

December 14, 2018

Jody G. Holthaus  
District Extension Agent  
Livestock and Natural Resources

Jody is out of the office today.

David G. Hallauer  
District Extension Agent  
Crops & Soils/Horticulture

***K-State Soybean Production School – January 16, 2019***

Corn might be considered ‘king’ in many commodity crop discussions, but it could be said that soybeans pay the bills. Case in point from the 2019 Kansas State University Farm Management Association cost return budgets: the return on 145 bushels per acre corn: (\$2.35)/A. The return on 45 bushels per acre soybeans: \$14.45/A. It’s not a lot of difference, but it’s the difference between profit and loss.

What if there were things we could tweak a little further to make that soybean crop even a *little* more profitable? That’s the focus of the of nine K-State Soybean Production Schools scheduled throughout the state in late January. Sponsored by the Kansas Soybean Commission, our Northeast Kansas event will be held on Wednesday afternoon/evening January 16<sup>th</sup> at the Northeast Kansas Heritage Complex south of Holton.

Registration will begin at 3:00 p.m. at the fairgrounds located at 12200 214th Rd. (two miles south of Holton on Highway 75 to 214th Rd. and one quarter mile west on the south side of the road.). The program will start at 3:30 with a rapid fire overview of all things soybeans from multiple K-State Research and Extension specialists. Grain marketing economist Dr. Dan O’Brien will share an overview of his observations of the soybean market. Dr. Doug Jardine, Extension Plant Pathologist, will give an update on diseases of importance to soybean producers, followed by a team presentation on agronomic factors that might be limiting soybean production from KSU Cropping Systems Specialist Dr. Ignacio Ciampitti and Northeast Area Extension Agronomist Dr. Stu Duncan.

Dr. Dorivar Ruiz-Diaz, KSU Soil Fertility Specialist will discuss soil fertility considerations important to soybean production, and we’ll wrap up the evening with everyone’s favorite soybean challenge: weed control. Dr. Dallas Peterson, K-State Research & Extension Weed Specialist will discuss weed control challenges – and solutions – during the supper session. We’ll wrap up the evening around seven with questions for the presenters.

Your evening meal is provided courtesy of the Kansas Soybean Commission. There is no cost to attend, but participants are asked to pre-register by **January 9th** to allow for meal arrangements. You can do so by contacting the Holton Office of the Meadowlark Extension District at (785) 364-4125 or via e-mail to David Hallauer at [dhallaue@ksu.edu](mailto:dhallaue@ksu.edu) . Online registration is available at K-State Soybean Schools (<http://bit.ly/KSUSoybean>). Please contact us for questions or further details. Hope to see you there!

Cindy Williams  
District Extension Agent  
FACS

## Sharing Meals Brings Joy to Holiday Season

Cooking and eating together during the holidays are among the simple things that can bring comfort and joy to our lives. Nourishment, health and connecting with others can be as close as our kitchen table. Here are five comforting ways to make food and nutrition as central ingredient of your holiday season.

\*Preparing food is a soothing way to share time and bring generations together. Talking while you measure, mix, stir and chop can be a time to discuss important issues and concerns. Making a pot of homemade vegetable soup or kneading bread together can be a relaxing experience.

\*Strengthen your family by making sit-down meals a priority as often as possible. If you live alone, reach out to neighbors, friends and co-workers to have dinner together. Inviting others to join you for a meal creates a sense of community. This is one of the best ways to celebrate the meaning and comfort of the holidays.

\*Take a break from TV to enjoy and really experience your meal—use meal time for good conversation. Most of all, savor your food by focusing on tastes, smells and textures. Take comfort in the blessings of nourishing food.

\*Making family traditions part of everyday meals ties us to memories of the past. Families have many rituals for meals that bring comfort—prayers, moments of silence, joining hands, or festive touches like candles, favorite dishes or special placemats. Rituals contribute to the feeling of belonging.

\*Slow down and share food, fellowship, joys, concerns and the simple act of being with others. The gift of your time and attention builds self-esteem in children and makes all people feel valued. Also, teach your children to share with those less fortunate by giving canned goods to local food pantries.

Nancy C. Nelson  
Meadowlark Extension District  
Family Life

### Prevent Children's Exposure to Lead

Lead poisoning can be prevented. The key is to keep children from coming in contact with lead. If children are lead poisoned they must be treated.

The Centers for Disease Control and Prevention (CDC) shares some great information on preventing exposure. Lead hazards in a child's environment must be identified and controlled or removed safely. Lead is invisible to the naked eye and has no smell. No safe blood lead level in children has been identified.

Young children often put toys, fingers, and other objects in their mouth as part of their normal development. This may put them in contact with lead paint or dust.

One common way children can be exposed to lead are through contact with chips and particles of old lead paint. Children can be directly exposed to lead from paint if they swallow paint chips. But exposure is more common from swallowing house dust or soil contaminated by leaded paint. This happens when lead paint chips get ground into tiny bits that become part of the dust and soil in and around homes. In addition, lead can be scattered when paint is disturbed during destruction, remodeling, paint removal, or preparation of painted surfaces for repainting.

Exposure to lead can seriously harm a child's health, including damage to the brain and nervous system, slowed growth and development, learning and behavior problems, and hearing and speech problems.

Lead paint or dust are not the only ways children can come in contact with lead. These sources may include: imported candies, imported toys and toy jewelry, imported cosmetics, pottery and ceramics. Other sources include drinking water contaminated by lead leaching from lead pipes, solder, brass fixtures, or valves and consumer products, including tea kettles and vinyl mini-blinds.

A variety of work and hobby activities expose adults to lead, including using an indoor firing range, making home repairs, remodeling a home, and making pottery. When adults whose jobs expose them to lead wear their work clothes home or wash them with the family laundry, their families can be exposed to lead. Families can also be exposed when adults bring scrap or waste material home from work.

If you think your child has been in contact with lead, contact your child's health care provider. He or she can help you decide whether to test your child's blood to see if it has high levels of lead.

A blood lead test is the only way to find out if your child has a high lead level. Most children with high levels of lead in their blood have no symptoms. Your child's health care provider can recommend treatment if your child has been exposed to lead.