



River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

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K-STATE VETERINARIANS EXPLAIN FDA GUIDANCE REGARDING ANTIBIOTIC DISTRIBUTION CHANGES FOR LIVESTOCK COMING IN JUNE 2023

Cattle Chat: Additional Antibiotic Regulations Ahead

by Lisa Moser

When fighting a bacterial infection, often it means a trip to the doctor's office to obtain a prescription. When it comes to livestock and companion animals, a veterinarian is the professional guiding the treatment protocol.

In the U.S., the regulating agency overseeing antibiotic use is the Food and Drug Administration, and it is instituting a change to antibiotic labeling that will soon go into effect, said the veterinarians at the Kansas State University Beef Cattle Institute on a recent Cattle Chat podcast.

"GFI (guidance for industry) 263 is a plan for animal drug companies to change their labels from over-the-counter to prescription and it will go into effect June 11, 2023," said veterinarian Brian Lubbers.

He said this policy covers all medically important antimicrobials that are used in food-producing and companion animals. "Most of what we use in veterinary medicine is also considered important in human medicine with the main exception being ionophores," Lubbers said. "This policy primarily addresses the injectable and oral penicillin, tetracycline and sulfa products. These products are currently available over-the-counter, and they will be moved to a prescription-only label."

Lubbers said that for beef producers who already have an established veterinary-client-patient relationship, often referred to as a VCPR, this new policy will have little impact on how they run their ranches. "Producers just need to have the oversight of a veterinarian with this directive, but they can still treat their animals without the veterinarian present and they are not required to buy the product from the veterinarian," said K-State veterinarian Bob Larson.

Lubbers agreed and added: "While the veterinarians establish treatment protocols, they don't have to actually observe every animal prior to the animal getting the prescribed treatment." Aside from the goal of reducing antibiotic resistance with this guidance, the veterinarians also see some additional benefits with this policy.

"Knowing that we have antibiotic oversight is a benefit with our trading partners and consumers," Larson said. Lubbers said that with closer veterinary oversight, health challenges may be addressed in a more efficient manner. "A veterinarian may be able to recommend a better treatment plan with closer involvement to the herd and that can have additional health benefits," he said.

MANAGEMENT CONSIDERATIONS FOR MARCH 2023

By Jason M. Warner, Ph.D., Extension Cow-Calf Specialist

Cow herd management

- Start post-calving nutrition programs for spring-calving females.
 - Begin lactation rations once first calving cycle is complete.
 - Make sure thin ($BCS \leq 4.0$) females are on an increasing plane of nutrition going into breeding.
- Pregnancy check and wean fall-calving cows if not already done.
- Evaluate your mineral program for the coming spring and summer seasons.
 - What was your average consumption last year?
 - Do you need to make changes this year to achieve targeted consumption?
- Consider magnesium supplementation levels, particularly for lactating cows grazing wheat, rye, or triticale in the spring.
- If synchronizing females for breeding, schedule your protocols now well in advance of the breeding season and mark your calendars.
 - Use the estrus synchronization planner available to you.
 - Inventory your A.I. supplies and check your semen tanks.
- Evaluate herd bulls for BCS and adjust as needed prior to breeding.
 - Bulls need to be in a $BCS \geq 5.0$ prior to the next season of use.
 - Schedule breeding soundness examinations with your veterinarian.

General Management

- Make sure you complete your spring calving records!
 - Don't forget late-calving females as you focus on other spring projects.
- Rethink your turn-out dates if pastures were stressed from drought last year.
 - Plan/adjust your feeding dates accordingly.
- Take inventory of any feed/forage that will be left over from winter.
- Cover piles or close bags if silage is left over and won't be fed until fall.
- Clean up any soiled bedding or unused/wasted feed to reduce the breeding and development of stable flies as

the weather warms up.

- Finish pasture management projects started last year:
 - Repair or replace fences as needed.
 - Burn if conditions allow, cut and pile trees, particularly Cedar trees!
 - Clean and repair tanks and equipment as needed so watering sources are working properly when cattle are turned out to pasture.
- If making bull selection decisions:
 - Review your herd performance relative to your marketing and genetic goals.
 - Study EPDs impacting your marketing and genetic goals and do your homework well before sale day.

