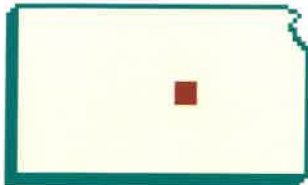


McPherson County



K-State Research & Extension

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APRIL 2020

We Are Here For You!

McPherson County is in a State of Emergency due to the COVID-19 outbreak and schedules and routines are new for all community members as we take precautions. I want to update you briefly during this unique time in our lives as we deal with COVID-19. McPherson County Extension Agents and staff are working hard to bring you research based information and be a support to you during this time! Though the Extension Office is currently closed to the public, phones are answered during normal business hours each day! We also have a drop box in front of the office and are happy to process soil samples, identifications, etc as requested. Please call our office or email any of our agents for assistance!

The first pages of this newsletter are to bring you useful information regarding health and safety during the COVID-19 pandemic. We hope you will follow our facebook page to keep up with current information as well: McPherson County Extension Office. There are also daily online activities for youth at 1:30 PM at the McPherson County 4-H Facebook page. Join us!

Self Health and Wellness

Caring for ourselves should be a practice we engage in routinely. During challenging times that may be the first thing we take off of our schedule or to-do list. We have the best of intentions, but we easily replace it with another responsibility or to-do.

The KSRE Rural Stress Transdisciplinary Team reminds us that taking care of yourself is vital to your health and well being. Self-care is something we do intentionally, to take care of our mental, emotional and physical health and well being. Self-care looks different for everyone. Your self-care plan needs to be customized to your needs, but should ensure that you are caring for your mind, body and spirit.

Here are some tips to help you intentionally care for yourself:

- Schedule time for yourself in your daily schedule. Allot some time each day when you don't obligate yourself to anything. Give yourself total freedom to enjoy one of your favorite activities or states of being.
- Practice self-care first thing in the morning. This could be as simple as five minutes of mindfulness, prayer or breath work. It might be journaling or writing down three things you are grateful for.
- Don't be afraid to try new methods or strategies for self-care. There are numerous videos and apps for mind-body methods, stress management, physical activity, etc.
- Remember self-care also includes making healthy eating choices, being physically active, getting sufficient sleep, and getting regular health care check-ups and screenings.

If you already have a self-care practice you engage in routinely, keep it up. If not, I challenge you to incorporate at least one within the next week.

“There is enough time for self-care. There is not enough time to make up for the life you'll miss by not filling yourself up.” — Jennifer Williamson

Stay Strong Stay Healthy

For the health and safety of all participants during this time of precaution with COVID-19, Stay Strong Stay Healthy Classes have been postponed. We are looking forward to releasing new dates to you so we can stay active together once we are able to gather!



WALK KANSAS is NOT Cancelled!

As we continue through week three of Walk Kansas we want to encourage you all to keep up the great work of moving and recording your physical activity minutes! Make sure to look for the weekly newsletter in your inbox and find additional information at www.walkkansas.org

Food Packaging Does Not Seem To Be A Source For Novel Coronavirus

But K-State food safety specialist still encourages safe food handling practices

MANHATTAN, Kan. – While many of our day-to-day systems continue to be strained by the novel coronavirus, COVID-19, the safety of America’s food supply does not appear to be one of those, says a Kansas State University food safety specialist.

Karen Blakeslee notes that three of the United States’ leading agencies – the Centers for Disease Control and Prevention, the U.S. Food and Drug Administration and the U.S. Department of Agriculture – all report that so far there have been no human illnesses that suggest COVID-19 can be transmitted through food or food packaging.

“The nation’s food system is being challenged,” Blakeslee said, “but is still performing well.”

However, while the food supply seems to be safe, Blakeslee urges consumers to continue practicing common food safety steps when preparing meals:

- * Clean hands, utensils and surfaces often.
- * Separate raw foods from ready-to-eat foods and use separate equipment for different foods and tasks.
- * Cook foods to proper temperature measured with a food thermometer. Keep hot foods hot.
- * Chill or freeze food properly. Refrigerate perishable foods and leftovers within two hours of preparing them. Keep cold foods cold. Freeze foods for later use to reduce food waste.

Blakeslee also reinforced the importance of washing hands throughout the day, such as when preparing food and eating; caring for someone who is sick; after using the bathroom or changing a diaper; after blowing your nose, coughing or sneezing; or after touching animals or handling the garbage.



“Handwashing is the most important defense against many illnesses, whether foodborne or overall health,” she said. “This simple practice can save your health and the health of others. The soap, water, rubbing, rinsing and drying steps all help physically remove visible and invisible contamination from your hands. Soap bubbles and friction help remove visible dirt and break up bacteria so it can be washed away. Always wash your hands before and after handling food.”

Blakeslee, who publishes a monthly newsletter that addresses many consumer food safety issues, added that getting through stressful times will require many people being considerate of one another.

“We are all in this together,” she said, “and we all need to eat. Make a plan before going to the grocery store and only buy what you need. If you don’t need the item, don’t handle it. This helps reduce potential contamination. Use up the food you already have to reduce food waste.”

Instant Recess

Children look forward to recess breaks in school everyday. Wouldn't it be great if adults could take a recess break too?

