River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

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K-STATE Research and Extension

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MACY HYNEK TO TRANSITION TO RIVER VALLEY DISTRICT 4-H AGENT POSITION

Hello, River Valley District! My name is Macy Hynek and I am the new 4-H Youth Development Agent. I joined the River Valley District team in February 2020, as the Washington County 4-H Program Manager.

I graduated from Kansas State University in May 2020 with a bachelor's degree in Human Development and Family Science. During my time at K-State, I got the opportunity to be a part of a variety of research settings. I had the opportunity to work in Research Compliance, as well as two vastly different research teams, Plant Pathology and Applied Family Science.

In my last year at K-State, I was fortunate enough to receive an internship with K-State Research and Extension. This opportunity allowed me to work with seven counties across the state of Kansas as well as three program areas within K-State Research and Extension. This is where my passion for working with youth and rural Kansas communities really started.

I was raised on a farm near Pomona, Kansas, which is about an hour south of Topeka. My husband, Ryan, was born and raised in Washington County. We live on a farm near Haddam, Kansas, where we own a cow-calf operation and raise corn, beans, milo, and wheat. We have a strong passion for agriculture and enjoy being outdoors. Some of my hobbies include traveling, hunting, fishing, and playing cards, however anytime spent with family and friends is time well spent. I am happy to have made North Central Kansas my lifetime home.

Over the past almost two years, I have thoroughly enjoyed watching and helping 4-H youth grow and succeed through our organization. One of my favorite parts of my job is getting to meet new people. I look forward to developing and implementing 4-H programming across the district, as well as, getting to meet new 4-H youth, families, and community members.

If you would like to contact me, please stop by the Belleville office, call me at 785-527-5084, or email me at macy22@ksu.edu.

2022 MEDICARE PART D PLANS

Twenty-two Medicare Part D Prescription Drug plans are available for 2022 in Kansas. Plan Premiums range from $6.60 to $101.40 in 2022. There is one new Prescription Drug Plan for 2022 and eight Prescription Drug Plans which are discontinuing coverage in 2022. All members of discontinuing plans will be automatically moved to a different Part D Prescription Drug Plan.

Discontinued/Non-Renewing Plans

Blue MedicareRx Enhanced (PDP) S5726-019*

Express Scripts Medicare - Choice (PDP) S5660-194*

Express Scripts Medicare - Saver (PDP) S5660-240*

Express Scripts Medicare - Value (PDP) S5660-126*

WellCare Medicare Rx Saver (PDP) S5810-058*

WellCare Medicare Rx Select (PDP) S5810-301*

WellCare Medicare Rx Value Plus (PDP) S5768-147*

WellCare Wellness Rx (PDP) S4802-193*

New 2022 Plans

Wellcare Medicare Rx Value Plus (PDP) S4802-227*

**Reference to any specific commercial products, process, service, manufacturer, or company does not constitute its endorsement or recommendation.*

PART D PRESCRIPTION DRUG OPEN ENROLLMENT EVENTS IN THE RIVER VALLEY DISTRICT

Liz Shoemake, SHICK Counselor from the North Central – Flint Hills Area Agency on Aging will be one of the counselors at these enrollment events. Thanks to Liz for her coordination and assistance to the District SHICK Counselors.

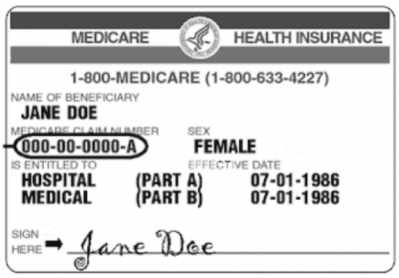
Concordia Extension Office – Thursday, November 18th

Three SHICK Counselors are available for appointments during this Open Enrollment Event. Call the Concordia Extension Office at 785-243-8185 for an appointment.

Belleville Public Library – Friday, November 19th

Three SHICK Counselors are available for appointments during this Open Enrollment Event. Call the Belleville District Extension Office at 785-527-5084.

