



# Meadowlark District

K-STATE RESEARCH AND EXTENSION NEWS

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

## Winter 2022

### 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**

**K-STATE**  
Research and Extension

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[ksre.k-state.edu](http://ksre.k-state.edu)

## Stay Strong, Stay Healthy—Strength Training for Older Adults

As we get older, we lose muscle mass. Muscle loss begins to accelerate by the time people are aged 60 to 70 when they have lost approximately 12% of their muscle mass, and people over age 80 have lost around 30%. Muscle loss can cause problems, such as loss of balance, and stamina, increased falls and fractures, reduced ability to do daily activities, and more significant inflammation. Muscle loss can also put us at an increased risk of heart disease.

The good news is that strength and resistance training are excellent ways to combat the effects of muscle loss. Even if you have never worked with weights before, it is not too late to start. Strength training as you get older has many benefits. Strength training can improve balance, enhance flexibility, relieve arthritis pain, and control weight gain. It can also help lift depression and reduce stress.

Stay Strong, Stay Healthy is a program offered through K-State Research and Extension designed to help maintain or improve muscle mass. Participants in Stay Strong, Stay Healthy meet for one hour twice a week for eight weeks. Activities include warm-up exercises, strengthening exercises with or without weights, cool-down stretches, and lots of fun. Evidence has shown that this program works—participants who have completed the program report feeling better in their overall health and feel stronger. Participants who have completed pre- and post-fitness assessments improve their balance, flexibility, and stamina.

Stay Strong, Stay Healthy will be offered by the Meadowlark Extension this winter at two locations. Call 785-364-4125 (Holton) or 785-863-2212 (Oskaloosa) for more information or visit our website. You must complete the application paperwork to attend and pay the class fee. All weights needed for the class are provided by the Meadowlark Extension District.

### Jackson County Senior Center

312 Pennsylvania Ave  
Holton, KS

### Meadowlark Extension Office

100 E Washington, in basement  
Oskaloosa, KS

### Both locations:

**Time:** 9:30 AM-10:30 AM

**Dates:** January: 10, 12, 17, 19, 24, 26, 31

February: 2, 6, 10, 14, 16, 21, 23, 28

March: 7 (There will be snow make-up dates as needed.)

**Cost:** \$20 per person for all 16 sessions



**Stay Strong,  
Stay Healthy**



Kansas State University Agricultural Experiment Station and Cooperative Extension Service



David Key, District Extension Director

## Calendar Celebrations

Often communities or businesses will celebrate special day of the week or holiday. The reasons for doing this are numerous. Celebrations often create a sense of belonging and a recent survey conducted by Ernst & Young found that more than one third of humans experience their greatest sense of belonging when at work!

Here are a few special calendar celebrations for your family or community to be aware of in 2023!

### January 4, 2023

- National Trivia Day

### January 9, 2023

- Law Enforcement Appreciation Day

### January 11, 2023

- National Clean Off Your Desk Day
- National Milk Day

### January 15, 2023

- National Hat Day

### January 18, 2023

- Museum Selfie Day

### January 19, 2023

- National Popcorn Day

### January 20, 2023

- National Cheese Lovers Day

### January 27, 2023

- National Fun at Work Day

### January 28, 2023

- National Lego Day

### January 29, 2023

- Kansas Day - 162 years old!

