

# WELCOME TO OUR NEWSLETTER!



**Happy Fall!**

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## Welcome Our New District Director

**As of September 19, 2022, Trisha Greene will be serving as the new 21 Central District Director. Trisha has served as the Family and Consumer Science Agent in Edwards County and 21 Central District for the past 5 years. She will take over Administrative and Community Vitality responsibilities. We are excited to see Trisha succeed in her new role!**

# Agriculture & Natural Sources



## Land Leasing/Land Value Program

K-State Research and Extension will be doing a land leasing/land value program in **January and February of 2023**. The program is partially funded by a grant from Women in Agriculture. While the title is Land Leasing for Kansas Women in Agriculture, I really want to emphasize that it **open to EVERYONE**. The topics to be covered are land leasing, cash rent, land values, and custom rates. This will be a four-part series be held on Wednesday evenings beginning at 5:30 p.m., starting with supper. The series will be offered at various sites across the state. Our site will be the Lewis City Hall meeting room in Lewis, Kansas. The classes will be held on January 18, January 25, February 1, and February 8, 2023. The cost for the series will be \$50 per person for early registration. Registration will on-line and available in mid-November. The topics covered in this series are timely and useful, and I urge both men and women to consider enrolling. Due to space, we will limit the participants to 25 at the Lewis location. Mark your calendars and consider taking advantage of this opportunity.

*Martin Gleason,*  
Agriculture &  
Natural Resource  
Agent





## Nitrates in Livestock Feeding

Grazing corn and milo stubble is a common practice in this area. It provides some quality forage and increases the feed available in some operations. A major concern this year is the nitrate content in that stubble.

Corn and grain sorghum grown in drought conditions can potentially contain nitrates. The majority of the nitrates will be in the lower 8 inches of the stalk. Raising the chopper height to 6–8 inches will reduce the amount of nitrates in the silage. Yield will be reduced, but so will the nitrate level. Ensiling drought-damaged corn can reduce nitrates in the silage 40%-60%. Allow a fermentation period of at least 21 days before feeding. Shorter fermentation times may cause some of the nitrates to still be in the dangerous nitrite form, just like heated green chop.

The cost of testing for nitrates is inexpensive so get samples of questionable feeds analyzed by a laboratory. In fields that will be grazed, clipping the forages to the lowest level the animals will graze will give you an idea of the highest nitrate content in the plant. Samples of each individual species in a forage mix can again tell you the maximum amount of nitrates if animals select a single species.

When grazing, a few factors may reduce the risk of nitrate toxicity. Grazing animals eat at a slower rate than in a bunk or hay feeding scenario. This reduces the rate of nitrate inflow and reduces the likelihood of nitrite accumulation. Cattle also graze selectively. Generally, they initially select leaves that usually contain less nitrate than do stems. This also enables them to adapt slowly to higher nitrate concentrations.

### Feeding Guidelines of Feeds According to Nitrate Concentrations.

Nitrate Ion (NO <sub>3</sub> -) ppm	Nitrate-N (NO <sub>3</sub> -N) ppm	Recommendation for unadapted animals
<4400	<1000	Safe, nontoxic level
4400–9300	1000–2100	Safe for nonpregnant animals. Adapt slowly & mix w/low nitrate feed.
9300–15,000	2100–3390	Limit to less than 50% of ration DM. Do not feed to pregnant animals t mixing with low nitrate feed. Adapt animals to mixture.
>15,000	>3390	Limit to less than 25% of ration DM. Do not feed without diluting with low nitrate feed. Adapt animals to feed mixture.



## **Nitrates in Livestock Feeding Continue...**

Recommendations when grazing higher nitrate forages

**Slow down intake rate.** Make sure cattle are full before putting them on fields. Regardless of the nitrate level, a good management practice is to fill cattle up with hay before turnout. Keep them full. If intake becomes restricted at any point (forage runs out or weather impedes grazing) fill them up on lower-nitrate hay before they go back to grazing the high nitrate forage.

**Gradual adaptation** is a key management strategy to minimize risk when using high nitrate forages. Slowly increase the amount of nitrate in the diet so the number of bacteria in the rumen capable of degrading nitrate to ammonia will increase. Adapted animals can safely be fed higher levels. Adapt cattle by first grazing the lowest nitrate fields and then work up to the highest. Also, graze higher nitrate fields lightly to allow animals to selectively graze plant parts that are lower in nitrate concentration.

**Consider grain supplementation** while feeding cattle high nitrate forages that are lower quality, such as corn plants, mature sorghum x sudangrass hybrids, or pearl millet. This will supply energy for rumen microbes to convert nitrate into bacterial protein and minimizes nitrite accumulation. Brassicas, such as turnips and radishes, are highly digestible and as such may provide enough energy to allow for increased microbial protein synthesis. Grain feeding may be of limited benefit when grazing high quality cover crops.