Instant Recess was created by the late Dr. Toni Yancey, professor at UCLA's Fielding School of Public Health, Co-Director of the Kaiser Permanente Center for Health Equity, and board member of the Public Health Institute and the Partnership for a Healthier America. She created "Instant Recess" – tools that inspire people of all ages to move and be active 10 minutes at a time.

Get your organization moving with these ideas:

- > Take a 10-minute activity break at a scheduled time everyday at your workplace or any place where people gather for an hour or more. It can be structured activity (like Instant Recess) or just a brisk walk.
- > For every hour that you sit to perform your job or a task, stand for at least two minutes during that hour. (You burn 33% more calories when standing instead of sitting.)
- > Make standing ovations vs. sitting and clapping, the standard way to show appreciation for speakers, etc.
- > Link networked computers to printers a short walk away from work or study spaces.
- > Replace some conference and desk chairs with stability balls.
- > If you are a presenter, in charge of meetings, a classroom teacher, etc. – structure time to include activity/standing breaks.

Move More, Sit Less: Tips for Staying Active While at Home

Due to the emerging threat of the coronavirus (COVID-19), thousands across Kansas are being mandated to stay home, but that advice doesn't include a mandate to become sedentary.

A publication from K-State Research and Extension, titled *Move More, Sit Less*, which is available by contacting our office, outlines activities that can be done at home, including:

- Ditch the remote. Get up to change the channel on the television.
- During commercials, get up and walk around. Or, do stretches or lift hand weights.
- Stand while folding clothes, washing the dog or talking on the phone. Hand wash dishes instead of using the dishwasher.
- Watch one less TV program a week and do something active instead.
- Plant a garden. Weeding, planting, digging and lawn care all are good workouts. Use a push mower instead of a riding mower.
- Hang clothes on a line, instead of using the dryer.
- Stand while reading articles online
- If possible, go to a different floor of the room to use the restroom.
- Schedule a 10-minute morning and afternoon walking break every day. Outdoor exercise is allowed under most stay-at-home orders.



Low-energy, sedentary activities – such as sitting – worsen anxiety and depression in those who are already susceptible. The sedentary lifestyle has contributed greatly to an increase in obesity rates for the last 10 years in Kansas; officials say the state ranks in the upper one-third of heaviest states in the United States.

Sitting also is linked to reduced mental clarity and focus, and feelings of increased stress. The brain is a muscle, too, and it suffers from a lack of movement. Exercise increases blood flow and oxygen and glucose metabolism for the brain.

More tips for being active around the home can be found in another publication from K-State Research and Extension, titled *Let's Live a Little: Physical Activity for Fun and Fitness*.

That publication lists simple activities for people of all ages, including flexibility, strengthening and endurance exercises.



Clover Corner

Lindsey Mueeting
County Extension Agent
4-H Youth Development



The weather is warming and I have enjoyed some good time outside lately. As mentioned in the front of the office newsletter, the Extension Office is currently closed to the public, BUT staff is working hard remotely to support our community members and bring you needed information. I have been working to adapt 4-H processes and encouraging leaders to use ZOOM as a platform for “meeting” with clubs and projects! If you would like more information about this program as well, please let me know and I would be happy to help you! Also, make sure to check out our Virtual 4-H Lessons online each day at 1:30 PM. These are posted on our McPherson County 4-H Facebook

Page and welcome to be shared! We do have a drop box in front of our office for items and we do have one person in the office during business hours to answer the phone and get deliveries. Please email us for help and support during this time!

~Lindsey

Enrollment Deadline Approaching

In order to participate at the 4-H Fair, all enrollments must be 100% complete by May 1. Visit ks.4honline.com to create a family profile and enroll each youth! Remember that you are able to access your enrollment information at any time online. If you would like to add or drop a project for 2020, this must be done by May 1. Please contact Lindsey with any questions!

In The News

If you have something you would like in the next Clover Corner (May) please email the information to Lindsey by April 17. Project news, upcoming meetings and events or accomplishments can all be shared in this newsletter! Get published to keep others informed!

4-H Calendar

April

2 County 4-H Council

May

1 Add/Drop Enrollment Deadline
Counselor Applications Due

1 Virtual Livestock IDs Due

10 Camp Registration closes

Youth as Resources

Ever needed an extra hand putting together a 4-H meeting? Ever said, “If only, someone could do this job without supervision?” Have you spent endless hours searching for the “right” adult volunteer? Maybe the best adult volunteer was a TEEN. That’s right! Or even a younger 4-H member. Why? Because teens and younger kids are not distracted by other priorities and they like to be needed. So the next time you’re looking for the perfect volunteer that needs no supervision.....look for a 4-H member! You’ll be pleasantly surprised!

4-H Council

The next meeting will be held April 2 at 7 PM. We will have a NEW experience this month as we attempt a ZOOM Council Meeting. Council members should have received a link to log in on Thursday evening. Feel free to log in ahead of time to make sure the link works for you!

Development Fund

At a recent leaders meeting we discussed the Development Fund and how to complete this task in this time. If your family has been assigned businesses or individuals that you have not yet contacted, I would encourage you to think outside the box for this year in how we could contact those donors. Could you write a note about what you are doing in 4-H at this time? Maybe send a picture of your favorite project or activity? Maybe you would be able to connect with a phone call in this time of limited interaction. I would encourage you to continue making your contacts through April!