2022 MEDICARE PART D PRESCRIPTION DRUG PLANS


MEDICARE HEALTH INSURANCE
1-800-MEDICARE (1-800-633-4227)
NAME OF BENEFICIARY
JANE DOE
MEDICARE CLAIM NUMBER
000-00-0000-A
SEX
FEMALE
IS ENTITLED TO
EFFECTIVE DATE
HOSPITAL (PART A) 07-01-1986
MEDICAL (PART B) 07-01-1986
SIGN HERE
Jane Doe

Time is running out to shop and enroll in a 2022 Medicare Part D Plan. The open enrollment period for Medicare 2022 Part D Prescription Drug Plans began October 15th and will continue only until December 7th. A limited number of counseling appointments are available at the four offices in the River Valley Extension District. Lessen the stress in your life by shopping and enrolling now.

PROTECT YOURSELF FROM THE FLU

Flu season is back – have you gotten your free flu shot yet? Flu viruses change from year to year, so it's important to get a flu shot each year. Those age 65 and older are a vulnerable population meaning they are at a high risk of having serious health complications from contracting the flu.

The flu shot is free for people with Medicare, once per flu season, as long as you get the shot from a doctor or from other health care providers that accept Medicare. The flu shot is covered under Part B of Medicare. Protect yourself, your loved ones, and others this season by getting your free flu shot. (medicare.gov)

FREE MEDICATION DISPOSAL BAGS AVAILABLE

With the upcoming holidays, don't be the drug dealer for your visiting family and friends. Over 115 Americans die daily from opioid overdose. With the opioid epidemic growing, properly disposing of unused and expired medications is important.

All four offices in the River Valley Extension District have medication disposal bags available for free to the public. They can hold 15 pills, 2 ounces of liquid, or 2 patches.

The diposal is as easy as 1 – 2 – 3.

1. Open the pouch and place unused medication inside.
2. Fill the pouch halfway with warm water and wait 30 seconds.
3. Seal the pouch tightly, gently shake, and dispose of the pouch in the trash.

Help stop the opioid epidemic and dispose of your unused and expired medications today. Stop by a River Valley Extension District office to start cleaning out your medicine cabinet.

For more information on the opioid epidemic and medication disposal bags, please visit our website at https://www.rivervalley.k-state.edu/foods-health-nutrition/health.html or call your local River Valley Extension Office.

The River Valley Extension District Offices will be closed for the upcoming holidays:

Wednesday, November 11—Veterans Day

Thurs. & Friday, Nov. 25 & 26—Thanksgiving

Dec. 24 –December 31– Christmas

We will resume normal business hours on Monday, January 3, 2022

FALL YARD CLEAN-UP

It's that time of year again when leaves are falling from deciduous trees. Now is a good time to stop and think about options for handling the leaf litter. Although a scattering of leaves won't harm the lawn, an excessive cover of leaves for an extended period will prevent sunlight from reaching the turfgrass causing the grass to be unable to make the carbohydrates needed to survive the winter.

There are other options for dealing with the fallen leaves rather than bagging them up and putting them out for the trash collector.

The first option is composting. Composting is a great way to handle the refuse. The compost can then be added to your vegetable garden and/or flowerbeds, to increase the amount of organic material in your soil.

Another option is to mow the leaves with a mulching mower and let shredded leaves filter into the turf canopy. (A side-discharge mower also will work, but it won't shred the leaves as thoroughly). This method will be most effective if you do it often enough that leaf litter doesn't become too thick. Be sure to mow while you can still see grass peeking through the leaves.

While you are working to keep the leaves from piling up on your turf, you can also decide what needs to be cleaned-up in your flowerbeds.

Fall is traditionally a time for cleaning up flowerbeds. Normally, we recommend cutting down dead stems to help control insect and disease problems. But, with herbaceous perennials that have been pest free, you might want to consider leaving some to provide winter interest to your garden. For example, ornamental grasses can be attractive even during the winter months. Those near structures like your house, or sheds should be cut to the ground because when they get dry they could be a fire hazard. Perennials with evergreen or semi-evergreen foliage can provide color and structure.

