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“Get your house in order” Baker advised audience at Statewide Women in Agriculture Conference

By Donna Sullivan, Editor

“My best advice, and this is pretty profound, so you better write this one down, is... you need to die first.”

That moment of levity by Anna Baker at the Statewide Women in Agriculture Conference in Corning followed her telling the story of losing her husband Chad in 2021 when he was just 38 years old. While not a path she would have chosen, it has become her passion to help people “get their house in order” when it comes to life insurance, estate and succession planning, and other tasks when you’re the one left to handle the affairs of a loved one who has passed away.

Baker was one of the original collaborators of Women in Agriculture, and as she stood in front of the women who filled the Community Center, she admitted that it was a triggering experience for her. “The last time I was here in 2020, I was sitting right over there and my husband Chad was sitting right there. Grief can be triggered by a number of things,” she reflected. “Sights, sounds, places, events...”

Anna had moved to Seneca in 2011 after graduating from Ft. Hays State University to start her job as a soil conservationist with NRCS. “I was originally from northwest Marshall County,” she said. “So I was excited to come back to where I grew up and excited about working with our farmers and ranchers in conserving our natural resources.”

She met Chad in February, 2012. “My life changed forever. I met Chad Baker,” she recalled. “He was an amazing guy – funny, the life of the party, loved to have a good time.” They were married in November 2013 and welcomed their daughter Audrey in 2016 followed by Henry in 2018. When they met Chad was working at the local co-op, but became a Farm Bureau insurance agent the year they got married. In 2016 the couple decided they wanted to get into farming. “Chad had worked on a dairy farm for many years and loved livestock and the farm life,” Anna said. “I had grown up on a dairy farm and had been around ag all my life.” Her parents were no longer farming the family farm, so Chad and Anna approached them about their starting to farm the home place. “Thankfully they said yes, so in 2016 we started our own farming operation, started a cow-calf herd, had about 50 cows,” she said. They also grew corn and soybeans. Through her job with NRCS Anna had done a lot of work with cover crops and soil health, and they incorporated that into their operation, as well. “We were living the typical American dream,” she said. “We were happy. We were raising kids, raising cows, raising crops. It was good. We were having a good life.”

On November 11, 2021, everything changed for the Bakers. Chad had been sick for several days,



After speaking at the Statewide Women in Agriculture Conference, Anna Baker said, “I was very humbled to have been asked to speak at this event. It was amazing to share the stage with other inspiring women! I will share my story, Chad’s story, over and over again if it means I can help someone.”

Anna had the day off work, and thinking the fresh air might do him some good, suggested they go over to the farm. “We were trying to get out cows on stalks and needed to put hotwire up around our field, so I hopped in the Ranger and he hopped in the skid loader and we started to get to work.” She soon noticed though that Chad wasn’t doing very well. When he said he was having trouble breathing, she called the emergency room at the hospital in Seneca and was told to bring him in immediately. “Walking into those doors that day, little did I know that my life would change forever,” Anna said. “There was no thought in our minds other than that Chad was coming home. He would be sick for a few days, but ultimately he was coming home.”

When his condition did not improve, he was transported from the Seneca hospital to Kansas City. Anna drove back and forth nearly every day to see her husband, while still trying to be there for their kids. “At that time, I thought it was the hardest thing I’d been through in my life,” she said.

On November 25, two days after their eighth wedding anniversary and Thanksgiving Day, Chad’s condition took a turn for the worse. “It was the first time that I thought it wasn’t ‘when’ Chad was coming home, but ‘if’ he was coming home,” said Anna. “It was the first time I thought, what am I going to do without him?” After weeks of his condition being very touch and go, he had a really good day on December 18, able to sit up in bed and communicate a little. “I finally had hope again that he was going to get better, that we were seeing the light and he was going to come home,” Anna said.

But a couple of days later an echocardiogram indicated that his heart and the rest of his organs were failing. His children, who had not seen

him since he entered the hospital in Seneca on November 11, were able to come in and see him on December 21. “He smiled when he saw them and held their hands,” Anna said. “He told me ‘Love you more,’ kissed me and those were the last words we ever spoke to one another. Two days later, on December 23 at 12:16 p.m., I said the hardest goodbye of my life. I lost Chad. Audrey and Henry lost their dad. My life has been forever changed because of his death.”

And while the events of Chad’s death changed Anna’s life, she wants to use the lessons she’s learned along the way to help prepare others who may face similar situations. “While I can never prepare you for the absolutely overwhelming feeling of grief and sadness, maybe I can help you prepare to get your house in order. So that’s why I’m doing what I’m doing. To share our story with you.”

After Chad passed away, Anna received a valuable piece of advice from a friend, who told her to get educated. “It sounds so simple, but it really has helped me so much,” she said. “The best advice I can give is to get educated, because you don’t know what you don’t know. My best advice is to get educated, after ‘die first’ doesn’t work.”

From an article on ForbesAdvisor.com, Anna learned that only 52% of Americans have life insurance, and of those who do have it, 106 million people believe they don’t have enough. Six out of ten men have life insurance, while just one in five women carry policies. Men are more likely to have life insurance because statistically they tend to die first. “It’s a very annoying habit they have,” she quipped.

But the statistic that alarmed her the most was one that indicated 44% of households will encounter significant financial difficulties within six months of a death, and 28% will reach that within one month. “You have just gone through the most tragic, heartbreaking thing of your life and your world has stopped turning,” she stated. “But the world of bills and paying off loans and all of that fun stuff, does not stop turning. So, on top of trying to manage

grief, you’ve got to think about your financial situation, possibly within a month of losing someone you love. That’s pretty staggering to think about.”

In preparing for such an event, the question becomes, do you have enough planned?

Initial funeral expenses and paying off debt are quickly identified as expenses one will face after a death. But another, that Anna believes is one of the bigger challenges, is replacing lost income. “The day Chad died, his paycheck died with him,” she pointed out. “We went from a dual-income household to just one, just me. To go from two incomes to one, for most people



After losing her husband Chad, Anna became passionate about getting her own estate plan in order, as well as helping others do the same.

who probably rely on both spouses to work can be quite alarming and pretty tragic for most people.”

She discussed the different types of life insurance and the need to reassess your policies regularly. “Determining what you need for life insurance and when you need it is going to be based off of life events,” she explained. “Chad and I took out our first life insurance policy in 2013 when we got married, then the next one in 2016 when Audrey was born and the next one in 2018 when Henry was born. You can’t just buy life insurance one time and be done, you’re going to have to keep building that portfolio as you get

older and things happen in your life. I know it’s hard to look into the future because you think you’re always going to be here, but please, you must plan something. Something is better than nothing at all.”

Anna also touched on estate planning and described how her and Chad’s estate plan went from a simple four-page document to a large binder that includes everything someone needs to know if she were to pass away. “What I want for my family, financial needs, everything,” she said. “This has essentially become my Holy Grail.”

To get started, she said it’s important to know

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Governor Laura Kelly and Secretary of Agriculture Mike Beam toured JET Produce and Meats in Leavenworth last Tuesday and signed a proclamation designating March as Kansas Agriculture Month. Courtesy photo

Governor tours Leavenworth family farm, proclaims March “Kansas Agriculture Month”

Last Tuesday at JET Produce and Meats, a family-owned farm in Leavenworth, Governor Laura Kelly proclaimed March “Kansas Agriculture Month” to highlight the ag industry’s importance for local communities across the state.

“Farmers and ranchers have a partner in my administration – not just in March, but year-round,” Kelly said. “I am forever grateful to the hardworking women and men in the Ag industry for fueling our economy and feeding the world.”

Agriculture contributes nearly \$80 billion to the Kansas economy and contributes nearly 240,000 jobs – 12% of the state’s workforce. In 2022, Kansas produced more than \$5 billion in agricultural exports, the most in state history.

“As the world population grows and projections show that food needs will double by 2050, we know that Kansas agriculture will play an increasingly important role in producing the food, fuel, and fiber to sustain that population,” Secretary of Agriculture Mike Beam said. “I appreciate the skills, knowledge, and perseverance of the farmers, ranchers, and all those who are part of the Kansas agriculture community.”

JET Produce and Meats started as a small family farm in 2012 and has expanded over the years from sales at farmers’ markets into the introduction of a fully operated farm store. In addition to what is grown on the farm, the store features products from other area farmers and businesses.

“I’m proud to host this event recognizing Kansas Agriculture Month, especially on behalf of the farmers and ranchers who provide food to our local communities,” Jacob Thomas, founder and owner of JET Produce and Meats, said. “I appreciate the partnerships between local producers, and the relationships we have with our neighbors who support our work.”