Club Day Results

Multi-County 4-H Club Day was held March 7 in Newton! Thank goodness for an early date this year! Those participating from McPherson County did very well! Please ask your peers about the event and consider participating in 2021! The following individuals were awarded Multi-County Champion Awards:

Josie Beltz - LEB: Jr Reading; Jr Demo/III Talk

Mia Bower - SFS:Jr Piano

Tabitha Ellwood - SFS:Sr Piano

Keaton Littrell - GL:Sr Demo/III Talk

Kassie Regehr - CC:Int Demo/III Talk; Int Reading

Ellie Seeger - GO:Int Instrumental; Int Impromptu

Sage Toews - LEB:Public Speaking

CONGRATULATIONS TO ALL!!!

Discovery Days

Are you ready for Discovery Days? Put May 27-29, 2020 on your calendar to be in Manhattan on the K-State campus. This year's theme is "2020 A Vision for the Future." Discovery Days offers classes and tours about 4-H projects, careers, hobbies, community service and more! Are you ready to dance? Are you ready for some Call Hall ice cream? Are you ready for some great speakers and all the other possibilities in your future? Discovery Days is open to anyone 13 and older before January 1, 2020 and is held on the K-State Campus in Manhattan. For information visit: <https://www.kansas4-h.org/events-activities/conferences-events/discovery-days/index.html>

Registration closes April 15. \$100 scholarships will be offered to all McPherson County 4-H members who register and attend the event. To receive the scholarship you must agree to share your experiences with the 4-H community in some way through a talk at 4-H Council, the fair, your club meeting, etc! Talk with Lindsey for more details! This makes the event just \$95- register today! (Full Refunds will be provided should Discovery Days need to be cancelled due to COVID-19 protocol).

4-H Campference 2020

The Kansas 4-H Youth Leadership Council is excited to plan and host 4-H Campference!!! This event is focused on "betweenagers," youth ages 12-14, and will be held June 22-25, 2020 at Rock Springs 4-H Center.

Participants will experience the feel of a conference, while enjoying the "camp" activities Rock Springs 4-H Center has to offer. Campference will feature workshops about opportunities in the 4-H program, becoming a leader and activities to energize youth while learning healthy living skills and how to better interact with others. Participants will meet other youth from around the state of Kansas.

Registration will open soon and remain open until full or May 15, whichever comes first. Register online <http://www.kansas4-h.org/events/> Register early as the space will fill on a first come basis and almost always has a wait list!

\$100 scholarships will be offered to all McPherson County 4-H members who register and attend the event. To receive the scholarship you must agree to share your experiences with the 4-H community in some way through a talk at 4-H Council, the fair, your club meeting, etc! Talk with Lindsey for more details!

"FAIRadise"-

McPherson County 4-H Fair

The McPherson County 4-H Fair will be held July 24-27, 2020. YOU have decided on the 4-H Fair theme... now it is time for you to create what will be the cover of the 2020 fair book. Covers can be anything from hand drawn to computer generated, so everybody can participate!

Rules for the contest include:

- Cover must be 5.5"x8.5" portrait orientation
- The fair theme, McPherson 4-H Fair and dates must appear.
- Designs can be hand drawn, computer generated or both, use your imagination!
- The cover may include color

This contest is open to all current McPherson County 4-H members. Two top entries will be selected and be awarded cash prizes of \$40 and \$20 for 1st and 2nd. Submit your cover by April 28 to the Extension Office. You may email, mail or bring the entry by the office. Please notify us you are coming and then place it in the drop-box outside.

National Volunteer Week

National Volunteer Week is April 19-25, 2020. During this time I would like to thank each and every volunteer who makes the 4-H program and extra opportunities for youth possible in McPherson County! I would like to challenge each of you to pick at least one volunteer and call or write to thank them for the time and hard work they give to our 4-H program! Especially during this time your leaders and parents are working extra hard to find ways for us to connect and learn! THANK YOU VOLUNTEERS!

PROJECT NEWS

Due to our restrictions with COVID-19 no face to face meetings are able to take place until after May 16. I would encourage club and county project leaders to utilize ZOOM as a way that we can still meet with members. I would be happy to meet with you to help learn the system. In what other ways can we learn and grow together this spring? Make sure your enrollment and project selection is up to date in 4-H Online so you are notified as project opportunities become available. Leaders- please remember that there is money available to help with project meeting supplies and that definitely applies during this time! Contact Lindsey for more information!

Livestock - All tagging will be done virtually this year. Beef, Bucket Calf, Sheep, Swine, Meat Goat, Dairy and Horse project members should have received a letter explaining this process. Please contact the Extension Office if you did not have this letter come through. The virtual tagging must be complete no later than May 1- 11:59 PM.

Horse - Mark your calendars as the SC District Horse show has been set for June 3 in Hutchinson. This is SUPER early- so be planning now to begin your regular horse riding! Register at: https://kstate.qualtrics.com/jfe/form/SV_3ruzDFhiOZj2wT3 by May 20! If you are planning to show- please notify Lindsey prior to May 1 if you have not had a state horse ID complete.

