



Winter 2023

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Rolling Prairie Extension Upcoming Events

December

26- January 2 Extension Office Closed

January

12 Calving School, evening, Old Iron Club, Fredonia, KS
RSVP: 620-378-2167

February

3 KS Local Meat Marketing Workshop, 10:00 am, Sedgwick
County Extension Education Center

7 FSMA Produce Safety Grower Training, 5:00 pm, Virtual
Event

12 4-H Day with Women Wildcat Basketball, 1:00

16 Coffee with Bruno: AM—CQ Fair Building

16 Coffee with Bruno: PM—Elk County Extension Office

23 FSMA Produce Safety Grower Training, In-person Event,
Sedgwick County Extension Education Center, 8:00 am

March

3 KSU Cattlemen's Day

4 KS Local Meat Marketing Workshop, Parsons, 10:00 am

11 K-State Junior Swine Producer Day

18 K-State Junior Meat Goat Producer Day

HAPPY NEW YEAR
2023!

Beautiful, But Treacherous

By Pat Melgares, K-State Research and Extension news service

MANHATTAN, Kan. – The calendar says the first day of winter is Dec. 21. Chip Redmond is not so sure you ought to get locked in on just that date.

“Winter conditions in Kansas can change rapidly,” said Redmond, a meteorologist and manager of the [Kansas Mesonet](#), a network of weather monitoring stations that has its headquarters at Kansas State University.

In Kansas, he said, “we can have a cold front come through that drops temperatures 50 degrees (Fahrenheit) in just a couple hours. Or, we can go from clear skies to heavy snow very quickly.”

While Kansans can’t do anything about the weather, Redmond says they can prepare themselves to withstand brutal conditions – and keep themselves safe.

Cold temperatures

“The first thing that comes to my mind for winter weather safety is the cold, which brings different dangers – just as heat does in the summer,” Redmond said. “Our bodies just aren’t prepared to take cold for long periods of time. The cold can quickly have negative effects, especially when we factor in wind chill.”

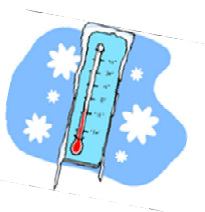
Redmond urges people to dress in layers and wear a stocking cap and mittens anytime they must face outdoor cold. He said frostbite or hypothermia happen very quickly.

“It can be less than even a few minutes, when you get cold and add wind,” Redmond said. “That’s why we look at things like closing schools once temperatures drop below zero or negative-10 with the wind chill. Those conditions produce a much higher risk, so we have to take more proactive steps and try to avoid outdoor activity as much as possible.”

Stocking caps help to keep heat from releasing through the head and “keeps the overall ambient temperature of your body warmer,” according to Redmond. Mittens are preferred over gloves because it maintains warmth by keeping the fingers closely together.

Travel safety

The State of Kansas regularly updates road conditions on the website, <https://kandrive.org>. Redmond encourages those planning travel to check the forecast along the path they will drive, including road conditions.



Redmond also suggests keeping an emergency kit in a car in case the vehicle gets stalled while traveling. In addition to warm clothing, he suggests such items as:

- Snow brush and ice scraper.
- Jumper cables or jump-starter.
- Blankets.
- Cell phone charger.
- Snack foods.
- Water, or other liquid such as electrolyte drinks.
- Flashlight.
- Sand in a small container.
- Chains or other items to help in pulling a vehicle out of a ditch.

“Some people have tire chains; that may be a bit extravagant,” Redmond said. “If you need tire chains in Kansas, you probably shouldn’t be out on the road to begin with. But sand is useful to help you get out of an area where you don’t have much traction.”

A car’s tires may need some extra air in the winter because they shrink when they get cold, Redmond said. “If you have underinflated tires,” he said, “you’re not going to optimize the grip of that rubber, so you’re going to slip and slide a lot more.”

Safety at home

It’s been a few years since Kansas has been hit by a widespread ice storm, but Redmond says current indications for a colder than normal winter increases the probability of damaging ice this year.