### February 4, 2023

- Thank Your Mailman Day

### February 8, 2023

- National Boy Scout Day

### February 11, 1859

- Jackson County Kansas was Formed

### February 17, 2023

- Random Acts of Kindness Day

### February 18 to 25, 2023

- National FFA Week

### February 23, 2023

- National Chili Day

### March 3, 2023

- Employee Appreciation Day

### March 12, 2023

- National Girl Scout Day

### March 13, 2023

- National Good Samaritan Day

- National Napping Day

### March 21, 2023

- National Ag Day

### March 29, 2023

- National Vietnam War Veterans Day

### March 30, 2023

- National Doctors' Day

### April 1, 2023

- National Hand Made Day

### April 5, 2023

- National Walking Day

### April 10, 2023

- National Siblings Day

### April 11, 2023

- National Pet Day

### April 20, 2023

- Volunteer Appreciation Day

### April 27, 2023

- National Prime Rib Day

### May 6, 2023

- National Nurses Day

### May 18, 2023

- Museum Day

### June 3, 2023

- National Egg Day

### June 4, 2023

- National Cheese Day

### June 28, 2023

- National Insurance Awareness Day

### June 29, 2023

- National Handshake Day

### June 30, 2023

- World Social Media Day

### July 11, 2023

- Cow Appreciation Day

### July 16, 2023

- National Ice Cream Day

### August 6, 2023

- American Family Day

### August 17, 2023

- National Nonprofit Day

### August 21, 2023

- Senior Citizens Day

### August 25, 1855

- Jefferson County Kansas was Formed
- Nemaha County Kansas was Formed

### September 10, 2023

- Grandparents Day

### September 28, 2023

- National Neighbor Day

### September 30, 2023

- USA Family Health and Fitness Day

### October 1, 2023

- National 4-H Sunday

### October 1 thru 7, 2023

- National 4-H Week

### October 4, 2023

- National Cinnamon Roll Day

### November 16, 2023

- National Rural Health Day

### November 16, 2023

- National Entrepreneurs' Day in the United States

### November 24, 2023

- American Indian Heritage Day

### November 25, 2023

- Small Business Saturday

### December 1, 2023

- National Christmas Lights Day

### December 15, 2023

- National Ugly Sweater Day

### December 22, 2023

- National Cookie Exchange Day

- Short Person Day

### December 28, 2023

- National Card Playing

- Short Film Day

- Pledge of Allegiance Day

- Call a Friend Day

### December 30, 2023

- National Bacon Day

Source:

[www.calendarr.com/united-states](http://www.calendarr.com/united-states)



**David Hallauer, District Extension Agent**

**Farm Transition**

There’s a publication from Oklahoma State University featuring a Family Business Institute graphic entitled ‘Generational transition success rates for small businesses’. It shows a thirty percent success rate for transitions from the first to second generation. The rate drops to twelve percent from the second to third generations and three percent from the third to fourth generation. While there’s no silver bullet to a successful transition, the first step is back-ground knowledge of the process. That’s where the newly formed Office of Farm and Ranch Transitions at Kansas State University has resources to help.

One resource is the 2022 KSU Farm and Ranch Transition Conference December 13 (Colby), 14 (Salina) and 15 (Erie). If you can make the December 1 registration deadline (visit the Office of Farm and Ranch Transition at <https://www.agkansitions.org/> and check out the events listed at the bottom of the page), the conference keynote will be *First Steps of Succession Planning* from Dr. Shannon Ferrell, an Associate Professor of Agriculture Law at Oklahoma State University. Other sessions include an introduction to the Office of Farm and Ranch Transition plus sessions on the role of a lawyer in the succession process and a peer panel.

Can’t make the conference? Check out the Resources tab at the link above for a number of valuable references. One of the best is called *Transition Planning: 12 Steps to Keep the Family Farming*. Once you have the ‘basics’ under your belt, check out the other links, including professionals who can help you get started.

**Conservation Tree Planting Program**

Thinking about a conservation tree planting project? Have a windbreak in need of renovation? Maybe a riparian area that could use some stabilization? The Kansas Forest Service Conservation Tree Planting Program annually offers low-cost tree and shrub seedlings for numerous conservation focused projects. Trees come in bundles of 25 as either bare-root or container grown (evergreen only) seedlings. Choose from evergreen and deciduous, as well as tree and shrub species. There are even pollinator and gamebird focused planting packages and non-plant items to make planting projects a little easier (I strongly encourage weed barrier fabric!).

