

### 4-H Youth Development

# November 2025

#### Holton Office

114 W 5th St.  
Holton, KS 66436-1778  
785-364-4125

#### Oskaloosa Office

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

#### Seneca Office

1615 Branch St.  
Seneca, KS 66538-1504  
785-336-2184

#### District Office Hours:

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

**Closed on designated  
holidays**



#### Roenne Resigns

Heather Roenne has resigned from her position as the 4-H Youth Development Extension Agent with the Meadowlark Extension District. Her last day in the office was October 10, 2025, and she will certainly be missed.

Heather's decision to leave came after much thoughtful consideration. She was presented with an opportunity to return to the classroom — a setting she left before joining Meadowlark and one she greatly missed.

Heather described her time as a 4-H Program Manager and later as our District 4-H Agent as a profoundly rewarding experience. She cherished working with passionate volunteers, dedicated families, and inspiring young people.

We are now in a transition period for the District 4-H program. Heather worked with the Oskaloosa office staff and program managers to ensure a smooth handover. We are grateful for her efforts and thank her as we move forward.

#### 4-H is Beyond Ready

Without a doubt, 4-H has always helped prepare youth for work and life. But today's youth are facing social conditions and challenges that we could not have imagined even 10 years ago. By all accounts this fast-paced world of change will only continue, causing youth to face many uncertainties and unknowns as they transition to adulthood. This means that if we are going to continue to prepare young people for work and life, we must change and adapt our 4-H work to support them in new ways. The linear pathways to success that guided youth in years past no longer apply. There is no single route to success in work and life. Our job now is to help young people build their own unique pathway forward into adulthood. We must support youth in becoming **Beyond Ready** – prepared to plan and navigate future challenges and opportunities.

Ensuring that youth are **Beyond Ready** depends on their participation in high-quality Positive Youth Development (PYD) settings. In 4-H, we call these settings the Developmental Context. Think of it as the soil in which youth grow. And just like soil needs specific ingredients for a seed to germinate and flourish, youth need key elements to thrive – and to be ready for work and life. Developmental Context in 4-H is any environment where youth engage in a 4-H experience: a club meeting, a leadership camp, even a livestock weigh-in. Any time and any place we interact with youth in 4-H, we have the opportunity to ensure the experience promotes Positive Youth Development.

The 4-H Thriving Model outlines four critical elements of a high-quality 4-H experience for youth: Youth Sparks, Belonging, Developmental Relationships, and Youth Engagement. The 4-H Thriving Model shows these four elements as the “soil” where youth grow and develop. Ensuring that youth have a high-quality experience in 4-H is the foundation of **Beyond Ready**, and paying attention to these elements when designing programs is essential to programmatic success. By promoting life-ready alongside work-ready skills, you're helping to shape well-rounded young people who are prepared for lifelong success.

The goal of **Beyond Ready** is to help 10 million young people be ready for work and life. When you combine **Beyond Ready** with PYD, we are leading youth to be ready for both work and life. If you are interested in learning more about **Beyond Ready**, please contact your local 4-H Program.



**David Hallauer, Extension Agent**

## Soil Sampling the Forage Stand

During the course of the 2025 growing season, forage crops faced multiple unpredicted challenges. While fall armyworm feeding dominated headlines, production challenges for many stands likely started even earlier with up and down spring temperatures followed by harvest delaying rains in July then a hot/dry August. The direct result: reports of

below average yields. The *indirect* result is more difficult to quantify, taking the form of increased weed pressure and thinning stands.

While impossible to predict every potential issue, we *can* attempt to add resiliency to our system to better handle them. For cool season hay stands, this resiliency often starts with a foundation of good fertility management that starts with a soil sample. It's not a difficult process, but maximizing it's value means paying attention to details.

Start by defining the purpose of your sampling program beyond simply coming up with an application rate. Sampling protocols will be different if you are evaluating whether soil test levels are holding steady across a farm versus determining why part of a farm is performing well and other areas are thin and weedy. Ideally, we'd limit sampling areas to 40 acres or less, but that doesn't mean larger consistent fields can't be sampled as one. If trying to figure out a production issue, you may want to sample in smaller acreage increments, separating better and poorer performing areas into multiple samples. If you want to evaluate variability across a farm, consider zone sampling based on soil type, yield, or other factors.

Look next at reducing sampling variability horizontally and vertically. Looking horizontally simply means taking enough cores: a minimum of 12-15 cores per sample. This helps reduce variability that can occur with fewer subsamples (see chart below).