NEW THIS YEAR- A 4-H member is allowed to show at their home district PLUS ONE ADDITIONAL. You will have to declare which show you will use your state fair qualifications from prior to SF registration. Please remember to complete level 1 testing prior to June. For more information contact the Extension Office. An updated horse rule book can be found at: <https://bookstore.ksre.ksu.edu/pubs/S133.pdf>

Youth Livestock Quality Assurance - REQUIRED

Youth for the Quality Care of Animals (YQCA) is a national, multi-species youth livestock quality assurance program. This training will be required yearly for all Beef, Sheep, Swine and Goat exhibitors prior to the 4-H Fair. This is also required prior to nominating any animals for State Shows! Our scheduled in-person trainings have been postponed. We will hope to have at least one in person training prior to the 4-H Fair. If you would like to complete this program online please visit www.yqca.org and log in with 4-H Online.

If Your Are In 4-H.....

There have been a lot of questions about what the summer holds with the COVID-19 restrictions. I wish I had a crystal ball so we all knew and could plan our events and activities without hesitation! At this point we need to do what we can to stay at home and practice social distancing and are still planning all events after May 16 at this time. We will keep you updated if things change and we need to make adaptations to future events. For now- I want to share with you a note that has been shared throughout our 4-H Communities on Facebook. Keep learning and growing in this time!

As a 4-H advisor, senior fairboard member, JFB and sales committee member, we have been receiving a lot of questions related to whether families should move forward with purchasing market livestock for fair. What if we don't have a fair? What will I do with my animal? Or, the one that hurts the worst, what if I lose all my money?

My response to all these questions is a question itself. What are you in this for? What do you hope to gain?

If you are in 4-H so that your child can learn about the effort that goes into raising livestock and producing food animal products, get the animal.

If you are in 4-H so that your child can become a better citizen or learn about goal setting or gain effective leadership skills, get the animal.

If you are in 4-H so that your child can be a step above their peers, so that they can develop a sense of belonging, mastery, independence and generosity, get the animal.

If you are in 4-H so that your child can learn about resilience, determination and never giving up hope (even in the middle of a pandemic), get the animal.

But, if you are in 4-H so that your child can sell their animal for twice what you invested in it, don't get the animal.

If you are in 4-H so that your child can bring home a big banner or a shiny trophy, don't get the animal.

If you are in 4-H so that you can boast to co-workers and friends about how your child beat out 15 other people's children to be the coveted "Grand Champion," don't get the animal.

Ultimately, if you do this thing called 4-H so that you can clean up at the county fair and earn awards, money and bragging rights, don't get the animal. Because I can't guarantee you those things this year.

I can only guarantee you this:

The agricultural community IS powerful. The loyalty and camaraderie among us is bigger than words can describe. Even if we are unable to have fair in the traditional sense, we will do everything humanely possible to ensure youth have the opportunity to display their work. Whether it's posters or videos or, fancier yet, virtual judgments, we will go to the ends of the Earth to save the 4-H experience for your children. We will not strand you with a project; instead, we will work right alongside you to figure out where that animal can go. Whether it's taking it to a packer five minutes up the road or loading it on a trailer headed halfway across the U.S., we will do the best job that we can to help you navigate the "end-game."

And lastly, we can guarantee you that your child will learn. That, despite limited club meetings or seven days at the county fair, your child will learn the important things. The things that matter. They will fill the days of this pandemic with hope as opposed to grief. Your child will develop a relationship with their animal(s) like they never have before, because, quite frankly, it's one of the few things they have left.

Is there a chance their experience will be different this year? Yes.

Is there a chance they will lose money? Yes.

As a result, is their 4-H year a lost cause? Should they just give up?

I'll leave that up to you.



OzSome 4-H Camp: Roaring 20's at Rock Springs!

Registration for OzSome 4-H Camp is OPEN! Like many other groups and businesses, at this time Rock Springs has been meeting to plan the summer camps and make sure everything is as safe and clean as possible. We are hoping that restrictions on in-person events does get lifted on May 16 as planned and that we are able to go forward with camp! It will be an important and great time for your kids to be able to reconnect with others and learn outside together! As a camp group we have confirmed that should we need to cancel camp all registrations WILL be refunded to your payment method IN FULL. We want you to be able to register for camp without fear of a potential financial loss. The following statement was added to camp registration: *In this time of uncertainty, registration will continue to be open with the understanding that at any point we may need to cancel this event. If camp is cancelled due to the COVID-19 pandemic, we will close registration and notify those who have registered. If we cancel the event, full refunds will be processed. Thank you for understanding.*

As you prepare to register- please note the following details and helping points below!

AGES- Classification for camp eligibility will be calculated by 4-H Age. (This is a change from previously being grades). Rookie camp will be available for those 4-H age 7 and 8. Regular camp for 4-H age youth 9-13. (Starting in 2021 regular camp will be open for 9-12 aged youth only).

BUS- All McPherson County Campers WILL ride the bus to and from camp. There will be no fee for this transportation. We will also still be looking for a handful of adults to help ride with youth on the bus and transport luggage! Please be aware that rookie campers will need parent transportation one way (outlined below) as the bus only runs on June 16 and 19.