The sale season runs December 1 to May 1 with orders accepted online at [www.kansasforests.org](http://www.kansasforests.org) or by phone (1-888-740-8733). Selection guides are available from District Offices. Request one today!

**Windbreak Planning**

A 2019 inventory of Kansas windbreaks provided these statistics:

- 118,000+ windbreaks stretching more than 31 miles
- 45 percent of windbreaks were rated good condition, 55 percent fair to poor condition.

It’s difficult to place a cost on windbreak establishment. Planting, watering, etc... all take time we don’t often account for. When you stand behind one, however, you really start to feel the benefits! Heat loss from homes/buildings is reduced because calm air is a better insulator than moving air, with fuel savings from a windbreak estimated at 15-25 percent. Creature comfort is a factor as well, as evidenced by the chart below (*source: Windbreaks for Kansas, KSU Extension Publication MF-2120*). Air temperatures of 10°F are seldom pleasant, but if you reduce wind and make it feel 25-30° warmer, that’s a bonus for man and animal alike.

If you’re considering planting a windbreak, planning should begin now. Start with the *Windbreaks for Kansas* publication referenced above. Available via District Offices or at: <https://bookstore.ksre.ksu.edu/pubs/MF2120.pdf>, it provides a framework for planning an effective farm/homestead windbreak. Need a little guidance to get started? Drop me a line!

**Table 1. Wind Chill Indexes with the Air Temperature at 10°F**

Wind velocities (mph)	5	15	25
Wind chill index without windbreak	6°	-18°	-29°
Wind chill 75 feet in lee of windbreak	9°	7°	2°



Ross Mosteller, District Extension Agent

### Happy with Your Lease?

The winter months often serve as a time of reflection on the past year and looking forward to the next growing season. This also a good time to take a look at your farm lease arrangements to see if they are still reasonable and on target with the current market and your operational goals. It doesn't matter if you own the land or lease the land, it is important that lease agreements are fair and equitable; ideally in writing. Agreements that treat both parties fairly are more likely to be honored, renewed, and are more generally more enforceable.

One of the more frequently asked questions in our offices is what's the "fair" or "going" rate for leases. Regardless if discussing cropland or pastureland, there generally is no "right" number or arrangement. Each situation has variables that need to be discussed and it is that communication between landowner and tenant that is critical. My primary focus is on pasture/grazing leases, so it is those components that we'll look at today. The process is similar for crop or other leases, the pieces just look a bit different.

**Price** is usually the first thing mentioned when folks decide whether or not a lease agreement is fair. Price depends on so many variables, that those often need to be discussed first, to help decide a price. With that in mind, lease rate surveys can provide a starting

point. Two useful surveys are the Bluestem Pasture Report, <https://www.agmanager.info/land-leasing/land-buying-valuing/land-use-value-research/bluestem-pasture-report-2021>, and USDA/NASS Rental Rates Map, [https://www.nass.usda.gov/Statistics\\_by\\_State/Kansas/Publications/County\\_Estimates/22KScashrents.pdf](https://www.nass.usda.gov/Statistics_by_State/Kansas/Publications/County_Estimates/22KScashrents.pdf). These are average numbers, based off survey data and may not accurately reflect upper rates being paid in the open market. Bear in mind, what is being paid, may not be profitable or make sense in your particular situation!

The **stocking rate** should be plainly stated in the lease agreement. This helps avoid disagreements and confusion. It provides the landowner a way to reach their goals for pasture health and the livestock owner to reach production goals. Basing stocking rate around Animal Units (AU - 1000 # of grazing animal) levels the playing field for all classes of grazing livestock. Leases can be on a per head (AU better!) or per acre bases, so stocking rate & capacity is critical!

**Responsibilities** for each party need to be clearly defined. Generally, the major capital improvements fall on the landowner and tenant provides labor and/or forage enhancing inputs, but all that can be negotiated, should be spelled out and leads us back to a "fair price" based on contributions and responsibilities.