Foliage can be left for a few other reasons as well. For instance, foliage left on semi-hardy plants will act as mulch to protect from harsh winter winds and help to ensure overwintering of the plant's crowns. Another reason to leave some foliage in your beds is because of wildlife. Birds will eat seeds from the perennials, and others will use the plants as shelter. So this fall take the time to look around your yard and see what you can do to prepare your landscape for the winter months. If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

PRESERVING GARDEN TOOLS

Do your gardening tools have wooden handles? Are the handles slowly deteriorating? Storing tools in a protected location can slow the deterioration process, but normal use will still expose the tools to the elements.

The end of the gardening season is a great time to clean up and protect the wooden handles so they will last for years to come. Over time the wooden handles start to break down from weathering. Weathering raises the grain of the wood, resulting in splinters. A light sanding can smooth out the handle, followed by a light application of a wood preservative like linseed oil or polyurethane to protect the wood.

Be sure to clean off any dirt residue from the metal parts of the tool. Once the dirt is cleaned off, apply a light coat of oil to prevent the metal from rusting. Good gardening tools are expensive, but a few minutes of care after the season is over will keep your tools looking new for years to come. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

TUCKING YOUR LAWNMOWER IN FOR THE WINTER

If you are done mowing for the year, be sure to service your mower before putting it away for the winter. Make sure you drain the gas tank or use a gasoline stabilizer in gasoline-powered engines. Untreated gasoline can become thick and gummy. If your equipment has a battery, you will want to clean the battery terminals. They sometimes corrode throughout the season; a wire-bristle brush is a good tool for this. The battery can then be removed or connected to a battery maintainer to keep it charged over the winter. Be sure to keep the battery in a protected location for the winter (a cool basement works best).

Now is also a great time to sharpen the mower blades so they'll be ready for next spring. Sharpening rotary mower blades is fairly straightforward, but the following steps will guide you through the process.

1. Check the blade for major damage. If you can't fix it, the blade will need to be replaced.
2. Remove grass and debris from the blade with a moist cloth. Be sure to dry the blade before sharpening the cutting edge.
3. Remove nicks from the cutting edge by using a grinding wheel or hand-file.
4. If using a grinding wheel, match the existing edge angle to the wheel.
5. Grind or file until the edge is 1/32 inch. Sharpening the blade to a razors edge may result in the edge folding over during the next season causing a poor cut.
6. When using a grinding wheel, avoid overheating the blade as this might warp it.
7. Clean the blade with solvent or oil for optimum winter storage. Don't use water because it will promote rust.

Following these tips this winter will keep your mower in great shape and save you time next spring.

WINTERIZING ROSES

Now that the temperatures have been getting colder, it's time to think about preparing your landscape for the winter months. Most shrub roses are hardy to our Kansas winters, but a few types of roses could have problems adjusting to our winters. For example, the hybrid tea roses have certain species in their ancestry that originated in the warm climate of southern China. These roses need protection to survive Kansas winters. One way to help protect your roses is by mounding the soil about eight to ten inches high around each plant. When using soil, bring it in from another location. You do not want to pull from a part of your landscape that has disease problems. Do not pull it from in-between plants because this can damage the roots or make them more susceptible to the cold. Mounding is normally done by Thanksgiving.

After the ground has frozen, add a 4-inch layer of mulch. The mulch can be made up of straw, leaves, or hay for further protection. A small amount of soil may be spread on top of the mulch to keep it in place. Do not add the mulch before the ground freezes or mice may invade and feed on the roses over the winter. The purpose of these coverings is not only to moderate the cold, but also to prevent warm days during the winter or early spring from stimulating growth that is tender to returning cold weather.