SCHOLARSHIPS AVAILABLE

All McPherson County 4-H members are eligible for a scholarship to help with the cost of camp. (Mark yes during registration when asked if you have a scholarship code). You will then be asked to write a paragraph stating "Why you want to attend camp." Upon submitting, you will see a coupon code. Exit from the paragraph page and complete your camp registration with the coupon code. Members attending regular camp will receive \$98 off the price of camp and Rookies will receive \$48. Thank you to the Tractor Supply Paper Clover Campaign for these extra funds to help with the cost of camp!

REGISTRATION— All registration for camp will be done ONLINE again this year! This will include registration information, scholarship paragraph for 4-H members, health profile and payment by credit card or electronic check. You can find registration at: <https://app.campdoc.com/register/ozsome>

Registration Notes:

If you are a current McPherson County 4-H Member mark YES when asked if you have a scholarship code. This will bring up more information on how to write a paragraph and receive your code!

You will be asked if you would like to add "Travel Protection" to your camp fee. This is a service offered by Camp Doc NOT by 4-H. We already provide extra insurance the entire time at camp plus travel if you are riding the bus. There is an option to simply decline this extra Travel Protection Offer.

After you complete registration you must still complete the CAMPER PROFILE for each camper. This includes personal and health info and roommate requests. PLEASE get this done ASAP after registration!!

FULL TIME CAMP

9-13 year olds- Come join the fun at Rock Springs 4-H Center. Camp is June 16-19 for regular campers. The busses will load in McPherson early afternoon on March 16. Cost of Camp will be \$223 for full time. Because of extra Tractor Supply Paper Clover and MKC Leadership funds, the camp scholarship for any 4-H member attending regular camp will go up to \$98 this year! You must write a paragraph about why you want to attend camp and type it in during camp registration! **This makes camp only \$125 for 4 days!**

COUNSELORS

ATTENTION youth 14-18- You may apply to be a counselor at OzSome 4-H Camp! Applications are due by May 1. Camp counselor training will be June 15-16 at Rock Springs. The counselor fee will be paid this year by the McPherson County 4-H Development Fund. Please complete your application at: <https://tinyurl.com/2020MPCounselor>

ROOKIE CAMP

7 and 8 year olds - We have a special opportunity just for you... Rookie Camp! We will again be offering two sessions for this amazing camp this year!! When you register online you will be asked if there are any sessions that you cannot make work with your summer schedule. No session is guaranteed, but we will do our best to try to accommodate schedule conflicts. Session 1 will be June 16 (afternoon) to June 17 (evening) and Session 2 will be June 18 (morning) to June 19 (afternoon). Rookie campers will ride the bus to camp for session one or home from camp for session two. The other transportation will be up to parents or carpooling. Cost for Rookie camp will be \$108. A scholarship for current McPherson County 4-H Youth if a paragraph is written on why you want to attend camp is available at \$48, making the cost of Rookie camp just \$60.

CAMP HELP!

Bus transportation keeps all of our McPherson County youth safe while traveling and arriving on camp grounds. It is also a very fun experience for our 4-H youth and friends! In order to make it work we need volunteers! We will need 2-3 adults to help on Tuesday, June 16 and Friday, June 19. Volunteers will help by riding the bus and driving the Extension Pick-Up. For more information please contact Lindsey at 620-241-1523 or Lmueting@ksu.edu

Central Kansas District and
McPherson County 4-H Host...

EIGHT WEEKS OF VIRTUAL 4-H!

Join us online weekdays
at 1:30 PM (CT) for learning through
crafts, science and other
hands on activities!

ALL YOUTH ARE INVITED TO
LEARN WITH US!

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



K-STATE
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Ag News

Shad Marston
County Extension Agent
Agriculture and Natural Resources



As I sit down and try to put some of my thoughts together for this April newsletter, I find myself looking back in the past, but yet thinking about the future. What's going to happen next and how that is going to effect our days ahead is something nobody knows. We can only deal with today, but we can prepare for a number different scenarios for the upcoming tomorrows. I hope K-Sate Research and Extension can be that tool to help our community thru uncharted times. We have agents and specialists all across this state, that have tons of research based information and knowledge covering all kinds of topics. Spring time is upon us and many of you can have questions along the lines of wheat, row crops, brome, livestock nutrition, calving, weaning fall calves, breeding bulls, gardens, pests, lawns, trees and so much more. Please know that we here at K-State Research and Extension would like to help you with any and all of your questions. KSRE is just a phone call or email away. Try not to take short cuts in everything you do. Remember in agriculture and in life, it's not easy and we need to continue to complete each task. Skipping of just one simple step or more, can cost us dearly and we can experience that in everything we do. Family, church, education, work and health all require us to do the best we can without taking the easy road to get to where we want to be. I challenge you to find a more reliable source that is here to support the communities here in McPherson County. Give us a call or email, it's just that simple.

Getting Bulls Ready for the Breeding Season

K-State beef experts offer advice on bull management ahead of turnout

MANHATTAN, Kan. – Any coach of a winning athlete will say that success in competition is the result of the athlete's nutrition and fitness preparation. Beef cattle experts at Kansas State University say that same mentality applies to preparing bulls for the breeding season.

