2020 has proven to be a challenging year full of disruption and changes for all of our lives. Kansas State University Research and Extension has had a restriction in place, which has not allowed ANY face to face delivery in Extension programming – including 4-H Youth Development. This has had a significant impact on the 4-H learning model, but there have been great examples of adaptation. One of the biggest questions all spring has been “will we have a fair”? The answer is YES – the plan is TO HAVE MODIFIED IN-PERSON 4-H participation at fairs this summer. The Meadowlark District Governing Body approved a plan for modified in-person 4-H participation.

The fourth “H” in 4-H is HEALTH and our hope is to provide a level of health risk protection and mitigation in the current COVID-19 environment. This basically means that schedules will be modified to create more physical space on the fairgrounds and chronological space in schedules as well. Each fair will look different than it has in the past and details for each will be forthcoming from your local office as finalized decisions are made. Extension has many partners in making county fair happen, most notably the County Fair Associations/Boards. These partner groups are working through plans on their portion of fairs and releasing information as well. One known is that there will be NO option for Open Class in any of the fairs across Meadowlark District this summer.

Every member will be given the chance to enter and receive feedback on project work, with opportunity to showcase. 
• In all divisions efforts will be made to adhere to social distancing and health protocols, to protect the health of everyone involved. This might mean “drop and go” project evaluation or limited in person judging, that may vary division by division. Each fair will develop and share the plan for what that looks like, with participants.
• Livestock shows will be “show and go” shows where animals come to the fairgrounds, check-in, show and go home on the same day. Limited to NO animals will remain on the fairgrounds overnight. • Schedules will be adjusted to make effort to limit the number of people on the fairgrounds and at all in-person 4-H events. While we love to have the public involved in sharing the success of our 4-H youth, this is a year that we encourage smaller numbers of people at the 4-H portion of fair. Plans are in the works to do livestreaming or recording of livestock shows and other 4-H exhibition/display, to share widely with the public.
• Many “close contact, hand’s on” 4-H activities, that share materials difficult to disinfect, have been cancelled. Examples include: Round Robin, Ambassador games, Barnyard Olympics, dances, etc…
• A virtual 4-H Livestock judging contest will be offered prior to the fair in mid-July.
• 4-H Concession stands will need to make modifications in menus, hours of operation, and staffing to follow Kansas Department of Agriculture regulations, and potentially could be closed. Jackson has already made the decision to close.
• An issue separate from COVID-19, is Rabbit Hemorrhagic Disease Virus. Since this is a contagious, FATAL, disease; there will be NO live rabbit shows this year.

This is by no means a complete list of all the changes coming this year, but hopefully gives everyone assurance that WE WILL HAVE 4-H AT A MODIFIED IN-PERSON FAIR and gives a general vision of what Fair will look like in 2020. We continue to work with Public Health Officials to stay abreast of the current health environment and will work to continue to promote the HEALTH “H” in 4-H. For more information about fairs, visit our District website.
David Hallauer, District Extension Agent

Bagworm Reminder

If you haven’t checked your trees yet for bagworms – check now. Because of last year’s pressure, it is likely that they are feeding heavily on evergreen trees (particularly those not sprayed during the optimum window last year), and deciduous trees as well.

If you have confirmed bagworms, but not sprayed – do so soon. Bagworms develop rapidly and will be increasingly difficult to control. Insecticide efficacy rapidly declines once bags reach one inch in length.

If you have sprayed once – check again. The bagworm hatch occurs over a period of weeks – not days. That means additional pressure may be present from later hatches.

For additional information check out Bagworm, Insect Pest of Trees and Shrubs, available online at: https://bookstore.ksre.ksu.edu/pubs/MF3474.pdf.

Watering Trees

Did you know that the watering zone for a mature (five years and older) deciduous tree should extend at a minimum to a depth of eight to twelve inches? That means rainfall plus supplemental watering should be managed so that an eight to twelve-inch depth has sufficient moisture for the feeder roots located in this zone.

Did you know that this soaking also needs to extend out to the drip line – or area located from the trunk to the outermost area covered by the tree’s branches. Unless adequate rains replenish this root zone, supplemental watering will likely be necessary every three to four weeks.


