

# FHD Extension News

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## FAIR SEASON IS UPON US—MARK YOUR CALENDARS

### Inside this issue:

Fair Season 1

FCS News 2-3

Ag News 5-12

Beef Sales  
Livestock  
Soil Field Day  
Tractor Safety  
Pesticide  
Poultry  
Gardens  
Ag Info

### Tri-County Fair

Held in Herington July 8-10, 2023

This fair is open to all 4-H members across the state who wish to participate.

### Chase County Fair

Held in Cottonwood Falls July 20-28

For a Full Schedule, contact the Extension Office

Sunday, July 23	5 PM	4-H and Open Horse Show
Monday, July 24	8:30 AM	Dog Show
	1 PM	Food Sale Begins
Tuesday, July 25	8:30 AM	4-H & Open Class Swine, Sheep & Goat Show
	6:30 PM	4-H & Youth Carnival
	7 PM	Hyway 14 Band
Wednesday, July 26	8:30 AM	4-H & Open Class Beef Show
	8:30 AM	4-H & Open Class Rabbit & Poultry Shows
	2 PM	Showmanship Finals
Thursday, July 27	11AM	Exhibits Released
	4:30 PM	Stanley Stout Memorial 4-H Livestock Auction
		Ice Cream Social
	5:30 PM	BBQ
	6:30 PM	Awards & 4-H Gift Basket winners announced
	7:00 PM	Public 4-H Fashion Revue

### Morris County Fair

Held in Council Grove July 22-31, 2023

For a Full Schedule, contact the Extension Office

Saturday, July 22	9 AM	Dog Show
Tuesday, July 25	7 PM	Fashion Revue and Talent Showcase
Wednesday, July 26	9 AM	Cat and Hand Pet Show
	12 PM	Rabbit Show
Thursday, July 27	9 AM	4-H and Open Horse Show
Friday, July 28	5-8 PM	Check in Exhibits
Saturday, July 29	9 AM	Swine Show
	3 PM	Dairy Cattle and Dairy Goat Show
	5 PM	4-H Food Auction
	6 PM	Bucket Calf and Beef Show
Sunday, July 30	8:30-10:30 AM	Community Breakfast—Sponsored by MR Co Farm Bureau
	9:30 AM	Youth Led Church Service
	2 PM	Poultry Show
	6 PM	Sheep and Meat Goat Show
Monday, July 31	9 AM	Round Robin Showmanship
	6 PM	Buyer Appreciation Meal
	7 PM	Awards
	7:30 PM	Livestock Sale
	8 PM	Release of Indoor Exhibits

## NEW TO MEDICARE—TURNING 65?

### Terms to know:

SHICK—stands for Senior Health Insurance Counseling for Kansans

Medicare Part A—Hospital portion of coverage

Medicare Part B—Medical portion of coverage

### 4-6 Months before your month of eligibility:

- Confirm your eligibility for Medicare benefits. Contact the Social Security Administration (*Railroad retirees contact the Railroad Retirement Board*)
- Review your current health insurance to see what happens after you become eligible for Medicare  
Contact your HR Department or current insurer
- Find out what Medicare covers and the different options for coverage  
Contact SHICK or attend a local New to Medicare or Medicare Basics program

### 3 months before your month of eligibility: *The following steps MAY not be necessary for everyone*

- Decide which Medicare option is best for you  
Contact SHICK or attend a local New to Medicare or Medicare Basics program
- Check with your doctor(s) to see if they accept the different types of Medicare coverage  
Contact your providers and local hospitals

### 1-3 months before your month of eligibility:

*The following steps MAY not be necessary for everyone*

- Enroll in Medicare A and B  
Contact your local Social Security office or enroll online. This can be coordinated with a SHICK Counselor  
If you are continuing work, enrolling in Part B may not be your best option
- Enroll in a Medicare Supplement Plan OR a Medicare Advantage (MA) Plan  
You only need one of these options. Do NOT enroll in both a Supplement and MA plan  
Contact SHICK Counselor to help reviewing options of Supplement Plans or in choosing a MA Plan
- Enroll in a Part D Prescription Drug Plan  
Enroll online or contact SHICK Counselor for assistance  
If you are enrolled in a MA plan that includes drug coverage, do not enroll in a Part D plan

Shandi serves as a SHICK Counselor. Call the office today to make your appointment .

