K-STATE Research and Extension

Meadowlark District

Community Vitality/Economic Development





David Key, Extension Agent/Director

Community Assessment—Some Examples

Community Assessments are tools that allow interested citizens and community partners to gather and analyze information. This is typically to determine the current condition of a particular aspect of the community. While there are different modes of assessment, they are generally most useful when they capture the diversity of the community. In addition, the assessment may also be focused on a particular program, event or segment of the community.

Community assessments are often conducted to collect data that affects how programs get implemented. More specifically, they can:

- Gauge public opinion, rather than rely on the opinion of a few key leaders or local gossip
- Increase awareness of particular issues
- Create an opportunity for community input and/or ownership of the process
- Be required to satisfy a grant or program.

Important considerations before conducting a community assessment is the time available for the assessment, the information needed from the assessment and the diversity being captured in the assessment.

There are several ways to conduct community assessments and the most common techniques include taking assets walks, small group exercises or conducting a survey. Other methods include: personal interviews, focus groups, public forums and informal group processing.

Today we will talk about conducting an asset walk. This technique works well for all group sizes and it can be part of a larger program or event, if time allows. To complete a Community Asset Walk simply WALK (this is key!) your group through your community. Throughout the walk, ask those with you to write down and/or talk about what they observe-it could be vacant lots, buildings, businesses, people etc. Walking is key because it is slow, and it allows the group to interact and observe. The ideas are transcribed into a single list after the walk is completed. You may also include voice recordings and have people take pictures of what they observe or simply record notes to discuss later.

The time requirement for an asset walk maybe one or two hours to walk through a neighborhood. To get a complete assessment of the entire community, it could require multiple walks. Plan for a few hours to transcribe notes and assemble photographs into a meaningful format to be shared with others. In addition to being an assessment tool that can identify opportunities in your community, this technique can be a great conversation starter for a group, organization, or community. It can get people talking to one another and from this they are able to identify areas of common interest to pursue more deeply.

Larger groups are often broken into smaller groups of 8 or less people. Remember to make sure your groups are mixed appropriately. Once the observations are collected from those participating in the walk, simply tally the number of times a particular theme, observation, specific asset or idea is made. By doing this you can possibly pursue a program or project and eventually make plans for a planning group discussion. The next step is to take your observations and plans a step further and fully develop them in a facilitated group exercise that results in a community development action plan to move forward.

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Oskaloosa Office

P.O. Box 326 100 E Washington Oskaloosa, KS 66066-0326 785-863-2212

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District Office Hours:

Open Monday-Friday 8:00 AM-Noon; 12:30-4:30 PM

Closed on designated holidays

www.meadowlark.k-state.edu

Kansas State University Agricultural Experiment Station and Cooperative Extension Service



Laura Phillips, Extension Agent

Roundup-Branded Herbicides: Active Ingredient Changes

Recently, Bayer announced a change to the active ingredient in Roundup herbicides. This has big implications for how Roundup herbicides can be used and where.

What is an active ingredient?

In herbicides, there are multiple ingredients. The *active* ingredient is the specific chemical that causes the desired effect. The active ingredient determines which plants the herbicide is safe for, and which plants it will kill. It also determines how the herbicide is applied. Herbicides may have multiple active ingredients. Although sometimes used synonymously, the active ingredient is different from the trade name. The trade name is how they market the product.

What is Roundup?

Roundup is a trade name for an herbicide produced by Bayer. In the 1970s, Monsanto (now owned by Bayer) discovered that a chemical known as glyphosate had the potential to be a non-selective weed killer. They quickly capitalized on the discovery, and gave their glyphosate herbicides the trade name *Roundup*.

In 1994, Monsanto bred crops that were tolerant to glyphosate, known as Roundup Ready. Farmers could spray entire fields with glyphosate herbicides, killing everything but the Roundup Ready crops.

Roundup is Non-Selective. What does that mean?

In selective herbicides, the active ingredient kills only a specific category of plants. Non-selective herbicides, however, kill almost any plants they contact. Glyphosate-containing products are labeled for non-selective control of broadleaf and grassy weeds in landscape situations.

What is changing?

Roundup products will no longer contain glyphosate, or they will have additional active ingredients, such as diquat, fluazifop, imazapic and triclopyr. See table 1 below for a list of Roundup products and their active ingredients.

Why does this matter?

