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Leavenworth County

K-State Research and Extension News

Knowledge for Life

1st Quarter 2017

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Farewell from Denise Sullivan

By the time that you read this issue of the *Knowledge for Life* newsletter, I will have cleaned out my office at 613 Holiday Plaza. On December 31, 2016, I retired from K-State Research & Extension after 28 years as the Family & Consumer Sciences agent (aka Home Economist).

As I reflect on my time in this position, I think about the many changes that I have gone through both personally and professionally. Coming from a 4-H agent position in Texas, this job brought me back to my home state of Kansas. Within a year of starting my job, I became a mom and quickly came to understand the challenges that many working moms experience. Was I supposed to choose between the two roles or do I seek a way to be my best at both my personal and professional role? This would lead to the opportunity to co-author a curriculum called *Managing Time, Work & Family*, and the subsequent *Choose Life Balance* curriculum...my first published work! This would also open the door to be able to 'meet people where they were at' and share Extension educational resources through worksites, schools, churches, civic and social groups and foster many great community partnerships and friendships. During this time, through a collaborative community effort, *Parents University* was launched and, for over a decade, parents from across the county learned skills to enhance their parenting abilities.

Fast forward a few years and I would add '4-H mom' to other 4-H related titles that included 4-H alumni, 4-H leader and 4-H agent. I would have the opportunity to watch my children develop knowledge and skills that the 4-H program is known for. During this time, I began to get involved in specialized program efforts and grant management. Through grants from the Juvenile Justice Authority, 21st Century Learning Centers and Supplemental Nutrition Assistance Program, my co-workers and I were able to reach out to youth and families that might not otherwise have the opportunity to engage in Extension programs. Over a 10 year period, more than \$250,000 in external funding brought opportunities to expand our county Extension program efforts. These experiences would continue to guide my professional knowledge and skill development in the areas of nutrition, wellness and health promotion.

Fast forward a few more years and I would find a new role within the K-State family... adding 'K-State mom' to the list alongside K-State fan, K-State alumni, K-State employee, and now, K-State retiree. As I look back, I can't believe how fast it went! Now I will take my 'purple heart' across the river, as I continue my Extension career, joining the University of Missouri Extension staff as a nutrition & health education specialist.

I want to thank K-State Research & Extension and the Leavenworth County Extension Council for the opportunity to grow as an individual and an Extension professional and for the privilege of serving the citizens of Leavenworth County.

Denise Sullivan

If you would be interested in receiving this newsletter via email, you can call our office at 913-364-5700 or send an email to: smontg@ksu.edu.

4-H GROWS HERE

More than 86,000 youth participate in Kansas 4-H. 4-H learning experiences enhance young people's abilities to grow into tomorrow's leaders and communicators. The structured learning environment combined with encouragement and mentoring allows 4-H programming to play a vital role in helping our youth achieve future success. Recently, 2,600-plus Kansas youth ages 8 to 18 years old — from both rural areas and cities — participated in a study to determine

4-H's effectiveness in fostering positive connections, encouraging responsible decisions, and developing communication and citizenship skills. The following is a summary of the study's results.

MAKING RESPONSIBLE DECISIONS

- 95% reported being comfortable with making their own decisions
- 91% have a plan for reaching their goals
- 89% don't succumb to peer pressure

Strong decision-making skills enable a young person to effectively navigate life. One of 4-H's principles is viewing youth as active participants in learning and addressing their own needs and interests. Youth create goals, show progress and work with mentors.

DEVELOPED CONNECTIONS

- 96% reported working successfully with adult and having caring friends
- 93% are connected to adults who are not their parents

The overall well-being of a child is largely determined by their perceived satisfaction in relationships with others. A sense of belonging motivates young people to show respect and concern, as well as make them more receptive to guidance from caring adults.

GROWTH IN CITIZENSHIP SKILLS

- 97% reported a strong desire to help others
- 96% reported they can make a difference through community service
- 94% reported they gained important skills by serving their communities

4-H citizenship programs empower youth to become informed and engaged in their communities. Youth use their decision-making, communication and leadership skills to make a difference.