“Trees are probably the most likely to be damaged in an ice storm,” he said. “Be aware of weakened trees and that you’re going to lose branches. It takes about one-quarter inch of ice to see really big impacts.”

Roads don’t normally accumulate one-quarter inch of ice, “so it’s not as big of a problem for travelers,” Redmond said. “But anything that is standing and tall – such as power lines, trees and gutters – are at risk of falling.”

Redmond also urges homeowners to use caution when removing snow from driveways and sidewalks.

“It’s very demanding physically,” he said. “One of the leading causes of winter heart attacks is shoveling snow because of the stress of pushing that snow -- especially when it is heavy and wet, formed with temperatures near freezing or when it becomes packed.”

For those who own a snowblower, Redmond recommends making sure it has been serviced before first use, “and don’t wait until the last minute” to do so.

More information on Kansas weather conditions, including up-to-date forecasts, is available online from the [Kansas Mesonet](#).

Power out? Here's how to keep food

MANHATTAN, Kan. — Keeping food safe during a power outage begins well before winter storms hit, said Kansas State University food scientist, Karen Blakeslee.

Before the power goes out, Blakeslee advises keeping an appliance thermometer in the refrigerator and freezer. According to [guidelines from the U.S. Food and Drug Administration](#), the temperature inside the refrigerator should be 40 degrees Fahrenheit or lower, and the freezer at 0 F or below.

Blakeslee, who also is coordinator of [K-State's Rapid Response Center for food safety](#), said having a thermometer in place before the power goes out helps to assure the appliance temperature does not stray outside the recommended range.

It may also be a good idea to stock up on canned and non-perishable goods and storing pantry foods in a cool, dry, dark location.

“Dried foods, such as fruit and crackers, are great for snacks,” Blakeslee said. “Keep foods that family members enjoy, but also healthful foods to provide nutrient-dense nourishment.”

When power is first lost, leave the door of the refrigerator and freezer closed to preserve cold temperatures as long as possible. If the power stays out for a longer period of time and the refrigerator is not staying cold, Blakeslee has some additional ideas for protecting food.

“Coolers filled with ice are very helpful in an emergency,” Blakeslee said. “Make sure ice surrounds the food for the best chilling effect.”

For food in the freezer, dry ice can be used if available – but thick gloves should always be worn when handling dry ice to prevent skin damage. Dry ice should then be kept in a ventilated area.

Food spoilage may be unavoidable if the power outage is lengthy. Blakeslee outlines key factors that may be an indication of foodborne illness:

- Color changes.
- Unusual odors.
- Texture changes.

The foods most susceptible to spoilage are meat, dairy, eggs and cut fruits and vegetables. Extra care should be taken when examining these food items.

“Don't taste any questionable food that has thawed out,” Blakeslee said. **When in doubt, throw it out.**

If a power outage lasts more than four hours at temperatures greater than 40 F, refrigerated or frozen food kept without another cold source should be thrown out.



Signs of a healthy community

By Lisa Moser, K-State Research and Extension news service

MANHATTAN, Kan. — When people talk about health, often it is focused on the individual and how they are feeling that day, but a Kansas State University assistant professor says we need to think more broadly on the topic.

“Health is more than simply not being sick or not having an injury, but really it is much bigger than that,” said Kendra Kirchmer, assistant professor of interior architecture and product design. “It’s not just our genes, but it is also our everyday behaviors, our physical environment, and our social networks that are big contributors to our health.”

Access to healthy food, lack of transportation networks, and lack of access to jobs that pay enough to meet the cost of living in an area, can all influence a person’s health directly or indirectly. She added that socially there are limitations as well if people don’t have access to places that support community gatherings.

“Healthcare providers are good at addressing the downstream outcomes of these situations, but architects and designers also have a role to play as collaborators and in being advocates for the community upstream during the planning stages,” Kirchmer said. “As designers, we need to work collaboratively across disciplines to create healthy places that foster equity and community where people can build social networks.”