When choosing to provide high nitrate feeds that could potentially cause nitrate poisoning, contact your veterinarian prior to feeding to ensure the necessary treatment is available. Nitrate poisoning can be rapidly fatal. If nitrate toxicity is suspected, remove the contaminated feed and provide a high-energy feed such as corn grain. Call a veterinarian immediately to confirm the tentative diagnosis. Because oxygen shortage can result in death, handle cattle as little and as quietly as possible to minimize their oxygen needs. A veterinarian can administer methylene blue in a case of nitrate poisoning. An example dosage is a 4% methylene blue solution intravenously at a dosage rate of 4.55 mg per lb of body weight to treat cattle with nitrate poisoning. Treatment may have to be repeated every six to eight hours because the rumen may be full of forage or feed that contains nitrate, and nitrites will continue to move from the rumen into the blood stream. However, methylene blue is not approved for animal use and the administration of this to cattle is an off-label use. A veterinarian must determine dosage, administration, and the withdrawal date.



# Family & Consumer Science



## Stay Strong Stay Healthy

This program is designed for men and women over the age of 65. The Stay Strong, Stay Healthy program focuses on improving the health and well-being of older adults. The goal of the program is to provide safe, structured and effective strength training for older adults. The class runs for 8 consecutive weeks, 2 days a week. Trisha will be teaching the class in both Lewis and Kinsley communities starting Tuesday, September 6, 2022 and ending Thursday, October 27, 2022. Lewis class will be at 8:30 am at city hall and Kinsley at 9:30 am at the Edwards Co. Fair Building.

If you are interested in more information on this program, please contact Trisha Greene for registration information, 620-659-2149.



## Story Walk

You may have seen a StoryWalk in your community lately. We've set one up in the month of September around the St. John grade school playground and one in Stafford around Trojan Trail for Oktoberfest weekend.

The StoryWalk® Project was created by Anne Ferguson of Montpelier, VT and developed in collaboration the Kellogg Hubbard Library. Storywalk® is a registered service mark owned by Ms. Ferguson.

Our StoryWalk can be set up anywhere. If you are interested bringing a StoryWalk to your community, event or neighborhood, give us a call.

*Trisha Greene,*  
21 Central  
District Director,  
Family & Consumer  
Science Agent





Pictured: Shana Reed, provider, Yescenia Lopez, provider, Kelsey Kliewer Holguin, committee member, Trisha Greene, committee president, and Krystle Sandman, committee secretary. Committee members not pictured are Bradley Venters, Schianne Hornbaker, Linette Miller and Karen Myers.

## Child Care Committee

Have you heard of the work being done with child care in your community? If not, I hope you keep reading. Available, good quality daycare does not just affect a family, but the entire community.

### **Edwards County:**

In May 2021 I was having a hard time finding daycare for my child. At the time, there was only one licensed daycare in the county of Edwards. After visiting with the local economic development director, we decided to take action. We conducted a needs assessment through Bradford Wiles, KSRE Extension Specialist for Early Childhood and Development. The result of this assessment was that 60-75 children needed childcare in Edwards County. Meaning there was a need for six to eight additional daycares. With this information, we realized the severity and urgency of the situation meant that something needed to happen – and quickly.

To find community members with a passion and motive for finding solutions, we reached out to parents and employers that were being directly affected by the daycare shortage. From there, committee members were selected for the “Edwards County Child Care Committee”. Members of the community are a mixture of parents, employers, and key community members.

As a committee we decided our purpose was to help new and existing daycares with space, supplies and financial needs. One of the key findings of the needs assessment was that daycare providers don’t want to run their business out of their homes. The committee located vacant buildings and lots within the communities that could potentially house daycares. Working directly with the school system, we were able to rent a modular building with two classrooms. Each classroom is subleased to a provider for \$250 a month as a daycare group home. A committee member had a rental house she was willing to rent at a cheaper cost to a



## Child Care Committee Continue...

provider as well. This allowed us to go from 1 licensed daycare to 4 licensed daycares in a matter of only 3 months in Kinsley.

In addition to the lower rent cost, the committee helped furnish the daycare with everyday needs such as changing tables, rocking chairs, cabinets, refrigerator, fire extinguishers, first aid kits, etc. Many of these items were donated from members of the community. Others were purchased by the committee thanks to donations. Should a provider leave, the items would stay at the locating, making it a smooth transition for a different provider to take over the daycare.