LEADERSHIP

- 95% of youth reported an increased effort to allow everyone to have a voice
- 95% treat everyone fairly and equally when they are in charge of a group

Strong leadership skills allow youth to analyze their own strengths and weaknesses while maintaining the confidence, motivation and skills to achieve their goals. In 4-H, youth grow as leaders through identifying and carrying out projects that benefit themselves, their families and communities. Youth lead various committees, projects and events to share their knowledge.

COMMUNICATION

4-H communication opportunities help young people grow their public speaking, personal expression, interactive and professional correspondence skills. Youth give presentations and demonstrations, learn extemporaneous speaking, and practice artistic expression. 4-H participants in their third year or more reported a 60% increase in their confidence in public speaking compared to newer participants.

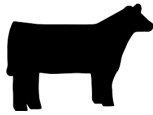
Youth-driven 4-H experiences provide access to safe learning environments; challenges that build skills, competencies, and resiliency; and active contributions to society. 4-H helps youth form connections with caring adults that help meet their basic developmental needs of belonging, mastery, independence and generosity.

Leavenworth County 4-H members participated in this survey. Their results were very comparable to the state results.



No Secrets BEEF CAMP CLINIC

Sponsored by:



Leavenworth Co. Livestock Committee

Bob and Brock May will be presenting at this clinic! Come learn from the best of the best on all things pertaining to your beef project and show ring presentation!

DATE: Saturday March 11th, 2017

TIME: 8:00am - 4:00pm

PLACE: Leavenworth County Fairgrounds

COST: See registration form on our website or contact Karol Lohman, AG Agent for form to register.

Space is limited so register ASAP!

Topics / Hands On Practice

Daily Care & Management of your Calf

Feeding & Nutrition for Success

Showmanship Prep & Skills

Take home packet with Tee Shirt, Information, Gloves, and Key Ring! Door Prizes!

Snacks and Lunch included!

Questions? Contact Karol Lohman, AG Agent

913-364-5700 office / klohman@ksu.edu

LV County Youth Leaders

Leavenworth county Youth Leaders worked hard to complete their December Community Service Project. Part of the 4-H experience is learning how to give back to your community and becoming an active member in that community. This year the Youth Leaders received a donation to purchase raw ingredients to make homemade Christmas cookies. The call went out to all Leavenworth County 4-H members/families to join the group in baking cookies. After all baking by the group and collecting of donations from others the total cookie count was over 120 dozen cookies.



40 tins were filled to be included in the special holiday baskets given out by the Good Shepard Food Pantry to local families. The remaining cookies were bagged up and delivered to the pantry to be distributed to other community needs.



K-State AS&I Department launches KSUAntibiotics.org



The KSU Animal Sciences and Industry Department has developed a website on antibiotics for livestock.

Antibiotics are critical tools for treatment and control of diseases in livestock. This website includes links to sites that provide an overview of antibiotic resistance, mechanisms, the current knowledge about resistance in livestock production, the USDA and FDA action plans concerning resistance, and news feeds where you can find the latest information on the topic. There are links to the [rules concerning Veterinary Feed Directives \(VFD\)](#) and other antibiotic regulations along with videos created by the Beef Cattle Institute regarding VFD and a section that leads the user to reviews on the main alternatives to antibiotics that have been tested. Be sure to check out this resource for all your livestock antibiotic questions!

WHAT BEEF PRODUCERS SHOULD BE THINKING ABOUT IN JANUARY.....

Tips by Dale Blasi,

Extension Beef Specialist- Cow Herd Management



- ♦ Historically, cull cow prices have increased during the next 2 or 3 months. Check your breakevens.
- ♦ Continue feeding or grazing programs started in early winter. Weather conditions may require wrapping up grain sorghum and cornstalk field grazing. Severe winter weather may begin to limit crop residue utilization, so be prepared to move to other grazing and feeding systems
- ♦ Supplement to achieve ideal BCS at calving.
- ♦ Use this formula to compare the basis of cost per lb. of crude protein (CP):

Cost of supplement, \$ per hundredweight (cwt.) ÷
(100 X % CP) = cost per lb. of CP.

