Dear Sunflower District Families

As the COVID-19 pandemic continues to work its way across our nation, experts say the major impact of the virus’ spread in Kansas remains ahead of us. Because of this, K-State Research and Extension has extended its ban on all face-to-face extension programs, meetings and events through July 4, 2020.

For the health and well-being of our 4-H families, volunteers, and professionals, all in-person 4-H events, contests and activities at the state, regional, district, county and local levels are to be postponed, canceled or converted to non-face-to-face experiences. This applies to scheduled events, contests and activities that are led by local 4-H volunteers as well.

We did not take this decision lightly. We are doing this because the health and well-being of our participants, employees and volunteers must be our top priority.

Please note that this does not include county fair season. Fairs are governed by local county fair boards, not K-State Research and Extension. Preparation for fairs will continue as much as possible. In case it becomes necessary, we are looking at alternative methods that would enable 4-H youth to showcase their projects.

At this time, however, our top priority is ensuring that we are doing everything in our ability to slow the spread of COVID-19. Our methods may be changing, but our Extension mission remains the same.

We are still here for you, as always
No matter the circumstances
Contact your Extension Office for:

* Soil Testing
* Forage Testing
* Food Safety Questions
* Covid19 Resources
* Garden Questions
* Stress Management
* Ag Manager Questions
Starter fertilizer is typically considered as the placement of a small rate of fertilizer, usually nitrogen (N) and phosphorus (P), near the seed at planting time. The idea is this fertilizer "jump starts" growth in the spring, and it is not unusual for a producer to see an early-season growth response to starter fertilizer application. But some producers might also consider using this opportunity apply higher rates of fertilizer that can supply most of the N and P needs for the corn crop. Wet soil conditions in many areas of Kansas during the fall and winter months may have limited N applications for corn. Under these conditions, N application at planting time can provide a good alternative for some producers.

Producers should be very cautious about applying starter fertilizer that includes high rates of N (and/or K). It is best to have some soil separation between the starter fertilizer and the seed. The safest placement methods for starter fertilizer are either as a deep-band application 2 to 3 inches to the side and 2 to 3 inches below the seed (2x2), or as a surface-band application to the side of the seed row at planting time (2x0), especially in conventional tillage or where farmers are using row cleaners or trash movers in no-till (Figure 1).

What are the risks with “pop-up” placement?
If producers apply starter fertilizer with the corn seed (“pop-up” in-furrow), they run an increased risk of seed injury when applying more than 6 to 8 pounds per acre of N and K combined in direct seed contact on a 30-inch row spacing (Table 1). Nitrogen fertilizer can result in injury from salts, but also from ammonia toxicity when using urea-containing fertilizers. Urea converts to ammonia, which is very toxic to seedlings and can significantly reduce final stands (Fig 2).

What is a “salt”?
“Salts” are ionic compounds that result from the neutralization reaction of an acid and base. Most fertilizers are soluble salts (e.g. KCl from K⁺ and Cl⁻). Salt injury can occur when fertilizer addition increases the osmotic pressure in the soil solution (due to an increase in salt concentration) around the germinating seed and roots which can cause plasmolysis (i.e. water moves out of the plant cell, cell membranes shrink, and the cell collapses). Symptoms of salt damage are short, discolored roots and a reduced corn population.

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<th>Row Spacing (in)</th>
<th>Medium to Fine Textured Soils</th>
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N rates with 2x2 placement or “surface dribble”
Starter fertilizer placement, such as 2x2 or surface dribble, provides enough soil between the fertilizer and the seed and are considered safe alternatives for higher rates of N application. Recent studies in Kansas suggests that the full rate of N can be applied safely using these placement options. One concern from some producers is related to the additional time demands for the application of high rates of fertilizer during planting. However, this can be an excellent time for N application, minimizing potential N “tie-up”, and providing available N to the corn, particularly under no-till systems with heavy residue.

