

Jody G. Holthaus
District Extension Agent
Livestock and Natural Resources

Thanksgiving

Thanks to Mary Longren for sharing her Turkey brine recipe, I usually have high marks on my roasted turkey. This year, I plan to try something new, Spatchcock turkey. Not sure where the name came from, but it makes perfect sense to remove the backbone and lay the bird out flat. Plus, I'm going to cook on my grill to free up oven space. It could turn out really good, or really bad. We shall see.

We've got some great events coming up! The first is the Calving school in Oskaloosa on December 4th. Multi Min will be sponsoring a chili supper for the first 100 that sign up!. So call in or email to get a reservation. Dr AJ Tarpoff our KSU Beef Veterinarian will be using the life size cow model to demonstrate on. She has two rubber calves, that he can manipulate to show the different birthing presentations, and what you do to safely deliver them. This is a great school, don't miss it.

January 28th, we will be hosting the NE Kansas Sheep and Goat school in Valley Falls. Our presenters are Dr Alison Crane, the KSU Sheep & Goat Specialist and Charlie Lee, KSU Wildlife Damage Control Specialist. Dr Crane will share her expertise with Sheep and goat breeding and management. Charlie Lee will discuss possible predators, control and prevention. That meeting will start at 7 pm at the Fairbuilding in Valley Falls.

The Beef Issues group will start meeting on November 27th at the Glacial Hills Resource Center in Sabetha, starting at 7pm. Dr Bob Weaber will be presenting "Genomics for the Commercial Herd". I'm sure it will be fascinating as Bob is known nationally for his work in this area.

KSU Dairy Day is slated for February 7th in Seneca. This day long meeting will focus on industry research and the latest information for dairymen. We are asking for reservations for the day.

Also in the works, is a daytime Leasing Meeting for Corning Kansas, on February 19th. More details to come.

So save the dates for these professional development opportunities! Have a great Thanksgiving!

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

Winterizing Roses

It doesn't happen often, but now and then we'll hear about a rose bush death attributed to cold weather damage. Potential cold damage is preventable, but the time to implement cultural practices to do so is now.

Most of the shrub roses in our landscapes are fairly hardy and well adapted for our climate. Others are less so, including the very popular hybrid teas, many of which originated in southern China, a warmer climate than we often see here. Because of their warmer climate origins, they require protection to make it through the winter.

Typically done by Thanksgiving, mounding uses soil or compost piled to a height of eight to ten inches around each plant. This soil will help keep tender plant tissues and roots protected from most winter temperature drops. If soil is your desired 'insulator', bring it from another part of the garden. Pulling it from around the plant itself exposes roots, and can make them more susceptible to damage while opening the possibility of physical damage as well.

After the ground is frozen, further protection can be added. K-State Research & Extension Horticulturist Dr. Ward Upham suggests a four-inch mulch of straw, leaves or hay, followed by a little soil on top to hold the mulch in place. Do not add mulch prior to ground freeze or rodents may be attracted to the tender plant material.

This mounding process isn't only to help prevent cold air from getting to plant roots and lower stems. It also helps prevent plant growth from being stimulated during warm snaps in winter or early spring that can cause tissue damage when cold weather returns. If canes are tall, prune to a height of three feet and tie them together to prevent whipping that can damage the canes, plant crown, or even loosen surrounding soil.

Coverings should be removed before new growth starts in the spring. Don't remove it too early, however. Removal before the ground thaws may result in top growth before root systems are ready to provide moisture for the plant to survive. Removed soil should be transferred elsewhere, so that soil level around the plants isn't altered over time.

For more information on rose culture throughout the growing season, check out ***Growing Roses***, available from your District Extension Office or online from the KSU Bookstore at: <https://www.bookstore.ksre.ksu.edu/pubs/mf799.pdf>.

Cindy Williams
District Extension Agent
FACS

Tips For Staying Active Over The Winter Holidays

We typically eat more and exercise less during the holidays. If we get too much out of balance with our food intake and our activity output, we may literally be “bursting” with holiday cheer!” To help prevent our winter holiday season from coming “apart at the seams,” here are tips to fit in some physical activity.