Weather Watching

By Greg Doering,
Kansas Farm Bureau

Perhaps the biggest pastime in spring is watching the weather. I could be just searching for a nice Saturday to visit a park or checking to see if I need to carry an umbrella to the office. For farmers and ranchers, however, spring weather is high stakes and full of questions.

Will there be enough rain to awaken the wheat

crop and carry it through to maturity? If there is, will it be too much to prevent planting corn and soybeans? Will there be enough moisture to grow enough grass for cattle to graze?

Unfortunately for more than three-quarters of the state right now, the biggest question is when will the drought break? The northeast corner is the only portion of Kansas not experiencing a moisture

deficiency currently. More than 40 counties are wholly or in part in an exceptional drought according to the most recent report.

Most natural disasters are quick, but a drought is an open-ended catastrophe that grinds on day after day. Pictures and video do little to convey the effects the absence of water has on those who live through it. At least with a tornado or flood, you can start picking up the pieces relatively quickly. With a drought, you're just left to endure until the rains return.

We're moving into the height of severe weather season in Kansas. Thanks to the drought, fire is also a potential hazard in ad-

dition to the usual thunderstorms and tornadoes. While we can't prevent severe weather outbreaks, there are plenty of steps to take in advance to be prepared.

It starts with developing a good plan while hoping you never need to implement it. This can be as simple as a space in a basement with some bottled water, a battery-operated radio and some flashlights or candles for storms capable of producing tornadoes. Now's a good time to check those batteries if they've been sitting in a stockpile for a while.

For those who don't have a basement, a windowless room is the next

safest place to ride out a storm. If you're outside, find a low-lying area, preferably away from trees, to lie flat and cover your head with your arms.

In the event of a flash flood, immediately move to higher ground and don't drive through flooded roadways. The current is capable of carrying away a vehicle, plus there are all kinds of potential dangers obscured by the water.

The second step is to be aware of current forecasts and know when there's potential for severe weather in your area. The National Weather Service has a good track record of predicting when weather systems can go from nor-

mal to life-threatening. A "watch" means conditions are favorable for severe weather to develop. It's a reminder to be alert for worsening conditions. A "warning" is the signal to implement your plan as quickly as possible.

If watching the weather isn't already part of your spring routine, now's a good time to add it to your to-do list so you're prepared to act if it becomes necessary.

"Insight" is a weekly column published by Kansas Farm Bureau, the state's largest farm organization, whose mission is to strengthen agriculture and the lives of Kansans through advocacy, education and service.

Rep. Mann introduces legislation to preserve stepped-up basis

On National Agriculture Day, U.S. Representative Tracey Mann (KS-01) and U.S. representatives Jim Costa (CA-21), Robert Latta (OH-05), Angie Craig (MN-02), Adrian Smith (NE-03), and Jimmy Panetta (CA-19) introduced legislation alongside more than 50 of their colleagues recognizing the importance of stepped-up basis in response to the Biden administration's budget proposal which suggests the elimination of the tax provision for agricultural producers and small business owners.

"Today, on National Agriculture Day, I introduced legislation recognizing the importance of stepped-up basis in response to the Biden administration's budget proposal, which suggests the elimination of the tax provision for agricultural producers and small business owners. 98% of all American farms and 90% of all American businesses are family-owned and operated," said Mann. "These men and women form the backbone of America, and Congress must support their efforts, not crush them with devastating capital gains taxes. I will always stand with small businesses and family farms. This legislation is an integral part of my commitment to representing the people of the Big First to the best of

my ability."

"Eliminating stepped-up basis would hurt agricultural producers and small business owners by weakening their ability to keep generational assets in the family," said the Members. "The day-to-day trials of operating a successful farm, ranch, or small business are challenging enough without worrying about paying devastating capital gains taxes. We must preserve stepped-up basis and protect farmers, ranchers, agricultural producers, and small business owners both now and in the future."

"I commend Rep. Mann's proposal to protect stepped-up basis, preserving an important estate planning tool for the generational farms and ranches in Kansas and across the country," said Joe Newland, Kansas Farm Bureau president. "Without stepped-up basis, the next generation could have to face the difficult decision of selling pieces of their heritage just to pay the taxes."

"Agriculture is a capital-intensive business requiring assets like land, equipment, and buildings," said NAWG president and Oregon wheat farmer Brent Cheyne. "Eliminating stepped-up basis and instituting a transfer tax could result in families being forced to sell

their farms to pay increased taxes triggered after a family member's death or changes in operation structure. NAWG appreciates all of those involved in creating this bill for their dedication to protecting the family farmer."

Stepped-up basis is a longstanding provision within the tax code that protects people from being forced to pay capital gains taxes on inherited assets such as land, equipment, or buildings, allowing recipients of such inherited assets to adjust their cost basis to reflect their fair market value.

98% of all American farms are family-owned, and a study conducted by the U.S. Department of Agriculture's Economic Research Service determined that 66% of all mid-sized farms would see an increased tax liability if stepped-up basis were eliminated.

This stepped-up basis resolution commits the House of Representatives to support the preservation of the stepped-up basis, opposing any efforts to impose new taxes on family farms or small businesses, and recognizing the importance of generational transfers of family-owned farms and small businesses.

Three emerging risks on the horizon for the U.S. farm supply sector

The outlook for agricultural retailers is generally favorable for 2023 following a year of record profits in 2022. However, the sector faces an emerging set of risks that could depress profit margins and challenge traditional business models in the years ahead. Lower levels of industry working capital, higher property insurance costs, and changing grow-

er needs are three of the key issues that ag retailers will need to navigate over the next five years.

According to a new report from CoBank's Knowledge Exchange, a downturn in the crop cycle—after several years of consecutive high profits—is likely during 2024 or shortly thereafter. The prospect of lower grain prices and financial pressure at the

farm level, combined with the newly emerging risks, has business implications that ag retailers should begin preparing for now.

"Grain and farm supply cooperatives delivered tremendous value to their customers over the past three years of extreme volatility in prices and economic activity stemming from COVID-19," said Kenneth Scott Zuckerberg,

lead grain, farm supply and biofuels economist for CoBank. "Unfortunately, the post-pandemic world is one that features a variety of new risks. The good news is that ag retailers and farm supply co-ops can develop risk mitigation strategies before the eventual cyclical downturn occurs."

Emerging Risks Flying Mostly Under the Radar

A significant percentage of U.S. farming operations, comprised mostly of mid-sized and non-family farms, are increasingly seeking more products and services than traditional farm suppliers typically offer. This group has demonstrated a strong interest in biologicals and other specialty nutrients, as well as advice on carbon monetization and ESG compliance programs. Beyond specific product and service categories, more farmers of all types prefer to evaluate, order and manage input purchases electronically. Ag retailers that want to compete for these customers will need to adjust their business models accordingly.

Lower levels of farmer working capital during the current upcycle suggests growers will cut back on input purchases

more dramatically during the next downturn. Total farming working capital during the 2021/2022 crop cycle peak averaged \$138 billion. That's down from \$215 billion during the 2012 peak. (All figures in 2023 dollars as reported by USDA.) The lower levels of working capital may be a result of strategic purchases of equipment while interest rates were at historically low levels. However, the reality is that farmers and ranchers will have less available cash to purchase inputs during the next downturn, unless they increase debt.

Additionally, the rising cost of property insurance is an emerging risk factor that will pressure farm

supply cooperatives profitability. The cost of property-casualty premiums has risen between 25% and 75% for the 2023 season, largely due to an increase in claims from natural catastrophes. Losses from extreme weather totaled \$170 billion in 2022, compared to \$155 billion in 2021, well above the long-term average. Zuckerberg said farm supply operators might want to investigate alternative risk transfer mechanisms, such as a self-funded captive insurance arrangements, to address rising premium costs.

Watch a video synopsis and read the report at co-bank.com/knowledge-exchange



We have hit that time of the year; it is nearly grass season. Chores have been a slog but the weather is warmer and you can sense the time when you won't have to feed any hay and that is a good feeling. I would imagine it is like running a marathon (I am imagining this because there is no way I could actually run a marathon) and you know the finish line is getting really close. It's not just me that senses the coming of grass season, the cows know better times are ahead, too.

I am going to try something new this year and graze rye. Just like most of my plans it is not going exactly how I would like. I had hoped to be grazing it about two weeks ago, but Mother Nature had other plans and kept us in the cooler. The fence has been up and is ready for me to open the gate whenever I think the rye is tall enough. Okay, so I am not as ready as I would like to be. The fence is up on part of the rye but not all of it. I don't have the cows sorted or moved but I am closer than I would be if the fence wasn't built.