When an active ingredient changes, the entire herbicide changes. Undesirable injury may occur if these active ingredients are inadvertently applied to landscape beds or vegetable gardens, as they cannot be used in the same manner as products containing glyphosate. These products control different weed species and have different application rates than previous products.

How do I choose a Roundup Product?

Roundup's recent change illustrates why carefully reading and reviewing the label of any purchased herbicide is extremely important. The label tells you the active ingredients, which plants the herbicide will kill, and which plants it will not harm. It also tells you how to safely prepare and apply the herbicide, how to dispose of unused product, and what safety precautions to take.

Consumers and applicators must be aware of the active ingredients in the *Roundup* products they purchase, as they may change. Be sure to carefully read and follow the labels. Table 1, from the University of Tennessee publication "Update on Roundup Branded Herbicides", https://uthort.tennessee.edu/wp-content/uploads/sites/228/2024/05/Update-on-Roundup-Branded-Herbicides.pdf, offers more information on current Roundup products.

Table 1. Selection of Roundup®-branded herbicides available to consumers in 2024. Note that many do not contain glyphosate.

Trade Name	Active Ingredients	Use in Lawns	Use in Landscape Beds	Use in Vegetable Gardens	Use in Hardscapes
Roundup for Lawns	MCPA + quinclorac + dicamba + sulfentrazone	Yes	No	No	No
Roundup Extended Control	Glyphosate, imazapic, diquat	No	Not recommended	No	Yes
Roundup Weed and Grass Killer – Exclusive Formula	Triclopyr + fluazifop + diquat	No	Not recommended	No	Yes
Roundup Dual Action	Triclopyr + fluazifop + diquat + imazapic	No	Not recommended	No	Yes
Roundup Weed and Grass Killer III	Glyphosate + pelargonic acid	No	Yes	Yes	Yes
Roundup Poison Ivy and Tough Brush Killer	Glyphosate + triclopyr	No	No	No	Yes

Crops and Soils



David Hallauer, Extension Agent

Fall Forage Management Reminders

It's easy to get a little fatigued this time of year when it comes to our forage crops. We've fertilized and sprayed and harvested as hay or grazed and at some point, it would be nice not to have to think any more about it. While understandable, we do so at our own peril.



Many of the decisions that we make this fall can and will affect our 2025 production. Time is limited but consider one (or more!) of the tips below, because a little time now might help better optimize production for next year – and beyond.

- Check stands for armyworm feeding. Widespread outbreaks aren't typically an annual occurrence, but feeding pressure is likely an annual occurrence somewhere. We're already hearing reports of stands being fed on, and while treatment may not be necessary, knowing feeding has occurred can help with everything from continued monitoring, to reseeding, to understanding why a stand might be struggling.
- Consider a soil test. Yes, they can take a little time to do right (see inset), but for a little cost and not a ton of time, you can learn a lot about why a stand may be performing as it is.
- Don't forget late season weed control. The window for fall control of sericea lespedeza is still open and getting ahead of this troublesome weed should be high on your to do list. Species that can really spread in stands like hemp dogbane may still be small enough to control as well. Don't let a small weed today become a much larger issue later.

Don't let up just yet! Dormancy will be here before we know it for our perennial forage crops. The forage plant out there now is getting ready for 2025. We should be doing the same.

Why Soil Sample?

Why is a *great* first question when thinking about soil sampling. It is inexpensive – but there is still a cost, and a time commitment. Sampling for a farm average is different than troubleshooting and procedures for whole farm versus zone sampling differ, as well. Consider these tips for best results:

- Collect an appropriate number of cores a minimum of 12-15. More is better.
- Keep sampling depth consistent. A zero to six-inch depth is good for most nutrients.
- Avoid 'patterns', instead Zig zag back and forth rather than following traffic patterns.
- Sample normal and abnormal areas separately when trying to troubleshoot.
- Monitor trends over multiple sampling cycles.
- When possible, sample at the same time of year (fall is an excellent time...)

Useful soil test results start with good sampling. Spend time now to get good information later.

Chemical Weed Control Guides Available

The chart below is from the 2024 KSU Chemical Weed Control Guide, https://bookstore.ksre.ksu.edu/download/2024-chemical-weed-control-for-field-crops-pastures-rangeland-and-noncropland_CHEMWEEDGUIDE. While the vast majority of this guide is related to field crops, there are numerous pages related to weed and brush control in pastures, including dormant stem, basal bark, and even soil application recommendations. Copies of the guide are still available upon request from any District Office. Stop by and pick up or request yours today.

