Many adults may be excited to resume “normal” lives as their community’s restrictions due to the COVID-19 pandemic are gradually lifted.

“But for children,” said K-State Research and Extension child development specialist Bradford Wiles, “it’s likely to be a transition unlike any other in our lifetimes.”

Listen to an interview by Jeff Wichman with Bradford Wiles on the weekly radio program, Sound Living.

Wiles notes that parents that have been working at home for months are gearing up to get back to their workplace. Instead of spending most of their day with their children -- or at least in the same house -- they will instead spend a large portion of their day away from them.

“When parents start going back to work, their children are going to miss them,” Wiles said. “And there may be some behavioral or emotional issues that go along with that.”

“It’s important that we recognize this is another consequence of the pandemic. Just going back to how it was before isn’t really going to help us because children are growing and so they are probably not really thinking about what it was like before the pandemic.”

Wiles encouraged parents to sit and talk with children about the changes to come. He said they should ask the child about their emotions and prepare them for what it will be like when the adults go back to work.

For young children who go to daycare or early childhood education, “try to check in with your children if your job allows you to do so. Maybe you can video chat with them, or maybe it’s a phone call,” Wiles said. Parents might consider easing children back to daycare, perhaps taking them just three days a week at first.

“Tailoring our transitions to our children’s needs can go a long way in their development,” Wiles said. “Think through when those times will be challenging and try to ease the transition to normal activity.”

“The key with being a parent during this time is exercising as much patience as we can and recognizing that we’re all over-stretched. Even our children are over-stretched. They’re not used to spending this much time in isolation with just their families. That’s going to be a huge transition.”

Children and non-verbal cues

On a recent episode of the weekly radio program, Sound Living, Wiles also talked about the benefits and deficits of the COVID-19 pandemic as it relates to child development.

“The benefits include spending a lot more time with our family members and siblings,” he said. But the deficits have also been extreme, he added, “particularly for children who are going to school but also need to wear masks and keep an appropriate distance from their peers. Those of us who study child development know that those things can be particularly difficult for children and how they learn about relating to other people.”

From the standpoint of safety, masks are necessary, Wiles said, but he added that it prevents children from picking up on important non-verbal cues that aid in development.

“For example, they can’t see if a person they’re talking to is smiling or frowning or has a confused look,” Wiles said.

“As children are growing, it can be really important to see how other people are responding to them, and then respond appropriately. Wearing a face covering can really interfere with how we decipher other people’s reactions. For children who are younger and starting to learn speech and mimic other people’s speech, if they can’t see other people’s mouths, that can be very difficult.”

Face masks have also prevented some from being able to accurately interpret such non-verbal cues as sarcasm and jokes and playful interactions.

“What happens when we’re covering our faces is we are just not able to read each other,” Wiles said.

“I don’t want anyone to think I’m not advocating for mask use. I just want people to know there are consequences beyond the inconvenience of the mask.”
David Hallauer, District Extension Agent

**Weed/Brush Management**

Weed and brush management in forage based grazing systems is a constant challenge. The same growing conditions that afford us the opportunity to graze both warm and cool season grasses, as well as a host of both perennial and annual species also gives us a myriad of weed and brush species to try and stay ahead of.

Two challenging species of importance in many of our grazing systems are buckbrush and dogwood. Both are multi-stemmed species that can get a start in a small area, but expand in size quickly, gobbling up grazing acreage in a hurry.

While both species may occur simultaneously in our grazing lands, control efforts for one may not always be successful for the other. To help fine tune a management plan for either – or both – check out the Weekly News Articles section at: [https://www.meadowlark.ks-state.edu/crops-soils/index.html](https://www.meadowlark.ks-state.edu/crops-soils/index.html). Two recent articles break down the specific control recommendations for each species to aid in formation of a control program.

They aren’t the only brush or weed species we deal with, however. For a more extensive list of herbicide options for various weed and brush issues, check out the 2021 KSU Chemical Weed Control Guide available at [https://bookstore.ksre.ksu.edu/pubs/SRP1162.pdf](https://bookstore.ksre.ksu.edu/pubs/SRP1162.pdf) or upon request from any District Office.