Council Grove—(620) 767-5136

Cottonwood Falls—(620) 273-6491



# FOUR RULES OF FOOD SAFETY

For additional information visit USDA—<https://www.fightbac.org/food-safety-basics/the-core-four-practices/>

## 1) CLEAN

Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food. To Fight BAC!® always use food safety practices:

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

## 2) SEPARATE

Cross-contamination is how bacteria can be spread. Improper handling of raw meat, poultry, seafood and eggs can create an inviting environment for cross-contamination. As a result harmful bacteria can spread to food and throughout the kitchen leading to a foodborne illness.

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

## 3) COOK

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. Use a food thermometer to measure the internal temperature of cooked foods. The best way to Fight BAC!® is to:

- Use a food thermometer which measures the internal temperature of cooked meat, poultry and egg dishes, to make sure that the food is cooked to a safe internal temperature.
- Cook roasts and steaks to a minimum of 145 °F. All poultry should reach a safe minimum internal temperature of 165 °F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer.
- Cook ground meat, where bacteria can spread during grinding, to at least 160 °F. Information from the Centers for Disease Control and Prevention (CDC) links eating under-cooked ground beef with a higher risk of illness. Remember, color is not a reliable indicator of doneness. Use a food thermometer to check the internal temperature of your burgers.
- Cook eggs until the yolk and white are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked.
- Cook fish to 145 °F or until the flesh is opaque and separates easily with a fork.
- Make sure there are no cold spots in food (where bacteria can survive) when cooking in a microwave oven. For best results, cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.
- Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers thoroughly to 165 °F.

## 4) CHILL

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40 °F or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 40 °F or below. The freezer temperature should be 0 °F or below.

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90 °F).
- Never thaw food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to thaw food: (1) in the refrigerator, (2) in cold water, and (3) in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator. Use or discard refrigerated food on a regular basis.



# Agriculture and Natural Resources

## Legal Requirements for Business-To-Consumer (B2C) Beef Sales

*By: Katie Lybarger, Former Graduate Research Assistant, K-State*

When establishing a business-to-consumer (B2C) beef company, there are several relevant licenses and inspections Kansas producers may need. There are three main pathways producers may use to sell beef directly to consumers: 1) custom exempt; 2) sales only in the state of Kansas; or 3) sales in Kansas and other states.

It is important to contact state officials to ensure your business has the proper licenses and inspections required to do business. Appropriate liability insurance is recommended for all operations.

### Custom exempt

*This pathway is for beef producers who sell beef shares only (e.g., whole, half, or quarter beef) without selling beef portions or retail cuts.* Producers operating within the custom-exempt category are not actually selling meat products. Rather, they are selling finished live animals to individuals who work with a licensed processor to receive the finished product. Since the beef producers are not selling any meat products, they are not required to obtain a Meat and/or Poultry Wholesale License from the Kansas Department of Agriculture (KDA). The plant (processor or locker) that processes the cattle must be licensed with the State of Kansas as a custom facility or be state or federally inspected.

### Sales only in the state of Kansas

*This pathway is for those who sell retail cuts of beef or beef shares (e.g., whole, half, or quarter) to Kansas consumers, retail stores, or food service facilities.* Producers selling meat products to consumers in the state of Kansas are required to obtain a Meat and/or Poultry Wholesale License or a Food Safety License

from the KDA. When the license to sell inspected products is issued, there is an agreement that retail locations will be inspected annually by the KDA or USDA. The Meat and/or Poultry Wholesale License allows producers to sell fully inspected products directly to consumers, as well as retail outlets such as grocery stores, restaurants, schools, and hotels. The Food Safety License is required for businesses selling any nonmeat products. Producers wishing to market meat in this way must have their cattle slaughtered and processed at facilities inspected by the KDA or USDA.

### Sales within Kansas and other states

*This pathway is for those who sell retail cuts of beef or beef shares (e.g., whole, half, or quarter) to consumers, retail stores, or foodservice facilities in Kansas and other states.* Producers wishing to sell meat products to consumers both in Kansas and in other states are required to obtain a Meat and/or Poultry Wholesale License from the KDA. This includes producers shipping meat products to other states, such as in a “subscription box” marketing format. Producers also may be required to obtain licenses from each state where they plan to sell their products. The producer should contact each state agency for more information. Out-of-state sales of meat products require the processing facility be inspected by the USDA.