BASAL BARK APPLICATION

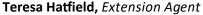
Many woody plants	PastureGard HL 25% in diesel oil or kerosene	Triclopyr (4) + Fluroxypyr (4)	Use on susceptible woody plants with less than 6-inch basal diameter. Spray basal parts of brush and trees to thoroughly wet lower 12 to 15 inches of stems. Apply at any time, except when snow or water prevent spraying to the ground line.
	Pathfinder II	Triclopyr (4)	A ready-to-use product. No mixing required. Use on susceptible woody

Source: Page 141, 2024 KSU Chemical Weed Control Guide

and trees to thoroughly wet lower 12 to 15 inches of stems. Apply at any time, except when snow or water prevent spraying to the ground line.

Family and Community Wellness







Medicare Open Enrollment is Just Around the Corner

Medicare Open Enrollment runs from October 15 through December 7. Even though this seems like a long time away, there are some things you need to be aware of before it begins. Medicare Open Enrollment allows you to change your Medicare Prescription Drug Plan or Medicare Advantage Plan. These changes will go into effect on January 1, 2025. Look for your current plan provider's Annual Notice of Change (ANOC). You should receive this notice by the end of September. They send notices to people with a Medicare Advantage Plan or a Part D Prescription Plan. Keep an eye out for any changes to your plan, which could include:

- Formulary Changes: Check the list of medications to ensure that they are covered by your plan in 2025.
- Premium Changes: How much will you pay monthly for your plan next year?
- Deductible Changes: Has your plan's deductible gone up? Do you have to pay the deductible on all your medications or just brandname drugs?
- Changes in Co-pays and Co-insurance: How much will you pay at the pharmacy when you pick up your medication?
- Provider Network: Is your healthcare provider and pharmacy still in the plan's network? Is there a more cost-effective pharmacy in your area?

Please review this notice carefully. During the annual open enrollment period, you can change your Part D or Medicare Advantage plans for the next calendar year. Even if you are pleased with your current plan, shopping and seeing what is available doesn't hurt.

Medicare offers an online comparison tool called the Plan Finder at www.medicare.gov. The Plan Finder allows you to enter your medications, sort through the available plans, and organize them from least expensive to most expensive. The plan choices at the top of the list are your most cost-effective options. When using the Plan Finder, accurately enter your medication dosage and how often you use it. Also, enter the correct type, such as tablet or capsule; this can affect how much your medication will cost. If you have created a Medicare account on the website, you can use the drug list from your account to prepopulate your medication list for the Plan Finder. Don't wait until December 7 to start exploring your options.

If you need help sorting out your options, contact your local SHICK (Senior Health Insurance Counseling for Kansas) counselor for unbiased information about Medicare. SHICK counselors are trained to provide answers to your Medicare questions; they do not sell insurance products. If you live outside the Meadowlark Extension District, you can find a local SHICK counselor by calling 1-800-860-5260.

Marketing Rules

As we approach Medicare Open Enrollment, plan marketing tends to increase. Certain marketing rules are required for people who represent Medicare insurance, and they are not allowed to do certain things.

- Come to your home uninvited to sell or endorse anything.
- Call you unless you are already a member of the plan or you've permitted them to contact you.
- Market their plan or enroll you during an educational event like a health fair or conference.
- Talk to you about their plan in areas where you get health care, like an exam room, hospital patient room, or a pharmacy counter.
- Offer cash (or gifts worth more than \$15) to join their plan or give you a free meal during a sales pitch for a Medicare health or drug plan.
- Require you to speak to a sales agent to get information about the plan.
- Ask you for payment over the phone or online. The plan must send you a bill.
- Make an appointment to tell you about their plan unless you agree. During the appointment, they can only try and sell you the products you agreed to hear about.

For more information about Medicare marketing rules, contact Teresa Hatfield, Family and Community Wellness Agent, at thatfield@ksu.edu or 785-364-4125.



4-H Youth Development







4-H Sows the Seed of Success

October 1st marks the new year for 4-H. This means that families will be enrolling in the Meadowlark District 4-H program.

