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### **Fences in Kansas**

It won't be long, cattle will be moving out to pastures. First, a good check of the fence is in order. There are quite a few misconceptions about fences in Kansas. Here are a few things that are certain!

Kansas is a fence-in and a fence-out state. Kansas was originally a free-range state but as cattle drives stopped and homesteading began it became a fence-out state. Farmers put up fences to keep livestock out of their crops. Then specific laws were passed that required landowners to fence in bulls and hogs and Kansas became a fence-in state.

A legal fence-in Kansas must have no fewer than three wires. The third wire must be not less than 44 inches or more than 48 inches from ground. The bottom wire must not be more than 24 inches nor less than 18 inches from the ground.

An electric fence must be at least one 14-gauge wire or its equivalent and the wire must not be more than 48 inches from the ground. County commissioners can set stricter requirements for what constitutes a legal fence so check with your local county commissioners before you build a fence.

The right hand rule is not part of Kansas state fence law. What the law actually says is adjacent land owners must keep up and maintain all partition fences in good repair and share the cost equally. Landowners share the responsibility to maintain boundary or petition fences but individual landowners must maintain fences along roadways.

A landowner can go onto his neighbor's property to repair or replace a fence. It is not considered trespass if the work is done in a reasonable time and in a reasonable manner. Livestock owners can be held responsible for damage caused by their animals. Kansas state statutes provide that it is unlawful for a domestic animal to run at large. Livestock owners must provide reasonable care and take reasonable precautions to confine their livestock. If your livestock do trespass and damage neighboring property, that landowner can retain these animals until he/she is paid for property damages.

A landowner can trim trees on neighboring property to maintain or repair a partition fence if he/she does not go beyond a reasonable distance under the circumstances. Kansas state law does provide for settlement of fence disputes by any two county commissioners where the fence is located. County commissioners called in to resolve such disputes are called fence viewers.

Finally, to avoid a fence dispute go to your neighbor and come to an agreement on how to allocate the responsibility for repairing, maintaining, or building a partition fence. If you are able to reach such an agreement with your neighbor, this agreement can be put on file at the Register of Deeds office.

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### ***Tree Planting Rules***

One of the more impressive displays at garden centers is their selection of trees. Maybe it's spurred your tree planting project along? If so, consider these tips for the best success.

Start with the right tree. Too many selections end up with unwanted fruit production or disease/insect pressures that you never thought of. Check out a recommended plants resource, available at <http://hnr.k-state.edu/extension/info-center/recommended-plants/index.html> . If your garden store has their own nurseryman, they are a great source of information as well.

Keep trees well-watered and in a shady location prior to planting. Never remove by grabbing the trunk. Always lift by the root ball or pot. If there are wires/labels/cords on the tree that may cause girdling, remove them. Finally, remove just enough soil to locate the root flare.

A properly sized hole is important. Dig holes to a depth that allows it to sit slightly above nursery level on solid ground (not fill dirt). Avoid digging too deep. Planting width is also very important and should end up being three times the width of the root ball. Want to help tree roots spread faster? Loosen soil outside the hole so it is five times the diameter of the root ball.

Once the hole is in place, remove all containers from the root ball. This can be tough! Some wire baskets can't be removed, but they should be cut back as much as possible and rolled in to the hole. Anything you can remove should be. If roots have been circling around in the container, cut them and fluff them out so they do not continue growing so that they circle inside the hole and become girdling roots later in the life of the tree.

Backfill the hole with the same soil that was removed. No amendments or fertilizer necessary. Add water as you fill to ensure good root to soil contact and prevent air pockets.

Leaf buds on the tree release hormones that encourage root growth. To encourage as much root growth as possible, don't cut back the branches after planting unless they are rubbing or damaged.

Water deeply and then once a week for the first season (if we don't get enough rain). Mulching will help with water retention (and reduce competition) when added to a depth of two to four inches. It should cover an area two to three times the diameter of the root ball.

Don't stake the tree unless absolutely necessary. Unstaked trees tend to establish more quickly and grow faster if they are not staked. Movement is necessary to strengthen the trunk.

### ***Alternative Corn N Sources/Timing***

Thinking about other nitrogen (N) sources for corn? Some basics...

Differing N sources are agronomically equivalent when applied correctly.

N uptake of current corn hybrids tends to extend later in to the growing season, providing a bigger window for side-dress N applications.

Make sure you get 30 pounds of N up front so the crop isn't stunted from the start.

Sidedress applications by V5-V8 are a good goal.

Split-applied N can provide additional benefits including higher nitrogen use efficiency and reduced N loss potential for some soils.

When sidedressing urea or UAN on the surface, unless a rain is forecast to move N in to the soil, consider the use of a urease inhibitor to reduce the risk of N volatilization.

Injecting fertilizer is another alternative to manage the risk of N volatilization or tie-up.

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## **Are Eggs Good for People with Diabetes?**

Eggs are a low-carbohydrate food and have a very low glycemic index score. This makes them a good source of protein for people with diabetes. The American Diabetes Association (ADA) state that eggs are a suitable food for people with diabetes. Having a low glycemic index score means that they have less of an effect on a person's blood sugar levels.

People may be concerned about the cholesterol content in eggs. However, experts do not believe that eating eggs in moderation negatively affects cholesterol levels.

What is the link between diabetes and eggs? Diabetes can affect the balance of LDL (bad), and HDL, (good) cholesterol in the body. Having diabetes can put person at an increased risk of heart disease. Some people are concerned that eating eggs may raise cholesterol levels, and that this could increase the risk of heart disease. The ADA recommends that people eat less than 300 milligrams (mg) of cholesterol per day.

Eggs are high in cholesterol with a large egg containing about 200 mg of cholesterol. However, research shows that cholesterol that is in foods has little effect on raising overall cholesterol levels in the body. Instead, the danger is consuming foods with saturated-fat content, which can lead to elevated cholesterol levels. These foods include cakes and cookies, bacon, candies, and processed snacks, for example.

What are the best foods for people with diabetes? A study from 2018 suggests that regularly eating eggs could improve fasting blood glucose in people with prediabetes or type 2 diabetes do not experience a negative change in lip profile after eating a high-egg diet. Eggs contain choline, which can boost mood and memory.

Eggs are a nutritionally "dense" food, which means that they are rich in nutrients but low in calories. High-protein foods, including eggs, can make a person feel fuller. This may help people with diabetes to maintain a healthy weight.

Eggs are a complete protein, meaning they contain all nine amino acids that the body cannot produce itself, and that people must obtain from their diet.

While most of the protein in an egg comes from the white, the yolk is packed with healthful fats, vitamins A, D, E, and K, and antioxidants, such as lutein. Eggs are also rich sources of vitamin B-12, and minerals, such as iron, copper, and zinc.

Yet another constituent of eggs is choline which is involved in body processes, such as memory and mood, and plays a crucial role during pregnancy in fetal brain development.

The most healthful way to cook eggs is to boil, poach, or scramble them with low-fat milk. If making fried eggs, people can switch the frying oil to one that is more heart-healthy, such as corn, canola, or olive oil.

People with diabetes can include eggs as part of a healthful diet. Research shows that eating eggs in moderation should not negatively affect a person's risk of heart disease, and may improve fasting blood glucose levels.

Researchers have linked blood pressure and blood sugar to cholesterol, so it is important to pay attention to how the diet may affect these factors. Boiled, poached, or scrambled eggs are healthful options.

Regular doctor visits are a must to know your risk of each condition and to make changes to diet and lifestyle if necessary.

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