“A single bull is responsible for many pregnancies, so it is critical that he goes into the breeding season healthy and fertile,” said veterinarian Bob Larson, speaking recently on the Beef Cattle Institute's [CattleChat](#) podcast.

To make sure bulls are well-vaccinated heading into the breeding season, Larson advises producers to follow similar protocols for females and males of the same age. For example, the heifers and yearling bulls should receive similar vaccinations (except bulls do not receive a brucellosis vaccine), and cows and mature bulls should be vaccinated similarly.

He also stressed the importance of evaluating yearling and mature bulls with a breeding soundness exam prior to the start of breeding.

“That exam will include the bull's physical health as well as an evaluation of the reproductive tract and semen quality,” Larson said, adding that even with healthy looking bulls, about 10-20% will actually show up as sub-fertile.

Once they've passed their health exam, Weaber advised that producers focus on acclimating the bulls to the breeding environment ahead of when they are turned out with the cows.

“The environmental adaptation is really important,” he said. “Bulls that go from a high energy growing ration to dormant winter forage can lose a body condition score. That decline in energy status can have an impact on breeding performance as well as semen quality. This nutritional insult is exacerbated in bulls that were in marginal condition initially.”

Another concern is how the bulls will get along in a breeding pasture.

“Managing the introduction of yearling bulls with mature bulls pre-turnout is important because they will need to sort out a pecking order,” Weaber said. “Oftentimes the bulls can get injured in a fight for dominance.”

He added: “If there is a big tussle going on, human safety is important, and producers need to be careful how they interrupt that. It is important that those bulls are located in a spot where they can be separated as needed.”

Get the bulls introduced and settled before you turn them out with cows. What you don't want are bulls to be distracted from settling the cows because they are fighting for dominance over who is the king bull.

Know the Stage of Your Wheat Growth Before Applying Spring Herbicides

Producers should pay close attention to the growth stage of their wheat before making spring herbicide applications. Some herbicides must be applied after tillering, several must be applied before jointing, and others can be applied through boot stage.

Dicamba can be applied to wheat between the 2-leaf and jointing stages of wheat. Application of dicamba after wheat reaches the jointing stage of growth causes severe prostrate growth of wheat and significant risk of yield loss. Dicamba is effective for control of kochia, Russian thistle, and wild buckwheat, but is not good for control of mustard species. Kochia, Russian thistle, and wild buckwheat are summer annual weeds that may emerge before or after wheat starts to joint, so timing of dicamba for control of these weeds can sometimes be difficult. Fortunately, dicamba provides some residual control of these weeds following application.

Other herbicides that must be applied prior to jointing include Agility SG, Olympus, Outrider, PowerFlex HL, Pulsar, and Rave. Beyond should be applied to 1 gene Clearfield wheats after tiller initiation and prior to jointing, but can be applied to 2-gene Clearfield wheats until the second node is detected at the soil surface.

Many herbicides used in the spring on wheat can be applied up to the time the flag leaf is visible, or later. One new product that can be applied from 2-leaf and flag leaf is called Pixxaro EC. It is labeled for control of flixweed, horseweed, kochia, wild buckwheat, and other troublesome weeds.

Other herbicides that can be applied through flag leaf include Affinity BroadSpec, Affinity TankMix, Ally Extra SG, Express, Harmony, Harmony Extra, Huskie, Quelex, Sentrallas, Supremacy, Talinor Weld, and WideMatch must be applied before the flag leaf is visible. Herbicides that can be applied later in the spring – prior to boot stage -- include Ally + 2,4-D, Amber, Finesse, Glean, Starane Flex, and Starane NXT. Starane is a better choice than dicamba products for control of kochia after wheat moves into the jointing stage of growth.

MCPA and 2,4-D have different application guidelines. In general, MCPA is safer on wheat than 2,4-D, especially when applied prior to tillering. We recommend that 2,4-D not be applied to wheat until it is well-tillered in the spring. Application of 2,4-D prior to tillering hinders the tillering process, causes general stunting and can result in significant yield loss.

2,4-D is labeled for application to wheat from the full-tiller stage until prior to the boot stage of growth, but is probably safest between full-tiller and jointing stages of growth. Wheat will sometimes exhibit prostrate growth from 2,4-D applications applied in the jointing stage of growth, but yields generally are not significantly affected if applied before the boot stage of growth.

MCPA is relatively safe on young wheat and can be applied after the wheat is in the three-leaf stage (may vary by product label) until it reaches the boot stage of growth. Consequently, MCPA would be preferred over 2,4-D if spraying before wheat is well-tillered. Neither herbicide should be applied once the wheat is near or reaches the boot stage of growth, as application at that time can result in malformed heads, sterility, and significant yield loss.

Both 2,4-D and MCPA are available in ester or amine formulations. Ester formulations generally provide a little better weed control than amine formulations at the same application rates, but also are more susceptible to vapor drift. However, the potential for vapor drift damage in early spring is minimal. Ester formulations generally are compatible for use with fertilizer carriers, while amine formulations often have physical compatibility problems when mixed with liquid fertilizer.

Remember that weeds are most susceptible at early growth stages and coverage becomes difficult as the wheat canopy develops, so the earliest practical and labelled applications generally result in the best weed control.