Some people recognize the benefits of the 4-H experience, but does everyone? You should not only consider enrolling your youth in 4-H, but you should do it! 4-H, like most things in life, you get out what you put in. If you want a bountiful outcome of leadership, success, and everything 4-H has to offer, you must first begin with sowing the seed by enrolling and participating. Here is a quick overview of what the 4-H program is and what we believe in.

Kansas 4-H is a vibrant youth development program for K-State Research and Extension. 4-H is delivered in partnership with local volunteers and resources, Kansas State Research and Extension, Kansas State University and the larger National Cooperative Extension system — a community of more than 100 public universities across the nation that provides experiences where young people learn by doing. In the case of youth in Jackson, Jefferson and Nemaha counties, 4-H is offered by the Meadowlark Extension District, the local K-State Research and Extension partner. We have offices in Holton, Oskaloosa and Seneca — with a fulltime District 4-H agent and three staff members (one in each office) dedicated to coordinating the 4-H program, alongside of our screened, adult volunteers. In the Meadowlark District, there are 30 community clubs scattered through nearly every community in our three counties. There is also a rich and vibrant school enrichment program offered through schools, too.

4-H is the nation's largest youth development organization empowering nearly six million young people across the U.S. and over 88,000 youth in Kansas with the skills to lead for a lifetime. There are 100 public universities that reach youth in every corner of America, including urban neighborhoods, suburban school yards and rural farming communities. The national network consists of 500,000 volunteers and 3,500 4-H professionals that provide mentorship to all 6 million 4-H'ers. In Kansas, over 6,000 adult volunteers and professionals in all 105 Kansas counties grow life skills in youth who make valuable social and economic contributions in their communities.

In 4-H programs, kids and teens complete hands-on, research-based projects. Youth will guide their own pathway through 4-H as they will select projects and programs from a broad docket which has an interest for everyone. Youth will be assisted by mentors and adult volunteers as they complete their projects and programs. Most importantly, 4-H youth are commonly put in leadership roles to help develop skills that will serve them for a lifetime.

There is a common misconception of 4-H. There are more projects than just livestock and foods! Besides the cooking and animal projects, 4-H offers STEM projects like rocketry and LEGOs, geology, entomology and clothing construction. To see all of the projects offered please visit our website at https://www.meadowlark.k-state.edu/docs/4h/resources/MED Project Selection Guide.pdf and the state website at https://bookstore.ksre.ksu.edu/download/4-h-project-selection-guide-4H1065.

In 4-H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us. All young people have potential, and we are invested in developing them to become empowered, confident, hard-working, determined, responsible and compassionate. This will ultimately set the young people up with the life-long skills to succeed in their future endeavors whether that be in college or their career.

4-H is committed to youth engagement using positive youth development. Positive Youth Development (PYD) engages youth within their communities, schools, organizations, peer groups and families in a manner that is productive and constructive; recognizes, utilizes and enhances young people's strengths; and promotes positive outcomes for young people by providing opportunities, fostering positive relationships and furnishing the support needed to build on their leadership strengths.

Ready to get started? There is no better time than now! Find a 4-H Club near you by visiting our website, https://www.meadowlark.k-state.edu/4-h/ and clicking on "Find a Meadowlark 4-H Club Near You", https://www.meadowlark.k-state.edu/docs/4h/new-to-4h-info/Club Maps.pdf or contact any of our Extension Office locations for more information!

Food, Nutrition, Health and Safety



Cindy Williams, *Extension Agent*

5 Things to Ask Your Kids Instead of "How was School?"

- 1. What made you smile today?
- 2. Who did you sit with at lunch?
- 3. If you could change one thing about today, what would that be?
- 4. What was the hardest rule to follow today?
- 5. Tell me something you know today that you didn't know yesterday.

Why Do Home Canned Green Beans Get A Cloudy Liquid?

People wonder when doing home canning why certain things happen. One question is "Is this safe?" Another question that comes up is "what caused my home canned green beans liquid to be cloudy and are they safe to eat?"

There are several reasons why cloudiness can occur.

- The beans may be too mature which makes them too starchy. The starch settles out of the food during canning. This is a quality issue.
- Minerals in hard water can give a cloudy appearance. This is a quality issue.
- Using table salt instead of canning salt. Table salt contains anticaking agents that can cause cloudiness. This is a quality issue.
- Finally, it could be spoilage due to improper heat processing. Do not consume them in this case. Plain green beans MUST be pressure canned because they are a low acid vegetable. When not processed properly, Clostridium botulinum could cause foodborne illness. If in doubt, please throw them out. It is better to be safe than sorry and not take the chance of risking your family's health over a jar of green beans.