Like I said, the cows sense the change in the season too. I thought I had left my best hay for this crucial final stage, but the cows don't seem to feel the same way. There is nothing more disheartening than to unroll a nice, pretty, green bale only to have the cows follow you the whole time and try to beat you back to the gate. I have talked with mine about being ungrateful but I am not sure those talks do much good. The cows are satisfied with hay until they can see something better.

I am also at the point where I am counting bales on almost a daily basis and trying to calculate just how many I need to get to that glorious day when the last cow is on grass. This is when hay piles you thought had more bales come up just a few short of your estimate. Well, at least it works that way for me. Actually, I feel really blessed because I am sure I will have enough hay and I might even have a few bales left over—not a lot, but a few. I know there are so many ranchers out there where that

was not the case and I assure you that I know how lucky I am.

There is still a lot of work to get done before everything is out to grass. Pastures need to be burned, fences need fixing and, of course, everything needs to go through the chute. Those are just minor details; it will all happen, no matter how much I stress about it. Like Dad always told me, we have never failed to get the cows out on grass or the crops planted. I guess there is a first for everything but I feel confident that we will get it all done.

Yes, I can see the light at the end of the tunnel and the idea of fewer chores is glorious. The reality of how much needs to be done before we get there is something that is a bit overwhelming. There are a lot of long hard days out there yet, but the end result will be a huge relief. I am not sure what this spring, summer and fall will bring. I am hoping for abundant rain and favorable temperatures but I know I live in Kansas so that is probably just a fantasy but just like every year before you have to have hope.

This next week my plan is to start to move and work cows. By the end of the week I hope to have all the spring cows that have calved on rye and the fall cows weaned and the cows on brome pasture. It's always good to have a goal so you can measure just how close to being successful you have come. It is now up to the cows to cooperate and even though they know something better is coming they still can't make it too easy. It wouldn't be any fun without a little bit of a challenge.

I do love this time of the year with all of the hope and optimism. The weather is getting warmer, everything is greening up and there is the chance that this will be one of those rare years when all of the planets and stars align and we have a good year. Right now I refuse to entertain the idea that anything could go wrong. So here is to the hope you have enough hay, your electric fence is hot and the cows behave themselves. Life is going to get better.



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“Get your house in order” Baker advised audience at Statewide Women in Agriculture Conference

• **Cont. from page 1**
 your farm, your business and your household. “Who pays bills, who takes care of insurance, who takes care of the finances?” she asked. “You need to know all that stuff.” She stressed the importance of having account information and passwords written down and put somewhere they can be found when needed. Designating guardians for children, someone to handle the finances and make medical decisions are all things that need to be included in the plan.

“One of the most important things I learned is that this is a team effort,” she said. “There is no way one person can do this by themselves. It’s very overwhelming, there’s a lot of information out there, so you need a good team behind you, whether a lawyer, accountant, financial planner, banker and insurance agent. You need that team behind you to help you get through this process.”

She concluded by offering tips on how to continue living through the grieving process.

“Invest in waterproof mascara or give up make-up entirely because you’re going to cry a lot,” she said. “You’re actually going to wonder how your body is physically capable of producing so many tears.”

She advised grieving in your own way and not by society’s timetable. “There is this misconception out there that after one year you should be over this, you should move on, you should be happier, and that is simply not the case,” she said. “You don’t move on, you maybe move forward, you figure out how to carry your grief. I have found I can’t internalize this, so I share my grief. But maybe for someone else, that’s not

how they want to grieve. The bottom line is, grieve how you want to grieve and what works best for you.”

Taking time for yourself, learning to say no and realizing it’s okay to not be okay are also important. And sometimes you may need to reach out for help, whether through medication or therapy. “Whether it’s depression, sadness, anxiety, those are normal

feelings,” she said. “Everybody has them. Today may be dark and dreary, but tomorrow the sun may shine. And that ray of light is going to come through.”

And don’t forget to show the people you love how much they mean to you. “Kiss and hug your person every single day,” she encouraged. “Being a widow is very lonely. I not only lost my husband, I

lost my companion, I lost my friend, my confidante, I lost my lover, I lost the person who comforted me when I was sad or upset. It is hard to suddenly go from having someone there all the time to not having them there.”

Remember that you are not alone and connect with other people who

have gone through similar experiences. “While they may not know your exact situation, they have been through hard times too and they are there for you to listen and cry with and know you are not alone.”

She ended by sharing her and Chad’s favorite saying. “Live like someone left the gate open,” she

challenged. “It’s so clichéd to say, but life is so short, it really is. You have one life. Make it count and do what you want to do that makes you happy. Because when you look back on your life, are you going to say, “I wish,” or “I’m glad”? I know which one I choose. Which one will you choose?”



Julene DeRouchey, who is a nutrition educator for K-State Research and Extension in Pottawatomie County, demonstrated a pork stir-fry as part of the Statewide Women in Agriculture Conference.

Photos by Donna Sullivan



Kelsey Allen and Nicole DeMars of Frontier Farm Credit walked the audience through financial statements, balance sheets and other records lenders often ask for when evaluating farming operations.

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GRASS & GRAIN Our Daily Bread

***** By G&G Area Cooks *****

Rose Edwards, Stillwater, Oklahoma, Wins This Week's Grass & Grain Recipe Contest
 Winner Rose Edwards, Stillwater, Oklahoma:
STRAWBERRY COOKIES

- 1 strawberry cake mix (Betty Crocker)
- 2 eggs
- 1/4 cup oil
- 1 teaspoon vanilla
- Glaze:
- 2 cups powdered sugar
- 1/3 cup strawberries, chopped very very fine
- 1 tablespoon lemon juice or water

Set oven to 350 degrees. Mix all ingredients for cookies using hand mixer or mix by hand. Line baking sheets with parchment paper. Drop 1 tablespoon of dough about 2 inches apart. Bake 10 minutes or until edges start to brown; do not over bake. Blend strawberries and lemon juice or water. Add powdered sugar. If too thick add a little water. Spoon glaze over cooled cookies.

Millie Conger, Tecumseh:
CHERRY SAUCE

- 16-ounce can pitted tart red cherries, juice reserved
- 1/4 cup sugar
- 2 tablespoons cornstarch
- 1 tablespoon butter
- 1/4 teaspoon vanilla
- Few drops red food coloring
- Sponge cake, cake, ice cream

Drain cherries and set aside. Add enough water to juice to equal 1 1/4 cups. In a saucepan combine sugar and cornstarch. Stir in juice. Cook stirring constantly until thick. Remove from the heat and stir in butter, vanilla, cherries and food coloring. Serve warm over sponge cake, cake or ice cream.

Jackie Doud, Topeka:
CRAB RANGOON

- 4 ounces imitation crab
- 1/8 teaspoon garlic salt
- 1/8 teaspoon Worcestershire sauce
- 1 small green onion
- 3 ounces cream cheese
- 14 wonton wrappers
- Cut up crab and mix in garlic salt, Worcestershire sauce, onion and cream cheese. Spoon into wontons. Bake at 425 degrees for 8-10 minutes or until golden brown.

Kellee George, Shawnee:
STUFFED CELERY

- 3 ounces cream cheese
- 2 tablespoons creamy peanut butter
- 1 tablespoon light cream
- 1 1/2 teaspoons minced onion

Celery stalks, cut into 3-inch pieces

- In bowl blend all ingredients. Stuff celery. Chill.

- Kimberly Edwards, Stillwater, Oklahoma:
RHUBARB CAKE
- 1/2 cup butter
- 1 1/4 cups sugar, divided
- 1 egg
- 1 cup buttermilk
- 1/2 teaspoon vanilla
- 2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups chopped rhubarb
- 1/2 teaspoon cinnamon

In a bowl cream butter and 1 cup sugar. Add egg and beat well. In a second bowl combine buttermilk and vanilla; set aside. Combine flour, baking soda and salt. Add dry mix alternately with buttermilk mixture to the creamed mixture. Stir in rhubarb. Spread into a greased 9-by-13-inch pan. Combine the remaining sugar with cinnamon and sprinkle over batter. Bake at 350 degrees for 35 minutes or until cake is done.



Smile And Be Happy: K-State Specialist Shares Tips For Healthy Aging By Looking For Positives

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

MANHATTAN – A smile or words of encouragement may seem like small things, but Erin Yelland knows they add up.

“We know from research that having a positive outlook on aging actually adds 7 1/2 years to your life,” said Yelland, a specialist on aging with K-State Research and Extension. “If you have that positive outlook, you’re able to embrace aging and look for the positives. And it’s going to add years to your life.”

Yelland, in fact, has come up with an acronym that supports her belief that living with positivity is the healthy path for most. The acronym is SMILE BIG.

