

River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

February 2022
Volume 16 #2

BELLEVILLE OFFICE

1815 M Street
Belleville, KS
66935-2242
Phone: (785) 527-5084
rp@listserv.ksu.edu

CLAY CENTER OFFICE

322 Grant Avenue
Clay Center, KS
67432-2804
Phone (785) 632-5335
cy@listserv.ksu.edu

CONCORDIA OFFICE

811 Washington—Suite E
Concordia, KS
66901-3415
Phone: (785) 243-8185
cd@listserv.ksu.edu

WASHINGTON OFFICE

214 C Street—Courthouse
Washington, KS
66968-1928
Phone: (785) 325-2121
ws@listserv.ksu.edu

Check us out on the Web at:
www.rivervalley.ksu.edu
or on Facebook @ River Valley
Extension District

K-STATE
Research and Extension

K-State Research and Extension is an equal
opportunity provider and employer.

ksre.k-state.edu

KAITLIN MOORE JOINS RIVER VALLEY DISTRICT AS NUTRITION, FOOD SAFETY, AND HEALTH AGENT

Hello River Valley District. My name is Kaitlin Moore and I am the new Nutrition, Food Safety, and Health Agent. I will be taking over where Sonia Cooper left off. I am excited to be back with Extension. I previously worked alongside Sonia between 2016 and 2018 when I was employed as a Nutrition Educator for the River Valley District. The photo you see here was taken during that time. So, if you're wondering why my name might sound familiar or why I might look familiar, it is because you might have seen my educational programs advertised, or perhaps your child mentioned what they learned from the 'Nutrition Lady' at school. Eventually another Nutrition Educator will be hired and those classes will begin again.



I am from Concordia though I did spend about seven years of my childhood in the Phoenix metro area. After graduating from Concordia High School and Cloud County Community College, I moved to Emporia to work on my bachelor's degree and then to Fort Hays State University to work on my master's. I think living in communities of different sizes and demographics are deeply valuable experiences. With that said, I am grateful for the opportunity to work at a stimulating and rewarding job in a rural community which also happens to be where my immediate family resides – bonus!

As I mentioned, I earned my master's degree from Fort Hays State University. I studied biology. My research focus was a bioprospecting effort. Soil was the stream, applying soil to growth media and incubating it was the panning, and any bacterial species that was able to inhibit the growth of *Staphylococcus aureus* was the gold. I have thought about the possibility of doing a similar project with 4-Hers, hopefully this is feasible, time will tell. While I was working toward my master's degree I also taught undergraduate labs in the biology department. I taught anatomy and physiology, introductory biology, biology for allied health professionals, and microbiology labs.

After I graduated I moved back home to Concordia and shortly thereafter, started with the River Valley District as a Nutrition Educator. I learned a lot about nutrition and gained additional, valuable experience teaching both youth and adults, in a variety of settings.

I stepped down from my role as Nutrition Educator to work for the Kansas Department of Agriculture. I was with the KDA's Food Safety Program for the last three years. The last position I had with them was inspecting food manufacturing facilities, both for the state of Kansas and the FDA. Before I returned to the River Valley District, I was training to perform produce farm inspections.

One of the roles I hope to fill as a Nutrition, Food Safety, and Health Agent, is to serve as a resource for any food safety and produce safety related questions the community members might have, including food establishment operators.

On a more personal note, some of my interests include exploring; I especially like looking at historic homes and buildings. I also deeply enjoy music, I would go so far as to say this is a need and not an interest. I like trying new foods and recipes and restaurants. This past summer I planted a flower garden for the first time and I really enjoyed doing it, so I am looking

forward to doing it again and learning more about plants and landscaping. I am just getting back into yoga, how cool is it that Concordia has a yoga studio!? I also volunteer for the Western Plains Animal Refuge out of Hays, when I can. I recently became a first-time homeowner, so now it seems that all my spare time and thought goes to that now – trying to figure out how to make the best use out of the 670 square feet I purchased.

I am looking forward to getting to know the communities within the River Valley District better and making research-based information easily accessible and digestible for them. My office is in Concordia, please feel free to stop by or call me at 785-243-8185 or email me at kaitlinmoore@ksu.edu.