2022 AND 2023 ARC AND PLC OUTLOOK PREDICTS MINIMAL PAYMENTS

The deadline to enroll your land in either the Price Loss Coverage (PLC) or Agricultural Risk Coverage (ARC) is coming up quickly! All new enrollments, renewals, or election changes to PLC and ARC are due on March 15th, 2023, for the 2023 crop year. K-State Research and Extension has recently released its estimates for reference prices and payments for the 2021, 2022, and 2023 crop years. Several of the estimates, highlighted here, may be useful to helping you make your ARC and PLC election decisions.

ARC-PLC payments are distributed after the close of a crop's marketing year, not after the crop year. This means that crops harvested in the fall of 2022 year are given until September 30th, 2023 to be marketed before the FSA makes payments against that crop. You could have a new crop nearly ready for harvest by the time the ARC-PLC payments on your old crop are even sent out.

ARC-PLC payments are delayed a year after harvest because the FSA uses the crop's marketing year's price data to calculate the Marketing Year Average (MYA) price. The 2022-23 marketing year for corn, soybeans, and grain sorghum runs from September 1st of the 2022 crop year through to August 31st, 2023.

Winter wheat follows a different schedule; its 2022-23 marketing year runs from June 1st, 2022 to May 31st, 2023. For the wheat crop that is currently in the ground, the marketing year runs from June 1st, 2023 to May 31st, 2024. Wheat is unique in this way, as its ARC-PLC schedule straddles three years: it is planted in 2022, harvested in 2023, and receives ARC-PLC payouts in 2024. It is important to remember that the March 15th deadline for ARC-PLC elections is for the 2023 crop. Payments will not be made until 2024, based on MYA prices from September 1st, 2023 to August 31st, 2024 (or June 1st, 2023 to May 31st, 2024 for wheat).

K-State Research and Extension's (KSRE) outlook on ARC-PLC payments for the 2021, 2022, and 2023 crop years do not predict high payouts for participants in either program, if any at all. It is almost certain that PLC will not issue any payments for the 2022 crop in 2023. KSRE predicts final MYA prices to be as follows:

- Wheat: \$8.92/bu.
- Corn: \$6.58/bu.
- Sorghum: \$6.93/bu.
- Soybeans: \$14.20/bu.

These final MYA price predictions are well above the existing PLC reference prices, which are as follows:

- Wheat: \$5.50/bu.
- Corn: \$3.70/bu.
- Sorghum: \$3.95/bu.
- Soybeans: \$8.95/bu.

The final MYA prices for each commodity would need to drop below the reference prices in order for any PLC payments to be triggered.

KSRE also predicts that ARC will likely not issue any payments to farmers in the River Valley District either. ARC issues payments based off baseline crop revenue, combining price data and yield data. However, prices have been so much higher than reference prices lately that yields would have to dramatically decline before any payments are issued. Based off KSRE's final MYA price predictions, none of the four crops listed above would receive ARC payments on the 2022 crop year.

KSRE has also published long-range projections of MYA prices for the upcoming 2023 crop year as follows:

- Wheat: \$9.13/bu.
- Corn: \$5.96/bu.
- Sorghum: \$6.24/bu.
- Soybeans: \$13.34/bu.

Because the alternative reference prices for these commodities, calculated as 85% of the 5-Year Olympic average of MYA prices for the past five years, does not exceed the statutory reference price given in the 2018 Farm Bill, the reference prices will remain the same from the 2022 crop year to the 2023 crop year.

The 2023 crop year is already underway for wheat and will begin this spring for corn, soybeans, and grain sorghum, but the finalized MYA prices for each commodity will not be posted until well into 2024. Unless commodity prices dramatically plummet between now and the end of the 2023-24 marketing year, PLC is unlikely to issue any payments for the 2023 crop year. Use this information and consult with your local FSA office to help you make the best choice when it comes to enrolling or renewing PLC and

dramatically plummet between now and the end of the 2023-ARC elections on March 15th.