Grazing leases should include an **adverse weather clause** that covers how grazing pressure will be reduced in response to drought or other natural disaster, and what that may mean for rates. Specify who and how the decision to reduce stocking rate will be made.

A written agreement should include everything that you discussed during lease negotiations. Some good resources are available on <http://www.agmanager.info> to help with this process. Frequently Asked Questions: Pasture Leases in Kansas, <https://www.agmanager.info/frequently-asked-questions-pasture-leases-kansas>, covers many common questions. Pasture Rental Arrangements for Your Farm, <https://www.agmanager.info/pasture-rental-arrangements-your-farm-bulletin-and-lease-form>, has good background information and an example lease form. Extension agents can help talk through leasing arrangements as well.

If you still don't feel like you have enough to navigate the waters of lease arrangements, you are in luck! We will be hosting a multi-state, four-part extension workshop focusing on leasing for both landlords and tenants. The program is marketed towards women farm managers, but all producers interested in leasing arrangements are welcome and encouraged to attend!

*"The Power of Negotiation and Communication: Land Leasing Strategies for Midwestern Ag Women"* program will be held at the Northeast Kansas Heritage Complex, 12200 214th Rd, Holton, KS 66436. The series will focus on writing agricultural lease agreements, landlord-tenant relationships, negotiations and conservation practices. Workshops will be held from 5:30 to 8:30 p.m. on Jan. 18, Jan. 25, Feb. 1, and Feb. 8. The series of four workshops cost \$50 per person (includes dinner each night) and participants should plan to attend each session. Registration is required by Jan. 13 completed at: [www.agmanager.info/events](http://www.agmanager.info/events).



Clay Roland, *District Extension Agent*

### Six Pillars of Character

There are six pillars that have been identified to build strong, reliable characters in day-to-day life. In 4-H Youth Development, we integrate these in our teachings to build strong communities and citizens.

The Six Pillars of Character are: responsibility, caring, respect, trustworthiness, citizenship, and fairness. These six pillars are something that we can utilize in our daily lives, as well as instill in others to do the same.

1. The first pillar is responsibility. It is represented as green, like a solid and reliable oak tree. A person who practices responsibility will: do as they are supposed to do, do their absolute best, and be accountable for their choices. In addition to this, responsible individuals will be self-disciplined, think of consequences prior to making a decision, and use self-control.
2. The next pillar is caring. It is represented as red, like your heart. A caring individual is kind, compassionate, and show that they care. Caring individuals will go out of their way to express their gratitude and help others in need.
3. The third pillar is respect. It is represented by yellow, like the golden rule! A person who practices respect will not

- only follow the golden rule, but will treat other with respect, be tolerant of differences, use good manners, and be considerate of others.
4. The next pillar is trustworthiness. It is represented by blue: in reference to thinking true blue. A trustworthy person will be honest, reliable and have the courage to do the right thing. Additionally, a person practicing trustworthiness will build a good reputation and be loyal to their family and friends.
5. Citizenship is the next pillar. People should think of community when they hear citizenship. A person that practices citizenship will do their part to improve their community; including, being a good neighbor, obey laws and rules, volunteer, and voting.
6. The final pillar is fairness. It is represented by the color orange. A person who practices fairness will play by the rules, take turns and share, and be open minded.

### An Easy Recipe to Have Your 4-H'ers Help You in the Kitchen!

With school breaks coming up, a great way to give responsibilities to children is to have them assist in preparing dinner. Not only is this a great way to spend time as a family, but also allowing your 4-H'ers to cook gives them a useful tool that will pay dividends in the future.