Vertical variability management means maintaining a consistent sampling depth. There may be reasons to sample at depths other than our commonly used zero-to-six-inch depth, but whatever depth you choose, sample consistently. Taking one core at four inches and another at eight to get a six-inch average can add a lot of variability to your results.

Finally, get good interpretations. Soil test results are just numbers unless you understand what the numbers mean. Whether submitting samples through our K-State Soil Testing Lab or a private lab, analyze the results *and* recommendations. Doing so can provide a greater degree of confidence in the decisions you make from them rather than applying blindly.

Want to dig deeper into designing a soil test program – or improving your current one? Drop me a line. I'm happy to visit with you more about whether a soil test should be considered (yes...) and how to maximize the value from one should you decide to do so.

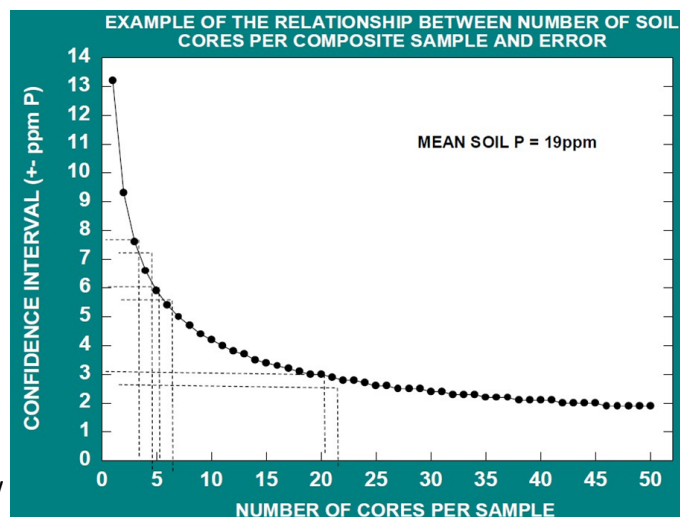


## Fall Armyworm Recovery and Ag Lease Meetings

They might seem an odd combination, but we'll be rolling meetings on *both* topics into *one* event at three locations—

**November 19, 20, and 21**—in Holton, Oskaloosa, and Seneca, respectively. Fall Armyworm Recovery will be our morning focus. After a light lunch, we'll have a session on factors affecting ag leases.

Come for *either* meeting—or both—and enjoy lunch with us in between! Drop me a line for information or visit our Events page at <https://www.meadowlark.k-state.edu/events/> for meeting times, locations, and RSVP details.



## Technology in Agriculture

Ever wondered if Ag tech could make life easier on your livestock operation? Options like remote water monitoring systems, biometric ear tags and virtual fence collars are all examples. Others include satellite/drone imagery for monitoring plant growth.

Sound intriguing but still not sure? The Jackson County Conservation District and Meadowlark Extension District are offering an introduction to some of these tools via a "Technology in Agriculture" meeting **November 12**, at the Evangel Church in Holton. We'll share information on a few tools that might work for you.

The event is free, but RSVPs for handouts/meals are requested by November 5 to Brian Boeckman: 785-364-3329 ext. 136 or [brian.boeckman@ks.nacdn.net](mailto:brian.boeckman@ks.nacdn.net). Hope to see you there!



Cindy Williams, Extension Agent

## Surviving the Holidays After A Divorce

After a divorce, the holidays can be difficult, stressful and challenging for parents and children. Holidays may bring some old memories that can make everyone feel sad, angry or disappointed. After a divorce, everyone in the family needs to make adjustments during the holidays. Whether children will adjust well or not to the holiday visitation schedule depends on how well parents adjust to their new roles. In order to make the best of holiday seasons for the children and themselves, both parents need to plan ahead to avoid scheduling conflicts, arguments or misunderstandings. Here are some suggestions to help establish lasting memories for your children and yourself:

- Make detailed plans to avoid confusion so that parents and children know what to expect. Make sure children know where they will be spending the holiday. If changes need to be made, discuss with the other parent early.
- Create holiday traditions with your children. If children are not with you for a holiday, find positive ways to enjoy the holiday for yourself.
- Avoid using holidays to compete with other parents. Focus on your children's needs and set realistic expectations.
- Teach your children the meaning of giving and sharing. Buying expensive gifts is not a way to get a child's love. The best gifts children need from parents are time, attention, unconditional love and emotional presence.
- Communicate with the other parent openly. Work with him or her to decide who will take the children on which holiday. If you have more than two children, don't split them up. Let them be together to help them feel secure and connected.
- Be aware of your children's feelings and encourage them to express and talk about their feelings.
- Take care of yourself emotionally and physically. You need to develop a good support system and put your past behind you to be able to have joyful and fulfilling holidays.