MEDICARE BASICS PROGRAMS

Each year many people are approaching their 65th birthday, contemplating retirement, and starting their journey with Medicare. Medicare, all its parts, and the advertisements can be confusing. Let us help. Join Monica Thayer, Family Resource Management Agent and Jordan Schuette, Adult Development and Aging Agent for a Medicare Basics class.

Clay Center – February 8th

Clay Center Extension Office

322 Grant Ave., Clay Center, KS 67432

6:00 p.m.

Washington – March 7th

FNB Meeting Room-Bank Basement

101 C St., Washington, KS 66968

6:00 p.m.

Concordia – April 4th

Commercial Building at Cloud County Fairgrounds

610 Industrial Rd., Concordia, KS 66901

6:00 p.m.

Please RSVP for the Clay Center Medicare Basics Program by calling the Clay Center Extension Office at 785-632-5335.

Please RSVP for the Washington Program by calling the Washington Extension Office at 785-325-2121.

Please RSVP for the Concordia Program by contacting the Concordia Extension Office at 785-243-8185.

We do schedule one-on-one appointments in all four offices of the River Valley Extension District. If you are New to Medicare or have other questions about Medicare contact Monica Thayer in the Belleville Office at 785-527-5084 or Jordan Schuette in the Washington Office at 785-325-2121.

CORRECTED 2022 MEDICARE FIGURES

In the December River Valley District Newsletter we shared 2022 Medicare Costs. One of these updated costs was that for the Part B deductible. I made a mistake and shared the incorrect amount. I apologize for this error and hope it has not caused too big of an issue. Below is the correct information and cost.

Medicare beneficiaries with a Plan D, G, K, L, M, or N Supplement Insurance paid \$203 for their Part B deductible in 2021. There will be an increase of the Part B deductible in 2022 to \$233.

If you have any questions please call me at the Washington office at 785-325-2121 or email me at jschuette@ksu.edu.

AMERICA SAVES WEEK

River Valley District is a proud partner of America Saves Week, an annual national campaign that encourages individuals and families to assess their finances by highlighting several key areas of financial well-being. America Saves Week is February 21st through February 25th.

There is no better time than the present. Whether you are saving for an emergency fund, large purchase, or retirement, now is the time to take the America Saves Pledge at www.americasaves.org.

Follow River Valley Extension District on Facebook for daily tips and information during America Saves Week and sign up for emails at <https://river-valley-extension.mailchimpsites.com/> by selecting “Financial and Family Resources”.

The daily themes are:

Monday, February 21st – Save Automatically
Tuesday, February 22nd – Save for the Unexpected
Wednesday, February 23rd – Save for Retirement
Thursday, February 24th – Save by Reducing Debt
Friday, February 25th – Save as a Family

Since 2007 America Saves Week, coordinated by America Saves and its partners, has been an annual celebration and a call to action for everyday Americans to commit to saving successfully. Through the support of thousands of participating organizations, together we encourage our local communities to do a financial check in to get a clear view of your money story and saving behaviors. The America Saves pledge is the online tool that allows savers to set a goal and plan to achieve better financial stability.

If you have any questions about America Saves Week or financial management, contact Monica Thayer, Family Resource Management Extension Agent at 785-527-5084 or mthayer@ksu.edu.

Understanding Hospice and Advanced Directives

Do you have questions about advance directives or what hospice care provides?

Discover answers to your questions at this presentation about hospice care ranging from how it works, how it's paid for, and how you get started. It will provide an understanding of how hospice can ease the burden when a patient is faced with the decision of how to spend their last moments.

The presentation will also discuss advanced directives and the importance of having this critical conversation with your loved ones. Tools will be provided to help navigate those conversations. Advanced directives can help ease the burden your loved ones face when they must make decisions for you. They will be confident they are following your wishes and not left trying to determine what your wishes are.



When: Tuesday, February 22, 2022

Time: 6:00 p.m.

Where: River Valley Extension District
Clay Center Office
322 Grant Avenue
Clay Center, KS 67432

Presented by Meadowlark Hospice Director, Amy Burr. Sponsored by K-State Research and Extension-River Valley District and Meadowlark Hospice. Please RSVP to the River Valley Extension District – Clay Center Office by calling 785-632-5335.



K-STATE
Research and Extension

River Valley District

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact, Jordan Schuette by February 8, 2022 at 785-325-2121 or at jschuette@ksu.edu. Requests received after this date will be honored when it is feasible to do so.

