When summer gets hot and dry, trees and shrubs, especially young ones, will benefit from supplemental watering. Water infrequently, but deeply - most established trees/shrubs need the soil profile moistened to a depth of eight to 12 inches every couple weeks. Avoid frequent, shallow watering and focus on watering to push moisture deeper in to the soil profile. For more tips, check out *Watering Established Trees and Shrubs* available online at: <https://bookstore.ksre.ksu.edu/pubs/mf2801.pdf> or any District Office.

Bagworm Status

Bagworm pressure hasn't yet been all that high in 2022. Unfortunately, the hatch has just begun with regular scouting needed to catch bags when they are small and still controllable. Here are some tips to help guide control efforts:

- Females congregate at tree tops where they do their heaviest feeding. Scout there first.
- If using an insecticide, use plenty of water, covering plants thoroughly from top to bottom and inside to outside.
- Always read and follow pesticide labels, making sure bagworms and the species sprayed are *both* listed on the label. LOTS of insecticides are labelled for bagworm control with active ingredients like acephate, permethrin, bifenthrin, lambda-cyhalothrin, or spinosad.
- By early August, bags will likely be closed off and chemical control measures will be difficult at best. Handpicking is the only option at that point.

Agriculture Today Podcast

Ever wanted something to listen to while sitting on the tractor, mowing the lawn, or weeding the garden? If you've run out of music or just want a change of pace, try the *Agriculture Today* downloads posted five days a week at <https://agtodayksu.libsyn.com/>. The podcast contains excerpts heard on radio stations across the state.

June topics include: Blue-Green Algae Bloom Concerns, Organic Material to Amend Soil, 'Virtual' Fence Lines for Managing Cattle, Keeping Cattle Feeding Areas Clean, and Benefits of Turtles Around Farm Ponds, plus regular segments like Milk Lines and Kansas Agriculture Weather. If you want to 'mix up' your play list with some great information, download some of the podcast offerings and see what you think.



Ross Mosteller, District Extension Agent

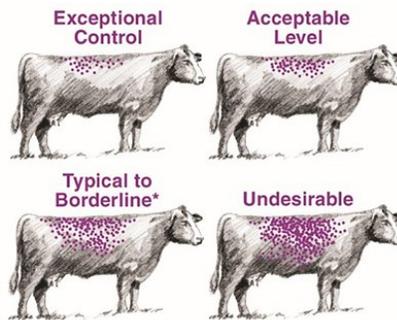
Summer Fly Control Strategies

There are few things that can cause more frustration, annoyance and potential economic loss in a livestock herd than the scientific Order - Diptera - FLIES! One of the things I personally dislike most about summer. Biting flies are carriers of such diseases as anaplasmosis and bovine leukosis virus. Face flies are often the issue in transporting the bacteria that causes pinkeye from animal to animal. The economic loss from each horn fly biting an animal dozens of times a day can also be substantial! You might have the noble goal to eliminate fly problems in your herd. While a worthy goal, it is probably unrealistic to completely eliminate fly populations, since they are so well adapted to changing environments and have persisted for hundreds of years with control measures in place. What can be done within a manager's control, is to plan a multi-pronged strategy to manage flies. Let's take a look at some of the tools available.

1. **Fly tags** Newer-generation fly tags that contain a higher concentration of insecticide are quite helpful in controlling fly populations. Follow label directions on the number of tags per cow. Many tags require two tags/adult animal, and one tag/calf for optimum control. Often the issue with tags is putting them in too soon. The key to using tags properly is to wait until you observe 200 flies/cow to place the tags in animals. If applied too early, efficacy is decreased, which often happens when cows are tagged in spring. To prevent resistance issues, discuss with your veterinarian a

rotation schedule for different classes of insecticides and be sure to remove the tags in 3-5 months, in order to prevent the release low levels of insecticide.

2. **Pour-ons** Use a pour-on at the same time you fly-tag the cows. If applying at turnout time, you can use a product that also kills internal parasites, as many of these products also have documented efficacy against horn flies. As summer progresses and animals have been exposed to grazing lands, use products only labeled for flies and/or lice. Using pour-on dewormers many times throughout the year could lead to internal parasite resistance issues.