If your roses have excessively tall canes they can be pruned to a height of 36 inches or tied together to prevent them from being whipped by strong winter winds. Wind can cause major damage to the crown of the plant by loosening the surrounding soil. Next spring, remove coverings from the crown before new growth starts. Wait until after the ground thaws, as the temperatures are more consistent. If you remove the coverings too soon the tops may begin growing before the roots can provide water to the new growth. If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

MAKE PLANS NOW TO ATTEND THE 2021 KSU SWINE DAY

The 2021 KSU Swine Day will be hosted Thursday, November 18, at the KSU Alumni Center. The schedule for the day includes:

8am-4pm	Trade Show
9:15am	Welcome *Dr. Mike Day, Department Head, Animal Sciences and Indus*try
9:30am	Latest update on K-State Applied Swine Nutrition Research: 15-minute rotation including topics on Swine Nutrition, Feed Safety and Feed Processing. *K-State Swine Faculty*
11:30am	Lunch with Trade Show
1:30pm	Latest Update on K-State Applied Swine Nutrition Research (continued)
2pm	Swine Health Improvement Plan *Dr. Rodger Main, Director at Iowa State University Veterinary Diagnostic Lab.*
2:30pm	Adapting to a Changing Swine Industry Landscape *Dr. Jon De Jong, President, Pipestone Nutrition, Pipestone, MN*
3pm	Question and Answer Session
3:30pm	Reception with K-State Ice Cream

Pre-registration fee is $25 per participant by November 10, with registration at the door $50 per participant. There is no charge for any students if they pre-registered. The complete schedule and online registration information can be found at www.KSUswine.org. For more information, contact Lois Schreiner at lschrein@ksu.edu or call 785-532-1267.

No River Valley Lease Survey for 2021

We will not be asking for lease survey data for the River Valley District this year. We have decided to collect this data in alternate years, so expect us to reach out again in the fall of 2022.

The River Valley Lease Survey Summary for 2020 will still be available in our offices and will be a good starting point for our customers to use. Please call any of the four offices in the district if you have any questions concerning that information.

MUSK THISTLE CONTROL IN THE FALL

Musk thistle (Carduus nutans) is one of 12 noxious weeds in Kansas infesting nearly 500,000 acres. Musk thistle has been reported in nearly every county in Kansas and is found primarily in pastures, rangeland, hay meadows, alfalfa, fallow roadsides, and waste areas. Under the new Noxious Weed Law (March 2021), musk thistle is considered a Category C weed. That means that musk thistle is well established within the state and has extensive populations.

Control efforts should be aimed at reducing or eliminating new populations and established stands should be managed with any accepted control method. Accepted control methods include mechanical, chemical, and biological approaches. Mechanical control involves removing the entire plant or just the reproductive parts to prevent the plants from producing flowers/seeds. Mowing, digging, and hoeing are common mechanical methods of controlling musk thistle. A number of herbicides are labeled for use on musk thistle and will be discussed below. Biological control requires a permit and needs to be integrated with other methods. Head and crown weevils are found in the state, but cannot be transported across state lines. A flower fly (Cheilosia corydon) is a new candidate species for biological control of musk thistle.

Musk thistle is primarily a biennial or winter annual species. Biennials take two growing seasons to complete their life cycle. Thistles that germinate in the spring will spend the entire summer as a rosette, live through the winter, and bolt the next year in May and June. Winter annual plants will germinate with moisture and warm temperatures in the fall, live through the winter, and bolt the following year.

Most people recognize musk thistle during the early summer when the plants are actively blooming. However, musk thistle control is easiest as a rosette (Figure 1).

Figure 1. Musk thistle in rosette stage of growth. Photos courtesy of Walt Fick, K-State Research and Extension.

Fall is an excellent time to spray musk thistle as all are in the rosette stage of growth. Another advantage for treatment in the fall is reduced risk of off-target drift. Waiting until most deciduous trees have lost their leaves and most crops are harvested will greatly reduce the likelihood of damage from herbicide drift. A wider window of opportunity for treating musk thistle also exists in the fall. The spraying window in the fall probably extends until the ground is frozen and the musk thistle plants have shut down activity until warmer temperatures in the spring. Freezing temperatures will start to damage musk thistle plants, with some yellowing and curling of leaves. However, the plants are susceptible to herbicides as long as green tissue exists.