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

KANSAS PROFILE– NOW THAT’S RURAL: JOE SEDLACEK, THE JOE CHUTE

By Ron Wilson, director of the Huck Boyd National Institute for Rural Development at Kansas State University

Let’s go Down Under to Australia.

A special shipment is arriving from the United States. It is a working chute for cattle – but not just for any cattle: This is a chute designed for Texas longhorns. Now, customers are discovering the chute is excellent for handling other types of animals as well.

Last week we met Joe Sedlacek, owner of Lazy J Longhorns near Greenleaf, Kansas. Since 2008, he has been working fulltime at raising world record-setting Texas Longhorns. One of Joe’s home-raised steers was a three-time world champion because of the steer’s long horns.

Joe continues to raise and market longhorn steers and breeding stock. He also uses a registered Charolais bull to cross with certain longhorns. This produces a beefy, naturally hornless calf which is excellent for the market. “It also keeps the quality higher in my registered longhorn herd,” Joe said.

Joe points out that there are several advantages of the longhorn breed, perhaps because they originated in the wilds of Texas more than a century ago. “Their eating habits are more like a goat than a cow,” Joe said. “They will eat more types of vegetation than a typical beef cow, so I can run more longhorns per acre than straight Angus. Also, longhorns are really good moms and are really intelligent.”

As with other animals, longhorns need occasional vaccinations and other herd health procedures. Many cattlemen have metal working chutes and headgates to hold the cattle still while they get their shots. “No headgate is going to work with a steer with ten foot long horns,” Joe said. He sought to design a better system for handling his longhorn cattle.

He had a welder come out to adapt his existing working chute. “I said, ‘Could you change this and add this and this?’ The welder said, ‘Why don’t you build what’s in your head as a new one instead?’” Joe said. So Joe sketched out the design he had in mind and a new one was built. “I worked for five years trying to perfect it,” Joe said.

“Safety of the animal and the operator was my first priority,” Joe said. He ended up with a system of panels in a clamshell design that can enclose the animal, using vertical bars and a nine-grid pattern to hold in place an animal of virtually any size.

“I had no idea of selling these, but everybody who saw me use one wanted one,” Joe said. It became a business.

In order to differentiate it from chutes made by other builders, they started calling it the Joe Chute. The name stuck. In 2016, the Joe Chute was named the official working chute of the Texas Longhorn Breeders Association of America.

Unlike some chutes that have clanging handles, the Joe Chute is quiet. The gates can be adjusted to fit animals of almost any size, down to a baby calf.

“When you hold them tightly in place, it can calm them down,” Joe said. “I know a guy who brands wild horses in it.” Temple Grandin, the animal welfare scientist, has even certified the Joe Chute.

Commercial beef producers have become interested in the chute. Uses have branched out to include exotic animals as well. “Anheuser Busch has one of these in St. Louis that they use for cattle and elk,” Joe said. “The zoo in Pueblo, Colo. uses theirs for zebras and camels and I expect other zoos will want them as well.”

Hundreds of the chutes have been produced and shipped as far away as Alberta, Canada and Australia. It’s an impressive record for a company based in the rural community of Greenleaf, population 331 people. Now, that’s rural.

For more information, go to www.lazyjlonghorns.com/Joe-Longhorn-Chute.

It’s time to leave Australia, where a special working chute has arrived from halfway around the globe in rural Kansas. We commend Joe Sedlacek for making a difference with his innovation and entrepreneurship. With demand for these chutes coming from as far away as Down Under, it can help this business stay on top.