- ♦ Use this formula to compare energy sources on basis of cost per lb. of TDN:

Cost, \$ per ton ÷ [2,000 X % dry matter (DM) X %
TDN in DM] = cost per lb. of TDN.

- ♦ Control lice; external parasites could increase feed costs.
- ♦ Provide an adequate water supply. Depending on body size and stage of production, cattle need 5-11 gallons (gal.) of water per head per day, even in the coldest weather.
- ♦ Sort cows into management groups. BCS and age can be used as sorting criteria. If you must mix age groups, put thin and young cows together, and feed separately from the mature, properly conditioned cows.
- ♦ Use information from forage testing to divide forage supplies into quality lots. Higher-quality feedstuffs should be utilized for replacement females, younger cows, and thin cows that may lack condition and that may be more nutritionally stressed.
- ♦ Consult your veterinarian regarding pre- and post-partum vaccination schedules.
- ♦ Continue mineral supplementation. Vitamin A should be supplemented if cows are not grazing green forage.
- ♦ Plan to attend local, state and regional educational and industry meetings.
- ♦ Develop replacement heifers properly. Weigh them now to calculate necessary average daily gain (ADG) to achieve target breeding weights. Target the heifers to weigh about 60%-65% of their mature weight by the start of the breeding season. Thin, lightweight heifers may need extra feed for 60-80 days to "flush" before breeding.
- ♦ Bull calves to be fed out and sold in the spring as yearlings should be well onto feed. Ultrasound measurements should be taken around one year of age and provided to your breed association.
- ♦ Provide some protection, such as a windbreak, during severe winter weather to reduce energy requirements. The LCT is the temperature at which a cow requires additional energy to simply maintain her current body weight and condition. The LCT for cattle varies with hair coat and body condition.

Top 10 Considerations to Navigate a Struggling Farm Economy



Farmers and ranchers are currently experiencing one of the biggest downturns in history with many parallels to the 1980's. Commodity outlooks remain pessimistic, indicating tight financial conditions for farmers into the future. This program will focus on a host of different topics to start thinking critically about how the farm operation might withstand these hard times.

Topics Include:

- 1.) Overview of the Farm Financial Situation
- 2.) Cost of Production—Crops & Livestock
- 3.) Maintaining Working Capital and Restructuring Debt
- 4.) Utilizing FSA Loan Programs
- 5.) How Long Can I Afford to Lose Money on Rented Ground?
- 6.) Managing Machinery Expenses
- 7.) Farm Safety Nets
- 8.) Income Tax Management
- 9.) Is it Time to Retire? What About the Next Generation?
- 10.) Family Living Expenses

January 19, 2017

8:30 am—4:00 pm

Shawnee County Farm Bureau
3801 SW Wanamaker Road
Topeka, KS 66610

For registration contact:
Shawnee County Extension Office
785-232-0062

RSVP by January 13, 2017
Limited to first 100 attendees



Speakers

K-State Agricultural Economics Department features Dr. Allen Featherstone, Dr. Mykel Taylor, Dr. Art Barnaby, Dr. Gregg Hadley, and others!



Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Rich Llewellyn, (785) 532-1564.

It is the policy of Kansas State University Agricultural Experiment Station and Cooperative Extension Service that all persons shall have equal opportunity and access to its educational programs, services, activities, and materials without regard to race, color, religion, national origin, sex, age or disability. Kansas State University is an equal opportunity organization. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John Flores, Director.