Mesonet Data

If you haven’t checked it out yet, the Kansas Mesonet site (https://mesonet.k-state.edu/) is definitely worth a visit. From current conditions to historical weather data, the Mesonet has information useful to agricultural producers, homeowners, and just about anyone interested in weather.

As of mid-June 2020, a second Kansas Mesonet station has been established in the Meadowlark Extension District. The Corning site went live earlier this spring. Data from the Osskaloosa site should be publicly available in the next month. Check out the new management tools available on the site and watch for development of new ones as well.

A Multi-Faceted Approach to Brush Control

One of the most frustrating challenges of grass management is brush control. What starts out as a small seedling is soon robbing resources from desired forages while producing additional seedlings to continue the cycle. While there isn’t a one size fits all program, the best approaches to brush management often include at least a couple of the following practices:

Foliar application of herbicides work very well, particularly when brush is small and actively growing. Lots of great chemistry is available to control most any of our brush species, but timing is important. Buckbrush might need to be sprayed before dogwood. Locust species may require a different chemistry than hedge or mulberry.

Mechanical removal can be very effective, so long as we’re able to adequately control resprouts. For cedar trees, that means cutting below the last green branch. No stump treatment is necessary at that point. On the other hand, if we don’t use a stump treatment within 15-30 minutes after cutting a deciduous species (wetting the cambium layer and down over the edges of the stump), we’ll likely see additional sprouts from the cut area.

Lesser used control practices like dormant stem application (low rate herbicide mixes applied during the dormant season), soil application (often pelletized products applied to the soil surface), or basal bark application (herbicide application to the lower stems of brush species) might be an option to consider as well. They can help spread out the work load while providing a ‘slow kill’ that might benefit in controlling some species.

No control program will be very long term without implementing a good grazing management strategy as well. A competitive forage is often a good first step in helping to keep invading species at bay.

One of the most comprehensive resources we have available for helping spell out these options is the 2020 KSU Chemical Weed Control Guide. Available online or as requested from our District Offices, this guide provides a short overview of various brush control options, including rates and timing. It even has information on control of other weeds, including Kansas noxious weeds. Request a copy today or check it out online at: https://bookstore.ksre.ksu.edu/pubs/CHEMWEEDGUIDE.pdf.
2020 Census

The 2020 Census will provide a snapshot of our nation—who we are, where we live, and so much more. The 2020 Census will provide data that will impact communities for the next decade, inform hundreds of billions in federal funding every year, and determine congressional representation.

Over the next decade, lawmakers, community leaders, business owners, and many others will use 2020 Census data to make important decisions about how their community develops. The results will show leaders and decision-makers where communities need new facilities, infrastructure and services for all sectors of the community. Census results influence transportation infrastructure including highway construction, grants for buses, and public transit systems. Education benefits in the form of grants to support teachers, special education and Head Start Programs. Census data also results in aid to support rural areas, restore wildlife, prepare for wildfires, and to provide housing assistance for older adults. All are important services to rural Kansans.

That’s why it’s important that we all respond to the 2020 Census. Responses could lead to more jobs and new businesses in your community. Business owners use population statistics to help decide where to add jobs or open new stores, offices or other businesses in communities across the country.

Business owners and community planners can access a rich set of Census data such as population trends and growth projections. Armed with this information, a business owner can make informed decisions about where to open new stores, expand existing operations, and which products and services to offer based on the makeup of the community. A community made up of largely young families will want to recruit day cares and add new parks where a community made up largely of citizens approaching retirement age will serve their community better by exploring retirement and assisted living facilities.

Census Bureau data can help entrepreneurs do their homework—and then some. To find Kansas Census results, visit https://www.census.gov/quickfacts/KS

The official start date of the 2020 Census was April 1, 2020. All addresses should have received mailings with instructions on how to be counted. The public can respond to the 2020 Census online, by phone or by mail. Due to staffing adjustments driven by guidance from federal, state and local health authorities regarding COVID-19, the Census Bureau is working to mitigate the impact on 2020 Census call centers. In limited instances, these staffing adjustments have led to increases in call wait times, affecting different languages at different times. Every census response is important, and the Census Bureau appreciates your patience as we respond to incoming requests. All households are reminded that they can respond online anytime at 2020census.gov. The Census Bureau also offers webpages and 2020 Census guides in 59 languages, including American Sign Language, in addition to guides in Braille and large print.