Bonding Thru Board Games

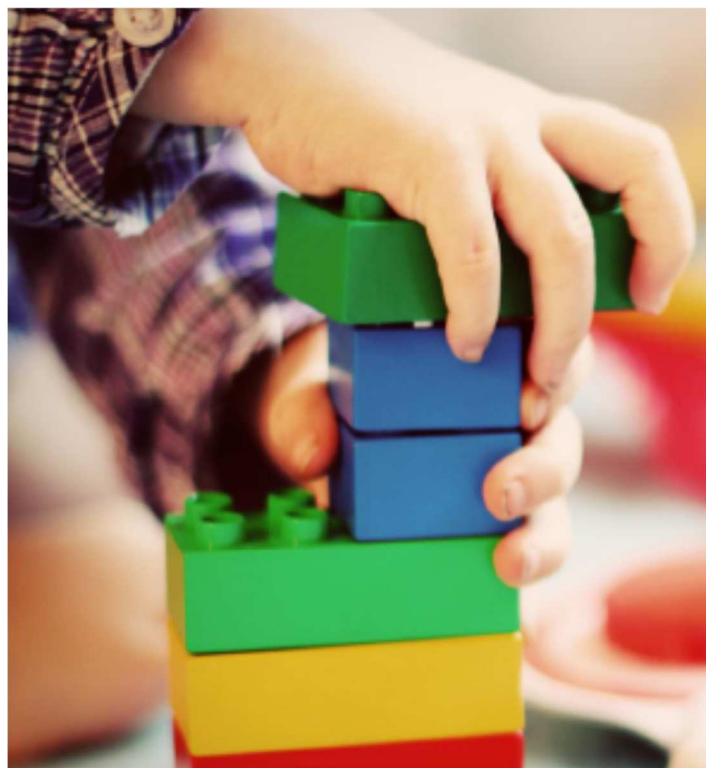
Grab your family members and attend Bonding Thru Board Games in March. This program promotes family quality time and face-to-face interaction, key components to developing the six qualities of strong, successful families around the world and soft skills needed for school, workplace, and life.

Sunday, March 6th

3-5 p.m.

Clifton-Clyde High School Gym, 616 N High St., Clyde, KS

This Bonding Thru Board Games event is held in partnership with Clifton-Clyde High School FCCLA.



Building Blocks of Babysitting

Increase your babysitter knowledge and skills! Topics covered will include child development, emergency procedures, food preparation, and more!

5th through 8th graders welcome to attend. Cost to attend is \$10 per youth and payable on day of event.

Friday, March 11th

4-H Building
Belleville

9 a.m. – 3 p.m.

Monday, March 14th

FNB Bank Meeting Room
Washington

9 a.m. – 3 p.m.

Wednesday, March 16th

4-H Conference Center
Clay Center

9 a.m. – 3 p.m.

Friday, March 18th

Cloud Co. Resource Center
Concordia

9 a.m. – 3 p.m.

Register online at <https://bit.ly/2022babysitting> by Friday, March 4th.

Contact Monica Thayer, Family Resource Management Extension Agent,
at 785-527-5084 or mthayer@ksu.edu with any questions.

K-STATE
Research and Extension

River Valley
District

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact, Monica Thayer, two weeks prior to the start of the event at 785-527-5084 or mthayer@ksu.edu. Requests received after this date will be honored when it is feasible to do so.
Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.

TIPS TO AID COST CONSCIENTIOUS PRODUCERS ON COMMODITY PRICES

By: Justin Waggoner K-State Research & Extension Beef Specialist

The increased commodity prices we are experiencing have many cattle producers considering the costs associated with their feeding and management programs. Here are a few tips that might aid cost conscientious producers.

- Evaluate commodities on a cost per unit of energy or crude protein basis. These calculations should be done on a dry matter basis to facilitate an appropriate comparison between dry commodities, such as corn, and wet commodities, such as silage or wet distiller's grains. Additional costs such as freight, grain processing, and shrink may also be included.
- Maximize use of commodities or ration ingredients produced on-farm. I am sure there are many different versions of the old saying "the best way to make a profit with land and livestock is to walk the crops off the farm". On-farm commodities, especially forages, are usually more cost-effective than purchased commodities. Increasing the inclusion of on-farm produced commodities in the diet or even including a small amount of lower-cost ingredients like straw may reduce ration costs. However, the impacts of these changes must be evaluated against cattle performance.
- Reduce commodity shrink and feed waste. How much of the commodities you purchase are lost in storage and handling before they make it into the bunk? On most operations, these losses range from 2-10% depending on the commodity. Although these losses are minimal, they do add up (1% of a ton = 20 lbs; 1% of 20 tons = 400 lbs). The cost associated with minimal losses may add substantial cost to a commodity (400 lbs at \$250/ton = \$50 or \$2.50/ton). These losses often occur when commodities are handled or being loaded into feed mixers. The key to reducing commodity loss comes down to increased awareness.
- Focus on efficiency. Feed to gain is always important, period. It is the benchmark by which feeding programs can most easily be evaluated. Feeding technologies like ionophores or feeding management strategies such as limit-feeding should also be considered to further improve feed conversions.
- Seek the counsel of a nutritionist or other professionals. Nutritionists, not only balance rations but also assist producers with evaluating commodities and estimating the effects of any ration changes on animal performance. Most Extension professionals can also assist producers with evaluating commodities or put them in contact with Extension specialists with training in nutrition.