Currently the committee is working on bringing two new daycares to Lewis, another town in Edwards County, located 11 miles east of Kinsley. The city of Lewis has agreed to lease the committee a lot to put a modular building on. This will be a similar situation with the USD 347 modular.

Two providers will be able to run two separate business as group home daycares. With the help of the County Commissioners and local community members we were able to purchase a building and have additional funds to get it up and running. The building was recently moved in and are working on electrical, plumbing, fencing, along with Kansas State Fire Marshall approval. We are anticipating an October start date for the two new daycares.

### Stafford County:

About a year ago, Amy Collins and I partnered with St. John Schools and Stafford County Economic Development and a few community members to form Stafford County Childcare Committee. This committee works same at the Edwards County Committee. The mission of this committee is to provide funding & resources for both existing and new childcare providers in the community.

After conducting a needs assessment for the county, the results showed us that there were 70-100 children in Stafford County who are in need of childcare; meaning Stafford County could support 6 - 7 daycares.

Since the needs assessment, the committee has been able to secure \$65,000 from the city of St. John and \$55,000 from the Stafford County Commission. With this money, the committee has put a down payment on a modular building, and is in the discussion of securing a location. Long term, the idea is to bring in a modular to house two different daycare provides that would serve 18 children.

Besides from the modular project, the committee has also been a sound board for the St. John school district in opening up a daycare among their facility which opened in August. We are also exploring other options in St. John and Macksville. Even though St. John and Macksville are the main focus due to child care services being available to the Stafford Community, the goal is to serve the entire county, it will just take some time.



## Women's Day Out

Every year, the Family & Consumer Sciences, Program Development Committee puts on a Women's Day Out. This day is specifically for women to have a day to learn a thing or two from local entities, socialize and have a good time! This year it will take place on November 12, 2022 at Mulligans in Kinsley.

All speakers will have their merchandise available to purchase. Participation limited to 65 people with a registration fee of \$10. Call Trisha Greene to register, 620-659-2149.



SATURDAY, NOVEMBER 12

## Women's Day Out

Mulligans Pub & Grill  
1046 O Road, Kinsley, KS  
2:00 - 5:00 PM

Topics:

How To Get That Holiday Look - Beth Schmitt  
How To Decorate Your Holiday Table - Jennifer Gleason  
Drink Pairing & Appetizers - Katie Swenson

Please join us for a fun afternoon learning from local businesses!

- \$10 registration fee due to 21 Central District, Kinsley Office, 212 East 6th.
- Fee includes appetizers and one drink.
- Space limited to 70 participants

## Freezer-Ready Slow Cooker Meals

Do you feel like your evenings are chaotic? Struggling to get a nutritious dinner on the table? Wouldn't it be nice to come home to supper that's already cooked itself??

Register no later than Wednesday, **September 28th**. Program limited to first **10 participants**. Fee includes recipes, educational materials and 5 freezer ready meals for family of 4.

**5 Meals - \$100**

- Green Chili Pork Tacos
- Beef Stew
- Pot Roast
- Chicken & Dumplings
- Pineapple Teriyaki Chicken



Wednesday,  
Oct. 5th  
6 - 7:30 PM  
Stafford Methodist  
Church  
218 West Stafford St.

**K-STATE**  
Research and Extension



21 Central  
District

## Freezer-Ready Slow Cooker Meal

Trisha Greene has partnered with Nora E. Larabee Memorial Library to host a crockpot meals class from the community of Stafford. This class will send participants home with 5 crockpot meals that serve a family of 4. To register contact the library at 620-234-5762.

To register:  
Contact Larabee library  
Phone:620-234-5762

Email: larabeelibrary@gmail.com

**K-STATE**  
Research and Extension



21 Central  
District





Pictured: Jason Murray - Chief Financial Officer, Becca Venters - Business Manager, Trisha Greene - 21 Central District Director, FCS Agent and Rachael Clews - Southwest Area FCS Agent & Certified SHICK Counselor

## Medicare Plan D Coverage

Trisha Greene partnered with Edwards County Medical Center in hosting Rachael Clews, Southwest Area, FCS Agent for a Medicare Basics class. This class was free of charge and for all those wanting to learn more about the basics, gap plans, plan D coverage, 2023 plan changes and Q & A. There were 4 participants at the St. John class and 18 at the Kinsley class. The class was very informative and prepped Medicare participants for their upcoming enrollment period and Plan D changes. Trisha is a trained Senior Health Insurance Counselor of Kansas (SHICK) and will be offering times to go over Plan D coverage with those interested in changing their plans. It's important to review Plan D coverage every year to make sure your getting the best bang for your buck. If you've been put on new medication, your coverage has changed or you're just not happy with the price you are paying, be sure to call Trisha at 620-659-2149 or email [trishagreene@ksu.edu](mailto:trishagreene@ksu.edu) for an appointment between October 15 - December 7.