## Holiday Baking Tips

A dilemma that first time and even veteran bakers encounter is determining when a baked product is done.

Recipe directions generally provide estimated cooking or baking times based on when the oven door remains closed. Note: To check progress, it's best to turn on the oven light—this won't affect the baking temperature—rather than repeatedly opening the door. Put away your toothpicks and use a food thermometer to help determine when baked goods are done. Here are some recommendations for checking doneness in holiday baked products:

- **Yeast bread:** When fully baked, yeast breads will typically sound hollow when tapped. The type of flour and other ingredients (such as molasses) will affect the color of the finished loaf. For example, a baked Swedish Tea Ring will be light golden brown, a Honey-Wheat Bread will be a deeper golden brown, and a Swedish Rye Bread will be a darker brown. To check doneness, insert the probe of an instant-read food thermometer into the center of the loaf (without touching the bottom of the pan). When the bread is done, the thermometer should register between 195°F and 210°F.
- **Quick breads:** Quick breads rely on baking soda, baking powder (or both), and eggs—rather than yeast—for leveling. When done, quick breads are typically nicely browned and often have a break or crack down the center. This split allows steam to escape during baking and is completely normal. To test for doneness, insert the probe of an instant-read food thermometer into the center of the loaf (without touching the bottom of the pan). When the bread is done, the thermometer should register about 210°F.
- **Cookies:** Baking times for cookies can vary depending on the diameter and thickness of the cookie, the density of the dough, and the type (shiny or dark) of baking pan used. Most cookies are done when the edges turn a pale golden brown. When making drop cookies, use a cookie scoop or two spoons to place the dough about 2 inches apart (unless the recipe states otherwise) to ensure even baking. Lining the baking sheet with parchment paper helps prevent sticking and makes it easier to remove cookies from the pan.



If you have specific questions about baking problems, please feel free to call me at the Meadowlark Extension—Oskaloosa Office, 785-863-2212.





**Ross Mosteller, Extension Agent**

## Across Breed EPD Adjustment Factors

The first Expected Progeny Differences (EPD) were published in 1983 and arguably has moved the needle in beef cattle genetic progress as much as any other tool. EPDs were developed as a more accurate tool for genetic selection in beef cattle, building on earlier sire summaries introduced in the early 1970's. While these were helpful within breed for selection, it wasn't until the mid-1990s when the US Meat Animal Research Center (USMARC), Clay Center, Nebraska began to do work on across breed adjustments that these numbers became valuable at comparisons between breeds.

Since 1993 USMARC has produced a table of adjustment factors which can be used to compare the genetic values of individual animals across breeds. These adjustment factors are available for each of the 18 breeds included in the USMARC database. The EPDs can be compared by adding/subtracting the appropriate adjustment factors to the EPDs resulting from the most recent genetic evaluations. Traits for which factors are estimated include birth weight, weaning weight, yearling weight, milk, marbling score, ribeye area, fat thickness and carcass weight. These factors adjust the EPDs to an Angus basis.

The adjustment factors are based on comparisons of progeny of sires from each of the breeds in the Germplasm Evaluation Program at USMARC in Clay Center, Nebraska. These factors are released near the beginning of each year to facilitate the use of these tools during the spring bull buying season. These are most useful to commercial producers utilizing multiple breeds of sires in a crossbreeding program. Adjustment tables can be found at: <https://beefimprovement.org/24-across-breed-epds/>

Let's go through a quick example of how to compare two different breeds using these adjustment factors. If you are a commercial producer who sells calves at weaning, looking to buy a bull to utilize on heifers, emphasize might be placed on Birth Weight (BW) and Weaning Weight (WW) EPDs. You open a multi-breed sale catalog and are trying to determine if the Red Angus or Simmental bulls you picked out will better fit your needs. Direct comparison can't fully be visualized until adjusted to the same base.

### EPDs as printed:

Red Angus: BW -1.7; WW 67; YW 107; MM 26  
Simmental: BW 1.3; WW 78; YW 117; MM 23

To compare these two bulls, we use the adjustment factor to convert to an Angus base. In this case Red Angus factors are BW +2.1, WW -17.4, YW -20.8, MM +1.5 and Simmental factors are: BW +1.8, WW -10.6, YW -18.9, MM +1.2. Applying the math we now have the following EPD values.