K-State has a great publication on how to can green beans safely. It's called Preserve it Fresh, Preserve it Safe: Beans (https://

www.bookstore.ksre.ksu.edu/pubs/mf1179.pdf).

Consolidate Your Gift Cards in One Place

I just read an article that stated Starbucks has a staggering \$1.77 billion in unredeemed gift cards. Despite efforts to encourage usage, a significant portion of these gift cards go unused. This trend highlights a common issue with gift cards: they are often bought and given, but sometimes never used. Here are some tips to make sure you never forget to use them:

- Centralize Your Gift Cards—Keep all your gift cards in one place. Whether it's a designated section of your wallet, a specific drawer, or a small box, knowing exactly where your gift cards are will increase the likelihood of using them.
- Set Reminders—Add reminders to your calendar or set an alert on your phone for gift cards you intend to use. This is especially useful for cards that have expiration dates or limited-time offers.
- Use Gift Cards for Routine Purchases—Incorporate gift card usage into your regular shopping routine. Integrating gift cards into your everyday habits ensures they don't go forgotten.
- Exchange or Sell Unwanted Gift Cards—If you have gift cards you're unlikely to use, consider exchanging them for ones you'll find more useful.
- Regift Thoughtfully—If you receive a gift card to store or restaurant you don't frequent, think about regifting it to someone who will appreciate it more. Be mindful of the recipient's preferences to ensure the card gets used and enjoyed.
- Track Balances Regularly—Keep track of your gift card balances. Some stores provide easy ways to check balances online or through their apps. Knowing how much value is left on your cards can motivate you to use them before they diminish to small, inconvenient amounts. Writing the current amount on the card with a Sharpie is an easy way to keep track as well.
- Combine Gift Cards—Many stores allow you to combine multiple gift cards into one. Consolidating them into one card makes it easier to manage and more likely to be used.
- Use Gift Cards for Special Treats—Make using gift cards an event. Decide to use your gift card to reward yourself for completing a big project.
- Donate Unused Gift Cards—If you find yourself with gift cards you're unlikely to use, consider donating them to local charities or organizations. Many nonprofits appreciate gift card donations, which they can use directly or as raffle prizes for fundraising events.

By implementing these strategies, you can ensure that your gift cards are used and enjoyed rather than forgotten. With a little organization and planning, you can make the most out of every gift card you receive, turning them into delightful experiences rather than lost opportunities.

Livestock and Natural Resources



Ross Mosteller, Extension Agent

Proper Disposal of Sharps

Animals receive shots for various reasons throughout their life, just like people. Regardless of why the animal received a shot, it is important to dispose of the needle in a safe way. Other sharp items such as scalpel blades used to perform various medical procedures on animals should be disposed of safely, as well. Needles, scalpel blades, and other sharp items are sometimes referred to as "sharps". They can inadvertently injure people and/or expose them to potentially harmful substances if they are not disposed of carefully.

Let's look at four points to consider in discussion of properly disposing of sharps on the farm or ranch—the sharps container, disinfecting, sealing and disposal.

- Container: All sharps should be placed into a puncture-proof, leak-proof container. This can be either a purchased sharps container or a repurposed household container. If a household container is used, it must be puncture-proof, leak-resistant plastic with a tight-fitting lid that is properly labeled to warn of the medical waste inside the container, "Used Sharps" for example.
- Disinfect Container: To accomplish this, pour bleach into the container and let it soak for 15-30 minutes. Then carefully pour the bleach down the sink or toilet OR an alternate option is to leave it in container. It is recommended to wear gloves and pour into the container on a flat, level surface.
- 3. Seal Container: After the contents are considered "non-infectious" from the bleach, seal the container. Secure the lid on the container with a sufficient amount of duct tape to guarantee the contents will not be spilled during transport and disposal. The goal is to ensure the safety of any person that may come into contact with the sharps container.
- **Dispose of Container:** Visit with local waste management service to see if they will deal with medical waste/sharps containers, don't be surprised if they will not. Veterinarians are a good resource to help dispose of sharps. Many veterinarians have a service for disposing of medical/infectious waste.