*** Successful aging requires practicing positivity.** “If we have a positive attitude, we are more likely to make changes and implement healthy behaviors into our lives that are going to help us be successful as we age.”

*** Manage our expectations.** “We are not always going to be at the pinnacle of healthy aging, and that’s okay. We need to make our expectations something that are attainable.”

*** Interact with positivity.** “Research shows that when you interact with positive people and places, you’re more likely to embrace positivity as well.”

*** Looking for positives.** “We know that bad things happen sometimes, but when you take the time to truly reflect, I bet you’ll find something positive that came from the situation. Thinking about the COVID-19 pandemic, we were able to stay home more and make more meaningful connections with our family members.”

*** Escaping ageism.** “Make it a priority to escape stereotypes associated with aging. Your age does not define who you are.”

*** Being healthy.** “We know that there are a lot of healthy behaviors that we should be doing, but we don’t always do them. Eating healthfully, exercising regularly, taking care of our brain...all of those things lead to successful aging.”

*** ‘I Can’ approach.** “Instead of saying, ‘I can’t do this or that anymore,’ take the ‘I Can’ approach. For example, ‘I can utilize a cane that will help me move around more safely...’”

*** Give yourself grace.** “Sometimes we’re going to mess up or have a bad day. We need to give ourselves grace so we’re not beating ourselves down when we don’t always embrace positivity. It is okay to not be okay.”

“One of the things I heard when I was young was that older adults are supposed to have gray hair, sit in a rocking chair, knit and stay home...” Yelland said. “That’s really quite the opposite of what older adults are able to do. Many are able to stay active and engaged and not fall into the stereotypical mindset that older adults are supposed to be sedentary and stuck at home.”

Yelland said K-State Research and Extension agents across Kansas are working to help older adults remain independent, exercise and maintain their living spaces in ways that help them remain healthy.

A couple key resources include:

Simple Home Modification for Aging in Place. This publication outlines free or low-cost changes to make the home a safer place to live. Some of the modifications include removing such trip hazards as rugs; installing grab bars and sturdy handrails; moving frequently used items to lower shelves in the kitchen; and arranging furniture strategically to reduce hazards.

Keys to Embracing Aging. This program outlines 12 ways to healthy living, physical activity, healthy eating, brain health, staying social and taking care of finances, among other topics.

“We do a lot of community-based education on healthy aging, and how to support caregivers, and how we can embrace aspects of positive aging,” Yelland said. “We are also doing work in communities to help make sure that older adults are considered when we are creating policies and practices in our communities.”

“Extension really values the lives of older adults and the big and important roles that they play in our lives and our communities. We’re working to enhance that and make sure that older adults are not the throw-away generation.”

For more information and guidance on aging well, contact your local Extension office.

Links used in this story:
 Simple Home Modification for Aging in Place, <https://bookstore.ksre.ksu.edu/pubs/MF3058.pdf>

Keys to Embracing Aging, <https://www.aging.k-state.edu/programs/embracing-aging/embracing-aging.html>

K-State Research and Extension statewide offices, www.ksre.k-state.edu/about/statewide-locations.html

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Being an hour away from my nieces is really hard, and although I am doing everything I can to see them as often as possible, I still find it incredibly difficult to be away from them so much. As they continue to get older and their schedules continue to get busier, I find myself fully immersing in anything they are doing that I am able to be a part of. Before Christmas, my Aunt Lana (aka Aunt Tiny), called me to see if I thought the girls would enjoy Disney on Ice, specifically featuring Frozen and Encanto. Knowing they love all things Disney and are big fans of both of those movies, I of course told her I thought they would love that.

My aunt bought the tickets and added on the pre-show experience for both girls, Marissa and I. Aunt Tiny flew in from Florida on the 23rd, ready for the best weekend ever. The girls got to go pick her up from the Manhattan airport and I have zero doubt they talked her ear off the whole way home, beyond excited for everything that was to come. Being an hour away and still fairly new to my job, I waited until Saturday to join in on the festivities. I got to town around 9:00 a.m., had breakfast with a few of my old co-workers and then headed to town to run some errands as everyone was finishing up their morning/lunch plans.

We all headed to one of the girls' favorites for dinner, La Fiesta, and then ended the night eating snacks from TheraPie and Bourbon and Baker while playing card games. The next morning came entirely too early, but my aunt and I were loaded into my mom's car by our 7:25 am deadline. We went down the road to pick up Marissa and the girls before heading to town to pick up breakfast for everyone. There were six of us in the car and that equated to three different breakfast stops. We had a Starbucks stop for my aunt and we picked up four oatmeals while we were there. Next up was the donut shop for some donut holes and donuts, followed by my mom's favorite of a pit stop at Sonic to get a drink and breakfast burritos before heading towards Wichita.

Once we got to the venue, the girls changed into their costumes. Mika became Elsa from Frozen, and Chloe became Luisa

from Encanto. We waited until almost 10:00 a.m. and then we headed to wait in the line at the door. Once inside, we headed up for the magical experience first. The girls were able to grab a snack and a juice as they colored their activity pages and eventually got to experience some Disney magic, by listening to the guide tell them a story and have them close their eyes and imagine someplace very cold and upon opening their eyes, Elsa was there. They were able to play some games with her before she had to run, and then they were back to using that Disney magic, to have Mirabel appear for a little dance party and some fun.

The show was the next thing on our list and although originally a bit leery about what it was going to be, watching Mika and Chloe sing, dance and their countless expressions made it just as magical for me as it was for them. The girls were spoiled rotten, with popcorn, drinks, snow cones, cotton candy, a light-up wand, a tiara and so many other fun things. When it was time to go, both girls asked if they could stay and watch the afternoon show.

We had to sadly inform them that we needed to head out, but before starting for home we made stops at Winchell's and Krispy Kreme and had lunch at Old Chicago. The girls talked the whole way back and continued to talk once we had arrived home. We finished out our afternoon with them doing my hair and playing some games. I was definitely skeptical of Disney magic at 34 years old, but let me tell you, when you experience it with a five and six-year-old, that magic is most certainly still there and quite possibly even more magical than it was when I was little.

Michele grew up in Junction City and graduated from Kansas State University. She worked in the restaurant management field and then as an office manager for a company that manufactures oilfield products. She is currently the payroll manager at Washburn University. Her passion for blogging and food can be followed on Instagram: [boobsbrainsandbaking](https://www.instagram.com/boobsbrainsandbaking).

If you would like to contact Michele with comments please email mcarlyon88@gmail.com

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Maintaining Asparagus In The Garden: Horticulture Experts Offer Tips For Fertilizing, Weed Control

By Maddy Rohr, K-State Research and Extension news service

MANHATTAN — A Kansas State University horticulture expert said gardeners who want to promote asparagus spear growth this year should begin with removing old ferns.

Cynthia Domenghini, an instructor in K-State's Department of Horticulture and Natural Resources, said asparagus spears begin emerging early to mid-April in Manhattan, but earlier in southern Kansas and later in northern Kansas.

"Asparagus is a perennial vegetable with three primary parts: the fluffy top is called the fern; the crown is the part just beneath the soil and the roots extend down from the crown," Domenghini said. "Each spring new edible spears emerge from the crown."

Domenghini recommends removing old ferns by hand, tilling, mowing or burning, using caution to not damage the crown.

Asparagus should be fertilized after harvest, based on a soil test, she said.

"The general recommendations are to apply one-to-two pounds of 10-20

or 11-15-11 fertilizer per 20 feet of row," Domenghini said. "Most high nitrogen fertilizers such as a 30-4-5, 27-3-3 or something similar are lawn fertilizers but can be used for this crop as long as they don't contain a weed preventer or killer. The should be applied at ½ pound per 20 feet of row. Water in the fertilizer application with ¼ inch of water."

K-State horticulture expert Ward Upham said the best time to control weeds is before asparagus emerges in early spring.

"A light tilling that is shallow enough to avoid the crowns will eliminate existing weeds. Many gardeners like to mix in organic matter during the same operation," he said.

Herbicides can be used before asparagus emerges also. Upham recommends using a glyphosate to kill weeds actively growing or mulch to keep weeds from invading.

"No herbicides can be used during harvest. The end of harvest presents another opportunity. Remove all fern and spears and apply glyphosate (Roundup) to control virtually all of the weeds present," Upham said.

While options are limited after asparagus starts

to regrow, products that contain sethoxydim can be applied to asparagus to kill annual grassy weeds such as crabgrass. Sethoxydim has no effect on broadleaves, including asparagus.

"Two sethoxydim products available to homeowners and labeled for asparagus are Monterey Grass Getter and Hi-Yield Grass Killer," Upham said.

