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Livestock and Natural Resources

## **Whine or Wine?**

Well it doesn't take much looking around, to start feeling fortunate. We can whine and complain about our muddy cow lots or the ruts in our roads, but up north, they have water covering everything. I suggest we just be thankful for what we have! There is nothing thing like a disaster to put things into perspective. Maybe it's not so bad after all?

There is help for the struggling cattlemen or others that have lost any type of livestock. The Livestock Indemnity program from the USDA and administered by your local Farm Service Agency will be put to use this spring. What you need to do, my humble understanding anyway, is to first document all deaths on your place. This needs to be verifiable information, like your calving book, a note from your Veterinarian, photos of the mortalities with dates recorded etc. These losses need to be told to the FSA office within 30 days of loss. Even though you may have a 60, 75 or 90-day calving period, you must let them know within 30 days of loss. Notify them of each loss. You have to trigger the normal mortality rate, I assume for our state, and then you will get some sort of payment for the ones you've lost above that number. The FSA office, hasn't received the new regulations, so they are working off of the 2018 rules, which they assume it won't change much. So for that year, the normal mortality is 2.73% for baby calves and 1.1% for cows. Adult cattle may not be covered due to cold weather, this is kind of fuzzy for me, I would recommend documenting this just in case. The Indemnity payment is based on 75 percent of the fair market value of the livestock. For 2018, the payment for a baby calf was \$468.92, according to the FSA Fact sheet.

This calving season has been a real struggle. It sure has made the hoop barns look attractive. I recently was able to visit some sheep hoop barns in western Kansas. This family was lambing out 1800 head of ewes. It was quite an operation! The lambs and their mothers were color coded with numbers and symbols to keep the little family together. So you might see # 397 in purple with 2 hearts paint branded on her back and then her two babies would have purple hearts as well. The sheep were so clean and comfortable in their hoop barns with about 12 inches of straw bedding. The Simons use a fodder system to raise fresh green barley sprouts for them daily. Six days from seed to feed! They put barley seeds in trays, and six days later they have barley sprouted about 12 inches tall. The sheep absolutely love it!

From there we visited a lamb feedlot! It's safe to say I saw more sheep that week, than I probably have in my entire life.

Cindy Williams  
Meadowlark Extension District  
Food, Nutrition, Health and Safety

### **Stay Strong, Stay Healthy Classes Forming**

Are you an adult needing to be more active, or trying to stay fit with low-impact exercise? Our Stay Strong, Stay Healthy exercise session is perfect for you!

Registrations are taking place now for this class. These classes will be held at the Grantville United Methodist Church, 3725 South Street, Grantville. The class dates will be Mondays, from 1:00 to 2:00 p.m., and Fridays, from 10:00 to 11:00 a.m. The sessions start on Monday, April 1 and will run until Friday, May 24.

Cost for this 8-week session will be \$20.00 for the entire session and payable to the Meadowlark Extension District. Registrations are needed by Friday, March 29, to the Extension Office in Oskaloosa. Our address is 100 East Washington, Oskaloosa, KS, 66066 or 785-863-2212. For additional information contact Cindy Williams, Meadowlark Extension District Agent.

Here are what past participants had to say about Stay Strong, Stay Healthy classes– “I feel stronger, especially in my shoulders.” “My posture is good again because my spine is stronger.” “I find it easier to get up from my chair and I have more energy!” Strength training is no longer just for bodybuilders. Some of the other benefits of strength training include: improves balance, relieves arthritis, helps with weight control, reduces stress, lifts depression and reduces risks for heart disease.

Each class will include warm-up exercises, eight strengthening exercises, with or without hand and ankle weights and cool-down stretches. Weights will be available on-site, and a trained instructor will help you learn and do these exercises safely.

Nancy C. Nelson  
Meadowlark Extension District  
Family Life

## Scams to Watch Out for in 2019

It is estimated that older adults lose billions of dollars to scammers each year. The National Council on Aging shares three scams that are making the rounds.

1. Beware of Social Security spoofing calls. There's been a significant increase in fraudulent telephone calls from people claiming to represent the Social Security Administration. In them, unknown callers threaten victims that they face arrest or other legal action if they fail to call a provided phone number or press the number indicated in the message to address the issue. Sometimes the scammers switch tactics and say that they want to help an individual activate a suspended Social Security number.

If you receive one of these calls, hang up. Know that Social Security rarely contacts persons by phone unless you have ongoing business with them and they never make threats about arrest or legal action.

2. Watch for a new twist on the old grandparent scam. In this approach, a person calls an older adult pretending to be a grandchild who's been involved in an accident or legal trouble and needs money immediately.

Recently, the Federal Trade Commission (FTC) found that instead of using wire transfer or gift cards, an increasing number of older adults are mailing cash to these fraudsters, with a median individual loss of \$9,000. According to reports, the scammers often ask seniors to divide the bills into envelopes and place them between the pages of a magazine, then send them using various carriers, including UPS, FedEx, and the U.S. Postal Service.

The FTC warns that if you or a loved one receives one of these calls, don't act right away. Call that grandchild back on a correct phone number and verify their whereabouts. If you've mailed cash, report it right away to the Postal Service or shipping company you used. Some people have been able to stop delivery by acting quickly and giving a tracking number. Be sure to also file a complaint to the FTC at [FTC.gov/complaint](https://www.ftc.gov/complaint).

3. Only work with reputable agencies after a natural disaster. Wildfires, tornadoes, flooding—these unpredictable forces of nature can be devastating to those living in affected areas. Even those not directly affected may want to lend support in whatever way they can.

Natural disaster scams typically start with unsolicited contact by telephone, social media, e-mail, or in person. Scammers may:

Impersonate charities to get money or private information from well-meaning consumers.  
Set up fake websites with names that mimic legitimate charities to trick people into sending money.

Pretend to be from the IRS and collect personal information under the guise of helping victims file loss claims and get tax refunds.

Pass it on! One of the most important ways to avoid becoming a victim of a scam is to pass along information about scams that are making the rounds.

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