Rural areas with easy access to grocery stores, banks, laundromats and libraries are essential to a community’s well-being.

“Public spaces where people can come together are critical and it is important that they are designed in a way that is inclusive and welcoming, so people know that they do belong there,” Kirchmer said.

On a personal level, Kirchmer said there are things people can do to make their home environments better, such as bringing plants indoors can help people who love the outdoors.

“There is no one-size-fits-all strategy for what you could do at your home, but there are lots of little improvements that can be made. Start by being reflective and taking a minute to assess what is making you feel good right now and what is not, and the solution may be as simple as removing clutter.”

Vitamin A in Beef Cattle Nutrition

Vitamin A is rarely a concern in range cattle nutritional programs because it is readily synthesized from carotene that is common in green growing plants. However, in drought situations where plants become dead or dormant, the carotene content becomes practically devoid and may lead to a deficiency of the precursor to vitamin A. Carotene is very low in mature, weathered forages, grains and many crop residues. Carotene will be lost in stored hay crops over extended periods of time. Therefore, if hay, that was stored throughout all of last fall and winter, is to be fed in the upcoming winter, the vitamin A content will be considerably less than when that forage was originally harvested. In addition, some scientists have suggested that high nitrate forages common in drought years can exaggerate vitamin A deficiencies. Cows that have regular access to green wheat pasture throughout the winter should be receiving adequate carotene to provide the vitamin A needed.

Deficiencies of vitamin A usually show up first as weak, blind or stillborn calves. Other signs are scours, respiratory problems, poor gains and poor reproduction. Fortunately, the liver of cattle is capable of storing vitamin A for long periods and frequent supplementation is not necessary. A singular injection of one million International Units (IU) of vitamin A provides sufficient vitamin for 2 to 4 months in growing and breeding cattle. As is the case with any injectable product, read the label closely and follow the directions precisely. The daily requirements of beef cows range from 30,000 to 50,000 IU, depending on size, stage of production, and level of milk production, supplements can be fortified with vitamin A to supply the minimum daily requirement. Depending on the quantity of range supplement being provided, vitamin A can be added to supplements at the rate of 5,000 to 10,000 IU per pound of feed. Supplementing vitamin A (either in the feed or as an injectable) would be a very inexpensive nutritional insurance policy for spring-calving cows.

Kansas Local Meat Marketing Workshop

The Kansas Local Meat Marketing Workshops will help small scale meat, poultry, and egg producers capitalize on the growing demand for local food. Attend to learn key marketing strategies and best practices from the experts, including fellow producers. Lunch, prepared with local ingredients, will be provided. KDA's Weights and Measures program will also offer free scale certification with paid registration.

Friday, March 3, 2023 at 10:00am to 3:00pm
Southeast Research and Extension Center,
25092 Ness Rd. Parsons, KS 67357

K-State's Cattlemen's Day Scheduled for March 3

K-State's 110th Annual Cattlemen's Day will feature discussion on carbon credits and an economic outlook.

MANHATTAN, Kan. –Kansas State University's Animal Sciences and Industry Department will host Cattlemen's Day 2023 on Friday, March 3 at Weber Hall in Manhattan. A highlight of this year's event will be Jason Sawyer, East Foundation chief science officer, who will discuss Navigating the U.S. Carbon Market.

The program begins at 9:30 a.m. with K-State ASI Department Head Mike Day giving a department update followed by Sawyer's presentation. The morning program will wrap up with Glynn Tonsor, K-State ag economics professor, giving a beef industry economic outlook.

The cost to attend Cattlemen's Day 2023 is \$25 if paid by February 24 or \$35 at the door. There is no charge for students who pre-register. For more information and [online registration](#), visit KSUBeef.org.

The 46th Annual Legacy Bull & Female Sale will begin at 4 p.m. at the Stanley Stout Center (2200 Denison Ave). Visit asi.ksu.edu/legacysale to learn more about this year's offering and to request a sale catalog.