**KDA Meat and Poultry Website:** <https://agriculture.ks.gov/divisions-programs/meat-and-poultry-inspection/general-information>

# Management Considerations for June 2023

By Jason Warner, Ph.D., Extension Cow-Calf Specialist

## **Cow Herd Management**

- For spring-calving cow herds:
  - ⇒ Evaluate BCS in conjunction with feed/forage availability.
  - ⇒ Think through your plan if you anticipate early-weaning or needing to feed/supplement on pasture through the summer.
  - ⇒ Schedule early pregnancy checking activities if not already done.
- For late-summer and early-fall calving cow herds:
  - ⇒ Evaluate cows for BCS and adjust your plan to ensure mature cows are  $\geq 5.0$  and 2-4 year old females are  $\geq 6.0$  at calving.
  - ⇒ Review your calving health protocols as needed.
- Closely manage free-choice salt and mineral programs.
  - ⇒ Record date and amount of salt and mineral offered and calculate herd consumption on a pasture or group basis.
  - ⇒ Adjust how you are offering product to cattle if needed to achieve intake early in the summer.
  - ⇒ If consumption is 2X the target intake, then cost will be too!
  - ⇒ Properly store bags and pallets to avoid damage and product loss.
- Closely evaluate bulls at the start of the breeding season
  - ⇒ Watch for injury so you can intervene and treat bulls promptly if needed.
  - ⇒ Ensure they are aggressively covering cows.
  - ⇒ Monitor BCS, particularly on young bulls.
  - ⇒ If pulling bulls from cows to manage the length of the breeding season, schedule those dates and have them on the calendar in advance.

## **Calf Management**

- If considering creep feeding calves, make sure you understand what your objective is by doing so and calculate the value of gain relative to cost of gain.
- Monitor calves for summer respiratory illness.
- Schedule any pre-weaning vaccination or processing activities.

## **General Management**

- Continue to evaluate early-summer grass growth and adjust your grazing plan as needed.
- Continue efforts to control invasive species in pastures.
- Use the Management Minder tool on [KSUBeef.org](https://KSUBeef.org) to plan key management activities for your cow herd for the rest of the year.
- Employ multiple strategies and chemistries for controlling flies and insects.
- With high feeder calf prices, consider price risk management tools.
- Make and evaluate important production calculations:
  - ⇒ Calving distribution (% 1st cycle, % 2nd cycle, % 3rd cycle)
  - ⇒ Calving interval
  - ⇒ % calf crop (# calves weaned/# cows exposed for breeding) for calves born in fall 2022.

# Chase County Soil Health Field Day

May 25th, 2023

**Start at Tallgrass Prairie National Preserve**

in the Historic Barn

**2480 KS-177, Strong City, KS 66869**

11 a.m. - 3 p.m.

- **Building Soil for Better Crops**  
with Dale Younker & Austin Chart, KS NRCS
- **NRCS Rainfall Simulator**  
with Jeff Hellerich, KS NRCS Soil Health Team
- **Improving Soil Health for Grazing @ Mushrush Ranches**  
with Daniel & Cole Mushrush
- **Biological Farming with Compost @ Silver Creek Dairy**  
with Chuck Magathan

RSVP to 620-343-2812 ext.3 for free lunch by May 18

Sponsored by:



# Youth Tractor Safety Training



**Wednesday – Thursday - Friday**

**May 24 – 25 – 26, 2023**

**8:00 a.m. – 1:30 p.m.**

**PRAIRIELAND PARTNERS JOHN DEERE**

**1744 COUNTY RD F, EMPORIA**

**(West of Emporia on US Hwy 50)**

- This school is designed to certify 14 and 15 year-old's for farm employment.
- Participants **must attend ALL THREE (3) SESSIONS**. No Exceptions.
- Pre-Registration is required by **May 19, 2023**. Once registered, you will receive materials for the training.
- A youth will receive their completion certificate once they return the signed document providing proof that he or she received four (4) hours of equipment operation training from their prospective employer.
- This program is co-sponsored by Chase, Coffey, Morris, and Lyon County Farm Bureaus, Flint Hills Antique Tractor Club, and K-State Research & Extension in those counties.
- Lunch and snacks will be provided on site.
- There is a \$10 fee per student.

To pre-register by **May 19, 2023**, please contact one of the following Extension Offices. You will need to provide **name, address, phone, and birth date** at pre-registration time.

Lyon County Extension	(620) 341-3220
Coffey County Extension	(620) 364-5313
Flint Hills Extension District – Cottonwood Falls	(620) 273-6491
Flint Hills Extension District – Council Grove	(620) 767-5136



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services, and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting Brian Rees by May 19, 2023 at 620-341-3220 or [brees@ksu.edu](mailto:brees@ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**  
K-State Research and Extension is an equal opportunity provider and employer.