Dry conditions in the fall can reduce control of musk thistle with certain herbicides, but studies in Kansas indicated that a fall application of 2,4-D LVE at 2 lbs per acre was more effective (80% control) than a similar rate of 2,4-D amine (49% control). Dicamba + 2,4-D amine at 0.25 + 0.75 lbs per acre and picloram at 0.125 lbs per acre were also effective (>90% control) on musk thistle treated in the fall. Other herbicides that have proven effective include 3-5 fl oz/acre aminopyralid (Milestone) and aminopyralid + metsulfuron (Chaparral at 1.5 oz/acre). Products containing picloram and aminopyralid will not only control rosettes treated in the fall, but will have enough carryover to control emerging seedlings the following spring.

If you need to treat musk thistle this fall, select the proper herbicide for the job. If possible, select a warm, sunny day to spray. Scattered rosettes can be mechanically removed by digging below the crown.

By Walt Fick, Rangeland Management Specialist

FORAGE ANALYSIS: WHAT NUMBERS DO I NEED?

A common question I receive regarding analytical testing of forages and other feedstuffs is "I have the sample, now what do I test for or what analysis package should I select?"

The basic components that nutritionists need to evaluate a feedstuff or develop a ration are dry matter or moisture, crude protein, an estimate of the energy content of the feedstuff [Total Digestible Nutrients (TDN), Net Energy for Maintenance (NEm), Net Energy for gain (NEg)], and the macro minerals, Calcium and Phosphorous. These are the most basic numbers that are required, but including some additional analyses in the report can give us additional insight into the quality of the feedstuff or improve our ability to predict animal performance, which is the primary reason we analyze feedstuffs.

I recommend that the report include acid detergent fiber (ADF) and neutral detergent fiber (NDF). The amount of NDF in forage reflects the amount of cell wall contents (hemicellulose, cellulose, and lignin) within the sample. The NDF fraction is often associated with the respective bulkiness of forage and is correlated with dry matter intake of the forage or feedstuff. Therefore, the amount of NDF may be used to estimate the expected dry matter intake associated with the forage.

The ADF number represents the amount of cellulose and lignin within the forage and is correlated with the respective digestibility of the forage. In general, a higher ADF value is associated with forage that has a greater proportion of cellulose and lignin and would likely be more mature. Additionally, the ADF fraction is used to calculate the energy estimates TDN, NEm, and NEg that appear on the report. There are a number of different mathematical equations that the testing laboratory may use to calculate these numbers, based on the type of sample (corn silage, alfalfa, grass hay, etc.). If the ADF is included in the report, the nutritionist can adjust or recalculate the energy estimates if necessary.

If the forage will be fed in combination with a byproduct feed such as wet distiller's grain, including an analysis for sulfur can be beneficial if the forage will be used in a growing or feedlot ration. Additionally, if the forage is a known nitrate accumulator (forage sorghums, sudangrass) or may have been stressed due to drought, including a nitrate analysis should always be considered, especially if the forage will be fed to pregnant cows.

Most analytical laboratories have a number of different analysis packages which encompass the most common procedures or numbers that a nutritionist or producer needs to know about their feeds. These packages will typically include the basic procedures (DM, CP, TDN) and then add on specific analyses such NDF, or the Macrominerals (Ca, P, Mg, K, Na, Cl, S). Some laboratories may group analysis packages by the type of sample (Forage vs. mixed ration) or production purposes (dairy vs. beef).

The objective of analytical testing of forages and feedstuffs is to improve our ability to meet the animal's nutrient requirements and ultimately predict animal performance. The unequivocal best method of evaluating the quality of a feedstuff is feeding the feedstuff to an animal and evaluating performance over a set period of time, under a specific set of conditions. Since that would not be cost effective or timely, analytically evaluating feedstuffs in a laboratory is the next best thing and although it is not perfect, it is unequivocally better than the "this looks like really good stuff" method of evaluating feedstuffs.

Justin Waggoner, Beef Systems Specialist

JAKE PANNBACKER AWARDED RVED'S 2021 APPRECIATIOIN AWARD

Each year, the K-State Research and Extension - River Valley District recognizes an individual or family that goes above and beyond to assist them in their extension mission. At an appreciation dinner in September, they presented the 2021 Extension Appreciation Award to Jake Pannbacker of Washington, Kansas.

