

Prepare for winter and calving

Byron Hale

Twin Creeks Extension
And So It Goes...

And so it goes...On a farm, Thanksgiving, Christmas, CALVING. We recently had the opportunity to visit with, K-State Extension Livestock Specialist, Sandy Johnson, and she had some really good things to say about getting ready for winter.

Here is an excerpt from those conversations... good planning and preparation can make a difference in how difficult it is to deal with winter weather challenges.

The following is a list of items to review going into this winter.

- Attend Handling Calving Difficulties meeting January 6 at 6 p.m. in Oberlin at the Gateway. Please RSVP by January 3.
- Evaluate feed inventory and analyze for nutrient quality. Use

this information to balance rations and match nutrient quality with nutrient demand. Doing so will avoid a common problem of overfeeding cows in late gestation and underfeeding during early lactation.

· Feeding equipment – Service and repair to have in good working condition.

· Vaccination – A cow with good immunity produces colostrum with the antibodies needed for passive immunity of the calf. Subclinical deficiencies in trace minerals can result in poor immune response. Deworm so that parasites don't suppress immunity.

· Livestock Insurance – Does your current policy cover the value of your cattle in today's market? What type of losses does it cover? What risk are you willing to take and what amount of loss can you risk taking on

your own?

· Windbreaks – Drought has been hard on many living wind breaks. Make plans to add, replace or enhance windbreaks. Maintain or repair structural windbreaks as needed. Consider some type of portable windbreak for use on crop residue fields.

· Bedding – If you fed your bedding supplies last winter, make sure to replace. Any number of things such as straw, corn stalks or CRP hay can work. Wet hair coats and muddy conditions dramatically increase maintenance requirements. A clean dry place to rest helps reduce stress.

· Generator– Test generator and connections to run essential electrical items. Assess fuel storage and supply.

· Waterers- Are water heaters functioning and spare parts on hand?

Kitchen basics for meal preparations

Even though we are part way through the holidays, you still may be hosting a festive holiday meal. Here are some ideas to consider.

The menu planning is done and the groceries are in the kitchen. Dinnertime is looming but the mashed potatoes are sticky and the gravy is lumpy. Here are some tips to de-stress meal preparation.

· Let your roasted turkey rest 20 - 30 minutes before carving and serving. This helps the juices soak back into the meat and keeps it from getting dry.

· Basting a turkey does not really help it stay juicy. It essentially runs off the turkey. Plus, the frequent opening and closing of the oven lengthens roasting time.

· Try using an insulated coffee carafe or a fondue pot to keep your gravy hot. The carafe helps prevent drips.

· When making the gravy, use a whisk to blend in the flour/

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water thickener. If it still gets lumpy, strain it through a fine-mesh strainer.

· There are several ways to mash potatoes but consider this: electric mixers will produce gluey potatoes. A hand masher or a ricer may leave a couple lumps. But a food mill makes smooth and silky mashed potatoes that are lump free.

For some people, the best meal of the holiday season is the leftovers. So here are some ideas to savor the meal again if turkey is on your holiday menu.

· Turkey Soup - Save the turkey carcass and simmer it with aromatic vegetables to make sa-

vory soup base.

· Casseroles - Combine the turkey or ham with the vegetables and make a casserole, pot pie, or even a Shepherd's pie.

· Turkey Chili - Use white beans, onions, celery, corn, chilies, and broth to make this hearty soup.

· Sandwiches - Slice the turkey, add cranberry sauce, and other toppings on a whole wheat bread for a tasty sandwich.

· Enchiladas - find your favorite chicken enchilada recipe and substitute turkey for a festive meal.

These are just a few basic ideas to help simplify your holiday meal preparations. If you have any further questions, please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twatts@ksu.edu or phone 785-443-3663.

Students give back!



Eisenhower Elementary School took up a huge collection of food for God's Pantry and delivered it last Friday. Thomas Tyrrell, Dylan Jones, Hayley Tallent, Wesley Brooks, Kayla Donahey, Savana Rumback and Kylee Mapes got the honors of delivering it and are seen here as they unpack the boxes.