Economics of Agriculture - During the COVID-19 Pandemic A Series of Online Gatherings

Thursdays at 7:00 pm CDT

April 2, 2020
April 9, 2020
April 16, 2020

Grain Markets and Planting Intentions
Ongoing Effects on Livestock Markets
Effects on Land Values

Dan O'Brien
Glynn Tonsor
Mykel Taylor

The primary topics are listed above, but other specialists will be available to help answer questions about other topics. Expect a short presentation/discussion by the specialist on the topic for that week, then the opportunity to discuss and ask questions.

No fee, but registration required. Registration limited to 300. Recordings will be posted on AgManager.info following each session. When you register, please feel free to submit questions you would like addressed, in the space provided.

How Hard Freeze Effects Kansas Wheat

A series of hard freezes has occurred recently in Kansas, with minimum air temperatures reaching as low as 16 degrees Fahrenheit and minimum soil temperatures of about 33 degrees. It is still several weeks before the normal dates of the last spring freeze in the state, and a freeze during this time normally does not cause any problems for wheat. The exception might be some fields where the development of the crop is more advanced than normal perhaps due to variety selection, tillage practice (soil temperature), planting date, and emergence date (sometimes quite different from planting date due to soil moisture conditions).

The most advanced wheat fields in Kansas are currently about Feekes 6 (first node) in south central Kansas. However, many fields have not jointed yet across the state, either due to a later planting date or a later emergence date due to a dry fall (southwest Kansas).

Important factors determining freeze damage

A number of key factors determine freeze damage: the stage of development of the wheat, the density of the stand and condition of the plants, the amount of residue on the soil surface, the extent and duration of low temperatures, temperature gradients within the field (position on the landscape), soil moisture, and the wind speed.

Stage of development

Greenup. Wheat that hasn't started to joint yet (Feekes 3 through 5) might suffer damage to the existing foliage, but the growing points are still below the soil surface and will be protected by the soil. As a result, the plants should escape injury. This wheat will have cosmetic damage to the leaves, however, that will show up almost immediately as leaf tip burn.

Jointing. Wheat that is jointed or beyond is more sensitive to freeze damage than wheat at green-up because the growing point is above ground. It can still tolerate temperatures in the mid to upper 20's with no significant injury, but if temperatures fall to 24 degrees or lower for several hours, the lower stems, leaves, or developing head can sustain injury. North central and northwest Kansas reported several hours below 24 degrees, so fields currently jointed in that area could suffer freeze damage. Luckily, most of the wheat fields getting to this stage in Kansas are located in the south central part of the state, which did not experience as many hours below 24 degrees F.

Density of the stand and condition of the plants. If the stand is thick, that will tend to reduce the extent of freeze damage as the warmth of the soil will radiate up into the canopy. On the other hand, well-fertilized succulent wheat has often sustained more freeze injury than wheat that is not as well fertilized. Thin stands are at higher risk of injury because the air can penetrate the stand more easily. If the plants were wet before the freeze, this can result in a coat of ice on the plants that may protect the growing point to some extent. If temperatures get too low, however, the cold will go through the ice.

Residue. No-till fields can many times sustain more freeze damage because the residue acts as a blanket and doesn't allow the heat from the soil to radiate up into the plant canopy.

Extent and duration of low temperatures. Significant injury becomes much more likely if the temperatures in the damaging range last for two hours or longer.

Soil moisture. There is often less freeze injury at a given temperature when soils are wet than when dry. Wetter soils tend to radiate a little more warmth than dry soils. On the other hand, drought-stressed plants tend to be more hardened against cold injury and their lower leaf water content tends to decrease the severity of the freeze injury.

Wind speed. Windy conditions during the nighttime hours when temperatures reach their lows will reduce the amount of warmth radiating from the soil and increase the chance of injury.

Temperature gradients within the field (position on the landscape). Low spots in the field are almost always the first to have freeze injury. The coldest air tends to settle in the low areas, especially under calm wind conditions.

Wheat variety. Although the sensitivity to freezing temperatures at a given growth stage is very similar across all varieties, varieties can differ in their release from winter dormancy in as much as three weeks. Because of differences in winter-dormancy release, late-release varieties may escape a freeze injury because they are delayed in their development. For instance, a late-release variety may be at Feekes 4 or 5 and therefore less sensitive to freeze damage than an early-release variety planted at the same time which might have reached Feekes 6 or 7.