### Adjusted EPDs:

Red Angus: BW 0.4; WW 49.6; YW 86.2; MM 27.5  
Simmental: BW 3.1; WW 67.4; YW 98.1; MM 24.5

This shows Red Angus having a benefit on the BW side and Simmental with more potential growth and a comparative decision based on the same base EPDs can be made. As you attend bull sales or look at catalogs to order semen for AI, keep these adjustment factors in mind as you compare across breeds.

Breed	Birth Wt. (lb)	Weaning Wt. (lb)	Yearling Wt. (lb)	Maternal Milk (lb)	Marbling Score*	Ribeye Area (in <sup>2</sup> )	Fat (in)	Carcass Wt. (lb)
Angus	0.0	0.0	0.0	0.0	0.00	0.00	0.000	0.0
Hereford	0.8	-11.9	-26.6	-11.1	-0.30	0.06	-0.073	-66.4
Red Angus	2.1	-17.4	-20.8	1.5	-0.01	0.31	-0.033	-5.4
Shorthorn	3.9	-19.1	-25.1	0.2	-0.07	0.35	-0.038	-0.4
South Devon	3.0	-32.9	-58.0	10.8	-0.08	0.41	-0.063	-8.5
Beefmaster	3.2	27.5	10.0	4.0				
Brahman	8.3	61.9	18.8	6.5	-0.65	0.17	-0.156	-34.5
Brangus	2.9	26.1	15.4	13.7				
Santa Gertrudis	4.4	42.9	47.4	18.2	-0.42	0.21	-0.072	2.3
Braunvieh	1.4	-16.6	-43.1	17.7	-0.07	0.43	-0.071	-7.4
Charolais	7.1	6.6	-12.9	-2.5	-0.31	0.85	-0.190	8.7
Chiangus	2.5	-16.4	-30.6	0.0	-0.40	0.47	-0.113	-28.9
Gelbvieh	3.0	-7.5	-16.3	7.2	-0.48	0.73	-0.104	-14.4
Limousin	1.5	-3.3	-16.3	-5.4	-0.38	0.72	-0.080	-5.3
Maine-Anjou	1.7	-25.5	-41.4	-7.9	-0.46	0.97	-0.169	-34.4
Salers	2.1	-11.4	-20.8	5.3	-0.25	0.60	-0.077	-7.7
Simmental	1.8	-10.6	-18.9	1.2	-0.13	0.52	-0.064	-0.2
Tarentaise	2.2	28.5	8.3	17.8				

\*Marbling score units: 4.00 = S1<sup>00</sup>; 5.00 = S5<sup>00</sup>. Note that Brahman EPDs for marbling are reported on a scale where 400 = S1<sup>00</sup> and 500 = S5<sup>00</sup>. When converting sires from other breeds to a Brahman basis, the adjusted EPD should be multiplied by 100. Likewise, when Brahman EPDs are adjusted to other breeds, the EPD should be divided by 100 before adding the adjustment factor.

## Technology in Agriculture

The tools available to livestock producers continue to advance as technology expands. What seemed to be an impossibility for our grandparents is now often held in the palm of our hand via apps on a cell phone. Just a few examples are remote water monitoring systems, biometric ear tags, virtual fence collars and imagery to predict animal identification and body mass estimation. The use of satellite and drone imagery is being utilized to track forage production and monitor plant growth and development. The list goes on and on! To address these topics and more, a "Technology in Agriculture" meeting has been scheduled for **November 12**, at the Evangel Church in Holton. There is no cost to attend, but if you plan to participate, please **RSVP** by **November 5** to Brian Boeckman at 785-364-3329, ext. 136, or [brian.boeckman@ks.nacdn.net](mailto:brian.boeckman@ks.nacdn.net).



**Teresa Hatfield, Extension Agent**

## Caregivers: Prioritizing Your Well-Being This Fall and Winter

As the days become shorter and the holidays approach, family caregivers need to recognize the importance of caring for themselves as well as the person they are caring for. Besides the regular caregiving routine, there is the added stress of holiday activities. There's often pressure to maintain holiday traditions even though we are facing caregiving responsibilities. While your role is vital and deeply meaningful, it's equally important to care for yourself.

Find time to take care of yourself. Often, caregivers are so focused on attending to the needs of others that they forget to care for themselves. You can't care for someone else when your batteries are running low. Taking some time for yourself will help you be a better caregiver.