# Proper Pesticide Use: Why Should an Applicator Care? (P.1 of 2)

By Frannie Miller- Pesticide Safety and IPM Coordinator  
From Kansas Insect Newsletter, May 5th 2023, No.3

**The label is the law.** Most pesticide applicators are familiar with that phrase. Yet, pesticides are sometimes used in ways that are inconsistent with product labels. Examples may include using a product on a site that is not labeled, using a rate greater than labeled, using an application method that is not labeled, and many others.

Sometimes, pesticides have similar active ingredients, but different formulations. Using a formulation that is not labeled for a particular site is also a misuse. **Even though the off-label practice seems harmless at the time, doing so may have unintended consequences, including additional limitations on pesticides.** The pesticide toxicity and amount of exposure affects the amount of risk to human health. Remember pesticides are designed to kill certain organisms (insect, weeds, and diseases) and therefore have a degree of toxicity which could cause harm to humans. Label directions are written to minimize risks for applicators, bystanders, and the environment. The following paragraphs will explain why applicators should prioritize reading and following pesticide labels.

First, instructions ensure the health and safety of applicators, handlers, and others. Pesticides can enter the body through ingestion, inhalation, or absorption through the skin. It is important to use personal protective equipment to limit exposure to applicators and handlers, as well as others with whom they come in contact. Sanitation practices, such as washing your hands after an application are also important to reduce exposure to others.

Second, instructions ensure food and feed products are safe for use. Pesticides are extensively tested to determine the amount of exposure which is safe for consumers. Pesticides that are applied to a site not listed on the label can result in residues on our food, crops, air and in our water. Also, applying pesticides before labeled harvest intervals or crop rotation intervals could result in pesticide residues at harvest that are not safe for consumers. If pesticide residues are detected at levels that are too great, or if they are detected on crops for which the product is not labeled, economic losses could occur, as well as stricter regulations in the future.



# Proper Pesticide Use: Why Should an Applicator Care? (P.2 of 2)

By Frannie Miller- Pesticide Safety and IPM Coordinator  
From Kansas Insect Newsletter, May 5th 2023, No.3

Third, instructions ensure protection for the environment. Misapplications can increase the amount of pesticides in the environment, negatively affecting non-target organisms, such as plants, insects, reptiles, birds, fish, and mammals, which alters food webs and other aspects of ecosystems. It is important to follow label requirements that limit water contamination and other forms of off-target movement, because pesticide detections in environmental samples could result in additional regulations in the future. These types of restrictions are likely to increase as the Environmental Protection Agency begins to comply with the requirements of the Endangered Species Act.

Fourth, instructions ensure agronomic and economic success. It can be tempting to increase pesticide rates, but applying rates that are greater than labeled increases costs, as well as the risk of crop injury. Instructions for things like application timing, adjuvant selection, tank mix partners, and mixing order are intended to make sure applications do not have negative consequences such as incompatibility in the spray tank, crop injury, or carryover. Instructions about weather or equipment restrictions are often intended to reduce off-target movement, which can negatively affect the environment, as discussed in the previous paragraph, but can also cause injury to neighboring crops. In addition, labels include instructions to help manage pesticide resistance. These are critically important to ensure the effectiveness of products in the future.

The agrichemical industry spends hundreds of millions of dollars to develop pesticides, as well as the data to prove they can be used safely.

**It is the users' responsibility to follow label directions and take care to handle products in ways that ensure safe use.**

This is one of the most important steps to take to protect the well-being of our families and communities and ensure access to pesticides in the future.

**If you have additional questions about pesticides, please reach out to one of our Extension Offices (Council Grove: 620-767-5136, Cottonwood Falls: (620) 273- 6491) or to Frannie Miller (fmiller@ksu.edu ).**

# Question of the Month: How should I rid my home poultry flock of worms?

By Dr. R. Scott Beyer– Kansas State University Extension Poultry Specialist

From Kansas State University Poultry Newsletter, May 2023, No.3

## One concern many flock owners have is if, when, and how often they should treat their birds for internal parasites.

First, yes, you should treat them to prevent worms. A number of different kinds of worms will infect poultry. Though a worm infestation is not likely to cause death of birds, these parasites could lead to further health issues caused by the infectious agents the worms carry, or they could weaken birds with existing diseases to a point that they could worsen the illness.