.....How Hard Freeze Effects Kansas Wheat continued

Injury symptoms

There are many possible scenarios after a freeze, and producers should not take any immediate decision following a freeze event. Several days of warm temperatures are needed to properly assess freeze damage to the wheat crop. Where wheat was at the jointing stage, producers should watch their fields closely over the next 7 to 10 days from the freeze event for the following:

- **The color of newly emerging leaves.** If they are nice and green, that probably indicates the tiller is alive. If newly emerging leaves are yellow, that probably indicates the tiller is dead. The color of existing leaves is not terribly important, except for the flag leaf, which should not have emerged at this point in time yet. Existing leaves will almost always turn bluish-black after a hard freeze, and give off a silage odor. Those leaves are burned back and dead, but that in itself is not a problem as long as newly emerging leaves are green.
- **The color of the developing head or growing point in wheat that has jointed.** As long as heads are light green, crisp, and turgid, the head in that tiller is fine. If the head is whitish, flaccid, and mushy, it has died.
- **Ice in the stems.** If there was ice in the stems below the first node the morning of the freeze, those tillers may be damaged (although not always) and may not produce grain. You may see split stems from ice accumulation.
- **Stem integrity.** If the wheat lodged immediately after the freeze, that indicates stem damage. Later tillers may eventually cover the damaged tillers. Even if there is no immediate lodging, look for lesions or crimps anywhere on the stems. If these symptoms are present, it usually means the wheat will lodge at some point during the season. If the stems look undamaged, that's a good sign.



Figure 1. Following an early freeze, crops at jointing might still develop healthy heads (left panel), but depending on minimum temperatures and duration of the freeze event, the developing head might be killed even if still within the stem (right panel). The dead head is whitish and flaccid while the healthy head is light green and turgid. Photos by Romulo Lollato, Wheat and Forage Specialist, K-State Research and Extension.

The best thing producers can do for the first few days is simply walk the fields to observe lodging, crimped stems, and damaged leaves. Producers should not take any immediate actions as a result of the freeze, such as destroying the field for re-cropping. It will take several days of warm weather to accurately evaluate the extent of damage. After several days, producers should split open some stems and check the developing head.

Where stems and/or growing points were killed by the freeze, new tiller growth (coming from the crown area) will occur. In many cases, new tiller growth can be observed even when the stems do not show any symptoms of freeze damage for some time. In those cases, the first sign that the tillers are dead is the sudden growth of new tillers at the base of the plant.

If secondary tillers may begin growing normally and fill out the stand, the wheat may look ragged because the main tillers are absent. Producers should scout for bird cherry oat aphids and other potential insect or disease problems on these late-developing tillers. Enough tillers may survive to produce good yields if spring growing conditions are favorable. If both the main and secondary tillers are injured, the field may eventually have large areas that have a yellowish cast and reduced yield potential.

More information on freeze damage to wheat is available in *Spring Freeze Injury to Kansas Wheat*, K-State Research and Extension publication C646, available at: <http://www.ksre.ksu.edu/bookstore/pubs/C646.pdf>

K-State Veterinarian: No Evidence That Livestock Can Transmit COVID-19 To Humans

Foods from farm animals also are considered safe from the virus

MANHATTAN, Kan. – The director of a Kansas State University veterinary laboratory that responds to animal health issues across the state says that while coronavirus is a disease familiar to livestock producers, it is not the same strain of the virus that is grabbing headlines across the globe.

The novel strain of coronavirus, COVID-19, is transmitted through humans. There is no evidence that livestock can transmit the disease to humans, and the food products from livestock cannot carry COVID-19 to humans.

“Producers are well aware that there is a (different strain of) coronavirus that is associated with neo-natal diarrhea, and there’s another one that we think is now associated with cattle respiratory disease,” said Gregg Hanzlicek, director of the production animal field investigations unit in K-State’s Veterinary Diagnostic Laboratory.

“But I want to make it perfectly clear that our cattle coronavirus has no relationship to the coronavirus that is currently circulating in humans. These coronaviruses are very species-specific. There is absolutely no indication that livestock can be carriers of COVID-19 and be a source of infection to humans, either through carrying it on their skin or their hair or anywhere else.”

He added: “Milk, eggs, beef pork... whatever proteins that are produced by livestock are absolutely safe to eat. People do not have to worry about those products carrying COVID-19 to the population.”

Hanzlicek said that producers are safe to go about the business of taking care of animals: “They need to minimize the amount of exposure they have to humans. At this point, they should keep on doing what they do every day with their livestock.”

Livestock producers who think they may have been exposed to COVID-19 should see their medical professional. If their livestock begin showing signs of illness, as well, Hanzlicek said they should contact their local veterinarian.

“The local vet will call the state or federal veterinarian and then a decision will be made whether to test those animals for COVID-19,” Hanzlicek said. “We don’t want to just start blanket sampling all animals. Again, with this virus, we do not believe that livestock are associated with spreading the disease.”

Hanzlicek said that the U.S. Food and Drug Administration has relaxed its rules just a bit to allow producers to consult with a veterinarian through ‘tele-medicine’ – that is, communicating sickness to a veterinarian by phone or online technology.

“The veterinarian is not necessarily required to make a trip to actually look at the animals,” thus maintain ‘social distance’ guidelines for humans, Hanzlicek said.

The K-State Veterinary Diagnostic Laboratory, which tests samples for suspected livestock disease, remains open during the university’s limited operations status. Hanzlicek said the lab is open 8 a.m. to 5 p.m. Monday through Friday, and 8 a.m. to noon on Saturday.

Hanzlicek and others also are still available to travel throughout Kansas to help local veterinarians diagnose suspected livestock disease. The staff can be contacted by calling 785-532-5650, or through its web site, www.ksvdl.org.

Hanzlicek said the [FDA](https://www.fda.gov) also maintains a [useful site](https://www.fda.gov) with information for livestock owners regarding COVID-19.



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