LAWN CALENDAR FOR WARM-SEASON GRASSES

Spring will be here before we know it! Now is the time to start planning for your lawn care needs. The following calendar is suggestions for warm-season grasses such as Zoysiagrass and Bermudagrass. A cool-season grass calendar is covered in a different article.

March- Spot treat broadleaf weeds if necessary. Be sure to treat on a day that is 50°F or warmer. Don't apply if rain is predicted within 24 hours of application.

April- Apply crabgrass preventer between April 1 and April 15, or apply preventer when the eastern redbud tree is approaching full bloom. If using a product with prodiamine (Barricade), apply two weeks earlier. Crabgrass preventers must be watered in before they will start to work. Remember that a good, thick lawn is the best weed prevention.

May-August 15- Fertilize with 1 lb. of nitrogen per 1,000 square feet per application. Follow the recommendations on the bag. More applications will give a deeper green color, but will increase mowing and lead to thatch buildup with zoysiagrass. Bermudagrass can also have problems with thatch buildup but is less likely.

Bermudagrass- Use two to four fertilizer applications

Zoysiagrass- Use one to two fertilizer applications.

One application: Apply in June

Two applications: Apply in May and July

Three applications: Apply in May, June, and early August

Four applications: Apply in May, June, July, and early August

June- If grubs have been a problem in the past, apply a product containing imidacloprid by mid-July. Imidacloprid can be applied as early as mid-May if there are problems with billbugs or May beetle grubs. These products kill the grubs before they cause damage. They are effective and safe but must be watered in before they become active. June is a good time to core aerate a warm-season lawn. Core aeration will help alleviate compaction, increase the rate of water infiltration, improve soil air exchange and help control thatch.

Late-July through August- If you see grub damage, apply a grub killer. If imidacloprid has been applied, this should not be necessary. Grub killers must be watered in.

Late October- Spray for broadleaf weeds if they are a problem. Treat on a day that is at least 50°F. Don't apply if rain is predicted within 24 hours of application. When using fertilizers be sure to use the label rate recommended for application of the product you are using. 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.

KEEP SMELLING THE ROSES

For everyone who receives vases of flowers on Valentine's Day, or anytime of the year, here are a couple of tips and tricks to help get the most out of your flowers. Follow these helpful guidelines to help extend the life of your flowers.

To help keep floral arrangements longer follow these easy three steps:

1. Keep the vase filled or the floral foam soaked with warm water. Add fresh, warm water daily. If the water in the vase turns cloudy, replace the water immediately. If possible, recut stems by removing one to two inches with a sharp knife. When cutting the stems, cut them under water, as this will allow the stem to draw in water instead of air.
2. Keep flowers in a cool spot (65 to 72 degrees Fahrenheit), keep away from direct sunlight, heating or cooling vents, near radiators, and directly under ceiling fans.
3. If a rose begins to wilt in your arrangement, remove it and recut the stem under water.

For loose stems that don't come with a vase, follow these easy steps:

1. If you can't get your flowers in a flower food solution right away, keep flowers in a cool place.
2. Fill a clean, deep vase with water and add the flower food obtained from your florist. Be sure to follow the mixing directions on the package.
3. Remove leaves that will be below the waterline. Leaves that are in the water will promote bacterial growth.
4. Recut stems under water with a sharp knife and place the flowers in the vase and solution you've prepared.
5. If a rose begins to wilt, remove it and recut the stem under water.

For those of you who receive planted tulip bulbs for Valentine's Day instead of roses, here is what you can do with them after they are finished blooming. Once the bulbs have stopped blooming, discontinue watering and allow the foliage to die back. Don't try and remove any foliage while it is still green, but once the foliage is dried and brown, remove it from the pot by gently tugging on the leaves until they break away from the bulb and come out of the ground. If the leaves don't pull away from the bulbs easily you haven't waited quite long enough for the foliage to die. Once you have removed all the leaves allow the soil in the pot to dry out. Gently brush off any excess dirt from the bulb. Do not wash the bulb, because this can add excess water to the bulb and cause it to rot. Store your bulbs in a cool dry place until the ground has warmed up in the spring. Plant your tulips in an area that gets afternoon to full sun exposures. Plant tulips 6 to 8 inches deep and make sure you plant them pointy side up, otherwise the bulb will be upside down, and might not grow next spring. Once you have planted the bulbs your job is done until next spring, then all you have to do is enjoy the spring color. 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.