Every single Kansan counts and should be counted. Encourage your community members to make sure they are counted for the benefit of your community and our state.

Message from the Director

Dear Meadowlark Extension District Supporters

For the past several weeks the Meadowlark Extension District has been in alignment with K-State Research and Extension recommendations concerning the COVID-19 Pandemic. Local and district programs, meetings, events and activities regardless of their size could not meet face-to-face through most of the early spring and into the first weeks of summer. Needless to say 2020 has been and continues to be a challenging year filled with many challenges.

Effective July 4, 2020 the K-State Research and Extension recommendation suspending face to face programming, meetings, events and activities will be lifted allowing our staff to transition back to traditional programming.

Our staff is committed to offering effective extension programming in the District and we have appreciated your support understanding the past several weeks. We never stop learning in extension and our staff was able to learn to new technologies and found ways to provide educational content with your support and participation.
I spend a fair amount of time in my garden. It is a place of fertile soil, in which I find a sense of purpose and balance to life, as seeds are planted and grow into many different types of produce. In 4-H, we spend a lot of time working on and talking about growth in our youth. Growth in community service, growth in critical thinking, growth in making good decisions. Providing opportunities to learn by doing is an important goal of 4-H. Learning includes new skills, improving on existing skills, and evaluating our success or failures to adjust for the next learning opportunity. 2020 has proven to be a challenging year for everyone, our youth are no different. They had to adjust to many lost opportunities and school on the internet from home. We’ve not been able to meet face to face and have learned to learn virtually. Our normal spring and summer activities were cancelled and the fairs will look different. All challenging opportunities to learn, adapt and grow!

We celebrate successes of the member throughout the year. Some are big successes, such as accomplishing a Key Award, which is the highest achievement recognition awarded to a 4-H member. Others are smaller – but just as relevant – successes: Was a 4-H member able to look a judge in the eye and talk about their project this year?

If a recipe that they have practiced over and over pay off in a trip to the State Fair or was it time to reevaluate and work on a different recipe? Did a 4-H member discover that a project really wasn’t their focus, even if the rest of their family is involved with it? Did they step up and take on a role in their club? Did they make new friends at a 4-H activity? In 2020, it may be – were you able to adapt to meeting with your 4-H club over Zoom! These are all important successes to celebrate!

We aren’t going to be successful at everything we do every time. Learning to gracefully and graciously listen and learn to improve is an important life skill. It starts with an example set by adults and is the reason that volunteers are such an important part of 4-H. As adults, are we examples of setting priorities, working hard, and listening fairly when given feedback? Do we set an example of perseverance when things don’t go as smoothly as we’d like? Do we set an example of work ethic to be better tomorrow or an example of cutting corners with a singular focus to win?

In his blog, “Growing Leaders,” author Tim Elmore addresses skills needed in the future for young people to be successful: Strong work ethic will always be in vogue. As an employer myself, I will always hire a team member with a strong work ethic over a worker without one. I’ll always hire a person with self-discipline over a person without it. I’ll always hire a person with a passionate attitude for our mission vs. a person without it. Grit will always be great. Work ethic supplies a person with a tenacity they’ll need to complete a not-so-glitzy task. It provides a worker with a sense of responsibility they need to feel a sense of “ownership” on the job, serving over and above what the job description demanded. Work ethic offers the energy needed to finish what we start, just because it needs to be done, not because we want to post a pic on Instagram.

What seeds are we growing in our own life? What seeds are we nurturing in the heads, hearts and hands of the young people around us? Hopefully, we have planted some flowers and not weeds! Your life has influence on those around you. Your family is profoundly affected by your choices. Those you work with, your neighbors, your friends; will all be impacted by your life and choices. Do not underestimate the positive effect that your choices will have upon those around you!

It seems like the 4-H Parent’s Pledge is a good reminder to all parents and volunteers:

I pledge my Head to give my child the information I can, to help him/her see things clearly and to make wise decisions.

I pledge my Heart to encourage and support my child no matter whether he/she has success or disappointments.