On March 2, the evening before Cattlemen's Day, the Tom Perrier Family will be honored as the Stockman of the Year at the Annual Stockmen's Dinner at 6 p.m. at the Stanley Stout Center. A separate registration is required for the dinner. Information can be found online at asi.ksu.edu/stockmensdinner.



Talking Crops and Forages

Save the date:

Thursday, February 16 for Talking Crops and Forages with Bruno Pedreira, Southeast Area Regional Agronomist. Bruno will be in Chautauqua County in the morning and Elk County in the afternoon. Stay tuned for times and locations.

Agriculture Lease Law

It is estimated that more than 50 percent of Kansas farmland and pastureland is rented. In some areas of the state, this figure is higher. Many producers cannot maintain a viable business without operating through lease arrangements. Leases are growing in prominence and will play an increasingly important role in production agriculture as fewer and fewer producers manage and operate our state's agricultural resources. Some leases are simple oral arrangements, while others are complex, lengthy written documents. An oral agreement may be legally enforceable, but it is much more desirable to spell out the agreement's details in writing.

By definition, a lease is a contract for the exclusive use of land for a specific period. There are at least two parties to any lease: 1) the landowner who owns the land, also known as the lessor; and 2) the tenant who farms or operates the land, also known as the lessee. Certain rights and obligations binding both parties arise from the relationship. When land is leased, the lease is equivalent to a sale of the premises for the length of the lease. The tenant essentially becomes the owner for a time and has the responsibilities of one who is in possession of the land.

Parties to a lease are presumed to know of laws existing at the time the lease is entered. Provisions of statutes, ordinances, and regulations are read into and become a part of the contract by implication as though they were expressly written into the contract, except where the parties have shown a contrary intention. For example, if a written lease says the lease will terminate December 31 and Kansas law states oral leases on farm and pastureland will terminate March 1, the lease will terminate December 31 under the written agreement.

A written lease does not have to be a detailed contract. A memorandum or note concerning the lease may be sufficient if the party against whom it will be enforced signs it. A written lease is a contract and should be approached with the same careful and thorough consideration given when entering into any binding contractual agreement. Though an oral lease is unenforceable if it cannot be performed within one year, a written lease may cover any period of time. Thus, any beginning and ending dates may be used in the lease.

For all leases, except written leases signed by the parties that provide otherwise, Kansas law provides that notice to terminate farm and pastureland leases must be given as follows:

1. in writing
2. at least 30 days prior to March 1, which this year is January 30, and
3. must fix March 1 as the termination date of the tenancy.

Any notice to terminate which does not comply with the above requirements is inadequate and the tenancy will continue. The law previously applied to "farm" leases which includes cropland and pastureland.

A lease is a contract for the exclusive possession of land for a definite period, and the landowner cannot use the land for his own purposes while it is leased. For example, the landowner cannot hunt on the leased ground without the permission of the tenant unless the landowner retained these rights in a written lease. A landowner, however, may enter the premises to: 1) make reasonable inspection; 2) make repairs and/or installations; 3) show the premises to prospective buyers; 4) collect rent; and 5) deliver a notice to terminate the tenancy. The Extension Office has sample lease forms and other information about ag leases.

KSU Plans Calving Schools

Manhattan—In anticipation of calving season, the KSU Department of Animal Sciences and K-State Research and Extension are planning a series of calving schools in January. Our closest class will be held in **Fredonia on January 12. RSVP : 620-378-2167.**

The program will outline overall calving management that includes stages of the normal calving process as well as tips to handle difficult calving situations.

"Our goal is for producers to leave better prepared for calving season," states A.J. Tarpoff, K-SRE beef

FSMA Produce Safety Grower Training

Kansas State Research and Extension is offering the Food Safety Modernization Act (FSMA) Produce Safety Alliance (PSA) Grower Training in Wichita, Kansas (in-person) on Feb 23, 2023. 8:00-3:00 or a remote class on February 7 & 8, from 5:00-9:00. In order to receive a certificate of training, you will have to attend the entire training; if attending remotely, you will have to participate by chat or video.

