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KSU Soybean Production Schools Return to Northeast Kansas

The K-State Soybean Production Schools are back, this year with a full slate of in-depth topics important to Kansas soybean producers. The northeast Kansas event will be Tuesday, January 25th at the Northeast Kansas Heritage Complex, 12200 214th Rd. south of Holton.

Doors open for registration (no cost to attend) at 3:30 p.m. K-State Extension Weed Specialist Dr. Sarah Lancaster will kick off the program at 4:00 p.m. with a discussion on weed control options for soybean growers. A summary of management practices research will follow from Cropping Systems Specialist Dr. Ignacio Ciampitti then soil fertility considerations for soybean production with Extension Nutrient Management Specialist Dr. Dorivar Ruiz-Diaz. We'll wrap up with an insect update from Dr. Jeff Whitworth and a catered meal for attendees.

Dinner is provided at no cost courtesy of the Kansas Soybean Commission. To assist with meal arrangements and meeting materials, participants are asked to pre-register by Friday, January 14th. Online registration is available at <http://bit.ly/KSUSoybean> or via the Holton Office of the Meadowlark Extension District at (785) 364-4125 (e-mail dhallaue@ksu.edu) . In case of inclement weather, contact the Holton Office or visit www.meadowlark.k-state.edu for details.

Watering...In Winter?

If you start digging in to the many resources available from the Kansas Mesonet, you'll find a couple useful pieces of information for lawn and landscape owners. The first is a map showing number of days since a tenth of an inch of recorded precipitation: <https://mesonet.k-state.edu/precip/consecutive/> . Last week's storms 'reset' the tally, but prior to that weather event, many parts of the Meadowlark Extension District had gone 30 plus days without more than a tenth of an inch of rain. Soil moisture levels reflected it as well. So while we may have received a slight reprieve from moisture stresses on trees/shrubs in the landscape, they may soon again be in need of supplemental moisture – especially if temperatures remain above normal.

Winter watering is an often overlooked management practice for trees and shrubs – particularly newly planted ones. When weather this time of year provides us an opportunity, it might be a task we want to consider to enhance the long term survival of our plantings. If you do elect to provide supplemental watering, consider these tips:

First, water can be applied without harm to plants any time temperatures are above freezing and soil is not frozen. Soak soils to a depth of six to eight inches to reach crowns and feeder roots.

Second, if we stay dry, consider watering every 2-4 weeks. Even better – use a screw driver or metal rod to check for moisture depth. Damp soils penetrate much easier than dry soils.

Finally, focus on trees/shrubs five years old or less – and evergreens. Evergreen trees lose moisture year round and are typically at much greater risk for winter drought.

For winter watering information, contact a District Office or e-mail dhallaue@ksu.edu.

Cindy Williams
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Food, Nutrition, Health, and Safety

Mindful Conflict Resilience, Not Reactivity

As I write this, I realize just how much I need to talk about the uncomfortable word...conflict. Whether it be with my family or working relationships, I must say, I either avoid it or do the complete opposite be overreacting. Tell me I am not alone!

It is not uncommon that conflict can create considerable anxiety and dread for everyone, but it is not something that most any of us want to actually deal with until maybe it's too late. The ability to manage conflict well is not something you were born with or without. Instead, it is a set of skills that can be learned or muscles that can be developed.

Here are some things you can practice to build your sense of confidence, well-being, and acceptance of challenging situations.

1. Always pause. ---When a conflict arises, avoid lashing out. Take a moment to breathe slowly and become calm. Attempting to engage with someone when you are reactive can make things worse.
2. Allow yourself to feel what you're feeling---emotions are indicators that something is going on. They help us recognize what may be happening in us and in others. Ask yourself these questions:
 - a. What is the emotion/feeling that's coming up for me?
 - b. What was it that someone did, or the situation that I am in, that may have brought up this emotion/feeling?
 - c. Why is this important to me?
3. Acknowledge that you have space to choose---Recognize that the person that you have the most ownership over is you. Take as much responsibility as we truthfully can for our actions, whether we believe them to be small or insignificant, allows us to recognize that we play a part in the how a conflict is resolved or exacerbated.
4. Challenge your assumptions---Attempt to understand before attempting to be understood. Be open-minded to the views of others involved in the conflict. Remember, there's always one more fact in every person's story that we know nothing that could explain why they may be doing what they are. Challenge yourself to ask open-ended questions so that you can truly understand their perspective.
5. Move forward---Stick to the point of the conflict and brainstorm ways to resolve it. Agree to try a resolution without resentment. And when you move forward with a suggestion, give it your full effort.

I know this is a lot to take in and handling conflict differently starts with you and I. What is one thing you could start, stop, and continue when it comes to better handling difficult situations, people, and yourself?