Upham and his colleagues in K-State's Department of Horticulture and Natural Resources produce a weekly Horticulture Newsletter with tips for maintaining home landscapes and gardens. The newsletter is available to view online or can be delivered by email each week.

Interested persons can also send their garden and yard-related questions to Upham at wupham@ksu.edu, or contact your local K-State Research and Extension office.

Links used in this story: K-State Horticulture Newsletter, <https://hnr.k-state.edu/extension/info-center/newsletters/index.html>

K-State Research and Extension local offices, <https://www.ksre.k-state.edu/about/statewide-locations.html>

Prairie Gal Cookin'

Recipes and Ramblings from the Farm

Where the Green Ferns Grow

By Ashleigh Krispense

The evenings are getting longer, greenery is beginning to sprout across the countryside, and little baby creatures are popping up all around us. From young calves frolicking across the pasture to happy little goats bouncing around the pen, and precious, wiggly little puppies that will pepper your chin with kisses — it's that time of year!

It seems like winter has lasted for quite awhile. The cold can begin to wear on a person and sometimes it's almost as though you don't even realize just how much you need a little dash of spring to refresh you.

Earlier this evening, I made a flying trip to our local greenhouse just before closing time. I'd been meaning to stop by and pick up some onions and potatoes before they were all sold out. In the past, I've been more religious about trying to have my po-

tatoes (and maybe my onions or lettuce) planted by Saint Patty's Day. But earlier this month, I took one look outside at the cold, dreary weather and decided that I was in no mood for planting a garden yet!

Arriving with enough time to wander through the foliage-filled paradise, I mingled while admiring the hanging baskets that were filled with blooming petunias, some just beginning to creep out over the edges. From Swiss cheese (house) plants to succulents and delicate, little ferns, the selection of tempting plants was wide. After all, who doesn't need a "therapy" plant from time to time?

Acknowledging that I was on a mission, I poked through the remaining Red Viking potatoes and grabbed some yellow onion plants from the shelf. Garlic cloves sat in a jar nearby and called to me, almost knowing the quantity of garlic that I can go

through while cooking. I bagged up and labeled all of my selections before setting them aside and moving on to the more "fun" side of shopping.

As I stepped into the smallest greenhouse, I took in a whiff of the warm, damp air. Green plants lined both sides of the greenhouse, producing an almost jungle-like atmosphere. From ferns and succulents to tomatoes and tiny plants still in their plug trays, just waiting their chance to grow up and move to a big pot, it was like walking into a different world.

If you're looking for a short little escape from regular life and you enjoy any sort of new, green plants, I'd encourage you to stop by your local greenhouse! Even if you don't have any need for garden supplies or yard flowers just yet, take a few minutes while you're running errands to enjoy the smell of damp soil and peaceful plants. It might be just the little refreshment you needed.

Ashleigh is a freelance writer and the gal behind the website, Prairie Gal Cookin' (www.prairiegalcookin.com), where she shares step-by-step recipes and stories from the farm in Kansas.

Bird Safety: K-State Wildlife Expert Shares Tips For Reducing Window Collisions

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

MANHATTAN — Homeowners who plan to make shiny windows part of spring cleaning chores may want to rethink how that's done.

That is, at least, if they also enjoy the variety of backyard birds that populate many urban, suburban and even rural areas. Kansas State University wildlife specialist Drew Ricketts said an estimated 1 billion birds die each year as a result of impact with windows.

"There are two types of bird strikes," Ricketts said. "One is where the bird doesn't know the window is there and just runs into it. The other is when birds see their reflection in the window and sort of beat their beak on it because they're trying to get at a competitor."

Ricketts cited a study in which researchers

tested window films to determine the best way to ward off danger for homeowner's fine-feathered friends.

"A lot of times when I'm helping homeowners, I will suggest films that have a character of an animal or some sort of picture that allows the bird to see that the surface is not open," he said. "Or, sometimes we think of putting newspaper or other object, but a lot of people don't want to obstruct their windows."

A pair of industrial products could be a better solution, he said. A bird shield is a film that has a pinstripe design that is barely

visible to humans, but more easily seen by birds. Another product, a bird shade, is a film that uses a wavelength of light that humans can't see, but birds can.

"If you want your window to look clear, these sorts of films could be very effective," Ricketts said. "They're generally made for industrial applications, but you could purchase them for a house."

Researchers also report that where you place the films matters.

When the films were applied to the outside of the window, "the bird shades increased window avoidance by

about 50% and the bird shield increased avoidance by about 40%," Ricketts said.

"Fifty percent may not sound like all that much, but when you think that half a billion birds could avoid dying, then that's a lot."

When films are applied to the inside of windows, "researchers saw a drastic reduction in effectiveness," Ricketts said.

"And so even though it may not be convenient when we're thinking about applying something to a window to keep a bird from hitting it, it's going to be

important to apply that to the outside — rather than the inside — of the window."

More information on managing wildlife in Kansas is available online from K-State Research and Extension.

Links used in this story:

K-State Extension Wildlife Management, <https://www.wildlife.k-state.edu>

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Save money on fertilizer with soil tests as part of grazing management plan

A soil test can help forage producers avoid the costly guessing game of how much fertilizer to buy and apply, says University of Missouri Extension agronomist Tim Schnakenberg. He recommends testing every three or four years.

"If you're not soil testing, you're already behind," he said March 7 at the Christian County Livestock and Forage Conference in Clever, Missouri. Know what you need when you order fertilizer to avoid a shotgun approach.

Although 2023 fertilizer prices are down from last

year, prices are still high enough that a soil test can pay off. See the MU Extension publication "Soil Sampling Hayfields and Row Crops" at extension.missouri.edu/g9217.

Grazing and haying affect nitrogen levels differently.

Cows that graze pastures recycle nitrogen through the soil with their manure and urine. Legumes that grow in grazed pastures also add nitrogen to the soil. Hay, on the other hand, removes nutrients. "Your grazing management plan is a fertilizer plan," Schnakenberg says.

Both how we graze and how we feed hay can serve as effective ways of fertilizing the livestock farm and ranch, he says. Move bunks, rings or roll-out areas around so that cows distribute manure to other parts of the farm. MU research has also confirmed that a well-planned rotational grazing system greatly helps manure distribution in pastures.

Soil tests can help prevent buying and applying unneeded fertilizer. That's good for the checkbook and the environment, says Schnakenberg.

Schnakenberg offers several other tips to save money on fertilizer:

- Consider lime over fertilizer if soil pH is low. Lime application improves nutrient availability in the soil, which leads to more fertility from existing resources.
- Use manure from dairy or poultry operations to add needed nutrients, if available. Consider demand, trucking costs and the source of the litter.
- Reduce nitrogen loss by injecting manure and commercial sources into the ground instead of spreading on top of the

ground.

• Use nitrogen stabilizers with commercial sources unless applied in cooler weather.

• Split applications can sometimes be a more efficient way to reduce losses. Check with your local Extension agronomist for the most precise method of nitrogen applications on specific crops and forages.

Legumes such as clovers are also good long-term sources of nutrients. They fix nitrogen for grass hay crops. Incorporate these legumes into pastures to potentially eliminate the need for nitro-

gen. Legumes take time to reach their full potential, especially if broadcast over the winter or sowed in the spring.

When prices rise, apply phosphate and potash in the fall or early winter. There is little to no loss, and there may even be benefits from early application because there is time to work nutrients into the upper soil profile, where roots can fully access them when needed next year.

Check with your county Extension center for availability of soil testing equipment for loan.

Registration open for 2023 Nebraska Ranch Practicum

Ranchers interested in learning about the latest cutting-edge research in range livestock production from the University of Nebraska-Lincoln are encouraged to register for the 2023 Nebraska Ranch Practicum offered by Nebraska Extension.

The practicum will be held during eight sessions over the course of three seasons in order to cover the production cycle of livestock and forage resources. Participants will have the opportunity to learn about a

variety of topics, including the effective use of decision support tools to evaluate management and marketing alternatives, plant identification, range condition and grazing strategies, wildlife management, evaluation of cow body condition scores, and beef cattle production systems.

The practicum will be held June 6 and 7, July 6, Sept. 6-7, and Nov. 2, 2023; and January 9 and 10, 2024. Classroom activities will open and close the practicum in North Platte with the remainder of the classes conducted at the University of Nebraska's Gudmundsen Sandhills Laboratory, a working ranch with education and research facilities, near Whitman.

The practicum can count for college or continuing

education credit.

The registration fee is \$675. The fee for a spouse is an additional \$350. Registration covers educational materials, noon meals and breaks. Participants are responsible for travel and lodging expenses. The practicum can count for college or continuing education credit.