If you are a covered farm under the FSMA Produce Safety Rule and need the training, this course will meet that requirement (for more information visit <https://www.ksre.k-state.edu/foodsafety/produce/fsma/index.html>). You will also learn more about improving the safety of your produce. You will be required to return a course evaluation before you will receive your certificate of training.

This training is limited to produce growers in Kansas and Missouri and other regulatory or support personnel and will be limited to 50 participants. Pre-registration is highly encouraged. If you are a Kansas grower and would like more information please contact your local extension office.

4-H Happenings

Drop/Add Deadline is May 1st

The deadline for 4-Hers to finalize their projects for the year is rapidly approaching.

Amy Sollock, a [Kansas 4-H](#) youth development specialist in the southwest region, said a new 4-H year kicked off in October and youth have some important decisions to make regarding which projects they will pursue over the next 12 months.

“We’ve got more than 30 project areas, so there’s something for everybody,” Sollock said. “Some kids naturally gravitate toward things they’re already interested in. Or sometimes they’ll pick something they’ve never heard of, but it sounds exciting. And sometimes people pick things because a friend had a good time in it, or they know somebody who knows a lot about that and they want to learn with someone.”

Animal sciences, baking, creative arts, photography, livestock...Sollock said information on all of the projects available to Kansas 4-Hers is [available online](#). State 4-H officials have even published a [Project Selection Guide](#), and each project area has its own web page to give in-depth details on the types of activities – and commitment – that is required.

“Every family needs to have that honest conversation at the beginning of the 4-H year,” Sollock said. “How much time do you have to give? How dedicated are you going to be? What’s your budget look like? Some projects – like caring for livestock – have more expense associated with them.”

Other projects, she added, have very little expense involved, but still come with a given amount of time and energy that needs to be given throughout the coming year.

“This is something that we take seriously,” Sollock said. “When you enroll in a project at the beginning of the 4-H year, it’s a year-long experience – not just something to do in July at the county fair. You will learn about, talk about, read about the project all year long.”

Youth are encouraged to select more than one project area for the year, Sollock said. How many, she adds, is up to the family and the amount of time they can dedicate over the next 4-H year.

“We talk a lot about finding your spark in 4-H, and exploring interests and different things that look exciting to kids,” Sollock said. “Project work is an excellent way for them to find their spark. And who knows: It may lead to a potential career years down the road.”

Registration for the new Kansas 4-H year is [available online](#). Interested persons can also get more information about 4-H at their [local extension office](#).

YQCA: What is it and when can I get trained?

Youth for the Quality Care of Animals (YQCA) is a national, multi-species quality assurance program for youth ages 7 to 18. This program promotes food safety, animal well-being and character development. With the YQCA, you’ll discover what it takes to be an informed producer, consumer and employee of the agriculture and food industries. YQCA certification is **REQUIRED** in order to be eligible to exhibit in **ALL ANIMAL EXHIBITS (EXCEPT Horse)** at the Chautauqua and Elk County Fairs.

YQCA trainings will be held on the following dates:

- ◆ **February 15**, K-State Junior Swine Producer Day
Manhattan.
- ◆ **March 18**, K-State Junior Meat Goat Producer Day,
Manhattan
- ◆ **March 22** at Howard, Extension Office
- ◆ **April 26**, 4-H Building at Sedan

For more information on these trainings, check online or call the Extension Office.

2023 Fair Dates

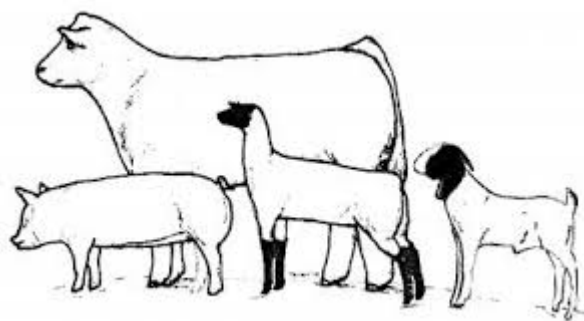
The following 2023 Fair Dates have been set.