Also remember that a new Farm Bill is scheduled to be negotiated and proposed this year, as the 2018 Farm Bill is set to expire on September 30th, 2023. A new Farm Bill will provide new guidance on future elections of PLC and ARC in 2024 and beyond. If you have any questions about the PLC or ARC programs, please contact your local FSA office, or get in touch with Luke Byers, your River Valley District Agriculture and Natural Resources Extension Agent, at (785) 632-5335 ext. 203, or by email at lsbyers@ksu.edu.

POWERFUL TOOLS FOR CAREGIVERS

This educational class series is designed to help family caregivers. The program will help you take care of yourself while caring for a relative or a friend. You will benefit from this class whether you are helping a parent, spouse, child, friend, or someone who lives at home, in a nursing home, or across the country.

Powerful Tools for Caregivers is a 6-week series that will be held virtually, starting on Tuesday, March 7th and running through Tuesday, April 11th. Each class will begin at 2:00 p.m. and last for about 90 minutes.

The online class costs \$10 and includes the Caregiver Help Book which covers a variety of topics. Some of the topics include hiring in-home help, helping memory impaired elders, making legal and financial decisions, making decisions about care facility placement, understanding depression, and making decisions about driving. If you have any questions about Powerful Tools for Caregivers or would like to sign-up for the class, please contact Adult Development and Aging Agent, Jordan Schuette in the Washington Office at 785-325-2121.

LIVING WELL WEDNESDAY'S

The Living Well Wednesday team has selected the following topics for upcoming webinars:

March 8th FREE webinar 12-1PM: Stretching Your Food Dollar

March 22nd FREE webinar 12-1PM: Positive Parenting: Nutrition and Skills for Family Meals

All webinars will be recorded and links/resources will be posted on the Living Well Wednesday website: <https://www.ksre.k-state.edu/fcs/livingwellwed/>



Building Blocks of Babysitting

Increase your babysitter knowledge and skills! Topics covered will include child development, emergency procedures, food preparation, and more! Youth who have completed 6th grade and higher are welcome to attend. Cost to attend is \$10 per youth and payable on day of event.

Tuesday, March 14th
4-H Conference Center
Clay Center
9:00 a.m. – 12:30 p.m.

Wednesday, March 15th
FNB Bank Meeting Room
Washington
12:00 p.m. - 3:30 p.m.

Thursday, March 16th
Distribution Center
Concordia
9:00 a.m. – 12:30 p.m.

Friday, March 17th
4-H Building
Belleville
9:00 a.m. – 12:30 p.m.

Contact Jordan Schuette, Adult Development and Aging Extension Agent, at 785-325-2121 or jschuette@ksu.edu with any questions.

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KSU EXTENSION WANTS YOU TO TAKE CHARGE OF YOUR HEALTH, REGISTER FOR THE UPCOMING CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

The Chronic Disease Self-Management Program (CDSMP) was originally developed at Stanford University Patient Education Research Center. In a five-year research project, the CDSMP was evaluated in a randomized study involving more than 1000 subjects. This study found that people who took the program, when compared to people who did not take the program, improved their healthful behaviors (exercise, coping skills and communications with physicians), improved their health status (fatigue, disability, social activities), and decreased their days in the hospital. Studies by others had similar results.

This is so important because millions of adults live with one or more chronic health conditions. I'm thinking arthritis, heart disease, diabetes, Parkinson's Disease, and others.

How these people manage their conditions on a day to day basis greatly determines their symptoms and quality of life.

Even if we have long term conditions we want to continue doing the things we need and want to do. At the same time there are challenges such as pain, depression, fatigue, disability, anxiety. Relationships with friends and family change. We may not know how to use our limited time with health care providers.

This is where the CDSMP comes in. The CDSMP helps people and their caregivers manage their symptoms, improve quality of life, and reduce healthcare costs.

It is hoped that each person will leave the program with new ideas and a commitment to try a new tool to manage their long-term condition.