- **Embrace Self-Care**
  - Shorter days and colder weather can affect your mood and energy levels. Try some sunshine to boost vitamin D and your mood. Fifteen minutes of direct sunlight a day should do the trick.
  - Try to stay active. Even if you can't go outside, try some gentle stretches and walking in place to keep active. Many in home exercise routines can be found online. You are sure to find one that fits your fitness level.
  - Eat food that nourishes your body. Try to fill half your plate with non-starchy vegetables, one-quarter with lean protein such as fish or chicken, and one-quarter with a whole grain bread, rice, or starchy vegetables.
- **Set Boundaries**
  - Learn to say "no" to events or traditions that are too overwhelming. Explain your caregiving situation to friends or family members who are unaware of it. Participate in those activities that are meaningful to you and the person you are caring for. It is also okay to ask for help if you need it. Take advantage when some offers. You can make a list of small things that need to be done to help you lighten the load.
- **Prioritize Your Mental Health**
  - Make sure to set aside some time for yourself. Take some quiet time reading a book, listening to music, or going for a walk. Connect with others who care about you and understand your experience. Consider joining a support group for other caregivers, either in-person or online.
  - Caregivers often experience conflicting emotions during the holidays. Loss and sadness are common emotions. Holiday traditions may need to change, but that is okay. The work you are doing as a caregiver is priceless. However, you do have to take care of yourself as well. Set a priority to include self-care as your gift to yourself; in doing so you will be a better caregiver.



## Thank a Caregiver

1. **Make It Personal:** Write a heartfelt note, telling them how much they have made a difference to your family.
2. **Give Them a Moment of Honor:** Acknowledge them to the rest of the family, and thank them in front of the rest of the family.
3. **Offer a Small Gift:** Offer an small gift to make them feel appreciated.
4. **Give the Gift of Time:** Offer to take over some caregiving duties for a day or arrange a fun outing so they can recharge.
5. **Speak from the Heart:** Tell them how much they matter to your family.



David Key, Extension Agent/Director

## Applying Seven Gold Standards of Customer Service to Community Organizations

In business, the “gold standard” of customer service represents the highest level of respect, responsiveness, reliability, empathy, communication, accountability, and consistency. These same principles can guide community organizations as they plan public events and fundraisers, helping them build trust, inclusion, and strong relationships.

1. **Respect**—In business, respect means valuing each customer. For community groups, it means welcoming all participants—attendees, donors, and volunteers—equally. Respect is shown through listening, appreciating diversity, and recognizing contributions. A simple thank-you or friendly greeting can make every person feel valued and connected.
2. **Responsiveness**—Excellent customer service depends on prompt attention. Likewise, community organizations learn goodwill by responding quickly to questions, adapting to challenges, and following up after events. Clear communication before, during, and after an activity shows appreciation for community involvement and builds confidence in the group’s leadership.
3. **Reliability**—Reliability in business means keeping promises. For community groups, it means doing what was advertised—starting events on time, honoring commitments, and using funds transparently. Consistent follow-through helps maintain credibility and encourages future participation and support.
4. **Empathy**—Empathy is understanding others’ experiences and meeting them where they are. Community organizations demonstrate empathy by recognizing local needs, reducing barriers to participation, and creating inclusive spaces. Providing accessible locations, family-friendly options, or affordable pricing helps everyone feel welcome and valued.
5. **Communication**—Strong communication keeps customers informed and comfortable; the same applies to public events. Groups should share clear, accurate details through flyers, social media, and announcements, and provide easy-to-follow signage and instructions. Friendly, consistent messaging helps prevent confusion and makes events more enjoyable for all.
6. **Accountability**—Businesses build trust by admitting mistakes and correcting them. Community groups can do the same through transparency and openness. If something goes wrong, acknowledging it honestly and explaining next steps builds respect. Sharing how funds are used or what was learned from an event reinforces public confidence.
7. **Consistency**—Consistency means delivering quality every time. For community groups, that means dependable organization, hospitality, and communication at every event—large or small. A consistent standard helps the public know what to expect and encourages volunteers to stay engaged, knowing their time and effort matter.



**Conclusion**—The gold standards of customer service are not limited to businesses; they also strengthen communities. By showing respect, being responsive and reliable, practicing empathy, communicating clearly, remaining accountable, and staying consistent, local groups can elevate their work. These qualities turn simple fundraisers and celebrations into positive, lasting experiences that reflect the spirit of service and connection at the heart of community life.