I pledge my Hands to help my child’s club; if I cannot be a leader, I can help in many equally important ways.

I pledge my Health to keep my child strong and well for a better world through 4-H, for my child’s club, our community, our country and our world.

Georgia 4-H, 1982
Fly Control on Cattle

It’s that time of year, when the temperatures are soaring and so are the fly numbers on grazing livestock. The three main culprits are the horn fly, face flies, and stable flies.

The horn fly is a small blood feeding fly found on the shoulders, back and belly region of cattle. They take some 24 to 38 blood meals per day. Females deposit eggs in fresh cow manure where the complete life cycle, egg to adult, can be completed in 10 to 20 days during warm conditions. In Kansas, there are multiple generations during the fly season which can lead to extremely high fly numbers in late August and early September.

The face fly is a robust fly that externally resembles the house fly. It is a nonbiting fly that feeds on animal secretions, nectar, and dung liquids. Adult female face flies usually cluster around the animals’ eyes, mouth, and muzzle causing significant irritation. They also congregate around wounds caused my mechanical damage or other injury to feed on blood and other fluids. Since face flies are on the animals for only short time periods, they are difficult to control. Most of the time they are found in shaded areas resting on plants, fence posts and other objects.

Stable flies are blood feeding flies, mainly feeding on the legs of cattle. To avoid being bitten, animals stomp their feet and switch their tails. Other avoidance behaviors include standing in water, lying with legs tucked underneath, and bunching at the corners of pastures.

Horn fly - control options are many; backrubbers (oilers), dust bags, insecticide ear tags, pour-ons, oral larvicides (IGR’s), low pressure sprayers, mist blower sprayers and the VetGun™. Backrubbers (oilers) and dust bags can be an effective way to reduce horn fly numbers if cattle are forced to use them; if used in a free-choice arrangement expect between 35 – 50 percent less control. Insecticide ear tags are a convenient method of horn fly control if applied at the correct time frame. Animal sprays, mist blower applications, and pour-on products will provide 7-21 days of control and will need to be re-applied throughout the fly season. Oral larvicides (IGR’s) prevent fly larvae in manure pats from developing into adults. An important factor when using an oral larvicide is ensuring steady consumption. An additional complicating issue when using an oral larvicide is horn fly migration from neighboring untreated herds which can mask the effectiveness of an oral larvicide (IGR). The Vet Gun™ applies an individual capsule of insecticide to an animal using a device similar to a paint ball gun and can provide horn fly control between 21 and 35 days.

Face Fly Control is maximized when the cattle receive daily insecticide applications by either dust bags, oilers, sprays, or an insecticide impregnated ear tag/strip. Ear tags/strip should be applied at the label recommended rate. Both cows and calves must be treated if control is to be achieved.

Pinkeye vaccines are available and should be considered if face flies and pinkeye have been a recurring problem.

Currently, commercial and autogenous pinkeye vaccines are available; please check with your local veterinarian about the use of these products in your area.

Stable Flies-The only option available for the control of adult stable flies on range cattle is sprays. Sprays can be applied using a low pressure sprayer or can be applied with a mist blower sprayer. Weekly applications of these products will be required to achieve reduction in fly numbers.

Sanitation or clean-up of wasted feed at winter feeding sites may reduce localized fly development. If sanitation is not possible these sites may be treated with a larvicide (Neporex®). But, the application of either procedure may not totally reduce the economic impact of stable fly feeding.

Meadowlark District Cooperates in Pond Projects

The Meadowlark Extension District is cooperating with KDHE, Water Quality Specialists and the Kansas State University Veterinary Diagnostic Lab to do some on farm pond research. The project applied barley straw bales to ponds that have had a history of a harmful algae bloom more specifically Blue/Green Algae.

Barley straw is used, as it deteriorates it emits hydrogen peroxide and humic acid, which is believed to inhibit Blue/Green algae.

KDHE will be testing the ponds once a month to monitor for change.
It’s Cherry Picking Time!

Whether you like them sweet, sour, golden or red, cherries are in season. Their short season means you must enjoy them as much as you can now. But wait! They can also be preserved to save them for a later date.