AgManager
info

Leavenworth County Extension is a partner in hosting this KSU program.
You may RSVP to Karol Lohman, AG Agent 913-364-5700 or klohman@ksu.edu

Staying Mentally Fit

How to Stay Mentally Fit

The human brain is an amazing organ that allows you to interact with the world, understand, analyze, and respond to various situations and surroundings. A healthy brain is crucial to survival, growth, and everyday success. Here are a few tips to keep your brain mentally fit.

Socialize

Socializing with others provides opportunities for communication, critical thought, creativity, and emotional expression. People who isolate or segregate themselves are at greater risk of developing depression and dementia. Ways to be social:

- Keep in touch with friends and family. Friends and family can be a simple avenue to maintain a social environment. Through various life transitions, however, staying connected might require intentional planning and scheduling.
- Stay involved. Connecting to your community can help the brain thrive. Joining a club, volunteering, or becoming active in a church are just a few ways to develop stronger social networks.
- Know your neighbors. From someone living next door, to a local shopkeeper, neighbors can help you create meaningful connections close to home.
- Plug into the Internet. The Internet has the potential to introduce you to a network of new people and reconnect you with old friends or acquaintances. Online communities, and social media accounts such as Facebook are just a few examples of ways to stay connected via the Internet.

Mental Stimulation

Just as going to the gym is important for your physical health, exercising your brain through mental stimulation is equally important throughout the lifespan. Through mental exercise, you can stimulate and enhance brain cell connections and even delay the onset of Alzheimer's disease. Some common forms of mental stimulation include:

- Games and puzzles: Games and puzzles that challenge you to think and test your skill and intelligence provide more than entertainment. When practiced over time, they target areas of the brain linked to memory, concentration, language skills, visual-spatial abilities, and logic and organization.



- Reading and writing: Reading and writing engage the hippocampus — the memory component of the brain. To further challenge yourself, try reading a word backwards or write with your non-dominant hand.
- Education and lifelong learning: Education is linked to health and healthy behaviors. The more educated you are, the healthier you are likely to be. Pursuing new knowledge throughout life and beyond formal settings enhances social activity, active citizenship, and personal development.
- Hobbies: Hobbies can challenge the brain, especially ones that require hand-eye coordination and mental calculation, such as knitting, wood crafts, painting, sculpting, and playing a musical instrument.
- Emotional/psychological/spiritual engagement: Spirituality encompasses more than religious values and beliefs. It involves an escape from the hurried and material world. Spiritual practices can involve prayer, yoga, walking, meditation, quiet contemplation. Relaxation techniques can help you slow down and connect with the essence of who you are and what you value in life. Such practices can also help reduce stress, which has a negative impact on brain health.
- Exposure to new environments: Whether you take a trip or drive a different route to work, new environments are good for the brain. New environments are enriching because they can be exciting and they challenge the brain to process new information.

Sleep

Sleeping well is essential to good health and brain functioning. For optimal sleep:

- Exercise, but not within a few hours of bedtime.
- Eat a well-balanced diet.
- Set regular bedtime and waking hours.
- If you cannot fall asleep within the first 20 minutes of getting into bed, get up and do something until you are tired and ready to sleep
- Avoid reading or watching television while in bed.
- Keep a sleep journal to keep track of the activities, diet, and other things that might affect how you're sleeping.
- Consult a health provider if you're consistently having trouble sleeping.

More tips for optimal brain health can be found in the *Keys to Embracing Aging: Brain Activity* factsheet.

Prebiotics & Probiotics

You may have heard of prebiotics and probiotics in the news lately, but what are they? Although they are available as dietary supplements, it is not necessary to use special pills, potions, cleanses or other concoctions to incorporate them into your diet. These "nutrition boosters" are natural ingredients in everyday food.

Kristi King, MPH, RDN, LD, CNSC, spokesperson for the *Academy of Nutrition and Dietetics*, suggests focusing on food sources first. "They are more readily available for absorption and digestion," she says. Nutrition research has pinpointed specific functional components of foods that may improve health, and prebiotics and probiotics are two such substances. While research continues in this area of nutrition, investigating how effective and safe these substances are and how much we need to obtain health benefits, here's what we know now.