Another concern is a worm in an egg. Yes, this can happen in unusual circumstances when the worm finds itself in the wrong place at the wrong time and gets encapsulated into the egg during formation. I've seen a large roundworm inside an egg and it does not make eggs look appetizing!

A good number of old medications are no longer approved for use in meat and egg type poultry. There are still a few deworming medications that are approved for PET BIRD use, meaning caged birds that are not used for meat and egg consumption. These products should not be used on home poultry flocks if you intend to eat the eggs or meat.

Many producers will deworm pullets that are not yet laying eggs. Birds pick up worm eggs from grass, soil, and insects which are active during the warm months. Natural treatments, treating the soil, and moving the outdoor area all have no or limited temporary success in controlling internal parasites in poultry. Birds allowed outdoor access should be treated in early spring, and sometimes later in the summer and fall. Birds housed indoors on deep litter or hard floors will not be exposed to many sources of worms so treatment may be less often.

The only currently approved drug for treatment of internal parasites in poultry that does not require that eggs be thrown away is SAFE-GUARD Aquasol for Chickens (fenbendazole) by Merck Animal Health. It may be administered in the drinking water for 5 days at 1 mg/kg. I recommend reading the labels on all products as well as seeking advice from your veterinarian when using medications on poultry.

If you have questions about poultry, please reach out to one of our Extension Offices (Council Grove: 620-767-5136, Cottonwood Falls: (620) 273- 6491) or Dr. Scott Beyer (sbeyer@ksu.edu)

# Storm Damage and the Garden

By Dr. Cynthia Domenghini

From Kansas State University Horticulture Newsletter, May 2023,  
No.18

It's the season of high winds, heavy rainfall and hail for various parts of our state. Depending on the degree of damage the garden can rebound with some TLC though replanting is sometimes the best strategy.

**Heavy Rain:** After a forceful rain you may notice a thick crust develop on the soil surface. This is problematic as it prevents seeds from breaking through and can block oxygen from getting to the roots. To remedy this situation, lightly scrape the soil surface once it's dried using care to avoid damaging roots.

**Standing Water:** Standing water cuts off oxygen to the roots and can lead to damage if it is allowed to remain for more than 24 hours. Standing water along with hot, sunny weather can cause the plants to overheat, furthering the damage. This is a difficult situation to remedy other than creating a channel to allow the water to drain. Being proactive is most effective. Avoid having depressions in the landscape that can retain water and incorporate organic matter into the soil to improve drainage as needed.

**Hail Damage:** Plants can tolerate some hail if the leaves are only part damaged. If the stems and fruit are damaged replanting may be necessary depending on the severity.

**Leaning Plants:** Garden plants can self-correct if they start to lean due to heavy wind or water. Forcing them to stand up straight may cause further damage by breaking the stems.

If you have questions about horticulture, please reach out to one of our Extension Offices (Council Grove: 620-767-5136, Cottonwood Falls: (620) 273- 6491).

## Flint Hills District Ag Producer Email List—We want YOU!

Hello Again!

Chelsea and I are curating an email list of agricultural producers in Morris and Chase Counties in order to be able to share about events that have a quick turn-around time. Sometimes we receive information about events after our newsletter goes out and having an email list would provide us with a way to quickly get information out to people!

If you're interested in signing up for the email list or know of others who would be interested, please reach out to us by email or by calling one of the Extension Offices.

-Abby

Abby's email: [agettinger@ksu.edu](mailto:agettinger@ksu.edu); 620-767-5136

Chelsea's email: [chelse1@ksu.edu](mailto:chelse1@ksu.edu); (620) 273- 6491

## Do you have program ideas? Send them our way!

Not only do we answer questions as they come into the office, but we can also work to coordinate a presentation or workshop that provides a deeper amount of information on a topic.

So! Do you have a natural resource-related, horticultural, or agricultural topic that you're interested in that you think others in the community would enjoy learning about, as well? Or, is there a hands-on skill you would like to learn more about? Let us know and we might have an expert in that area who would be able to provide instruction. The internet has been a part of sharing so many good resources, but I think one of the best parts of Extension is being able to have real people who can help you figure out a situation that is more complex than what you read about online or who can assist you in taking what you know about a hands-on skill and help you improve or apply it in real life. So, please feel free to reach out with your ideas!

-Abby

Abby's email: [agettinger@ksu.edu](mailto:agettinger@ksu.edu)

Chelsea's email: [chelse1@ksu.edu](mailto:chelse1@ksu.edu)