Not only does the book provide herbicide recommendations, but it lists the potential for integrated control programs using other methods as well. If weed/brush control is a challenge you face in your forage system, it’s a great resource to have on hand.

**NOTE:** whenever using pesticides, always read and follow label directions.

---

**Private Pesticide Applicator Testing**

One of the sections in the KSU Chemical Weed Control Guide notes whether a product is a restricted use pesticide or not. Restricted use pesticides require specific licensing (via an open book test) through the Kansas Department of Agriculture for purchase or application. If you find a product is a restricted use pesticide, and need a license contact your local Meadowlark Extension District Office to learn about testing requirements.

**Moles**

There are few lawn pests as frustrating as moles. It’s hard to believe something working underground can cause so much damage.

If your lawn is exhibiting meandering paths or tunnels of upheaved soil, moles are the likely culprit (when soils are dry, you may notice the paths, only mounds on the soil surface) The tunnels are a result of the mole looking for food. Some tunnels are abandoned, many are used for longer periods, with plant roots disturbed and small plants uprooted along the way.

Many remedies have been tried over time. Chewing gum, noise makers, broken glass, bleach, windmills and even human hair. If you find something that works, great, but seldom do they provide consistent or reliable control. Baits don’t work well because they are plant based – moles feed on earthworms and grubs instead. Even grub control products might not work as well as you’d like, since earthworms are the primary food source.

According to KSU Horticulture Specialist Dr. Ward Upham, consider traps instead. Various sizes and shapes are available: harpoon, choker and scissor-jawed can often be found in garden and hardware stores. None is better than the other, but all will take some time to work effectively.

Start by finding an active run. You can do so by using a stick to poke holes in a number of runs. If you check back later in the day to find runs repaired, they are active – place traps in these runs.

In an active run, excavate a little soil, place the trap, then replace loose soil, securing the trap so it won’t be lifted up out of the ground upon recoil. The triggering mechanism should be in the center of the run.

Finally, push down two hole – one on each side of the trap. Moles will try to repair the tunnel and trigger the trap. If you don’t catch anything in three days, Upham suggests moving the trap to a different active run.

For more in-depth information on moles and their control, check out Controlling Nuisance Moles, available online at: [https://bookstore.ksre.ksu.edu/pubs/C701.pdf](https://bookstore.ksre.ksu.edu/pubs/C701.pdf) or upon request from any District Office.

**Fruit Tree Resource**

For all the trees in our home orchard, apples are the crop in most need of a spray schedule to help combat the numerous insect and disease pests these trees will face during a growing season. They aren’t the only species that needs attention, though, and that’s where three K-State Research & Extension fruit tree resources might be of interest to the health of your home orchard.

For the apple growers, check out [Spray Schedules for Growing Apples at Home](https://bookstore.ksre.ksu.edu/pubs/SRP1162.pdf). Whether it be codling moth or cedar apple rust, this publication will provide a year-long outline for apple pest control.

Likewise, for peaches, cherries, etc…, check out [Spray Schedules for Growing Stone Fruit at Home](https://bookstore.ksre.ksu.edu/pubs/SRP1162.pdf). Like the apple guide, it will provide guidelines for the applications needed to combat our common stone fruit pest issues.

A great companion publication for either publication is [Fruit Pesticides, Active Ingredients, and Labeled Fruits](https://bookstore.ksre.ksu.edu/pubs/SRP1162.pdf). Sorting through product labels can be difficult, and this publication is designed to provide a good cross reference of products and active ingredients to help you in your selection process.

All three are available upon request from any District Extension Office or the fruit publications section of our KSRE Horticulture website: [https://hnr.ks-state.edu/extension/publications/fruits-and-nuts.html](https://hnr.ks-state.edu/extension/publications/fruits-and-nuts.html).