*100-200 horn flies per head is the economical threshold for treatment.

3. **Dust bags/cattle rubs** Advantages of a dust bag or rub is that, if placed where all cattle must use it, it can provide economical, low labor, control of face and horn flies. Proper placement, in high traffic areas and keeping them charged with insecticide are the keys. Much like ear tags, it will be important to have a planned rotation of insecticides to prevent resistance build-up.
4. **Sprays** Spraying of cattle when fly populations grow to levels of concern, can quickly be effective in reducing the fly population. This is a personal favorite tactic for me, because I use "bait" to draw cattle in for spraying. This allows for inspection of the animals, moving to different paddocks and conditions them to catch pens, making load out easier at the end of the grazing season. A noted downfall is that this

method can be time-consuming if cattle are grazing large areas.

5. **Feed additives** Feeding a larvicide or an insect growth regulator to the grazing animal, starting 30 days before flies typically emerge, can help reduce numbers. Continue feeding until 30 days after a killing frost. Horn flies don't travel long distances, but face flies may travel 1-2 miles. This means that if you and your neighbors don't both use these products, you might just be sharing your flies or inheriting your neighbor's. A relatively recent concept has been to add spices and/or essential oils, such as garlic and cinnamon products to feed or mineral. Research conducted at the Southeast Agriculture Research in Parson, shows mixed results, so this is an area that needs further research. <https://newprairiepress.org/kaesrr/vol7/iss2/> All oral products require proper intake by the animals and this in and of itself can be problematic.

There are many products on the market for fly control. With all the options out there, it is critical to have a conversation with Extension livestock specialists and/or herd health veterinarian to develop a plan to control flies that is a best fit for your operation. Using just one strategy from the above list likely won't give you the results you anticipate. A multifaceted approach is most often the best tactic to meet the goal of "controlling" flies. As we've already discussed, you can't completely eliminate fly problems, but you can lessen the negative impact they can have on herds when reaching populations higher than the economic threshold it takes to control them.

Please contact us at the Extension office with all your agriculture related questions. We have the power of unbiased, research-based information, to help you make informed decisions. <https://www.meadowlark.k-state.edu/>



Clay Roland, District Extension Agent

Introduction to Me

I want to first take the time to say that I am excited to be stepping into this role! I know I have some big shoes to fill, but I am confident that I can do it and put my own unique footprint on the program.

I am initially from Greenfield, Indiana, about half an hour east of Indianapolis. In my youth, my older brother and I were involved heavily in showing swine at the local, state, and national level. We currently have about 15 sows that include Chesters, Crossbreds, and a Tamworth under the moniker RnC Showpigs. We take great pride in raising showpigs that meet the needs and desires of youth across the country while providing advice and tips to anyone willing to reach out.



After high school, I attended Fort Scott Community College where I was a member of the Livestock Judging Team and Collegiate Farm Bureau. After my two years at Fort Scott, I transferred to the University of Nebraska. While in Lincoln I was a member of the Livestock Judging and Meat Animal Evaluation teams. I majored in

Animal Science with the focus being on animal production.

Upon graduation, I moved back to Central Indiana for a gap year. During that time, I worked on a non-traditional commercial swine farm acting as a herdsman. Then I took a position at Covance, where I worked in the research sector, as a member of the large animal team, consisting of canines and primates.



I then attended the University of Florida in Gainesville to achieve my Master's degree in Meat Science. During my time in Gainesville, I coached the Livestock Judging team. On top of this I assisted my major professor with numerous state level 4-H events. My research project was based around auditing the national retail pork supply and required cooking more than two thousand pork chops, evaluating color scores, and testing tenderness. At some point, I look forward to leading a workshop that includes the safe preparation and proper cooking method to make a tender and juicy pork chop!

After successfully defending my thesis and graduating, I took a position as an Agriculture Instructor and Livestock Judging coach at Laramie County Community College in Cheyenne, Wyoming. I taught numerous classes focusing on livestock production and animal science. I had the opportunity to travel the country hauling students to local, state and national level shows and contests to judge sheep, goats, cattle, and pigs. I also assisted with the Livestock Show Team where students got hands-on experience on the day-to-day

activities to make competitive showpeople.