What you will need:

- Enough 1.25 to 1.5-Inch-thick pork loin chops for your family
- Salt
- Pepper
- Garlic Powder
- Onion Powder
- Meat Thermometer
- Butter or Vegetable/olive/canola oil

Steps:

1. Season your pork chops on both sides with salt, pepper, garlic powder, and onion powder.
2. Leave the pork chops to sit on the counter for thirty minutes prior to cooking.
  - a. This allows the meat to absorb the seasonings. The addition of salt and letting come to room temperature will allow for a juicier more tender chop!
3. Heat up your grill, cast iron skillet or pan to medium-high heat and add enough butter or oil to thinly cover the bottom of the pan.
4. Once your heat source is heated to temperature, place the pork chops on heat and let them sit for approximate 4 minutes or until they have cooked approximately half-way through. Then flip the chops. Cook the chops to 145° by measuring the internal temperature with the instant read meat thermometer.
  - a. 145° is medium rare. It is a common misconception that pork has to be cooked to 160 degrees like poultry.
5. Pull the pork chops off of heat, and let rest for 3-5 minutes.
6. Serve and enjoy!



Cindy Williams, District Extension Agent

### Planning Successful Holiday Meals

Planning ahead can make holidays easier and less stressful. Invite guests, asking everyone to RSVP so you know how much food to prepare. Find out if your guests have special dietary requirements.

Plan the menu and recipes. Select a few recipes that serve well at room temperature. Calculate the cooking time and temperatures (plus cooking order). Prepare three shopping lists: one for food prep safety items, one for perishable foods and one for non-perishables.

- Hardy vegetables such as onions, carrots and potatoes can be purchased one week ahead, while salad greens and perishable vegetables should not be purchased until the day before.
- Wash, trim and cut fresh vegetables on a clean cutting board. Wash leafy greens, spin, dry, and store by packing in paper towels in a sealable plastic bag in the refrigerator for no longer than one day.
- Chill the beverages in a cooler filled with ice.
- Check to make sure your food thermometer is in working order and calibrated. Use a food thermometer to check the internal temperature of meat.
- Divide all leftovers into smaller portions and store in shallow containers in the refrigerator within two hours.

### Keep Your Family Active During the Winter Months

Staying physically active year-round is important. During the winter months, the weather can present challenges when trying to be active. Here are some tips to help continue your family's active lifestyle, even when the weather is less than ideal.

The first step to being active is knowing how much physical activity is recommended each day. According to the Physical Activity Guidelines for Americans, adults need 2 ½ hours a week of physical activity and children ages 6-17 need 60 minutes a day. The three types of physical activity are aerobic, muscle-strengthening and bone-strengthening. Here are some tips to help your family reach these recommendations:

- Make a plan and stick to it! The most effective way to make this happen is to include your family in the planning process. Set specific times during the week when you can be active together.
- Be realistic with your goals. Most families are busy, and leaving the house may not be the best option. Plan for physical activity to happen at home.
- Brainstorm a list of activities your family enjoys during the months when the weather is nice and determine how these can be adapted to the winter months.
- Turn off the TV and other electronic devices. Your family should have no more than two hours per day of screen time.

### Tips for Safe Eggnog

For many, making homemade eggnog is a cherished holiday tradition, but you don't want to invite foodborne illness to the party.

Since raw eggs are traditionally used, the risk for Salmonella to be in the eggs is present. But there are options to reduce risks from foodborne illness.

- Prepare a cooked egg base to kill bacteria that might be present. An egg base is made by heating half of the milk and/or cream over low heat to almost boiling. Slowly add beaten eggs and sugar, stirring constantly. The temperature should reach 160°F. The mixture should coat a metal spoon and separate when a finger is drawn through it. Cool the mixture in a bowl over ice water, then chill completely.
- Pasteurized eggs are an option to replace raw eggs. Commercial pasteurized eggs are heat processed at a low temperature to destroy Salmonella, but not affect the flavor or nutrition. It is still recommended to make a cooked egg base.
- Alcohol can inhibit some bacterial growth, but it is not sufficient to be effective.
- If your recipe uses whipped egg whites, use pasteurized egg whites. A good substitute is using whipped cream.