The CDSMP is a workshop for adults with at least one chronic health condition. That might be a chronic lung disease, bipolar disorder, high blood pressure, IBS, chronic pain, chronic heartburn, HIV, diabetes, or other conditions.

This interactive program aims to increase confidence, physical and psychological well-being, knowledge of ways to manage chronic conditions, and motivation to manage challenges associated with chronic diseases.

There will be interactive educational activities like discussions, brain storming sessions and action-planning. There will also be symptom management activities like exercise and relaxation activities.

If you would like to learn more about the program, its history, maybe some of the research behind it, I highly encourage you to check out the website selfmanagementresource.com.

The program is FREE. Participants will also receive a free copy of a wonderful book titled Living a Healthy Life with Chronic Conditions.

We will meet a total of six times. The meetings will be at the new North Central Kansas Medical Center in Concordia. Details about the meeting room will come later. The meetings will be on Mondays from 10am to noon, starting on Monday, April 3rd. Refreshments will be provided.

Jordan and I are capping this program at 10 participants, so please register. You can do so by calling the Concordia office at 785-243-8185.

Questions can be directed to Kaitlin Moore, Concordia office, at 785-243-8185, or Jordan Schuette, Washington Office, at 785-325-2121.

2023 RIVER VALLEY DISTRICT FAIR DATES

It is never too early to start planning for the County Fair! Below are the dates for all four River Valley District County Fairs.

Cloud County	July 18—23, 2023	Concordia
Washington County	July 18—23, 2023	Washington
Clay County	July 25—30, 2023	Clay Center
Republic County	July 31—August 6, 2023	Belleville

Kansas Profile – *Now That’s Rural:* Dixie Pachta, Rose Creek Suds

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

“Mommy, it doesn’t sting!”

That statement from a young woman’s three-year old daughter helped launch a business of producing handmade soaps and other skin care products in rural Kansas.

Dixie Pachta is founder and owner of Rose Creek Suds. Her products not only avoid the allergic reactions suffered by her daughter, they provide the wonderful scents and luxurious lather that her customers enjoy. She also supports worthy local causes.

Pachta grew up in the Linn and Washington area. She met and married Andrew who is from Linn. They attended Kansas State University where Dixie studied accounting and Andrew studied animal sciences.

After graduation, they moved to Andrew’s grandparents’ farm near the rural community of Munden, population 96 people. Now, that’s rural. For 10 years, Dixie Pachta worked in tax preparation and now does internal audits for a bank in Belleville.

At Christmas time in 2020, Andrew bought a bar of soap that he thought sounded appealing. “We were disappointed in it,” Dixie said. She remembered her grandmother had made soap at home, so Dixie decided to see if she could make a better soap herself.

“Both of our grandmothers made lard soap for laundry purposes,” Dixie said. “We still have chunks of her laundry soap.” Dixie also knew that several members of her family had issues with sensitive skin.

Dixie Pachta researched the process of making soap by hand and gave it a try. When her three-year old daughter used the soap and found that it didn’t sting her hands like the store products did, Dixie knew she was on the right track. Soon, friends and family members wanted the products, so Dixie started a business venture.

Because they live on Rose Creek, she named the business Rose Creek Suds. Today, Rose Creek Suds produces handmade soaps and other products, such as candles, wax melts, face mists and sugar scrubs.

The key base product for many of her soaps is lard, as pioneer women used more than a century ago. “Lard soap is more creamy and it’s especially good for extra sensitive skin,” Dixie said. One of their family members raised hogs as a 4-H project so the Pachtas were able to access lard directly.

“I add various scents and castor oil and coconut oil for more bubbles,” Dixie said. In January 2021, she began taking her products to craft shows. Her products are sold locally and online, and have gone as far away as Florida, Canada, and Australia.

“I love to experiment,” Dixie said. “What can I use to make it smell better or have a smoother lather?” Her Lumberyard soap and scents with cedar, lavender and musk have been really popular with guys.