During my time in Florida and Wyoming, I developed a love of helping students find their passion, develop their interests, and harbor an environment for successful learning. A key factor in doing this was allowing students an environment where they felt comfortable to make mistakes and fail. This philosophy was instilled into me by a mentor when I was young. He would often say "Anything worth doing is worth doing poorly." I never fully realized what this meant until I became hyper-competitive in livestock judging, and became discouraged that I wasn't winning the first few contests I went to. The most rewarding aspect in utilizing this method was to identify and develop what made these students tick. I've had the opportunity to serve many kinds of students from numerous backgrounds, and this method seemed successful for most students.

This brings me to current times. My wife, Mercedes, and I purchased a house in Lawrence. We will be moving there with our three dogs, Meeko (greyhound mix), Henni (lab/pit mix) and Norma (basset hound). Mercedes and I enjoy being in nature, going to pig shows, and attending sporting and music events.



I look forward to serving the Meadowlark District and developing relationships with each of you! I'm excited to get integrated into the community, and serve the community.



Cindy Williams, District Extension Agent

Packing Your Child Up for College? Teach Them Money 101 Before They Go

A generation ago, the only grave concern most parents had about their college-bound kids and numbers was how much they'd spend on pizza and beer. Today, it's the feat that their child could be headed to bankruptcy court by the time they're ready to graduate.

As the new school year approaches, it's a good time for parents to conduct a money class for their students, even if they've made their best effort to teach money lessons before. Why? Because money savvy for the average 18-year-old can evaporate against all that freedom.

Consider new student week on most campuses. Tables set up in the student union by the nation's credit card issuers stretch as far as the eye can see. It is estimated that 83% of all college students had at least one credit card. Late-night pizza runs add up. And there's an ATM on every corner waiting to dispense cash at warp speed for a fee.

While your child is making his or her list of stuff to cram into the back of the car, use this list as a last-minute money curriculum for your student.

- **Talk about bank accounts.** Students generally should set up a checking account on campus, but talk to your student about debt options and fees, particularly for overdrafts. Also ask your child to ask the bank about direct-deposits options if you're planning to deposit money for their tuition or agreed- to spending needs.

Some universities also have their own credit unions. You may want to encourage your child to open an account and begin a relationship with their own credit union.

- **Help them make a budget.** Help your child develop a tentative budget for school. Use all the information you both currently have at your disposal—the amount of spending money your child has in his own accounts, any amount you supplement and any other source of funds. Work together to determine necessary realities about everyday expenses, tuition and financial aid. Buy them financial planning software if necessary (have them put a password in their computer or roommates and “guests” can't access the information.

Explain that when he or she comes home at break, you will sit down again to review those figures and make reasonable adjustments. You obviously need to trust your children, but you might want to do this for as long as it takes them to develop solid and consistent money habits.

- **Co-sign that credit card** Co-sign the credit card but keep it you'll be alerted to financial mishaps before they get too serious. Consider prepaid cards as well as lower-limit credit cards. Do whatever it takes to convince your child not to sign up for any credit cards on campus, no matter what the card company is giving away as incentives.
- **Discuss your child's work plans.** If your child is working part-time while going to school, you should always be on top of how that's affecting their schoolwork. If your child is planning to work during the summers only, you need to

have a conversation about that at winter break so your child can start pitching for the highest-earning jobs and internships related to their field, which will help them get a leg up in the full-time working world.