In summary, producers can apply most of the N needs for corn at planting as long as the fertilizer placement provides enough soil separation between the fertilizer and the seed. The best options are the 2x2 placement or surface-dribble with similar results in terms of crop response. Nitrogen applications with the starter fertilizer can provide an excellent alternative for producers who might not have the opportunity for anhydrous ammonia applications this spring or are planning to apply additional N as side-dress.
Control of soap weed yucca on grazed rangeland

Soap weed yucca (Yucca glauca Nutt.), most commonly called yucca is a perennial shrub that is native to the great plains. Historically the plant was used by Native Americans for food, fiber, and shampoo, however it is currently viewed as a nuisance for farmers and ranchers. Dense infestations of yucca on rangeland can significantly impact the forage availability and quality to livestock and wildlife. The hardy plant is known for surviving fires, drought, and heavy grazing due to the plant’s unique features. The leaf structure of the plant redirects water to the whorl and is quickly absorbed and stored, additionally its long taproot and rhizomes allow the plant to regenerate after losing its top. The adaptations to injury and drought allow the yucca to persist in pastures and even spread.

As yucca spreads throughout a pasture, vegetation desirable to livestock is lost. In severe cases there have been reports of up to 2,000 plants per acre. While the plant serves as protection for small mammals, yucca provides little value to larger animals such as livestock, deer, and pronghorn. Providing minimal nutritional content, yucca offers 1-2% crude fat, 3-5% protein, and 14-16% fiber (Young, Mues, & Anderson, 2011). When forced, cattle and large wildlife will eat the flowers and fruit of yucca, and in extreme drought or winter will occasionally consume the leaves and stem.

If yucca infestation becomes too detrimental on desirable forage availability, managing the infestation may prove useful for maximizing pasture productivity. Categorized as mechanical, chemical, or cultural methods of control, there are multiple options for controlling yucca infestations with varying amounts of effort and success. Mechanical forms of yucca management include mowing or shredding the plant, but the long term success of this method is limited. As mentioned previously, the hardness and structure of the yucca allows the plant to regenerate even after losing the plant’s top. A more invasive and successful option would include ripping the affected area which would remove both the plant’s top and much of its taproot. This method requires a significant amount of time and fuel, however would also include a long term process often requiring the reintroduction of desired plants.

Chemical means of yucca control can be successful, but their application must be deliberate in terms of timing and placement. Applying a solution of 15% Remedy and 85% diesel fuel or vegetable oil directly to the whorl of the plant with a single spray nozzle for at least 2 seconds will allow complete uptake of the chemical by the meristematic tissue. The whorl of the plant with a single spray nozzle for at least 2 seconds will allow complete uptake of the chemical by the meristematic tissue. For spraying a large area or many yucca, it is recommended to mix your own solution rather than buying a pre-mixed product which would be available at a higher price. When mixing, first add the herbicide to the sprayer and then the diesel fuel or vegetable oil. The herbicide application is most successful during the growing period, and spraying is recommended in June by Walt Fick, K-State’s Range Management Specialist.

A study by Young, Mues, & Anderson (2011) summarized the efficacy of various herbicides and application methods to further understand how yucca can be controlled. Based on the results of the study found in Tables 1 and 2, it is suggested that the whorl application with Remedy and diesel fuel is the most effective of the various products used. Furthermore it is likely that a broadcast application of herbicides would be detrimental to the desirable grasses and forbs, therefore spot treatment offers more effective control with fewer detrimental effects to surrounding vegetation.

Aside from mechanical and chemical forms of control, cultural techniques of yucca control include hand removal and controlled burns, however these methods are often ineffective. Using fire as a method of control can result in the opposite of the desired effect and may promote regeneration and growth.

Compared to other species, yucca is considered difficult to control. Proper application of an effective method of control can remove or kill structures both above and below ground successfully controlling the nuisance plant. Without after care to the pasture or rangeland re-infestation is likely to occur, therefore it is important to manage revegetation after the yucca is killed. Promoting healthy, dense forage after yucca control will minimize the likelihood that yucca can reestablish itself. Responsible grazing afterwards will also help promote the establishment of desirable forage. Over grazing the desirable forage may cause a re-infestation of yucca which can take advantage of the decreased competition. Evaluating the severity of the infestation, the land’s use, and access to forms of control should be considered when determining what should be used.

For more information or resources please call the Cheyenne County Extension Office at (785)332-3171.