Cherries can be preserved by canning, freezing, dehydrating, or made into canned pie filling, jam, jelly. The uses of fresh cherries are endless in many meals or just a simple snack.

Freezing is easy. Simply wash, remove stems and pits. Dry and spread on a try in a single layer to freeze. Then place them in freezer containers. Cherries can also be frozen in a syrup or sugar pack.

If making canned pie filling, use sour cherries for that classic pie flavor. Use Clear Jell® starch (cook type) for best results. In Kansas, cherries are in season during June and July.


To dehydrate cherries, see https://nchfp.uga.edu/how/dry/csu_dry_fruits.pdf.

Frozen Fruit Cups

**Ingredients:**

- 3 bananas
- 3 containers (8 ounces each) fat-free strawberry yogurt
- 1 package (10 ounces) frozen strawberries, thawed and undrained
- 1 can (8 ounces) crushed pineapple, undrained

**Directions:** Remember to wash your hands!

Line 18 muffin-tin cups with paper baking cups. Dice or mash bananas and place in a large mixing bowl. Stir in remaining ingredients. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer. Before serving, remove paper cups and let stand for 10 minutes.

**Helpful Hints:** Turn these Frozen Fruit Cups into popsicles by pouring the mixture into 7-ounce cups and putting them in the freezer. When partially frozen, put a plastic spoon or popsicle stick in the center of the cup and freeze until firm.

**NUTRITION FACTS:**

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Vitamin A 0% *  Vitamin C 15%
Calcium 6% *  Iron 2%
**Percent daily values are based on a 2,000 calorie Diet. Your daily values may be higher or lower depending On your calorie needs:**

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Calorie per gram: Fat 9 Carbohydrate 4 Protein 4
Healthy Living Positives

Some of the habits we’ve developed recently could serve us well in the future.

Slowing down. We’ve learned to take time to reflect on ourselves and connect with others.

Appreciation. We’ve all realized how people everywhere have stepped up to improve the situation. Hopefully this isn’t just passing thankfulness, but instead something we can carry forward.

Physical activity. Exercise is not just good for our physical health but also good for mental health and stress relief.

Connecting with family. In addition to spending more time together, family members should keep up the commitment to stay in touch with extended family and friends, especially older adults who may live alone. A phone call works wonders for helping people stay connected.

Manage Stress More Effectively

Learning how to handle stress is an important skill for all members of a family to learn. Here are five tips on how to handle family stress:

• Take a second. Whether the stress is positive (such as a wedding or new birth) or negative, it takes a toll on one’s mental, physical and emotional state. Slow down to process the event and embrace your feelings about the stressor.

• Pinpoint where the stress is coming from. Identify the disruption so you can best identify solutions.

• Identify your support system. The family should know who they can go to for help. Knowing where to find help decreases feelings of being alone during a stressful time.

• Do some damage control. Check in with others in the family that may be affected by the stressor to see how they are feeling. Then, talk to other members of the family to see how they are doing.

• Take care of your mental and physical health. It’s good advice always, but especially during a time of stress, to get enough sleep, drink water and eat nutritious foods. Seek professional help, if needed.

“...theory of mind, which is really just the ability to understand that other people have other beliefs and thoughts and desires than we do,” Wiles said. Books are often the first and most important opportunity for children to see that.

When children read books, they are aware of the character’s thoughts so they quickly pickup that others have different perspectives. It helps children develop empathy toward others they may encounter.

We know that empathy goes such a long way in life, and not just in the feel-good way. Employers want people who can work with other people. Employers want people who can solve problems and being able to take other people’s perspectives is a huge key in being able to solve problems.

And the final thing that employers really want is people who can regulate their emotions. One of the things that empathy and compassion allow us to do is regulate our emotions, to not be so triggered and frustrated when we don’t understand other people’s perspectives.

Everyday Mindfulness

• Commit to uninterrupted time each day to practice a mindful meditation. Start with as little as five minutes a day.

• Choose a quiet place and a comfortable position.

• Focus on your breath flowing in and out.

• Release negative thoughts.

Reading with Children Can Develop Empathy

Extension child development specialist Bradford Wiles says that reading with children, and putting yourself in the story, is a great way to develop empathy.
Address Service Requested