One day a friend of Dixie’s gave her a supply of glass jars for recycling, but Dixie wasn’t sure what to do with them. Then Dixie learned about her nephew’s friend who was having many challenges.

He was an eighth-grade boy who came to the U.S. from Bulgaria and spoke no English. The boy was in the process of being adopted by a local pastor’s family when he started having a sinus infection – not realizing that the very serious infection was going into his brain.

“His adoption was finalized in adoption court one morning, and by midnight of that day, he was having his brain operated on at Children’s Mercy,” Dixie said. The boy is now recuperating and is getting fitted with a skullcap.

Dixie decided to use those glass jars to make a special product to sell as a fundraiser to help with this young man’s medical expenses. These are candles with a red, white, and blue design, using the scents of Roarin’ Raspberry, Whistlin’ Wicks, and Bloomin’ Blueberry.

The product is called Red, White, and Believin.’ “I’m willing to make special products for other fundraisers too,” Dixie said.

For more information, go to www.rosecreeksuds.com.

“Mommy, it doesn’t sting!” That comment from her daughter helped this young mother realize that her product was healthy as well as enjoyable. We commend Dixie Pachta for making a difference with Rose Creek Suds.

Her potential success works me into a lather.

TIME TO PLANT POTATOES

If you listen to the old wives tale about planting your potatoes on St. Patrick's Day, you better start planning now! St. Patrick's Day will be here before we know it. Actually, any time from mid-to-late March is fine for planting potatoes.

Before you purchase your potatoes, make sure you buy seed potatoes, not the ones bought for cooking. Seed potatoes are certified disease free and have plenty of starch to sprout quickly as the soil temperature gets warm enough. Most seed potatoes can be cut into four pieces; though large potatoes may yield more. Each seed piece should be between 1.5 and 2 ounces to insure there is enough energy for germination. Each pound of potatoes should yield 8 to 10 seed pieces.

Cut the seed potatoes 2 to 3 days before planting so the freshly cut surfaces have a chance to suberize, or toughen, and form a protective coating. Storing seed in a warm location will speed up the process. Plant each seed piece about 1 to 2 inches deep and 8 to 12 inches apart in rows. Though it is important to plant potatoes in March, emergence is slow. It is often mid to late April before new plants poke their way through the soil.

As the potatoes grow, pull soil up to the base of the plants. New potatoes are borne above the planted seed piece, and you don't want sunlight hitting the new potatoes. Potatoes exposed to sunlight will turn green and produce a poisonous substance called solanine. Keeping the potatoes covered with soil will prevent this from happening. I hope these tips help your potato crop be successful. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

CHECKING SOIL TEMPERATURE

How do you decide when is the right time to plant your garden? Do you go by what the calendar says? Do you go by the weather/air temperature? How about going by the soil temperature? Soil temperature is a better way to measure when it is time to plant rather than using air temperature or the calendar. Just because the calendar says it's time to plant and you think it's warm enough outside, doesn't mean the soil is warm enough. Planting when the soil is too cold can cause seeds to rot and transplants to refuse to grow. One of the most neglected tools for vegetable gardeners is a soil thermometer.

A number of vegetables can germinate and grow at cool temperatures. For example, peas will germinate and grow well at a soil temperature of 40°F. Although lettuce, parsnips, and spinach can sprout at a soil temperature of 35°F, they prefer at least 45°F for best germination and growth. Radishes also do well at a soil temperature of 45°F. Warm season crops such as tomatoes, sweet corn and beans prefer at least 55°F for germination, but others such as peppers, cucumbers, melons and sweet potatoes need it even warmer,

about 60°F.

Taking a soil temperature accurately is a bit of a science. First, you want to measure the temperature at the right depth for the vegetables you are planting. If you are planting seeds or new plants, take your measurement at the recommended planting depth for the specific vegetables. If you are planting a mixed garden, where everything has a different planting depth, check the soil temperature at least 5-6 inches deep. Use a metal soil thermometer, which is sold in many garden and hardware stores.