LAWN CALENDAR FOR COOL-SEASON GRASSES

Spring will be here before we know it! Now is the time to start planning for your lawn care needs. The following calendar is suggestions for cool-season grasses such as Kentucky Bluegrass or Tall Fescue. A warm-season grass calendar is covered in a different article.

March- Spot treat broadleaf weeds if necessary. Be sure to treat on a day that is 50°F or warmer. Don't apply if rain is predicted within 24 hours of application.

April- Apply crabgrass preventer when redbud trees are in full bloom. The preventer needs to be watered in before it will start to work. One- quarter inch of water will be enough to water in any of the products mentioned in this calendar. Remember that a good, thick lawn is the best weed prevention.

May- Fertilize with a slow-release fertilizer if you water your lawn or if you normally receive enough rainfall that your turf doesn't go drought-dormant during the summer. If there are broadleaf weeds, spot treat with a spray or use a fertilizer that includes a weed killer. Rain or irrigation within 24 hours of application will reduce effectiveness of the weed killer, but the fertilizer needs to be watered in. If you are using a product that has both fertilizer and weed killer, wait 24 hours after application before watering in.

June through Mid-July- Apply second round of crabgrass preventer by June 15- unless you are using Dimension (dithiopyr) or Barricade (proflumicarb) for the April application. These two products normally provide season-long control with a single application. Remember to water it in. If grubs have been a problem in the past, apply a product containing imidacloprid during the first half of July. This works to prevent grub damage. It must be watered in before it becomes active.

Late-July through August- If you see grub damage, apply a grub killer that contains Dylox. Imidacloprid is effective against young grubs but may not be effective on later instar grubs. The grub killer containing Dylox must be watered in within 24 hours or effectiveness drops.

September- Fertilize around Labor Day. This is the most important fertilization of the year. Be sure to water after you apply the fertilizer.

November- Fertilize. This fertilizer is taken up by the roots but is not used until the following spring. Water in fertilizer. Spray for broadleaf weeds even if they are small. Broadleaf weeds are much easier to control in the fall than in the spring. Try to spray on a day that is at least 50°F. Don't apply if rain is predicted within 24 hours of application. When using fertilizers be sure to use the label rate recommended for application of the product you are using. 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.

River Valley Extension DistrictWashington Office
214 C. Street, Courthouse
Washington, KS 66968-1928**NON-PROFIT
U.S. POSTAGE PAID
WASHINGTON, KS
PERMIT NO. 3****Address Service Requested****RIVER VALLEY DISTRICT****“2022 UP-COMING MEETINGS & EVENTS”**

DATE	TIME	PROGRAM	LOCATION
Feb. 3-Mar 10th	5pm	Women in Agriculture Series (Thursdays)	Concordia- Cloud County Coop Conference Room
Feb. 8	6pm	Medicare Basics	Clay Center-River Valley Office, 322 Grant Ave.
Feb. 21-25		America Saves Week	National Campaign-See Pg. 2 for more information
Feb. 23	5:30pm	Risk Management-Beef Cow/Calf Session	Clay Center- PrairieLand Partners-1181 18th Road
Feb. 22	6pm	Hospice and Advanced Directives	Clay Center-River Valley Office, 322 Grant Ave.
March 6	3-5pm	Bonding Thru Board Games	Clyde-Clifton-Clyde High School Gym, 616 N High St.
March 7	6pm	Medicare Basics	Washington- FNB Meeting Room, Bank Basement
March 11	9am-3pm	Building Blocks of Babysitting	Belleville-4-H Building, Fairgrounds
March 14	9am-3pm	Building Blocks of Babysitting	Washington-FNB Meeting Room, Bank Basement
March 16	9am-3pm	Building Blocks of Babysitting	Clay Center-4-H Conference Center, Fairgrounds
March 18	9am-3pm	Building Blocks of Babysitting	Concordia- Cloud County Resource Center
Mar. 20-May14		WALK Kansas	State Wide Extension Program
April 4	6pm	Medicare Basics	Concordia-Commercial Building-Fairgrounds