# 4-H Youth Development



**RESPONSIBILITY  
GROWS HERE.**

Kansas 4-H programs help kids grow into confident, capable and caring adults. Give your child the skills to lead for a lifetime.



October is right around the corner which means that there are many new “starts” in the future. The beginning of October marks 10 months of working with K-State Research and Extension, 21 Central District for me. Within my first (almost) year here, I have had a lot of new experiences ranging from the St. John afterschool program to a whole month that is dedicated to county fairs. I have been given the opportunity to learn from my fellow agents in the district and other agents from neighboring counties. This first couple of months has been an incredible experience of learning, getting to know those in both communities, and getting to implement some new ideas into the district.

Within my first ten months, one of my favorite experiences was starting a new pilot program in Stafford Elementary School that incorporates 4-H curriculum, 4-H record keeping tactics, and (hopefully) ways to display the “projects” that they have been working on. This is a new program that really would not be possible without the enthusiasm and cooperation of all of the teachers and staff at Stafford Schools. They have been so excited to be a part of this program and have been incredibly patient as we work out all the kinks. This semester, the kiddos will be learning lessons from one of the following curriculums once a week:

- Healthy Foods
- Bicycling for Fun
- Cloverbud Curriculum
- Leap into Careers
- Food Science
- Sports Nutrition

*Marissa Hurst,*

4-H Youth & Development  
Agent

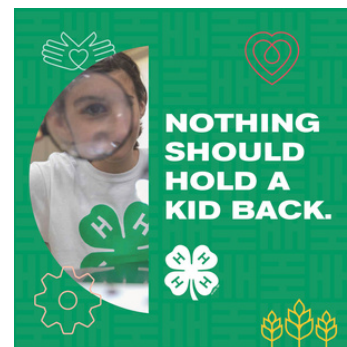




Each week, they will fill out things that learned during their project time in their “record forms.” Project record forms are a very important part of 4-H that helps youth work on record keeping and help them see how they have grown over the year in their project. They also encourage goal-setting. These are all elements that we have incorporated into this program. We also hope to have the students display what they learned during the 9 weeks at parent-teacher conferences or some other school event. This will help the children with their public speaking skills and they will get to show off the knowledge they gained and the product they made!

I would like to thank Kim Ghumm for inviting me into the schools to be part of this awesome idea! I am excited to have the support of the school system as we go into this new program and cannot wait to see what comes of it!

October also means the start of the 4-H year is here! **October 1 marks the beginning of the new 4-H year and all of the fun adventures that come with it!** If you have any interest in joining our 4-H programs, please reach out to me. I would love to talk more to you about how to join the program, what you can expect from 4-H, and how I can help you get started! If you would like more information about our programs, please call me at 620-549-3502 or email me at mlhurst@ksu.edu!



**4H WEEK**

# MORE OPPORTUNITY



## MORE SMILES

Every kid needs the chance to thrive. It'll inspire their lives, and they'll inspire our community.

CREATE #OPPORTUNITY4ALL KIDS AT 4-H.ORG



CloverBud judging at the 2022 Edwards County Fair.



Helping with 2022 Hands-On-Learning Internship program.



Celebrating Sept 15 as International "DOT" day with the after school program.

# Staff and Important Dates

## 21 CENTRAL DISTRICT STAFF

### MARTY GLEASON

Agriculture Agent  
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### TRISHA GREENE

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Family & Consumer Science Agent  
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### MARISSA HURST

4H Youth Development Agent  
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### JEAN HUNTLEY

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o. 620.659.2149

### MARIBEL TOVAR

St John Office Professional  
Communications Manager  
e. lmtovar@ksu.edu  
o. 620.549.3502

## OFFICE LOCATIONS



**212 E 6th St**  
**Kinsley, KS 67547**

**Hours: Monday - Friday 8 am to 5pm**



**210 E 3rd**  
**St John, KS 67576**

**Hours: Monday - Friday 8 am to 5 pm**

**Hours are subject to change and lunch hours excluded**



Find us on the web at

[www.21central.k-state.edu](http://www.21central.k-state.edu)

on Facebook at

<https://www.facebook.com/KSRE21Central/>



October 2 - 8 - National 4-H Week

October 7 - District Open House

October 10 - Closed for Columbus Day

November 11 - Closed for Veteran's Day

November 12 - Women's Day Out (Kinsley)

November 24-25 - Closed for Thanksgiving

December 26-30 - Closed for Christmas

January 2, 2023 - Closed for New Year's

July 10-15 - Stafford County Fair (2023)

July 18-22 - Edwards County Fair (2023)