Temperature variations throughout the day and night affect the soil temperature, with the lowest readings after dawn and warmest around mid-afternoon. Late-morning readings give a good average temperature. If taking the soil temperature in the middle of the morning isn't practical, take a reading before you leave for work and a second when you return home and take an average temperature from the two readings. Be sure to get a consistent reading for four to five days in a row before planting. You want to make sure the soil temperature is staying at a consistent warm temperature. Once your soil has warmed up you are ready to start planting your garden, just don't forget to check the weather to make sure they aren't predicting any cold snaps in the near future. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

PLANTING STRAWBERRIES

Strawberry plantings should be planted early in the growing season so the mother plants become established while the weather is still cool. The mother plants develop a strong root system during this cool period when soil temperatures are between 65 and 80° F. The most appropriate planting time is late March to mid-April in our area of the state. When planting, space the plants 18 to 24 inches apart.

Later in the season, runners and daughter plants will develop. The earlier the mother plants are set, the sooner the first daughter plant will be formed and take root. These first daughter plants will be the largest plants at the end of the growing season and will bear more berries per plant the following spring. When planting is done later, the higher temperatures stress the mother plants resulting in reduced growth, weaker mother plants and delays in daughter plants formation. Fewer and smaller daughter plants produce fewer berries, resulting in a smaller crop.

Remove all flowers during the first year. New plants have limited energy reserves that need to go toward establishing the mother plants and making runners rather than making fruit. If fruit is allowed to develop the first year, the amount of fruit produced the second year is drastically reduced due to smaller, weaker daughter plants. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

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DATE	TIME	PROGRAM	LOCATION
Mar. 1	5:30-6:30pm	Hypertension Program Kick-Off Meeting	Concordia- Large Meeting Room, Basement of Courthouse
Mar. 2, 9, 16, 23	5:30-7:30pm	Dining With Diabetes	Hanover- Kloppenberg Senior Center, 512 East North Street
Mar. 3	9:30am	Cattlemen’s Day	K-State Campus- Weber Arena, 1424 Claflin Road
Mar. 7-Apr. 11	2-3:30 pm	Powerful Tools for Caregivers	Six Week Virtual Series
Mar. 8	5:30-6:30pm	Shake Off Excess Sodium	Concordia- Large Meeting Room, Basement of Courthouse
Mar. 14	9am-12:30pm	Building Blocks of Babysitting	Clay Center- 4-H Building at the Fairgrounds, 205 South 12th St.
Mar. 15	12-3:30pm	Building Blocks of Babysitting	Washington- FNB Basement, 101 C Street
Mar. 16	9am-12:30pm	Building Blocks of Babysitting	Concordia- Cloud County Co-op Conf. Rm, 1401 E 6th Street
Mar. 17	9am-12:30pm	Building Blocks of Babysitting	Belleville- 4-H Building at NCK Fairgrounds, 901 O Street
Mar.26-May 20		Walk Kansas	State Wide Program
Apr. 3	10am-12pm	Chronic Disease Self-Management Program	Concordia-NCK Medical Center, 155 College Drive
Apr. 5	5:30-6:30pm	Feeding Your Heart	Concordia- Large Meeting Room, Basement of Courthouse
Apr. 10	10am-12pm	Chronic Disease Self-Management Program	Concordia-NCK Medical Center, 155 College Drive
Apr. 17	10am-12pm	Chronic Disease Self-Management Program	Concordia-NCK Medical Center, 155 College Drive
May 1	10am-12pm	Chronic Disease Self-Management Program	Concordia-NCK Medical Center, 155 College Drive
May 3	5:30-6:30pm	Flavor Up: Cooking with Herbs and Spices	Concordia- Large Meeting Room, Basement of Courthouse
May 8	10am-12pm	Chronic Disease Self-Management Program	Concordia-NCK Medical Center, 155 College Drive
May 15	10am-12pm	Chronic Disease Self-Management Program	Concordia-NCK Medical Center, 155 College Drive
June 7	5:30-6:30pm	Heart Smart Eating When You Are Out and About	Concordia- Large Meeting Room, Basement of Courthouse