Bagworm hatch is just around the corner! Larvae emergence typically occurs in mid-May in to early June.
clash! When both parties hold fast to their opinions, barriers may develop and refuse to make adjustments. Adjustment occurs when parties finally decide to stop battling each other and choose to compromise each gaining and losing a little and actively look for a solution that takes care of both parties’ needs.

Dealing with Conflict—Individuals and groups may use several different methods of dealing with controversy. Some methods focus on preserving the relationship and resolving the issue, while others tend to have negative results. The following strategies are often used:

- Avoidance is an attempt to avoid certain types of conflict and repress emotional reactions. This strategy is not satisfying and tends to leave doubts and fears about meeting the same type of situation in the future.

- Diffusion is an attempt to cool the situation at least temporarily by resolving minor points while delaying discussion resulting in the same result as avoidance.

- Confrontation involves an actual confrontation of conflicting issues or persons and can be divided into win/loose or win/win strategies. Often the win/loose strategy results in the generation of even more conflict from the losing side.

- Arbitration is often the result of stalemate between two equally powerful sides and a third party is asked to decide the issue often causing renewed conflict from the losing party.

- Voting as a strategy is simply a civilized form or fighting. Participants must abide by the preference of the majority for this strategy to be effective.

- Compromise is a strategy that uses negotiation and bargaining to reach satisfactory agreement. The premise behind compromise is that a partial victory is better than winning nothing at all.

- Consensus is a strategy that seeks to bring all parties in the conflict to a mutually satisfying resolution of the issue. This strategy is often called problem-solving and is based on common interests.

- Synergy as a strategy is the highest form of conflict resolution. This strategy resolves conflict with a solution that is mutually satisfying to each of the parties involved by encouraging best win/win solution for all involved.

Conflict Management Process—In any group situation, a struggle might occur over guidelines or rules—who sets them, what rules exist, and what happens when rules are broken. The following are suggested guidelines that all parties must agree to for the creative conflict management process to proceed:

- Agree that now is a good time to attempt resolve conflict. Find a “prime time” when energy is high and motivation is positive.

- Share the common goal with everyone involved. The goal of creative conflict management is deeper understanding, not “I win, you lose.”

- Review the ground rules for maintaining trust and respect for others. Everyone involved should make sure the discussion focuses on the issue and that people listen to one another.

- Focus on the present. Avoid engaging in fault finding from the past. Agree on which sources of information will be used during the process.

- Provide face-saving mechanisms and never corner the other person. Allow for a “time-out” if emotion becomes too heavy and then set a time to resume. Sometimes you have to agree to disagree. At other times, it’s useful to designate a trial period to see how something works out.

In summary, to truly resolve the conflict a cooperative rapport must be established between the conflicting groups, with a concern for each other, and a solution must be found that is acceptable to both sides.
Ross Mosteller, *District Extension Agent*

**4-H Legacy**

The 4-H program is the largest youth serving organization in the United States, serving nearly six million youth and empowering them with skills to lead for a lifetime. In this addition, we'll highlight some long-standing national 4-H icons – National 4-H Congress and the National 4-H Center. Both have a long history and have seen changes over the years. Let’s look first at National 4-H Congress.

So, what is National 4-H Congress??

This annual trip for state project winners is a recognition, educational, cultural, and community service experience held in late November each year in Atlanta, GA. To be named a state 4-H Project winner, youth have to complete written records on their 4-H project work, upon review be named a local and regional winner and complete a video presentation in the State competition. Each of the recognized Kansas 4-H projects selects one state winner and that young person has the opportunity to attend this once in a lifetime event, with 4-Hers from across the United States. Meadowlark District has sent many youth to National Congress over the years. Ask them about the experience, it truly can be life changing!

The history of the National 4-H Congress goes back more than ninety years. An educational tour to Chicago was the forerunner to what would eventually become known as National 4-H Congress. This annual tour was held in the Union Stock Yards during the International Livestock Exposition. There, over 100 young men and women met to exchange ideas and receive recognition for individual accomplishments and community service.