Disclaimer: K-State Research and Extension is not affiliated with any commercial herbicide products. Therefore, K-State Research and Extension is neither discriminating products not mentioned, nor endorsing products mentioned above.
The Ups and Downs of Emotional Eating

“There is a strong relationship between your mood and what you choose or do not choose to eat, hence the term, comfort food,” said Kansas State University nutritionist Tanda Kidd.

However, eating in response to emotions rather than physical hunger can lead to overeating, obesity, and even other health issues down the road.

Various factors contribute to emotional eating and different triggers exist for different people. Even during the COVID-19, I find myself either not eating as much or wanting to much chocolate. Common triggers are stress, fear, anxiety, tension, worries, and hurt feelings. In these situations, food is often used to eliminate undesirable feelings.

There is absolutely nothing wrong with eating a snack to make you feel better; however, when food is used as a way to avoid or escape certain emotions, it can become easier to not deal with the real issue at hand.

Food can also be used for those “feel good” moments, too. Although emotional eating is commonly associated with negative emotions, feelings of joy and excitement can elicit similar behaviors.

How many times have you eaten during a celebratory event (weddings, parties, graduations, etc.) because food was available and you were being sociable but you were not physically hungry? There is nothing wrong with eating in social gatherings, but if you make a habit of eating when you are not physically hungry, that behavior could lead to unwanted weight gain.

Use the following chart to help you identify emotions that cause you to eat when you are not physically hungry.

Eating in response to physical hunger is a healthy behavior, but it is important to be aware of both physical and emotional hunger so you can respond appropriately.

Write those emotions and the foods you typically eat when you feel that way.

<table>
<thead>
<tr>
<th>My personal triggers</th>
<th>Foods typically eaten</th>
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</table>

Alternative Responses to Emotions

Food is not the only option. There are other ways to relieve stress, escape boredom, and celebrate that do not include eating. You will not feel as guilty indulging in a great book as you might after consuming half a bag of Doritos.

- Call an old friend to catch up.
- Enjoy the weather if it’s nice. Take a walk or relax and listen to uplifting music.
- Play a board game with your kids.
- Organize a get-together with your family that doesn’t revolve around food.
- Celebrate life’s successes by granting yourself “me” time. Do whatever it is that you love.
- If you have a dog, cat or other pet, go spend some time with them. Nothing can put a smile on your face faster than playing with a cute kitten or puppy.
- Curl up with a good book or favorite movie.
- Physical activity is a great stress reliever. Since stress is one of the most common triggers for emotional eating, why not combat it with a little exercise?

<table>
<thead>
<tr>
<th>Physical hunger</th>
<th>Emotional hunger</th>
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<tr>
<td>Builds gradually over time</td>
<td>Occurs suddenly and instantaneously</td>
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<td>Produces a sensation of emptiness in the stomach (growling)</td>
<td>Craves specific food items</td>
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<td>Occurs several hours after the last meal</td>
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<tr>
<td>Disappears when satisfied or full</td>
<td>Is independent of time</td>
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<tr>
<td>Leads to eating for physical satisfaction</td>
<td>Creates a desire to eat more despite fullness</td>
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Don’t Stop Having 4-H Meetings When You Can’t Meet Face to Face

Host them virtually!

Continuing to provide opportunities for 4-H members to connect with friends and for families to connect with other families during this time is important. We are all in this together! It is important for children to: stay connected to others, keep up a routine, have an opportunity to talk about positive things.

Having a 4-H club meeting through Zoom can be challenging but also exciting and a great learning opportunity. Contact your Extension Office to set up a zoom time for you. You can also use the free Zoom option (limited to a 40-minute time frame). Make sure that you keep the link private so only the families or members in your group are invited and are aware of the link (we don’t want anyone outside the organization to invite themselves in and cause a commotion). With a Zoom, people may also call in if they don’t have a computer or adequate connection. The President may need to connect with those members and ask for voice vote, etc.

Ice Breakers: Just like with any meeting, an icebreaker is a great way to help everyone feel more comfortable.
   - Have every member share a funny picture from their week or month and explain it.
   - Have every member share a joke.
   - Share your pet with the group – or tell about your favorite animal if you don’t have a pet.

