

**David Hallauer**  
District Extension Agent  
Crops & Soils/Horticulture

### **Management of Eastern Redcedar with Herbicides**

The most common control methods used against Eastern redcedar are typically prescribed fire and cutting below the lowest branches. Fire works well on trees less than three feet tall where fuel loads are adequate to burn a significant portion of the tree. On larger trees, cutting below the lowest branches is effective since eastern redcedar doesn't resprout like hedge or locust. While not used as often, herbicides can also be an option in specific situations.

When herbicides are used for foliar application, products containing picloram are the most commonly used, with Escort XP having a label as well. All are relatively low usage rate products, but work best on small trees, require high spray volumes, thorough spray coverage, and may require a non-ionic surfactant for best results. They can be effective, but high spray volumes may be cost prohibitive and control decreases rapidly as trees height increases.

Soil applied options are available as well and include products like Tordon, Velpar L, and Pronone Power Pellets. Products are typically applied on the upslope side of plant during April and May or September and October with exact delivery hand-gun applicator. Rainfall is needed for activation and surrounding vegetation can be damaged.

Eastern redcedar management is an important part of grazing land management. Herbicides are often less economical than other methods, but may be a good option in specific situations. Many labeled products are restricted use pesticides with very specific application instructions to reduce vegetation damage. Always read and follow label directions.

For information, request a copy of the 2022 KSU Chemical Weed Control Office available from District Offices or online at: <https://bookstore.ksre.ksu.edu/pubs/SRP1169.pdf> .

### **Dormant Seeding of Turfgrass**

Seeding of cool-season turfgrasses (tall fescue and Kentucky bluegrass) is recommended in September to allow adequate establishment going in to winter. When we miss that window, however, dormant seeding could be an option in December through February when its' too cold for seed to germinate.

Good seed-soil contact is vital and can be achieved using multiple methods. One is seeding after a light snowfall that allows you to see the bare spots to seed, but is enough so when snow melts it puts seed into soil contact where it will germinate in the spring.

If soil is moist, you can simply apply to the soil surface, with freeze/thaw cycles opening small pockets on the soil surface that capture and hold seed. As soil dries, the pockets collapse and cover the seed. If soils are drier – and unfrozen - you can also use core aerating, verticutting or hand raking followed by a broadcast application of seed immediately after.

Seeding done by any of the above methods will germinate as early as possible in the spring, and that means herbicide restrictions may come in to play. Most preemergence herbicides require turf be well established prior to application. Before applying herbicides following seeding, always read and follow label directions.

## Ross Mosteller

District Extension Agent  
Livestock & Natural Resources

### Winter Mineral Nutrition

As I look back on some of my nutrition related articles recently, I see that I'm guilty of overlooking discussion that this article mentions in mineral supplementation. Mineral consumption in my cows has picked up as they are out on corn residue, so this has come to front of mind for me. Hopefully, you will find some takeaways from this article based on one originally written by Adele Harty, former SDSU Extension Cow/Calf Field Specialist.

Winter supplementation often focuses heavily on meeting protein and energy requirements of cows and tends to leave mineral nutrition as almost an afterthought. In reality, meeting all nutrient requirements, including energy, protein, minerals, vitamins, and water are equally important. Missing the mark in any of these five nutrient categories can have equally negative effects. In reality, all nutrients interact, and deficiencies in mineral nutrition can create deficiencies in availability of other nutrients, even if those nutrients are adequate in the diet.

During winter months, locally grown forages are typically the basis of ruminant diets, and important considerations are the amount and availability of minerals in forages. Due to the drought, this year may be a very different situation with hay coming from different areas in the state or country. The amount of each mineral in the forage is based on mineral content of the soils they are grown on, which is highly variable because of variation in the geologic parent material the soils come from. This really speaks to the value of doing forage testing!

Not only does this affect mineral status from one region to another, but it can be highly variable on a local basis, to the point that mineral content of forages can vary from one pasture to the next. Additionally, mineral content and availability are not the same thing, with mineral interactions playing a key role. Another key characteristic of forages that drives mineral availability is digestibility. Higher quality forages that have higher digestibility will have greater availability of the minerals they contain than mature forages such as dormant winter range, crop residues, or CRP hay.

Due to drought conditions and ranchers having to utilize alternative forages, the mineral program that has worked in the past may not meet the mineral requirements of the animals this year. When speaking of forage mineral levels, typically calcium levels are adequate in forages and phosphorous levels tend to be low and often inadequate, especially in mature forages. Thus, phosphorous supplementation is often necessary, especially with low quality forages such as winter range, crop residues, or low-quality hay. Don't forget, the protein supplement used has to be evaluated for mineral content as well.

In general, mineral nutrition is challenging as minerals can interact with each other and can be antagonistic, meaning that they can bind with each other and reduce availability to the animal. In other words, sometimes an excess of one mineral has to be fed in order to overcome an antagonism. Secondly, excess minerals can cause toxicity and potentially death, therefore to overcome the antagonisms it is critical that minerals are not supplemented needlessly because of cost and toxicity concerns.

Minerals are important nutrients that need to be properly balanced in the diet. If dietary feedstuffs do not contain adequate minerals or contain an imbalance, then mineral supplementation is necessary. This is usually the case. However, mineral supplements are often expensive and careful attention to providing the right supplement can be key to ensuring that we get the biggest bang for the buck.