The number of participants steadily grew, and by 1922 this annual event was designated the National Boys and Girls Club Exposition. This meeting is officially considered the first National 4-H Youth Congress. Exhibits, demonstrations and a popular parade became the annual program for 4-H during the International Livestock Exposition. For 73 years, National 4-H Congress gave over 100,000 delegates, Extension staff, volunteers, partner representatives, exhibitors and other friends of 4-H the opportunity to participate in a special event.

There was no National 4-H Congress in 1995, but two invitational events were hosted by the Southern Region and Western Region states. 1996 saw the rebirth of National 4-H Congress in Memphis under the leadership of the Extension Service – USDA. Memphis was the home of National 4-H Congress until the event moved to Atlanta in 1998. COVID-19 prevented the 100th annual celebration in 2020, but planning is underway for 2021 – November 26 – 30. (From the 2006 Congressional Record, University of Tennessee)

So what is the National 4-H Center?

Designed as a center for youth development, National 4-H Conference Center first opened their doors in 1959. Since then, the Center has continuously expanded and now features hotel rooms for 800+ guests, meeting space and Clover Cafe, the hotel’s all-you-can-eat dining buffet. One of the largest non-academic education and conference facilities in America, National 4-H Conference Center has a rich history that dates back more than a century.

In 1893, Francis G. Newlands built the Chevy Chase Inn on a large plot of farmland. In 1903, the property was converted into a college for women, an identity it maintained for nearly half a century. In 1951, the National 4-H Foundation, established two years earlier, bought the school to house its national training center. However, due to the growing conflict in Korea, the US Defense Department immediately requested the use of the property for an Operations Research Office.

The property was returned to the 4-H movement in 1957, and promptly underwent renovations with the aid of the Ford and Danforth Foundations, among other funding sources. On June 16, 1959, President Dwight D. Eisenhower presided over the opening ceremonies for the National 4-H Center, which quickly became the national home for 4-H, hosting annual 4-H conferences and year-round training programs for youth, volunteer leaders and professional staff. During the late 1970s, the National 4-H Foundation merged with the National 4-H Service Committee in Chicago to become National 4-H Council – the non-profit entity which now owns and operates this exceptional facility. The National 4-H Conference is one of the largest national 4-H events of year and calls the Chevy Chase facilities home and the Citizenship Washington Focus has the center as a destination.

National 4-H Council announced this spring that it is selling the National 4-H Conference Center to continue their mission: expand opportunity for all of America’s youth through increased investment and participation in 4-H positive youth development programs. The pandemic has forced the evaluation of the National 4-H Conference Center's economic viability and its future ability to meet Cooperative Extension's 4-H program's needs. This change will enable National 4-H Council to continue as a strong partner to USDA and Cooperative Extension and fulfill our unique role of convening the 4-H system, telling the 4-H story, and building public-private partnerships.

National 4-H Council will continue to be located in the Washington, D.C. metro area. Millions of 4-H young people, professionals, and volunteers worldwide have been inspired through 4-H gatherings that shared knowledge, built relationships, and created wonderful memories. Although our home is changing, National 4-H Council remains committed to expanding opportunities for all of America's youth to thrive. Jennifer L. Sirangelo - President and CEO
Blue/Green Algae Blooms Increasing

Blue/Green Algae blooms are occurring earlier each year. These blooms are harmful to humans, livestock and pets. Blue/Green algae include several different species of photosynthesis cyanobacteria that live in water. These bacteria can produce toxins that can sicken or kill livestock. The causes of harmful algal blooms are not completely understood. They are related to increased nitrogen and phosphorus concentrations in water, but the exact relationships are complex and difficult to predict.

Although, agricultural nutrient runoff is a known risk factor, harmful algal blooms have been found in ponds surrounded by rangeland, where nutrient loading is not an issue.

A pond containing a harmful algal bloom may be covered with a scum that looks like bright green paint, but the colors can be more turquoise to red or brown. Harmful algal blooms usually will have an unpleasant smell. Most livestock will avoid this smell, but some dogs are attracted by the smell and are at risk of drinking the water or ingesting the scum, which could lead to lethal exposures.