- **Talk about identity theft** Personal financial data left on laptop computers, cell phones and other electronic devices can be readily stolen on campus or in a dorm or roommate environment. Tell your student to keep all paper records in a safe place and introduce passwords to keep all their digital information safe.
- **Start summer vacation with a financial checkup.** Sit down with your child and review their budget. Let them petition for more funds for expenses they feel are necessary in the coming year. If you're not willing to food the bill, talk about how they will earn their way towards those goals. And introduce a new summer tradition---the credit report check. For as long as you're supporting your child, you should ask them to request their annual free credit reports from the three agencies and the both of you should review them for possible errors. They can request those reports at www.annualcreditreport.com

Source: Financial Planning Association





Teresa Hatfield, *District Extension Agent*

A little about me

I am happy to have the opportunity to serve as your new Family and Community Wellness Agent. I grew up in northeast Kansas in Shawnee County. I am happy to be closer to home and family. For the past nine years, I have been working in the Sedgwick County Extension office as the Adult Development and Aging Agent. I am excited about my new opportunity here in the Meadowlark Extension District. In the next few months, I will be spending time getting to know you and the community better. I will be reaching out to community members and organizations in the upcoming weeks. Please feel free to contact me with any questions or ideas that you would like to share.

Need Help with Medicare?

Medicare can be difficult and confusing to understand. As people approach age 65 they are often inundated with marketing materials, phone calls, emails and text messages. It is sometimes difficult to know what is legitimate information and what is advertising or inaccurate information. The Senior Health Insurance Counseling for Kansas (SHICK) program can help you make sense of Medicare and the other insurance that works with Medicare. SHICK provides unbiased Medicare information to help you make informed decisions about your options. SHICK does not offer legal advice or sell insurance. All SHICK volunteers and staff receive training and are required to update their training every year.

As your Family and Community Wellness Agent, I am a trained SHICK counselor and have

been working with Medicare since 2006. I'm here to help you. If you are new to Medicare and don't understand the array of options, the difference between original Medicare and Medicare Advantage, or just need to know the basics, we can work together to give you the understanding you need. If you are currently on Medicare and have questions about claims, billing and/or need help filing an appeal, SHICK can help. Please feel free to contact me about your Medicare questions.



Consumer Fraud Alert: Genetic Testing

Scammers have been offering “free” genetic testing to Medicare beneficiaries to obtain personal information. Genetic testing fraud occurs when Medicare is billed for a test or a screening that was not medically necessary and was not ordered by your doctor. The scammers advertise tests for cancer screening, DNA testing, dementia, cardiovascular screening, Parkinson’s disease or another genetically related disease. They may tell you things like, “if you don’t get this test, Medicare will not cover your treatment if you develop a disease”. This is just a tactic to scare you. Do not give out any personal information to anyone that contacts you out of the blue.

Beware if a company offers you “free” or “at no cost to you” testing without a physician’s order and then bills Medicare. They may also offer to use “telemedicine”, and arrange for a physician whom you don’t know to order the test.

Scammers may charge Medicare for a broad range of genetic tests that you did not request or even receive. Make sure to check your Medicare Summary Notice (MSN) for fraudulent activity. Look for words like “gene analysis” or “molecular pathology” as these service codes may indicate questionable genetic testing. Beware if a company requests your Medicare number or driver’s license at a health fair, senior center, assisted living facility, mall, farmer’s market, in a parking lot outside of a retail store or home show. Do not accept any genetic testing kits that you receive in the mail.

Report any suspicious activity. If you believe you have been a victim of a fraudulent genetic testing, report it to your local Senior Health Insurance Counseling for Kansas office or your local Senior Medicare Patrol office. Take steps to prevent identity theft. Place a free, one-year fraud alert by contacting one of the three credit bureaus. You only have to contact one of the credit bureaus. The company you contact must tell the other two.

Experian

- 1-888-EXPERIAN (888-397-3742)
- www.Experian.com/help

TransUnion

- 1-888-909-8872
- www.TransUnion.com/credit-help

Equifax

- 1-800-685-1111
- www.Equifax.com/personal/credit-report-services

You can access a report from each credit bureau annually. Review your credit reports by going to <https://www.annualcreditreport.com/>. If you feel your Medicare number has been compromised, you can call 1-800-Medicare (800-633-4227) and ask for a new number.

If you have further questions, call the Holton office at 1-785-364-4125 and ask for help.

Meadowlark Extension District

P.O. Box 326
Oskaloosa, KS 66066-0326

Address Service Requested

Upcoming Events

2022 County Fairs

- Jackson County Fair—July 25-28
- Jefferson County Fair—July 25-28
- Nemaha County Fair —July 28-August 1

www.meadowlark.k-state.edu.html