– Telegram photo by Dana Paxton

Representing community through football

By Ron Wilson

Huck Boyd Institute

The home team is behind by one point with just over two minutes to play. A conference victory and eligibility for a bowl game are on the line, but it doesn't look good for the home team. They have the ball, but way back at their own 32 yard line. These are the types of games and close finishes that make football so exciting. Today we'll meet a couple of young men from rural Kansas who have been a part of such games and who have taken their football experience to a higher level.

Curry Sexton and Cody Whitehair are two key players on the K-State football team. They played football together at Abilene High School. Jeff Geist was their coach at Abilene.

"The thing that struck me about Curry was his intelligence and understanding of the game," Coach Geist said. "Even as a freshman, he understood what we were doing."

At Abilene High School, Curry played as a free safety, flanker, and quarterback. "He's extremely fast and talented, and he had unbelievable vision of the field," Geist said. "In his junior year, the first two plays of the year were broken plays, but he was able to run both of them in more than 40 yards for touchdowns."

His skill made him a highly touted player in the state of Kansas and his intelligence

made him a candidate for academic success. In fact, he had an opportunity to go to Harvard, but chose to stay closer to home and live the dream of playing college football at K-State. His younger brother Collin has now joined Curry on the K-State roster as well.

Cody Whitehair is one year younger than Curry Sexton. Unlike Curry, who stands 5-11 and weighs 183 pounds, Cody stands a brawny 6-4 and weighs 309 pounds. But it isn't his size which Geist brings up first.

"Cody has tremendous athletic ability," Geist said. "He had flexibility and mobility for a big kid that is phenomenal." Cody played on the offensive line in high school just as he is doing at K-State, but he also demonstrated some pass-catching ability.

"We would put him at tight end in certain situations," Geist said. "In his sophomore year, he caught the winning two-point conversion pass over Concordia."

At the college level, Cody has excelled as an offensive lineman. In his first year, he was named a freshman All-American by Phil Steele, ESPN.com All-Big 12 team, and honorable mention All-Big 12 honors from the league's coaches. In his sophomore campaign, he moved up to become a member of the All-Big 12 second team.

It is exciting to find two such excellent players who came from the same school in rural Kansas. The Sextons and Cody

Whitehair grew up together, hunting and fishing in Dickinson County. Cody used to spend time on his uncle's farm which is in southeast Dickinson County near the rural community of Hope, population 366 people. Now, that's rural.

"They are great kids and great football players," Coach Geist said.

The home team is behind by one point with just over two minutes to play. A conference victory and eligibility for a bowl game are on the line, but it doesn't look good for the home team. They have the ball, but way back at their own 32 yard line.

That was the scenario on Nov. 16 when Kansas State was playing TCU in Manhattan. TCU had just taken the lead on a long field goal with two minutes and 13 seconds to play. Following a good kickoff return, K-State was still set back at its own 32 yard line. After an incomplete pass, K-State's quarterback threw over the middle. It was Curry Sexton who made a leaping catch for a 28 yard gain. After a couple more short passes, the field goal kicker came in and made the winning field goal with just seconds to play. We commend Curry Sexton, Cody Whitehair, and all small town Kansas football players for making a difference by representing their communities so well at a higher level of football.