**Laura Phillips, Extension Agent**

## SCHOOL GARDENS

### School Garden Resources

Gardens are a wonderful addition to any school. Not only does it provide educational opportunities for students to learn about food systems, ecology, and agriculture, but gardens have positive impacts on students' mental health and relationships with their peers, providing them an engaging, hands-on project they participate in with their classmates. Studies have also shown that when students grow their own fruits and vegetables, they are more likely to eat them in the cafeteria as they feel a sense of pride in having produced their own foods.

However, school gardens can be difficult to get off the ground. Many teachers and school administrators have a lot on their plate, and adding a garden to the mix can be hard at first. It can be especially for teachers who will have to figure out how to incorporate gardening into the curriculum and lesson plans. It can also be challenging to find the materials and funding to get the programs started. K-State has been working to address some of these issues and collected a variety of resources available to anyone to help promote school gardening for all ages and backgrounds. We have created a handbook specifically for assisting schools, providing information on recommended garden layouts, ways to incorporate gardening into their curriculum, and how to work in the garden with students of different ages. You can find all these resources at <https://www.ksre.k-state.edu/kansaslocalfoods/cultivate-community/school-youth.html>.

### School Garden Spotlight: Oskaloosa Elementary School

Over the last year, Amy Biggs, an administrative assistant with Oskaloosa Elementary School, has worked to help the school develop a garden for their students. They named the program the Bear GarDen.

The school had a courtyard with some turf grass and a patio that was relatively barren. With this new garden program, they installed four raised garden beds to grow tomatoes, peas, carrots, cucumbers, and peppers. They added an arched cattle panel between the beds to allow for peas and cucumbers to climb up and over the student's heads. They also put in buckets to grow sweet potatoes. In addition to the garden space, there is also a new shed for tool storage and an outdoor chalkboard for teachers to conduct lessons in the garden space.

This past fall, Oskaloosa Elementary School had 138 students, from kindergarten to 6th grade, participate in the Bear GarDen. Each week the classes rotate working in the garden. The students help scout for pests, count flowers and budding produce, and harvest any ripe produce. Although they had a late start to their planting season, it was still a success: by early October the students harvested around 70 cucumbers, many of which went to their school cafeteria for a salad bar.

With the success of this program, the Oskaloosa Elementary School has started plans to expand their garden's reach. They want to work with students to grow foods that interest them, and the children have already said they want to grow strawberries, blueberries, and watermelon next year. This spring the school hopes to have the students start seedlings indoors in the to get a jump on the growing season. They are also working to team up with the Oskaloosa High School and bring in older students to teach lessons and work with the elementary schoolers on gardening.



The Oskaloosa Elementary School has worked hard to get grants that fund this work and hopes to continue sourcing funding that will allow them to expand their efforts. They are also looking for volunteers, especially in the summer when students are not

consistently able to be in the garden. If you are interested in volunteering, please reach out and we can connect you with the Oskaloosa Bear GarDen.

**Meadowlark Extension District**

114 W 5th St.  
Holton, KS 66436

Address Service Requested



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

facebook

<https://www.facebook.com/Meadowlarkextensiondistrict>

## Publications & Resources For Sale

Caregiver Helpbook  
Family Account Book  
Farm Account Book  
Radon Kits  
Predator Calls  
IMR Calving Books (Red)  
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)  
Forage Tests  
Grazing Sticks  
911 Signs  
Pesticide Application Field Record Book (free)  
Cow/Calf Record Book (free)  
Body Condition Record Book (free)  
K-State Publications (free)

## Items to Check Out

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

## Upcoming Events

**Medicare Counseling—Any Date—Any Time**, call for an appointment—Holton, Oskaloosa, Seneca  
**Offices closed for Veterans Day—November 11**  
**Technology in Ag—November 12**  
**Fall Armyworm Recovery/Ag Lease , Holton—November 19**  
**Fall Armyworm Recovery/Ag Lease, Oskaloosa—November 20**  
**Fall Armyworm Recovery/Ag Lease, Seneca, November 21**  
**Offices closed for Thanksgiving—November 27 & 28**  
**Extension Master Gardener Training—Sept. 4-Dec. 4 (Thurs.) - 1:00-4:00 PM—Zoom**  
**Ag Profitability Conference, Hiawatha—December 17**

## Some of the Programs That We Offer

- A Matter of Balance
- Dining With Diabetes
- Gray for a Day
- Master of Memory
- Stay Strong, Stay Healthy
- Walk With Ease
- School Enrichment
  - Butterflies
  - Chick Embryology
  - Glo-Germ Hand Washing
  - Wheat Science