If you suspect a harmful algal bloom, you can contact an at home test using a canning jar. Collect a sample of pond water, just under the water surface. Put a lid on the jar and put in the refrigerator over night. Do not shake the jar. The next morning carefully remove the jar and observe where the algae have settled. If they are on the bottom of the jar, it is not blue/green algae. However, if the algae has formed a green ring around the top of the jar, there is a strong possibility that the pond does have a blue/green algae community present. More detailed information about the Jar test can be found at https://www.meadowlark.k-state.edu/livestock-natresource/ - under Natural Resources section.

The Kansas State University Vet Diagnostic lab will conduct a test on the water for a fee. Contact your local Veterinarian or one of our offices for more information on a lab test.

Fighting Blue/Green Algae

For a second summer, Meadowlark District will be partnering with the Kansas Department of Health and Environment, KSRE Watershed Specialists and the Kansas Veterinary Diagnostic Lab to do some pond mitigation to try and control Blue/Green algae and other harmful algae blooms.

This summer the study is expanding and will include twenty ponds in five counties. Each treated pond will have a similar size control pond to be compared to. All of the ponds will be tested monthly for the grazing season. The ponds will be treated with Barley straw at the dosage of one small square bale per acre of surface water. The Barley bales are staked down around the edges of the pond, emerged up to 2/3 of the bale. The pond installations will occur in May. Results from last summer are still being analyzed.

Slow Sand Filters

Teaming up with the KSRE Watershed Specialist, the Meadowlark Extension District has secured a mini grant from KCARE, Kansas Center for Ag Resources and the Environment to build some slow sand filters. The filters are used to make unsuitable water, potable in third world countries. Slow sand filters have been researched at several Universities over the last 18 years. Our filters are being constructed from food grade chemical totes and will be used on farm ponds that have suspected Blue/Green blooms. The filters consist of layers of gravel and sand. A biological layer forms on the top of the sand, this layer contains amoeba, protozoans, crustaceans and several types of bacteria that will remove harmful algae and E.coli. The water will be pumped through the filter into stock tanks for livestock consumption. If you have a suspected Blue/green algae bloom and need some safe water for your livestock contact your Extension office.

KSU Dairy Day Rescheduled

The annual KSU Dairy Day will be held at the Nemaha County Community Building on Wednesday, June 2. All area dairy producers are invited to attend the annual event which will feature research findings from KSU dairy faculty and graduate students. This year’s event will feature two outside speakers, Dr. Gene Boomer will be discussing practical goals for calf and heifer growth and Dr. Bill Mahanna will discuss the various considerations for selecting silage inoculants. The event will start at 10:00 AM with registration and will end with door prizes at 3:00 PM. Save the date, more details forthcoming!
Cindy Williams, District Extension Agent

Skills by Participating in Wallet Wisdom Webinars

Let’s face it, discipline when it comes to managing our money isn’t always easy. And saving? Another challenge? To help boost money management skills, including ways to save, manage debt, and handle credit, K-State Research and Extension is offering the Wallet Wisdom program, which are six free webinars in April and May.

The webinars will be presented Thursdays from noon to 1:00 p.m. CDT via Zoom, beginning April 22. With just one registration, participants can access just one or all six webinars. This is allowed for questions and answers. For privacy reasons, only the host will be able to see who is asking the questions. All sessions will be recorded for participants to view at their convenience any time.

Dates and topics include:

**April 22—A Financial Checkup**
A regular check of financial health can identify problems, chart progress, and outline steps to achieve financial goals.

**April 29—Emotions and Money**
Your relationship with money can be based on years of emotions. Learn more to better understand your financial habits.

**May 6—Spending Plans**
A spending plan can track your income and expenses and support you as you manage your money and work toward your goals.

**May 13—Increasing Savings**
We save for many reasons, including emergencies, insurance deductibles, retirement, and more. Learn ways to increase your savings.

**May 20—Debt Management**
Especially in our current economy, debt can get out of control. Join us to learn ways to manage and pay down your debt.