Jake was born and raised in Washington and has been a part of the 4-H organization his entire life. Growing up, Jake was a member of the Busy Bee 4-H Club, where he enjoyed participating in the photography and beef projects.

His passion for 4-H led him to become a volunteer. He was an Ambassador sponsor for a few years until he took over for Bob and Annette Harlan as the Washington County Photography Superintendent in 2013.

Jake is that one-of-a-kind volunteer and every year at the fair, the kids look forward to seeing him. He holds photo-mounting workshops before fair every year. He also oversees and handles everything at the photography judging at pre-fair and at fair. His hard work and dedication to our youth is irreplaceable. Not only is he a huge asset to our team here in Washington County, but Jake has also volunteered at the Kansas State Fair for the last 6 years.

He is partners with his Dad in their family farming operation and Camp Creek Feeders. Jake says his goal for the future is to have project meetings like Bob and Annette Harlan used to.

The River Valley District – Extension Council would like to take this opportunity to thank Jake for his continued dedicated service and assistance in our 4-H organization.

Also recognized at the appreciation dinner were 2020 Extension Appreciation Award winner Terry Montague and recent River Valley District retirees Denise Swenson, Karen Langvart, Deanna Turner, John Forshee, and Sonia Cooper. There was also a special recognition of the Richard and Denise Swenson Family, recipients of the 2019 Kansas Master Farmer /Master Farm Homemaker Award.

WINTERIZING STRAWBERRIES

Winter can be a difficult time for strawberries in Kansas. Plants need time to become adjusted to cold weather and will gradually become more cold resistant as fall progresses. Strawberry plants are able to withstand colder temperatures in the middle of the winter than cold snaps in the fall before they have gone through much cold weather. For example, if temperatures suddenly plummet below 20°F before the plants harden to the cold, they can be severely damaged. A drop to 15°F may kill them. Hardened plants can withstand such temperatures with ease.

Normally, strawberries should be mulched for the winter around Thanksgiving. Mulching plants helps protect strawberries not only from low temperature but also from heaving damage. Heaving damage occurs when the alternate freezing and thawing, common in Kansas winters, heave plants out of the ground where the roots are exposed and the plants die from lack of water.

Wheat straw makes good mulch if it is clean (free from weed seed and wheat kernels). The straw should be spread over the plants to a depth of 3 inches. Shake the slabs of straw apart so there are no large compressed chunks. This straw mulch not only helps protect the plants over winter but can also help avoid damage from late spring frosts by delaying blooming a few days in the spring. The straw should be removed gradually in the spring as plants begin developing new growth. Remove enough straw from the plants so the leaves can be seen, but you will want to leave some straw in place. Leaving some straw in place keeps the berries off the ground and conserves moisture. Also, straw left in the aisles helps protect pickers from muddy conditions. If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

Risk Management Skills for Kansas Women in Agriculture

Another statewide Women in Agriculture series is coming to the district in 2022! Risk management skills for Kansas Women in Agriculture is a statewide program to address crop insurance, government programs, and marketing amid a struggling farm economy.

This series will be held in Clay Center, Kansas and the dates scheduled are Jan. 12th, Jan. 19th, Jan. 26th and Feb. 2nd. Sessions will be from 6:00-8:30pm each night, with dinner provided at 5:30pm. Be on the lookout for more information about this series in next months' newsletter!

K-STATE Research and Extension | River Valley District

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RIVER VALLEY DISTRICT

"2021 UP-COMING MEETINGS & EVENTS"

DATE	TIME	PROGRAM	LOCATION
Oct. 15-Dec . 7		Medicare Part D Open Enrollment	RVED Offices- Call for Appointment
Nov. 10		KSU Fall Ranch Management Seminar	Larned
Nov. 11		RVED Offices Closed for Veterans Day	
Nov. 18		KSU Swine Day	KSU Alumni Center
Nov. 25 & 26		RVED Offices Closed for Thanksgiving	
Dec. 24-31		RVED Offices Closed for Christmas	