Prebiotics: What are They and What Do They Do?

Prebiotics are natural, non-digestible food components that are linked to promoting the growth of helpful bacteria in your gut. Simply said, they're "good bacteria" promoters. That's right, not all bacteria are bad! Prebiotics may improve gastrointestinal health as well as potentially enhance calcium absorption. Prebiotics include fructooligosaccharides, and galactooligosaccharides. Rather than focusing on these lengthy words, try to include more prebiotics in your diet by eating these foods recommended by King: bananas, onions, garlic, leeks, asparagus, artichokes, soybeans and whole-wheat foods.

Probiotics: What are They and What Do They Do?

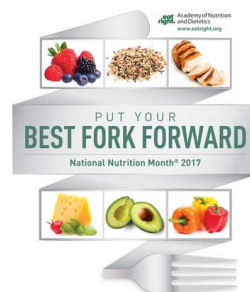
Probiotics are the "good bacteria", or live cultures, just like those naturally found in your gut. These active cultures help change or repopulate intestinal bacteria to balance gut flora. This functional component may boost immunity and overall health, especially GI health. For instance, probiotics have been used for management of irritable bowel syndrome symptoms. Some live culture strains may help prevent specific allergy symptoms, reduce symptoms of lactose intolerance and more. However, effects can vary from person to person. To obtain more probiotics, King recommends enjoying fermented dairy foods including yogurt, kefir products and aged cheeses, which contain live cultures (like bifidobacteria and lactoba-

cilli). King also suggests some non-dairy foods which have beneficial cultures, including kimchi, sauerkraut, miso, tempeh and cultured non-dairy yogurts.

Prebiotics and Probiotics: "The Dynamic Duo"

Ultimately, prebiotics, (good bacteria promoters) and probiotics (good bacteria) work together synergistically. In other words, prebiotics are breakfast, lunch and dinner for probiotics, which restores and improves GI health. Products that combine these together are called synbiotics. On the menu, that means enjoying bananas atop yogurt or stir-frying asparagus with tempeh is a win-win.

The bottom line: At a minimum, prebiotics and probiotics are keys for good gut health. "I think we are at an exciting time in research," says King. "We're finding that the gut flora is responsible for more than just digestion." Incorporating health-promoting functional foods, such as foods containing prebiotics and probiotics, into the diet aids in creating a healthier you. *Source: American Dietetic Association*



Knowledge @ Noon

Held from 12-1 pm at the Leavenworth Public Library

January 6, 2017—Gluten and Your Gut Health

What is gluten and what foods have it? You will learn label reading hints to identify gluten containing products and sample some gluten free foods.

February 3, 2017—Health Trip: Hartford CT

The first of three virtual Health Trips, this fun journey will guide you towards making heart healthy food and lifestyle choices.

March 3, 2017—Fixing Funky Food

The variety of food choices in the marketplace has increased greatly over the past five years. But what ARE some of those strange foods and what do you do with them?

Check out our website at
www.leavenworth.ksu.edu



Leavenworth County Extension Office

Leavenworth Master Gardeners

Kansas 4-H

January 2017

- 02 **Extension Office closed** in observance of New Year's Day
06 Knowledge @ Noon, Leavenworth Public Library 12-1:00pm
09 LV CO Extension Executive Joint Board Meeting, Location to be determined 6:00pm
16 **Extension Office closed** in observance of Martin Luther King Day
19 Top Ten Considerations to Navigate Struggling Farm Economy, Shawnee Co Farm Bureau Office, Topeka 8:30am-3:30pm

February 2017

- 03 Knowledge @ Noon, Leavenworth Public Library 12-1:00pm
06 LV CO Extension Executive Board Meeting 6:00pm

March 2017

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06 LV CO Extension Executive Board Meeting 6:00pm
11 No Secrets BEEF Clinic, LV CO Fairgrounds 8:00am-4:00pm

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