July 19-22 will be the Elk County Fair. This year, the fair will be held in Howard.

July 26-29 is the Chautauqua County Fair.

September 8-17 is the Kansas State Fair.

The dates for the Interstate Fair & Rodeo in Coffeyville have not yet been set.





Accessing Technology

You're out in the field or on the open road; you can't find anything worth listening to on the radio. You really would like to take the time to read about that new strain of wheat, but there is just no time to sit down with the latest ag magazine. What do you do?

K-State has several podcasts you can click on and expand your mind. Podcasts are available through Apple Podcasts or Google Podcasts. You don't need a smartphone to access these apps, but you do need some device with a wifi connection to listen or download for later listening. Kansas State University has two main podcasts; one is agriculture based, the other addresses issues in family and consumer sciences.

Sound Living is a weekly public affairs program addressing issues related to families and consumers. It is hosted by Jeff Wichman. Each episode shares the expertise of K-State specialists in fields such as child nutrition, food safety, adult development and aging, youth development, family resource management, physical fitness and more.

Agriculture Today is hosted by Eric Atkinson and is distributed to radio stations throughout the state, but you can access it as a podcast. It features K-State agricultural specialists and other experts examining agricultural issues facing Kansas and the nation. Kansas State University has produced daily, ag-related broadcasts since KSAC radio first went on the air in 1924. Agriculture Today is a program designed to generate and distribute useful knowledge for the well-being of Kansans. Supported by county, state, federal and private funds, the program has county Extension offices, experiment fields, area Extension offices and regional research centers statewide. Its headquarters is on the K-State campus in Manhattan.

Kansas Farm Management Association (KFMA) has a podcast that addresses the business side of farming. Those economic issues that we all have to deal with, such as cash flow, balance sheets, and tax related issues. It also can be found on Apple and Google podcasts.

If you have questions or comments you would like addressed by these KSU podcasts, send them to ksre-news@ksu.edu.

Another podcast that is new, but seems to be referenced in many of the publications that come across our desk is **BCI Cattle Chat**. Here, you can listen to professionals from the Beef Cattle Institute talk about hot topics in today's beef cattle industry.

If you search KSRE Media, you will get a link to the K-State Research and Extension News. There you will find not only the podcasts mentioned earlier, but you will find news stories, radio programs and "shorts" (about 5-minute shows), and blogs about a plethora of topics: ag & natural resources, community vitality, family and consumer sciences, forestry, horticulture, youth & 4-H, agricultural economics. You can also sign up for weekly updates delivered directly to your email from the Colleges of Agronomy, Animal Science and Kansas Ag Mediation Service (KAMS). Sign up for them at agmanager.info/kfma/kfma-podcast

Jump in and explore! Who knows what you might learn.

Printable Password Keeper

It's so hard to keep track of a bunch of different passwords. Some people even just use one password for everything. That is just an invitation to have your information "hacked" by the wrong people.

Best practices for setting passwords is to have something unique for every site. Then, you're supposed to keep it in a safe place, other than your computer or phone. This can be difficult, but the KSRE website has a printable Password Keeper that you can print off and keep in a secure place.

The Password Keeper will hold 10 passwords, 20 if you print on both sides. It also provides other information about your account on each website:

- ◆ The website address
- ◆ Username
- ◆ Password
- ◆ The email you used to set up your account
- ◆ Security answers
- ◆ The date you last changed your password

You can access the form on the [Rolling Prairie](#) website

>Home & Family>Financial Management>Printable Password Keeper. or come by the office and pick up a copy.



Rolling Prairie Extension District #8,
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Rolling Prairie Extension District on Facebook



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*Knowledge
for Life*