To register, submit a completed application and registration fee by May 3. Applications will not be accepted after that date. Enrollment is limited to 35 participants. Applicants will be notified of their status no later than May 19. Refunds will be issued if space is not available.

To learn more or register, visit <https://nebraskaranchpracticum.unl.edu/> or contact Troy Walz at 308-872-6831 or troy.walz@unl.edu.

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NCBA receives APHIS funding to advance Secure Beef Supply Plan

USDA's Animal and Plant Health Inspection Service has awarded NCBA \$445,396 in National Animal Preparedness and Response Program grant funding to advance the Secure Beef Supply

Plan in the event of a foot-and-mouth disease (FMD) outbreak in the U.S. This is critical funding NCBA has been pushing for to help continue defending the U.S. cattle herd from the threat of FMD.

The Secure Beef Supply Plan is the result of a collaborative effort by industry, state, federal and academic representatives to provide guidance on how to move uninfected cattle during an FMD outbreak to help maintain business continuity

and keep grocery stores stocked. The plan, combined with the National Animal Vaccine and Veterinary Countermeasure Bank, provides a strong safety net for cattle producers and multiple tools to help mitigate risk.

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Considerations for successful horse grazing

By Ross Mosteller, Meadowlark District Extension agent, livestock and natural resources

Recently I attended the Livestock Learning Roadshow in Holton to listen to Jim Gerrish speak about livestock grazing topics. Someone in the crowd asked about multi-species grazing and specifically included horses in the discussion. The response basically said that horses (all equids really) are a different animal when it comes to grazing, a point that I wholeheartedly agree with. Today let's take a look at some basics of pasture considerations for horses.

Many times, a call comes into the Extension office to "get better pasture" for horses. When

questioned on the animals to land ratio, it often is something like "I've got three horses and three acres," a situation doomed from the start. No one really wants to hear they need to get rid of two of those horses or triple the land mass to make this have any chance of success, but it is often the solution. An acreage will be overgrazed because landowners simply have too many horses for the amount of land they own. Horse owners need to have a basic understanding of how horses graze, the requirements they have and the amount of land needed, before grazing horses successfully.

The major impacts of overgrazing are reduced plant production and in-

creased bare ground. This can lead to weed problems, wind and water erosion, soil compaction and reduced soil fertility. Altogether it likely means less available forage for livestock and may even create nutritional deficiencies for the animals that are grazing the area. There are three questions horse owners should ask themselves to determine if their land is being overused. They are:

1. Is the productivity of your grass starting to decline or dominant grass species changing?
2. Do you notice an increase in the amount of bare ground and/or weeds?
3. Are you buying excessive amounts of feed to supplement horses year-round?

If the answer to any of these questions is yes, you likely need to evaluate the number of horses your land can support. To help prevent overgrazing, horse owners need to understand the horse's requirements. These include exercise, shelter for inclement weather, fresh water (8-12 gallons/day) and feed - about 30 pounds of grass or hay per day. Another thing about horses to note is that they are continuous grazers. This means that if grass/forage is presented in front of them, they will eat. Basic strategies to protect your grass include:

- Rotational grazing, where existing pastures are cross-fenced into smaller paddocks to rotate horses through; or
- Limit grazing,

where horses are let out to graze for short periods, one or two times daily. Additionally, you may consider developing exercise paddocks, for exercise only.

In devising the grazing system that fits your situation, it is important to remember that timing of grazing and REST are two critical components. Grazing systems can work to prevent overgrazing and, in some instances, increase grazing capacity. Landowners can rotationally graze on any size and scale. Two, three or four pastures/paddocks are better than one pasture that is continuously grazed season-long. Use electric fence and polywire to divide pasture into smaller areas. Make sure horses

are familiar with an electric fence system before getting too elaborate with the design. Water systems tend to be a limiting factor.

The biggest thing to keep in mind is that the size of the acreage will limit the number of horses that can be kept, no matter the rotational system. Also, type and quality of forage on that land influences the number of horses. All of these things need to be considered, before investment in the animal. For more information on this subject as well and other horse related issues, contact your local Extension office or visit the Horse Resource website: <http://www.extension.org/horses>

'Sacrifice pastures' spare best cattle grazing pastures

So-called "sacrifice pastures" might be needed to help promote forage production the rest of this cattle grazing season, according to Patrick Davis, a University of Missouri Extension livestock specialist based in Stockton.

"Cattle producers welcome the rain, but it leads to muddy pastures, and with limited forage resources following the drought, proper management is needed for optimum grazing the rest of the year," says Davis.

"The drought has led to thin pasture stands, so cattle producers need to evaluate their pastures, find those thin stands that need renovation and consider using those pastures as sacrifice pastures," he says. Davis urges consultation with local MU Extension agronomy specialists to grade pastures and help make decisions on

the pastures that need to be renovated.

"Move cattle to sacrifice pastures for hay feeding until cool-season grass pastures are at proper grazing height, which is approximately four to six inches," he says. This helps supply fertility in the form of manure and hay in these areas, which helps in the renovation process. This strategy also reduces the destruction of good pastures, which could affect their productivity throughout the grazing season.

"Proper seeding and management of sacrifice pastures is important to promote grass growth so those pastures can be brought back into the grazing system," he says. Davis urges cattle producers to consult MU Extension agronomy specialists as well as the MU Extension guides "Establishing Forages" (www.extension.missouri.edu/g4650) and "Seeding Rates, Dates and Depths for Common Missouri Forages" (www.extension.missouri.edu/g4652) when making plans to reseed sacrifice pastures.

"Forage management is key to profitability of your cattle operation," he says.

For more information on pasture management and how to get the most out of your pastures in the upcoming grazing season, contact your local MU Extension agronomy or livestock specialist.

Marshall seeks input from Kansans on 2023 Farm Bill, launches online survey

U.S. Senator Roger Marshall, M.D. has launched a web page for Kansas' agriculture community to share its input on the 2023 Farm Bill. The U.S. Senate is currently in the early stages of writing the 2023 Farm Bill, which will impact agriculture in Kansas and around the world for the foreseeable future.

"This legislation needs to deliver the critical re-

sources and support that our farmers, ranchers, growers and producers have long relied upon," Marshall said. "That is why I am asking members of Kansas' agriculture community to take our 2023 Farm Bill survey. Your input through this survey will be informative as we continue our work on this important piece of legislation. We only write a Farm

Bill every five years so it is important we get it right."

The 2023 Farm Bill sur-

vey can be found under the "For Kansans" section on www.marshall.senate.gov.

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Ned Pepper, Outlaw (Part One)

A little over 20 years ago I bought two yearling colts. Both were true blacks, and they were half-brothers. After a few months I sold the smaller one for almost enough to pay for the pair, and took the keeper to the vet for gelding.

I spent a lot of time with this colt, and should have paid closer attention to what I named him, but I liked the sound of it at

the time: "Ned Pepper," or just "Ned" for short. I can personally attest that naming a horse after an outlaw is not the proper foundation for a cordial relationship.

Ned was nowhere close to the easiest horse I ever broke. In fact, he wasn't even in the same conversation as any discussion of "easy." Oh, he wasn't a pie-eyed spook, or even

really nervous. Ned liked to buck. And he was very good at it.

Adding to that fact, the boy was unpredictable. I rode that horse for over two years, and as far as starting, working cows, handling, etc., he was fine. Actually, probably one of the top five horses of my career, as far as intelligence, and quickness to learn. But this bucking thing was a bit of a problem. I mean, he didn't even need a rider in order to exercise his skill. A couple times as we were working, I dismounted to open a gate when he tugged my rein and I looked back to see him bucking in place just to make them stirrups slap him in the ribs. I led him through the gate as he finished his little demonstra-

tion, remounted, and we rode off and finished the day's work with no further episodes. I might ride for two weeks during the busy season with no problem, thinking he was finally over it, and then suddenly he would explode.

Oh, I've forked a bronc or two 'in my day' and enjoyed the challenge as much as any young cowboy ever did, and, although never could be classified as "bronc stomper," I finished my share. I've ridden a couple cold-backed horses; the kind that have to get in a few jumps, or "crow-hops" as you settle into your seat first thing in the morning, just to keep you on your toes. And, to be honest, I've been ejected a few more times than a fella would like to admit.

Most of those "ejections" were off Ned. Because, well, as I may have mentioned, Ned liked to buck. That horse bucked me off whenever he want-

ed to. The count over two years was thirteen. Exactly.

Ned had a high arching style with a snap to the left at the top as he kicked out, and would hit the ground with all four feet at the same time with a bone-jarring stomp that would linger for days. You keep yer tongue inside yer teeth on this kind! I could never stay with him past the third jump, as he would throw me out over his right shoulder every time. Number twelve I cracked a rib. A few months later would be my last ride on Ned.