SHERIFF'S LOG

Oct. 6 Motor vehicle accident with animal Fireworks violation Warrant service (FTA only) Prowler Cattle out Oct. 8 Creating a hazard (3) VIN inspections Theft Criminal trespass Welfare check Registration/offender/update Disturbance-noise Prisoner transportation Burglary Oct. 9 Motor vehicle accident with animal (2) Traffic stop Contact with public (2) Cattle out Animal call Oct. 10 EMS/fire/civil stand-by VIN inspection Theft (2) Cattle out Traffic stop Oct. 11 Unlock vehicle/building Motor vehicle accident Registration/offender/update Civil dispute Criminal damage to property VIN inspection Oct. 12 Contact with public In-training Cattle out Oct. 13 (3) Cattle out Oct. 14 Cattle out Motor vehicle accident Finger prints Criminal damage to property VIN inspection Oct. 15 Traffic stop Theft Motor vehicle accident with animal Animal call VIN inspection Cattle out Found/lost property Document service Oct. 16 Finger prints Traffic stop	Reckless driver VIN inspection Oct. 17 Contact with public Prisoner transportation VIN inspection Motor vehicle accident with animal Animal call Oct. 18 Traffic stop (3) VIN inspections Reckless driver Oct. 19 Motor vehicle accident with animal Theft Assist-other (not MV) Unknown trouble Oct. 20 Disturbance-noise Animal call Reckless driver Contact with public Attempt to locate Oct. 21 VIN inspection Motor vehicle accident with animal Oct. 22 (2) VIN inspections Alarm-business Trash dumping Motor vehicle accident with animal Oct. 23 (2) VIN inspections Vehicle assist 911 hang-up Unlock vehicle/building Juvenile complaint Oct. 24 Traffic complaint (2) Registration/offender/updates Finger prints Document service Ambulance run Traffic/driving complaint 911 hangup call VIN inspection Traffic stop Oct. 25 (4) VIN inspections Registration/offender/update Fire-just west of Road E-2 on Highway 36 Contact with public Disturbance-noise Welfare check Prisoner transportation Warrant service (FTA only)	Animal call (2) Traffic stops Motor vehicle accident with animal Oct. 26 Traffic stop Oct. 27 Contact with public Gas skip Oct. 28 (5) VIN inspections Oct. 29 Animal call Motor vehicle accident-Highway 383 at MM99 Disabled vehicle VIN inspection Traffic stop Registration/offender/update Oct. 30 Motor vehicle accident with animal VIN inspection Funeral escort Trash dumping Animal call Oct. 31 Contact with public (3) Traffic stops Remove unwanted person Registration/offender/update Criminal trespass Nov. 1 Suspicious vehicle Alarm-residential Nov. 2 Contact with public (2) Traffic stops (2) Cattle out Unknown trouble-Nex Tech Wireless Suspicious vehicle-Highway 383 and 36 junction Motor vehicle accident with animal Nov. 3 Contact with public Motor vehicle accident with animal 911 hangup call Nov. 4 (3) Contacts with public Reckless driver-Almena (2) Motor vehicle accidents with animals (2) Registration/offender/updates (2) VIN inspections Nov. 5 Registration/offender/update Vehicle assist (2) VIN inspections
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HONOR ROLL

Northern Valley High School
Honor Roll 1st Semester
Highest Honor 4.00
Seniors
Hunter Chandler
Ian Vincent
Juniors
Clint Cole
Brant Cox
Macy Kasson
Sophomores
Mook Prathiphinthong
Shayna Vincent
Honors I 3.50-3.99
Nov. 1
Seniors
DaKota Hillburn
Jordan Baird
Aaron Pinzenscham

Beatriz De La Fuente
Juniors
Morgan Hawks
Tea Van Patten
Ame Baird
Shilo Cline
Makayla Smith
Sophomores
Sarah Baird
Brianna Martin
Brooke Baird
Camden Cox
Trey Hall
Freshmen
Ben Jones
Honors II 3.00-3.49
Seniors
Brooke Hammond

Mike Siard
Kolton Hillburn
Alex Stevens
Juniors
Alyssa Bryant
Khrissanna Van Patten
Matt Stutsman
Anita Wang
Carson Montgomery
Kortney Cunningham
Sophomores
Allison Keith
Elexsa Anderson
Freshmen
Gia Laurin
Kylie Kinderknecht
Carson Wallace

MCS
 will be
 Closing at
3 p.m. Dec. 31
 and All Day Jan 1

Check Our Facebook
 Page for the
 changes we will be
 making to the
 free weekly classes
101 S. State, Norton, KS
785-874-4844

Happy
 87th
 Birthday
 Bertie!

Please join us for a Come and Go Birthday Party Honoring Bertie-Leigh Compaan Saturday, December 28, 2013
 Whispering Pines Retirement Center
 200 Whispering Pines, Norton, Ks. 67654
 Given by her Children and Grandchildren
 No gifts please! Cards and letters would be treasured.