Body Condition Scoring at Weaning

Body Condition Scoring (BCS) is part art, part science and mostly simple replication of cow herd observation. The BCS system used to assess a cow's body energy reserves ranges from 1 to 9. A score of 1 indicates cows that are thin and emaciated, cows of BCS 9 are fat and obese. Pictures and definitions of the BCS system can be found in the K-State publication "Guide to Body Condition Scoring Beef Cows and Bulls" located at https://bookstore.ksre.ksu.edu/download/ guide-to-body-condition-scoring-beef-cows-andbulls MF3274.

		Physical Attribute					
	BCS	Spine	Ribs	Hooks/Pins	Tailhead	Brisket	Muscling
Thin	1	Visible	Visible	Visible	No fat	No fat	None/atrophy
	2	Visible	Visible	Visible	No fat	No fat	None/atrophy
Borderline	3	Visible	Visible	Visible	No fat	No fat	None
	4	Slightly visible	Foreribs visible	Visible	No fat	No fat	Full
Optimum Condition	5	Not visible	Not visible	Visible	No fat	No fat	Full
	6	Not visible	Not visible	Visible	Some fat	Some fat	Full
Over- Conditioned	7	Not visible	Not visible	Slightly visible	Some fat	Fat	Full
	8	Not visible	Not visible	Not visible	Abundant fat	Abundant fat	Full
	9	Not visible	Not visible	Not visible	Extremely fat	Extremely fat	Full

Producers should manage their calving season, herd genetics, grazing system, supplementation program and herd health to achieve an average BCS of 5 to 6 in the mature cow herd at calving time. First calf heifers should be at least a BCS of 6 as typically the greatest reproductive challenge in the herd is the breed back of two-year old females. If cows are to maintain a calving interval of 365 days, they must breed back within 80-85 days after calving. It is well established that BCS at calving time determines the rebreeding performance of beef cows in the subsequent breeding season.

The BCS system is intended to provide a consistent way to quantify relative fatness of cows to serve as a management tool for producers. Fall weaning (or spring for fall calving cow herds) is a great time to assess the BCS of cows and manage dry cow feeding and supplementation programs accordingly. When cows are not lactating and in the first or second trimester of pregnancy, it is much easier to feed to increase body condition score. During the normal production cycle, a cow should be in her best body condition at the time of calving, starting early is always the best practice to add condition.

If body condition scoring is not a part of normal practices in your operation, become intentional in benchmarking and writing down BCS scores at specific points in time. You can evaluate body condition anytime you are around cattle, but it is recommended 60 to 90 days before calving, at calving, and weaning. This can simply be done with a tally of the number of cows that fall into each BCS category while riding, walking, or driving through the cattle or chute side. You can record this on about anything, but the K-State Body Condition Record Book (MF3277) is a great tool for recording scores.



Meadowlark Extension District 114 W 5th St. Holton, KS 66436

Address Service Requested

Publications & Resources For Sale

Family Account Book
Farm Account Book
Radon Kits
Predator Calls
IMR Calving Books
Pesticide Manuals
Geo Textile Fabric (12 1/2' wide-sold per linear ft.)
Neutroleum Alpha®
Mosquito Briquets
Soil Tests - Crop, Pasture, Lawn & Garden
Water Test Kits (pay SDK Labs, not us)
Field Record Books (free)

Items to Check Out

Soil & Hay Probes
Ear Taggers
Mole Trap
Freeze Branding Irons
Pesticide Manuals
Buzzers

Upcoming Events

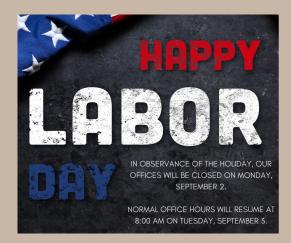
August 28 at 9:30-11:00 AM: Pre-Plant Wheat School, Seneca

Sept. 5-Dec. 5 (Thurs.) 1:00 PM: Master Gardener Training—Online

Sept. 2: Offices Closed for Labor Day

Sept. 26 at 10:00 AM: Beef Stocker Conference, Manhattan

Oct. 15-Dec. 7: Medicare Open Enrollment Nov. 11: Offices Closed for Veteran's Day Nov. 28 & 29: Offices Closed for Thanksgiving



https://www.meadowlark.k-state.edu/

facebook.

https://www.facebook.com/Meadowlarkextensiondistrict