**May 27—All About Credit**
From credit reports to credit scores, credit can affect many areas of your life. Learn to make credit work for you.

The link to register for these webinars is: https://bit.ly/walletwisdom2021.

The webinars are presented by K-State Research and Extension agents who specialize in family resource management. More information and registration is available online or by contacting your local K-State Research and Extension. In the Meadowlark district, our offices are located in Oskaloosa, Holton and Seneca. For more information, contact csw@ksu.edu or by contacting one of our offices.

**Grilling Safely**
Grilling outdoors is often one of the most anticipated activities of the summer. Grilling can be a healthy and low-fat way to cook your favorite meals. To avoid foodborne illness and accidents, follow these tips to stay safe and prepare healthy meals.

As simple as grilling can be, it is important to remember building, personal, and food safety rules. Thousands of fires and injuries are reported each year due to grilling accidents. Keep these safety tips in mind:

*Propane and charcoal grills should be used outdoors only. Grilling inside can cause a fire and carbon monoxide poisoning.*

*The grill should be placed at least 10 feet away from the house.*

*Check the propane grill tank hose for leaks before using the grill.*

*Keep children and pets away from the grill until the grill has cooled.*

*Never leave a grill unattended.*

Here are seven tips to make grilling a happy, healthy, and nutritious experience:

*Always wash your hands and wrists with warm, soapy water for at least 20 seconds before, during and after handling food. Bacteria thrive in moist environments, so it is important to remove all moisture on your hands by drying them thoroughly.*

*Use separate utensils, cutting boards, and serving dishes for raw and cooked foods.*

Thoroughly wash each item that has come in contact with raw foods with warm, soapy water before re-using. Never serve grilled food on the same platter that held raw meat, poultry, or fish. This is considered cross-contamination and can result in yourself and others becoming sick.

*Never thaw or marinate food at room temperature. Marinate foods in the refrigerator.*

If you plan to use the marinade on the cooked food as a sauce, reserve a portion separately before adding the new meat, poultry, or seafood. However, if the marinade used on raw meat or poultry is to be reused, make sure to let it come to a boil first to destroy any harmful bacteria.

*Keep raw foods that will be grilled such as meat away from foods that will not be cooked such as a salad.*

*Vegetables can easily be grilled.*

Large vegetables such as corn on the cob can be placed directly on the grill. Wrap chopped vegetables in aluminum foil before grilling.

*Make sure your grill is hot before you put food on it. If you are using a charcoal grill, preheat coals for at least 20-30 minutes before adding food.*

*Use a food thermometer to make sure food reaches the correct internal temperature. Grilling is a great way to prepare healthy food for family and friends. Keep the tips above in mind as you keep the tips above in mind as you prepare your next meal on the grill.*

**Source:** Institute of Agriculture and Natural Resources—UNL Food
Communication Is Critical for Protecting Kids

Many parents already know that to protect their children from danger, they need to monitor their activities and remain in close communication with them.

But when it comes to social media applications – better known as apps – it’s a constantly moving target.

John Calvert, director of the Safe and Secure Schools unit of the Kansas Department of Education, was a featured speaker on the K-State Research and Extension series, Living Well Together. His talk was titled, A Parent’s Guide to Social Media.

“I tell people in my presentation that I’m not going to get political, but I am going to tell you the facts,” Calvert said. “The facts are that right now TikTok is the No. 1 most downloaded app since January 2020, and it’s the most dangerous. It’s the app that is most used by child sex traffickers out there.”

Calvert, who was previously a school resource officer, has sorted through hundreds of online apps and routinely monitors new apps to stay on top the dangers they present to children.

“It has become apparent to me that these apps are targeting our kids,” he said. “That is how some kids base their self-worth: how many followers do I have, or how many likes or shares do my posts get?”

Calvert noted that apps with chat features or those that allow users to create a fake profile are particularly dangerous.

“There are people out there that lie about their age, or about whether they’re male or female, and it’s all an attempt to get access to our kids,” he said. “With these chat features we don’t know who our kids are interacting with and they don’t know who they’re interacting with.”