It was a beautiful April day in 2002, and my partner Tim and I were bringing some spring pairs down for branding the next day. One calf squirted through the fence and took off in the wrong direction across a hay meadow, so I quickly dropped the gate, shook out a loop, and took off to catch this calf. We caught

up to him quickly and I was measuring time on my swing, leaning up into my right stirrup, just ready to release my loop, when Ned's head went down. The grass was about knee deep, and I thought he was stumbling, so I let him have his head to regain his balance. He wasn't stumbling. Ned bogged his head and grunted, and I abandoned my roping efforts immediately focusing on getting back in the center of that horse. Too late.

Second jump I found my left foot out of its stirrup and between me and the saddle, and the third jump found me sailing out into space... until my right foot hit the end of the stirrup leather, and I was rudely jerked back into the developing wreck... (to be continued)

Kirk Sours is a ranch manager and columnist in northeast Kansas. Email him at: sours.kirk@yahoo.com

United Soybean Board calls for interested farmer-leaders to 'Make Your Mark'

The United Soybean Board, which oversees the funds of the national checkoff, is looking for farmer-leaders from all backgrounds to get involved on the national board.

"It gives you a chance to work on some of the bigger-ticket topics in the soybean industry that benefit farmers," Lance Rezac, USB director from Onaga, says. "You can be involved with national companies utilizing soybean products, such as Goodyear and Rust-Oleum. It gives you many international opportunities, as well, through checkoff-funded groups like the U.S. Soybean Export Council."

The mission of the soybean checkoff is to create value for U.S. soybean farmers by investing in research, education and promotion of U.S.-grown soy. Farmer-leaders are able to influence those investments through service on the board. The checkoff's current return-on-investment of \$12.34 back to farmers for each dollar invested demonstrates the checkoff's efficacy in driv-

ing soybean profitability.

According to the United States Department of Agriculture, which handles the nomination process, eligible nominees include "soybean producers within the U.S. who own or share ownership and risk of loss of soybean production." Board members are required to attend the February, July and December meetings annually as well as various conference calls. Leaders volunteer their time to serve, but are reimbursed for travel expenses and expenses related to attending meetings and events on behalf of USB.

"You can put as much into your service as you want," Rezac says. "The minimum requirement is three meetings per year, but if you want to be more involved, those opportunities exist to be a work-group lead or join special committees. You can learn even more and be more involved in your industry."

Rezac is familiar with the range of roles USB offers. He was elected to the Kansas Soybean Commission in 2012 and became a USB director in 2017, since serving on the Audit and Evaluation Committee and the Demand Action Team in the Innovation and Technology priority

area. He also took an active role in USSEC through USB and was elected vice chair of the USSEC board in March 2023.

USB service is open to all individuals without regard to their protected statuses including race, color, national origin, gender, religion, age, disability, sexual orientation, marital or family status, political beliefs, parental status, or other protected information. KSC works to ensure that its nominees to USB reflect the diversity in the size of enterprise, experience, methods of production and distribution, marketing strategies, and other distinguishing factors that represent Kansas soybean farmers.

Individuals in Kansas who are interested in making their mark on the soybean industry are asked to apply for a USB director role by April 10. The interest form is available at www.kansassoybeans.org/forms.

"Like most volunteer opportunities, you get more out of being a USB director than you put into the role," Rezac concludes. "It's a worthy time commitment to help promote U.S. agriculture and spend time around good people in agriculture."



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Next-generation perennial grains are domesticated as nutrient-dense crops that can diversify the food supply, increase soil health and reduce irrigated water use. These grains also can meet the growing demand for more nutritious, less resource-intensive crops. However, researchers do not have enough time and resources to conduct the conventional field research essential to develop reliable future seed supplies and optimize management practices across a range of growing conditions throughout the U.S. Further, a disconnect between academia and end users has limited producers' willingness to adopt advanced agricultural practices including next-generation perennial grains.

To confront these challenges, the Foundation for Food and Agriculture Research (FFAR) is awarding a \$966,273 Seeding Solutions grant to The Land Institute to implement a civic science program. The investigators are working with volunteers, farmers and land-grant Extension programs to strategically collect data on cultivating next-generation perennial grains at small scales and test civic science, which enlists members of the public to assist with research, as a method for advancing next-generation crop domestication. The Land Institute and its Perennial Agriculture Project provided matching

funds for a total investment of \$1,939,773.

"There is an urgent need to understand how variation in climate and water availability affect crop production and other agroecosystem services," said Dr. Kathy Boomer, FFAR scientific program director of Sustainable Water Management. "The Land Institute's stakeholder-engaged research will exponentially increase our capacity to explore these linkages while providing true leadership to our commitment to adaptive management and 'learning while doing.'"

Researchers at The Land Institute, led by Dr. David Van Tassel and Dr. Aubrey Streit Krug, hypothesize that collecting data on next-generation crop performance from diverse individuals with unique perspectives working in different geographic settings can build knowledge that improves future management more efficiently than traditional agronomic studies. To facilitate data collection and analysis, the researchers are expanding a digital platform that supports and connects next-generation perennial grains volunteer growers from various civic entities, including neighborhoods, government, private sector companies, community garden clubs, schools and universities across the U.S.

Developed in collaboration with CitSci.org, the proj-

ect's easy-to-use digital platform allows civic scientists to enter standardized agroecological measurements via smartphone, participate in a learning community, provide feedback on the project and easily explore shared observations and visualizations through a "living atlas" of geospatial maps. By engaging diverse civic scientists across the U.S., the study also provides an opportunity to investigate how sociocultural factors may influence interest in researching, growing and eating next-generation crops.

"Diverse, perennial grain agricultural systems can grow through human cultures of learning," said Dr. Aubrey Streit Krug, director of the Perennial Cultures Lab at The Land Institute. "By supporting and testing a creative approach to crop domestication, this project provides an opportunity to democratize scientific inquiry and agricultural learning across geographies and communities."

The team hopes their success inspires other civic science programs that can efficiently increase our collective knowledge of managing agricultural land while building sociocultural willingness to explore, adopt and support innovative crops and technologies.

AI cooperative announces new enterprise

Select Sires Inc. announces the creation of Low Carbon Technologies LLC as part of its farmer-owned cooperative. Low Carbon Technologies will serve beef and dairy farmers looking to document, verify and improve their operation's carbon footprint and overall sustainability.

"Our farmers are looking for ways to both prove and improve how they are producing food sustainably. Through Low Carbon Technologies, we intend to be their partner in increasing the value of environmental stewardship to their operations," says David Thorbahn, president and CEO, Select Sires Inc.

As part of its launch, Low Carbon Technologies is acquiring Low Carbon Beef LLC (LCB). This cattle certification company enables beef farmers and ranchers to add value to cattle that are raised with less greenhouse gas

(GHG) emissions. LCB is a USDA Process Verified Program (PVP) service provider and has the distinction of being the first PVP for calculating the GHG emissions for the beef production life cycle.

Colin Beal, founder of Low Carbon Beef, has been named CEO of Low Carbon Technologies and Chief Sustainability Officer at Select Sires Inc.

"LCB's certification programs enable farmers and ranchers to earn premiums for reducing carbon emissions of their operation," says Beal. "We are excited to develop Low Carbon Technologies with Select Sires, given Select Sires' long history of helping beef and dairy producers enhance productivity and profitability."

Low Carbon Technologies' science-based certification programs utilize a comprehensive life-cycle assessment (LCA) to

determine certification scores for candidate cattle based on management practices and cattle performance. The criteria in the current program span the "four F" categories of feed, fuel, fertilizer and cattle function to determine the life-cycle GHG emissions of the cattle being evaluated.

Low Carbon Technologies will certify cattle regardless of the source of genetics. Longer term, the enterprise intends to expand sustainability as-

essments to other agriculture goods.

"Every day, farmers are taking action to be more sustainable," says Beal. "Farmers and ranchers who produce cattle efficiently and with reduced greenhouse gas emissions, and the packers or processors who participate, deserve a premium for their efforts to improve the carbon footprint of beef products. Low Carbon Technologies provides third-party certifications that retailers,

restaurant operators and consumers need to make informed choices about their beef."

Based in Plain City, Ohio, Select Sires Inc., is

a global artificial insemination (AI) cooperative and is composed of six farmer-owned and -controlled local organizations in the United States.