**Teresa Hatfield**  
District Extension Agent  
Family and Community Wellness

### **Why Strength Training is Important as You Age**

As we get older, we lose muscle mass. It's something that happens as we age. It generally starts in middle age in our 40s, losing approximately 1% of muscle mass yearly. This loss of muscle is called Sarcopenia and can lead to serious consequences. You may find it more difficult to do household tasks or carry a load of laundry. Because of muscle loss, older adults are more likely to have an increased risk of falling, which can lead to serious complications.

Anyone can start a strength training program. Adding strength training can help you improve or maintain your current level of muscle mass. Strength training can add many benefits to your health. As well as building muscle, strength training can help build bone which can help to prevent Osteoporosis. It can help lower blood pressure and improve cholesterol. Also, strength train can help reduce stress. You can also make new friends if you participate in a group setting.

Stay Strong, Stay Healthy is a program offered through K-State Research and Extension designed to help maintain or improve muscle mass. The University of Missouri adopted Stay Strong, Stay Healthy from the Tufts University program for women. 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. Class members are encouraged to exercise once more during the week.

Evidence has shown that this program works—participants who have completed the program report feeling better in their overall health and feel stronger. One hundred percent of participants in a recent Stay Strong Stay healthy class improved on their post-fitness assessment fitness test in some capacity. Eighty-five percent improved on their balance test, 100% improved on the chair sit and reach test, 66% improved on the back scratch test, and 85% improved on the 8-foot up and go test. Participants report feeling less tired, being in a better mood, having more self-confidence, and having more motivation to improve themselves.

Stay Strong, Stay Healthy classes will be offered by the Meadowlark Extension District. Classes will generally meet on Tuesdays and Thursdays beginning January 10, 2023. Each class is one hour long, starting at 9:30 a.m. The cost is \$20 per person for all 16 sessions. Hand and leg weights are provided; all you need to do is wear comfortable clothing and closed-toed shoes. Class space is limited, and registration is required. For more information, visit the Meadowlark Extension District website at [www.meadowlark.ksu.edu](http://www.meadowlark.ksu.edu) or call the Holton office: at 785-364-4125 or Oskaloosa office: at 785-863-2212.

Meadowlark Extension District Stay Strong Stay Healthy Winter Classes:

Jackson County Senior Center  
312 Pennsylvania Ave, #B  
Holton, KS 66436

Meadowlark Extension District  
Oskaloosa Office  
100 E Washington  
Oskaloosa, KS 66066

## Cindy Williams

District Extension Agent  
Family & Community Wellness

### **Budgeting For the Winter Holidays**

From Thanksgiving to New Years, winter holidays can be stressful mentally and financially. The beginning of the winter holiday season has begun, filled with food, family, friends and fun.

Kansas State University personal financial planning specialist Elizabeth Kiss says that as celebrations are planned, it is important to consider the mental and financial stresses of the holiday season. “One way to approach holidays is managing your time, energy and money,” Kiss said. “Things to think about are what’s important to us as individuals and what is it what our family enjoys most about the holidays and really focus on those things, which for many families, is being together.”

Kiss said food is a large part of the holiday budget, including traditional meals as turkey on Thanksgiving as well as serving food during parties or open houses, baking and eating out.

“Some things that people don’t think about when budgeting is the family pictures or having your home cleaned by a service or getting the carpet cleaned this time of year,” Kiss said. “Also adding in services, you get on a regular basis, (such as) your hair person or your nail person. This is a time of year when we often make a charitable donation, (which is) another thing to think about in terms of your holiday budget.”

Kiss added that holiday decorations---such as plates, napkins and wrapping paper---are important to budget in, but urges consumers to be cautious of the environmental impact of excessive paper products. “I think we sometimes have unrealistic expectations of the holidays, and that can not only be stressful from a financial standpoint, but a mental standpoint as well,” Kiss said. She adds: “The perfectionism and high standards that we place on ourselves, especially when it comes to food, can be draining. It is more about being together and less about all of the decorations, all of those things being perfect.

There is a need to keep a normal routine between celebrations, especially for children. “This is a lot of stimulation for children, and they may be eating differently---maybe more sweets than usual---so keeping mealtimes at a regular time and keeping bedtime fairly regular is important. Also consider how much they can handle in terms of events and stimulation, what they’re interested in doing or what they most enjoy.

Keeping children physically active helps them stay engaged. Being outdoors or in an indoor atmosphere where it’s okay for kids to run around can help. Board games and outdoor activities don’t cost a lot of money.

“I think having a (shopping) list and having a conversation with your family members about what isn’t appropriate for the dollar amount can be really helpful (in saving money),” Kiss said. She recommends making lists for all gifts and browsing before purchasing to be able to take advantage of good prices and not overspending or not following a plan. Research has reported already that more than half of shoppers have already started gift shopping so they can recognize the deals, and so they spread (expenses) out a little bit in their budget,” Kiss said.

Different financing plans are popular this year, Kiss said, and, “I think we need to understand what the repayment expectations are. It may mean that you make one payment in six months or you will be making payments along the way.” “So, you really must understand the terms and conditions when they say zero percent interest for six months or 12 months or 18 months, because you don’t pay interest, but you still have to pay for the gift.” she said.

Kiss suggests paying more upfront and financing less to minimize debt in January; pay cash when available. Keeping receipts and minimizing credit card use can help shoppers stick to a budget.

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“Have conversations with your co-worker groups about how you would like to celebrate as a group, and maybe not everyone wants to do the gift giving. Maybe people would like to have a potluck or a cookie exchange, go out for dessert, or go out after work,” Kiss said, “Just enjoy the time together.”

Don’t forget to shop locally and supporting the community.

“Make the holidays what you want the holidays to be and be comfortable with what you decide. Try and keep that stress level---both mentally and financially---as low as possible.” Kiss said.