K-STATE Research and Extension | Meadowlark District

December 16, 2022

David Hallauer
District Extension Agent
Crops & Soils/Horticulture

2023 Corn Schools

The 2023 Corn School schedules are out, offering in-person *and* virtual opportunities in January/early February. Schools are a collaborative effort of K-State Research and Extension and Kansas Corn supported by sponsorship from Pioneer and Farm Credit Association of Kansas.

The Prairie Band Casino and Resort will host the Northeast Kansas school on Thursday, January 19th. Doors open at 8:30. The program begins at 9:00. Dr. Ignacio Ciampitti and Dr. Adrian Correndo, KSU Department of Agronomy, will share their research efforts relative to corn production, plus additional findings from other members of their research team as well. Dr. Correndo's focus is in soil fertility, crop nutrition, and data analysis. Dr. Ciampitti is an Associate Professor in the Department of Agronomy with a research focus on plant physiology and remote sensing and modeling tools.

Tar Spot and other corn diseases will be the focus Dr. Rodrigo Onofre, KSU Extension Row Crops Pathologist's presentation. Dr. Onofre's work on disease management in corn and soybeans has included research efforts in Gray Leaf Spot and now Tar Spot.

Budget and market outlooks from KSU Agricultural Economist Dr. Dan O'Brien will wrap up the morning as he shares insights was we look to the 2023 economic situation. Kansas Corn will also share a look back on their work over the past year in the area of ag policy plus share a look forward to projects they'll be working on in the future.

Lunch is courtesy of the aforementioned sponsors. RSVP's are requested by visiting https://kscorn.com/cornschool/ (or contacting any District Office or dhallaue@ksu.edu).

Can't make the 19th? If you don't mind a road trip, similar programs are scheduled for January 13th in Salina and January 20th in Parsons. A virtual option is available on February 2nd (6:00 p.m.) and will include an additional presentation entitled *Revisiting Residual Herbicides in Corn* from KSU Extension Weed Management Specialist Dr. Sarah Lancaster.

Preferred Trees for NEK

There's a quote (used in various manners and attributed to various sources…) about planting trees that goes something like: the best time to plant a tree was 20 years ago – the second-best time is today. While I don't disagree, that's more difficult than it may sound. With that in mind, how can you make the best decision today for a healthy landscape in the future?

One reference I use when discussing the removal of old trees and planting of new ones is *Preferred Trees for Northeast Kansas*. A short four pages long, it provides a quick overview of a tree options homeowners may want to consider as they make planting decisions. Trees make the list after a review by KSU and Kansas Forest Service foresters and horticulturists who provide input on their form, function, and performance in real world situations. They're split in to evergreen and deciduous species as well as by tree size. A 'rating' of the tree's landscape attributes is provided, as are ratings for adaption to environment, all in a 'short list' of trees to consider for your landscape tree planting project.

Check out Preferred Trees for Northeast Kansas from the Kansas Forest Service at: https://www.kansasforests.org/resources/recommendedtreesandshrubs.html . Want a hard copy? Drop me a line. I'd be happy to get you one to help make tree selection a *little* easier.

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Ross Mosteller
District Extension Agent
Livestock & Natural Resources

What Is An EPD?

I just finished up fall breeding, luckily ahead of this cold snap. Breeding decisions are some of the most important and longest lasting made, in any livestock enterprise. Ask my family, I spend hours working through the art & science of mating decisions, trying to make the best possible, most informed decision. Much of this is done looking at the science side of the equation, by evaluating EPDs. Today we will discuss the general principals behind EPDs.

Expected progeny differences (EPDs) provide estimates of the genetic value of an animal as a parent. Specifically, differences in EPDs between two individuals of the same breed predict differences in performance between their future offspring, when each is mated to animals of the same average genetic merit. EPDs are calculated for birth, growth, maternal, and carcass traits, among others, and are reported in the same units of measurement as the trait (normally pounds). These values are to be used relative to each other and should not be expected to be actual values.

EPD values may be directly compared only between animals of the same breed or same genetic base. In other words, a birth weight EPD for a Charolais bull may not be directly, fairly, compared to a birth weight EPD of a Hereford bull. Having said that, there has been a good deal of work done in across-breed adjustment factors, coming from the USDA Meat Animal Research Center in Nebraska, reported through the Beef Improvement Federation (BIF) https://beefimprovement.org/ Additionally, some breeds are working together to evaluate EPDs through the same software analysis, allowing more direct comparison. For example, the breed I raise is part of the multi-breed database with in International Genetic Solutions (IGS) allowing across breed comparison to breeds within that database.

EPDs are reported by most major beef breed associations and are calculated using complex statistical equations and models. These statistical models use all known information on a particular animal to calculate its EPD. This information includes performance data (i.e., weight records) on the animal itself, information from its ancestors (sire and dam, grandparents, etc..) collateral relatives (brothers and sisters), and progeny. In short, virtually all performance data that relate to the animal of interest are used to calculate its EPD. This continual influx of data accounts for EPD movement and accuracy values that increase as data increases.

These performance records are adjusted for such factors as age and sex of the animal, and age of the dam prior to inclusion in EPD databases. These adjustment factors allow performance records to be fairly compared in the analysis. Genetic merit of mates is accounted in evaluating progeny information, thus, progeny records are not influenced by superior or inferior mates. Also accounted for are the effects of environment that exist between herds. These environmental effects can be estimated due to the widespread use of artificial insemination. The common AI sires create genetic links between herds with differing environments and serve as the foundation for evaluation of performance data and EPD calculation across herds.