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ESTATE OF GLEN & BARBARA KNUTH

AUCTION LOCATION: 1002 Whittier St., EMPORIA, KS 66801

TRACTORS: 1947 John Deere Model B Tractor; 1946 John Deere Model B Tractor; 1946 John Deere Model A Tractor; 1940 John Deere Model H; Allis Chalmers Model D-14 w/Loader; All Tractors Start and Run Beautifully; **ANTIQUE EQUIPMENT:** 1920s Avery Plow "Right Side Trip; John Deere 2 Bottom; Moline 2 Bottom 14"; John Deere Van Brunt Seed Drill; Multiple Steel Wheeled Plows and Planters; **IMPLEMENT SEATS:** 12 Cast Iron Seats; **ANTIQUE TOOLS:** 500+ Antique Tools: Williams, Peerless, Fordson, Cadillac, Nash, Goodyear, International, John Deere, Moline Plow CO, P&O CO, Rock Island, DeLaval, Van Brunt; **TOOLS:** Craftsman Push Mower; Craftsman Tiller; Stihl MS 290 Chainsaw; Craftsman Power Washer; Impact Socket Set x3; Shop Vise; Craftsman Tool Chest; Floor Jack; Angle Grinder; Milwaukee Brush Grinder; **ANTIQUES:** Antique Kitchen Cabinet; Primitive Chest; Crocks (#8 Diamond, Brown Crock, #4 Red Wing, #15 Diamond, #4, #2 Diamond, Buckells Butter Churn, #3 Buckeye Butter Churn); Corn Sheller; Antique Metal Chair x3; McCormick Cream Separator; Antique Foot Pedal Grinder x3; Oak Turned Leg Table; Vintage Waterfall Bed Set; Quilts x7; Metal Dresser; Coleman Cooler x2; Vintage Post Cards x100; Cast Iron Weather Vane; Sadiron Large & Small x12; Oil Lamps x5; Coffee Grinder x4; Oak Crank Phone; Cast Iron Pans, Griddles, & More; Pepsi Crate x2; **HOUSEHOLD:** Kenmore Upright Freezer; Refrigerator; Garden Shed 10'x9'; Tons of Fabric; **This a partial listing.**

For full listing, terms & photos GriffinRealEstateAuction.com

GRIFFIN Real Estate & Auction
Phone: 620-273-6421 Fax: 620-273-6425
305 Broadway, Cottonwood Falls, KS 66845
griffinrealestateauction@gmail.com

CHUCK MAGGARD
Sales/Auctioneer
Cell: 620-794-8824

ANDY PHIPPS, Auctioneer
620-794-1673
In Office: Heidi Maggard, Linda Campbell

148.7+/- Acres Smith County Crop Land
****FOR SALE BY SEALED BID****

Legal Description: The Southwest Quarter of Section 6, Township 5 South, Range 11, West of the 6th P.M., in Smith County, Kansas.

Sealed Bids due by April 21, 2023 at 5:00 PM
Submit all bids to Stan Huiting,
26062 290th Rd, Downs, KS 67437

For Questions call Stan Huiting 785-545-5966
or email chaffhead9600@yahoo.com

Seller Reserves the Right to Accept or Reject Any & All Bids

Farm is located 10 Miles North of Downs on Hwy 181 then 4 miles West on 250 Rd to Y Road & South 1 mile.

Currently 90.13 Acres of Growing Wheat
Terms: 10% of the purchase price due upon winning bid;
Balance due upon closing, on or before May 20, 2023

LAND AUCTION
2,467 ACRES, 10 TRACTS - BUTLER COUNTY, KANSAS
TUESDAY, APRIL 25, 2023 - 2:00 PM
AUCTION LOCATION: EL DORADO CIVIC CENTER, 201 E CENTRAL, EL DORADO, KANSAS
MICHAEL R. YOUNG REVOCABLE TRUST, SELLER

AUCTIONEERS NOTE: These 10 tracts are a diverse selection of tillable farm ground, pasture, hunting, fishing, buildings and recreation! Invest In Land!

TRACT 1: 155.2 acres tillable, creek, trees & cabin on Prairie Creek Rd. northwest of Benton KS.
TRACT 2: 15.6 acres at the southwest corner of HWY 254 and Tawakoni Rd. east of Benton, KS.
TRACT 3: 1128 acres Flint Hills Pasture at NE Grant Rd. and NE 40th St. northwest of Rosalia, KS.
TRACT 4: 160 acres creek, pasture, tillable, and Barn Home along NE Grant Rd. northwest of Rosalia, KS.
TRACT 5: 120 acres of pasture at the corner of Grant Rd. and NE 20th St. northwest of Rosalia, KS.
TRACT 6: 73.8 acres of tillable farm ground along blacktop HWY 54 between El Dorado and Rosalia, KS.
TRACT 7: 114.2 acres pasture, ponds, & building along blacktop HWY 54 between El Dorado and Rosalia, KS.
TRACT 8: 78.2 acres pasture, ponds, & timber along blacktop HWY 54 between El Dorado and Rosalia, KS.
TRACT 9: 312.9 acres pasture & ponds at the corner of blacktop SE 70th St & SE Grant Rd. northeast of Leon, KS.
TRACT 10: 309.2 acres tillable and pasture at the corner of SE 40th St and SE Ellis Rd southeast of El Dorado, KS.

SUNDGREN REALTY
Land Brokers

JEREMY SUNDGREN
316.377.0013

JOE SUNDGREN
316.321.7112

Visit www.sundgren.com for More Details, Pictures, Maps & Terms
LIVE & ONLINE BIDDING AVAILABLE

2,940+/- ACRE GRASS RANCH
LAND AUCTION
LOGAN COUNTY, KANSAS
TUES., APRIL 18, 2023 @ 10:30 AM, CDT

AUCTION LOCATION:
BUFFALO BILL CULTURAL CENTER, OAKLEY, KS

SELLER: DONALD L. CRANSTON

This contiguous grass ranch has excellent buffalo and other native grasses along with a 2HP submersible water well that feeds the pipeline that goes to 13 permanent stock tanks plus several others at the corrals and other wells. The corral has 6 pens w/tub and working alley near the center of the ranch. 2 miles off the Brewster blacktop & 10 1/2 miles from Hwy 40.

MINERAL RIGHTS: All of Seller's interest will transfer to the Buyer at closing.
CLOSING: Closing will be on or before May 25, 2023.
POSSESSION: Date of closing.

ON-LINE & PHONE BIDDING ALSO AVAILABLE.
Call Farm & Ranch Realty, to register!

FOR AUCTION BILL AND DRONE VIDEO VISIT
www.farmandranchrealty.com

FARM & RANCH REALTY, INC.
1420 W. 4TH • PO BOX 947 • COLBY, KS 67701
TOLL FREE: 800-247-7863
Donald L. Hazlett, Broker/Auctioneer

When you list with Farm & Ranch, it's as good as SOLD!

BULLS BUILT FOR THE Long Haul
SPRING EDITION

With a combined 181 years in the cattle business, the Downey Ranch and Kniebel Cattle Co. families have been bringing you hard-working seedstock for over 25 years. This spring's offering includes 65 yearlings and 12 age-advantaged Angus, Red Angus and SimAngus bulls with lessons from all of that experience applied.

Across the Fence and Across the Country

Backed by three-year feet and semen guarantees, and with 80% of the bulls selling to repeat customers, you'll find Kniebel Cattle Co. and Downey Ranch seedstock "across the fence and across the country." WHY? Because we know first-hand what it takes to build cattle for the LONG HAUL.

PRIVATE TREATY APRIL 22.2023 OPEN HOUSE

- Private treaty bidding begins at Downey Ranch headquarters on April 22.
- Preview and bid on bulls from 9:00 AM to 12:00 NOON. Base prices will be posted and bid offs begin at 12:00 NOON for bulls that have interest from multiple folks. Pick-up and volume discounts apply.
- After the bid-off, bulls are available for first-come, first-serve purchase until 5:00 PM on Saturday, and from 12:00 NOON - 4:00 PM on Sunday. After Sunday, bulls are available at their home ranches - please call to setup a time to stop by.
- All bulls are performance-tested, ultrasounded and genomically evaluated.

ANGUS • RED ANGUS • SIMANGUS

DOWNEY RANCH, INC.
Joe Carpenter and Barb Downey
Barb 785-556-8160 • Joe 785-556-8161
37929 Wabaunsee Rd., Wamego, KS 66547
barbdowney@wamego.net DowneyRanch.com

KNIEBEL CATTLE CO.
Kevin and Mary Ann Kniebel • Ranch 785-349-2821
Kevin 620-767-2181 • Mary Ann 620-767-2180
428 S. 2600 Rd., White City, KS 66872
kniebel@tctelco.net KCattle.com

Marty Ropp 406-581-7835
Corey Wilkins 256-590-2487
Jared Murnin 406-321-1542

ALLIED GENETIC RESOURCES
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Contact us for more information.