And kids, he adds, generally view people as being good: “So when they’re talking with a 13 or 14 year old male, and they want to go meet this person, all of a sudden they’re not looking for the 40-year-old who is standing right behind them.”

Parents are often torn between the dangers that exist and wanting to appease their children. Calvert’s own nine-year-old daughter recently asked him for a phone to interact on social media with her friends.

“This is the 2021 version of ‘Keeping up with the Jones’s,’ if you will,” Calvert said. “My friends have it and I have to be cool. If I don’t have a phone or social media, I’m an outcast. The problem is that there’s a ton danger.”

It begs the question, then: What can parents do?

Calvert said some cell phone carriers have free apps to monitor what kids are doing, though youth have founds ways to subvert the app.

For youth who simply want to talk with their peers, an app called Kid Messenger allows parents to first approve their connections. The parents then have access to those conversations.

Calvert, though, said the best way forward is to establish open communication with your child. “The main things is this: we can not and should not be allowing our kids to have free access to anything and everything without some sort of conversation or monitoring,” he said, “because our kids have access to explicit content that we may not even know about.”

Source: K-State Research and Extension News

Get Up and Move

The U.S. Department of Health and Human Services published the Physical Activity Guidelines for Americans in 2018 to encourage health from a very young age.

In summary:

- **Preschool-aged children** (ages 3-5 years) should be physically active throughout the day, including play that includes many activity types.

- **Children and adolescents** should do 60 minutes or more of moderate to vigorous physical activity, including aerobic, muscle-strengthening and bone-strengthening exercises.

- **Adults** should do at least 150-300 minutes a week of moderate intensity, or 75-150 minutes of vigorous aerobic activity, plus muscle-strengthening activities of moderate to vigorous intensity.

- **The guidelines for older adults** are similar to adults, but also include balance training, and seeking exercises that accommodate health conditions, if necessary.

The guidelines include additional recommendations for women during pregnancy and the postpartum period, and adults with chronic health conditions or disabilities.

The Meadowlark District has 28 teams and 6 solo participants participating in Walk Kansas this spring. Along with physical activity, healthy eating (including fruits and vegetables), drinking water and adequate sleep are important keys to good health.
**Upcoming Events**

**4-H Rabbit Project**

Anyone interested in Rabbits should plan to attend a Rabbit project meeting on Wednesday, May 12 in Sabetha. This meeting will be held at the Sabetha, Sixth Street Ball Park (2 blocks north of Main Street on 6th). Please bring your rabbit questions!

For more information contact Emily Stoller at 548-6303.

KSU Dairy Day—June 2, Nemaha County Community Building 1500 Community Dr, Seneca, KS

For additional information contact Jody Holthaus at 785-364-4125.

**4-H YQCA Training**

Anyone who is planning to EXHIBIT Beef, Dairy (cows & goats), Meat Goats, Sheep, Swine, Meat Poultry or Meat Rabbits, needs to complete the annual certification. Within Meadowlark, we require this training for youth ages 8-18 (age on January 1). Locally 7 year olds are exempt, as they require a specialized training. However, 7 year olds are encouraged to attend an instructor led training or watch online modules with siblings, if applicable. The YQCA requirement will continue for all Kansas State Fair Grand Drive and KJLS exhibitors for the 2021 shows. If you need the certification option for a 7-year-old, for KJLS please contact Ross. Online certification has been the only way to receive training in 2021, and continues to be an option. However, with the relaxing of group size gathering limit at K-State, we are planning to offer a round of in-person trainings with-in Meadowlark District.

You must register for the training and pay online at https://yqca.learngrow.io before the live training.

For more information contact Ross at 785-336-2184.

- **Sunday, May 23 at 2 to 3 p.m.**
  - NE KS Heritage Complex
- **Wednesday, May 26 7-8 p.m.**
  - Nemaha County Community Center
- **Thursday, May 27th 1-2 p.m.**
  - Valley Falls Fairground