*It’s a “shoe-in.” As much as you can, wear running or comfortable walking shoes so you can get moving whenever there’s an opportunity. Pop a casserole in the oven and head out the door for a walk or job while it’s baking. Park farther away and walk to your destination. Walk the mall before you shop the mall.

*Take the stairs. “In one minutes, a 150 pound person burns approximately 10 calories walking upstairs and only 1.5 calories riding the elevator,” according to the Centers for Disease Control and Prevention. Remember this quote by Joan Welsch and take the stairs, “A man’s health can be judged by which he takes two at a time—pills or stairs.”

*Work out with your mobile device. Download an app(s) or video(s) for your mobile device (iPad, iPhone, etc.) or watch an online video that will help you get moving. Some of these may be especially helpful when you’re traveling and staying in a hotel or with friends. Avoid workouts with lots of noisy activity that can bring management to your hotel door. Use your favorite search engine or check with the app store for your mobile device to find apps and videos that inspire you.

*Find trails and tracks before you travel. Visit the USA Track and Field website at <http://www.usatf.org/routes> for routes for walking or running in your destination city. Check with your host or hotel as to their safety before you take off. The hotel or your host may be additional suggestions.

*Try some tempting tunes. If you like to work out to music, “gift” yourself with some new tunes to get motivated. For example, searching for “holiday fitness music” or “Christmas fitness music” in the iTunes store yielded several downloadable albums for the winter holiday season. Or, you could put together your own playlist. A similar search in the “MP3 Music” category on Amazon.com also found several tunes. Check your favorite music source site for possible motivation.

*Clean your house. Set aside several hours one day and REALLY clean your house. Bending, squatting, running up and down stairs, standing while folding and putting away laundry, etc. all burn calories. Get workouts the old-fashion way by “working” out!

*Look for holiday fun run. Fun runs are often held over the holidays. There is usually a small fee and they’re open to everyone from runners to people who meander along the trail with friends. They are usually 5K runs (3.1 miles). Get in the back of the pack when starting if you plan to set a more leisurely pace. Invite your friends and plan on an outing with coffee or a meal together afterwards. You’ll feel better physically and mentally for it.

*Build activity into family visits or outings. Encourage house guests to bring workout clothes suitable for walking or perhaps activities at a local health club. By getting outside, you can't eat all the holiday leftovers lurking in the house.

*Fly with wheels (or a backpack). If you're flying during the holidays, use the time between flights to get in some activity. If time allows, walk to a far-away gate vs. taking a "people mover," Walk vs. wait at your gate until you can board your flight. If you are lugging carryon luggage, make it easier and more comfortable to move by using a wheeled suitcase or a backpack.

Nancy C. Nelson
Meadowlark Extension District
Family Life

New Physical Activity Guidelines for Americans

Regular physical activity is one of the most important things a person can do to improve their health. Moving more and sitting less have tremendous benefits.

Today, about half of all American adults have one or more preventable chronic diseases. Seven of the ten most common chronic diseases are favorably influenced by regular physical activity. Yet nearly 80 percent of adults are not meeting the key guidelines for both aerobic and muscle-strengthening activity, while only about half meet the key guidelines for aerobic physical activity.

The second edition of the Physical Activity Guidelines for Americans has been released by the U.S. Department of Health and Human Services. So what's new in this edition?

Since 2008, new knowledge has been gained on the proven benefits of physical activity for all ages and populations. New information on physical activity benefits include:

- Health benefits in relation to brain health, fall-related injuries, and cancer.
- Benefits for sleep, how people feel and how people function.
- How sedentary behaviors affect overall health.
- Guidelines for children ages 3 through 5 years.
- Tested strategies to get people more active.

These guidelines will be incorporated into the Walk Kansas program for 2019. K-State Research & Extension also offers Stay Strong, Stay Healthy which is an evidence-based, eight-week muscle strengthening exercise program for older adults.

Details about the new physical activity guidelines are available at <https://health.gov/paguidelines/second-edition/>.