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

### **Celebrating the Holidays with Older Family Members**

The holidays can be an excellent time to join with family and celebrate. We often see loved ones we haven't seen in several months. These are often times for happy memories and family traditions. It is also a good time to consider how the holidays affect older family members. The holidays can bring also be a time for mixed emotions. It is a good idea to be aware of some tips and ideas that can make the holidays more enjoyable for everyone.

First, consider the physical abilities and needs of older family members. They may only be able to join in some of your scheduled activities. Try to include them whenever possible and arrange transportation if needed. Holiday activities they could participate in consist of; meal preparation, decorating, holiday shopping, sharing homemade treats, or viewing outdoor light displays. Plan or make a new tradition involving all family members. For family members unable to join in activities, keep communication open; you can also use technology such as FaceTime or Zoom.

With the busyness and frequent coming and goings, consider having a quiet room where others can relax or get away from the activities.

This time of year can also be stressful. As we get older, we often experience loss and grief and miss those people who have gone before us. It is important to remember those who are no longer with us and the memories they have left behind. Family members may want to share stories about past holiday memories with the younger generation. Consider getting out the old photo albums or home movies. Be open and supportive to those expressing feelings of sadness and loss. Be aware that depression, however, is not a normal part of aging. The blues are temporary, but clinical depression can continue after the holidays. It is best to contact a healthcare provider if you suspect a loved one is suffering from depression.

It is also important to prepare your home to prevent hazards for seniors. One of the most significant risks is falling. Older adults are more likely to suffer serious injuries. As we age, we may experience gait instability or arthritis pain, decreasing our mobility. Many older adults take medications that can impact stability. Vision is not as good as it was, making it harder to see obstacles, and reduced reaction times make older adults more likely to take a fall. There are steps you can take to make your home more hospitable and safer for older adults during the holidays.

#### **On the outside of your home:**

- Make sure sidewalks and driveways are clear of ice and snow.
- Put down salt or ice melt.
- Make sure steps and walkways are well-lit, and handrails are tight.

- Beware of cracks or uneven surfaces that could be a tripping hazard.

#### **Inside your home:**

- Pick up any clutter and any loose items on the floor or stairways.
- Pick up any rugs or electric cords that could cause a tripping hazard. Make sure pathways between rooms are clear, and move furniture obstructing the path.
- Tighten handrails on staircases.
- Make sure stairways are well-lit.
- Pets can also be a tripping hazard; make sure they are under control and mind their manners.
- Pick up any children's or pet's toys from the floor.
- If an older adult is spending the night, make sure there is a lamp near the bed, so they can turn it on before getting out of bed, and consider putting night lights in the hallways.
- Make sure there is a clear pathway to the bathroom.

These tips will help to make a safe and happy holiday season. I hope that everyone enjoys the season.



**Meadowlark Extension District**  
114 W 5th St.  
Holton, KS 66436

Address Service Requested

**All Offices  
Closed**

**Christmas/Winter Break  
December 23-January 2**

**Normal office hours on  
January 3, 2023 at 8:00 AM**

## 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

## OFFICE PROFESSIONAL OSKALOOSA OFFICE

The Meadowlark Extension District is seeking to hire a full-time office professional for our Oskaloosa office. Responsibilities include:

- Customer service to all Extension program users
- Provide a wide variety of clerical duties to support district and local staff

Benefits:

- Base hourly pay starts at \$16.00 per hour
- Paid holidays, vacation and sick leave
- Blue Cross and Blue Shield Health Insurance
- KPERS Retirement

For an application and/or additional information, including a full position description, go to [www.meadowlark.k-state.edu](http://www.meadowlark.k-state.edu). Contact David Key, District Director, at 785-336-2184 or by email, [dkey@ksu.edu](mailto:dkey@ksu.edu), with any questions. Applications are also available at the Oskaloosa office. Screening will continue until a suitable applicant is hired.

**K-STATE**  
Research and Extension

Meadowlark District

Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
K-State Research and Extension is an equal opportunity provider and employer.

**NOW  
HIRING**



## 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.