In summary, EPDs are a tremendous tool to be used to improve genetics within herds. Since the majority of the genetic progress within a herd is a direct result of sire selection, EPDs should be given careful attention when choosing sires. Be careful to avoid single trait selection, and give emphasis to the traits important to your herd - IE growth, carcass, maternal, etc… Additionally, EPDs should be combined with other selection criteria, including: confirmation, structural correctness and reproductive soundness, to determine which sires are most suitable for the operation. Down the road we will look at genomics and selection indexes in articles as well, as these relate to this discussion. I wish everyone a very Merry Christmas and blessed new year!

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Teresa Hatfield
District Extension Agent
Family and Community Wellness

Are Over the Counter Hearing Aids Right for You?

On October 17, 2022, a new ruling from the Food and Drug Administration (FDA) went into effect, which allows you to buy a hearing aid without a medical exam, prescription, or professional consultation. The FDA defines over-the-counter (OTC) hearing aids as medical devices designed to treat mild to moderate hearing loss in adults 18 years and older. Over-the-counter hearing aids may be easier to buy and less expensive than prescription hearing aids. They are not prescription hearing aids, which have their own set of regulations and safety requirements. Both, however, are still regulated by the FDA.

While these devices may be less expensive than prescription hearing aids, they may not suit everyone. When you visit a trained hearing professional, they will test your hearing to see if a hearing aid is right for you and determine your hearing loss. They can work with you to ensure you receive the suitable hearing device for you and your lifestyle. They can also ensure the hearing aid is fitted correctly and adjusted as needed. They will make sure that you know how to properly insert your hearing aid and understand how to clean it. This hearing aid will be a device that works for your hearing loss.

People who are experiencing certain types of problems need to seek medical attention:

- If you have fluid, pus, or blood coming out of your ear
- Pain or discomfort
- Excessive ear wax or you feel like something lodged in your ear canal
- Episodes of vertigo
- Sudden hearing loss
- Ringing in your ear (tinnitus)
- Hearing loss in one ear only
- Injury or deformity to the ear

If you have decided to try an OTC hearing aid, you may still want to get a hearing test from a professional. They can determine the severity of your hearing loss. You will have to fit the OTC yourself; a comfortable fit is essential as to whether the device will work for you. If the device is uncomfortable, you are more likely not to wear it.

Before you buy, consider what kind of hearing aid you prefer. There are several different types to choose from; behind the ear or in-the-ear. Make sure you purchase an OTC hearing aid, not a personal sound amplification product (PSAP). PSAPs do not treat hearing loss. The package must clearly state that it is an OTC hearing aid. Is there a return policy, and if so, what is it? Is the battery rechargeable? What are the controls of the hearing aid? Does it use an app or cell phone?

You can find more information on OTC hearing aids from The National Institute on Deafness and Other Communication Disorders at www.nidcd.nih.gov.

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Cindy Williams
District Extension Agent
Family & Community Wellness

How to Cook a Turkey the Day before Serving It

Sometimes it may be easier to prepare your turkey the day before you plan to serve it. Here is how do it safely.

Cook the Turkey:

- Follow these steps to safely cook a turkey. Always wash hands, utensils, the sink, and anything else that comes in contact with raw turkey and its juices with soap and water. Remember to use a food thermometer. Learn the difference between difference types of food thermometers and how to use them.
- Wait about 20 minutes after removing turkey from the oven to allow the juices to distribute.
- Wash your hands with soap and water for about 20 seconds.
- Slice breast meat, legs and wings may be left whole. Place turkey in shallow containers; limit depth to less than 2 inches. Metal containers cool faster than glass-type pans or plastic containers.
- Refrigerate turkey, loosely covered to help cool faster. Cover tightly when food is completely cooled.
- Save broth in shallow containers for gravy and place in refrigerator.

Reheat the Turkey:

When serving your turkey, the next day, the USDA Meat and Poultry Hotline advises that cooked turkey may be eaten cold or reheated. To reheat your turkey, USDA gives the following recommendations:

In the oven:

- Set the oven temperature no lower than 325°F.
- To keep the turkey moist, add a little broth or water and cover.
- Reheat turkey to an internal temperature of 165°F. Use a food thermometer to check the internal temperature.

In the Microwave Oven:

- Put turkey in a microwave safe container.
- To keep the turkey moist, add a little broth or water and cover.
- Cover your food and rotate it for even heating.
- Consult your microwave oven owner's manual for recommended times and power levels.
- Allow standing time. Check the internal temperature of your food with a food thermometer to make sure it reaches 165°F.

Leftover Turkey:

Throw out any leftovers left at room temperature longer than 2 hours; 1 hour in temperatures above 90°F. Either freeze leftover turkey or plan to eat it within 3 to 4 days of the day it was originally prepared. For best safety and quality, avoid reheating and cooling turkey multiple times.

Traveling with Turkey:

It is easier and safer to bring turkey pre-cooked and cold. Carry it in an insulated cooler packed with ice or frozen gel-packs to keep the cooler temperature under 40°F. Then reheat the turkey at your final destination.