Icebreakers for online meetings: https://www.canr.msu.edu/news/icebreakers-for-online-meetings
65 icebreaker questions for online meetings: https://www.canr.msu.edu/news/65-icebreaker-questions-for-online-meetings

Pledges: The President can still ask different members to lead the pledges.

Agenda: The President could share an agenda on the screen so everyone can follow along.

Getting Input: You can ask for suggestions or input using the chat box to get ideas from everyone participating.

Voting: Members could vote by raising their hands or by voting in the chat box.

Program: Screen sharing allows club members to continue to do their demonstrations and project talks.

Recreation/Activity: It’s important to still have fun.
   - Blind Drawing: One person describes an image while everyone else draws it. Don’t use words to give it away. Compare the original to what everyone drew.
   - Scavenger Hunter: (Prairie Dale 4-H Club did this at their meeting!) Give a list of household items the family needs to collect. Who can find them the fastest?
   - Two Truths and a Lie: Each member tells the group 3 statements about themselves. The rest guess which of the statements is a lie.
   - Add to a Story: Start with a simple sentence to set a scenario. Each group member takes a turn to add to the story. (Alternative – members alternate starting their sentence with either fortunately or unfortunately.
   - Riddle Me This: Extraterrestrials now inhabit Earth and they are interested in 4-H. They don’t speak English (or any other language), so your members can only use imagines and symbols to describe 4-H and what it does. Have everyone share their images. Pick the top 5!
   - Charades!

Hold a virtual project tour!
KANSAS 4-H SPORTFISHING TOURNAMENT 2020 is open to all 4-H members. The contest runs throughout the year and ends September 15, 2020. Anglers can fish year round but entries must be in by the deadline. Participants can enter in any species/categories that they catch fish. One 4-H Angler of the Year will be named in each of the species/category listed below. These are fish commonly found in Kansas waters. Each Angler of the Year will receive a 4-H Sportfishing cap, a frameable certificate, and a Walmart gift certificate to hopefully be used for fishing equipment (one per individual). All participants that enter a certified entry will receive a 4-H Sportfishing cap. Each Angler of the Year will receive a 4-H Sportfishing cap, a frameable certificate, and a Walmart gift certificate to hopefully be used for fishing equipment (one per individual). All participants that enter a certified entry will receive a 4-H Sportfishing cap. The following species will make up the contest:

**Specie/Category Minimum length for entry**
- Catfish (Channel, Flathead, or Blue Cat) 15”
- Sunfish (Bluegill, Green Sunfish, Hybrid Sunfish) 6”
- Crappie (Black or White) 10”
- Black Bass (Largemouth or Smallmouth) 15”
- Carp or Drum (Any Rough Fish) 15”
- Other Game Fish (Walleye, Saugeye, White Bass, Wiper, Striper, Trout) 15”

**RULES:**
1. Must be enrolled in 4-H but do not have to be in the Sportfishing Project.
2. Entry must be measured by length, verified by a witness and be accompanied by a photo of the entry. (This is a minimum entry to receive a cap.) Please use the 2020 entry form. Contact the Extension Office for an entry form.
3. To compete for Angler of the Year Award the entry must also be weighed and witnessed (digital hand scale is acceptable, no spring scales please.) Only one Angler of the Year award per individual will be awarded. If a participant is selected as first in a species/category their additional entries will not be considered in subsequent classes. We want to recognize as many participants as possible.
4. Fish can be caught anywhere in the state of Kansas.
5. Fish must be caught by a legal method as outlined in the current Kansas Department of Wildlife, Parks, and Tourism Fishing Regulations Summary.
6. Entries must be postmarked by September 15th or e-mailed by that date. Winners will be announced around October 1, 2020. Every effort will be made to have the awards available to the counties by their achievement awards program or sent directly to the winners – please indicate on your entry form which you prefer and the date of your Achievement Banquet if that is your preference.
7. Entries are to be submitted to Tommie Berger 406 S. New York Ave. Sylvan Grove, KS 67481. bergkwf@wtciweb.com 785-524-6112
# May

**Cheyenne County**

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- Add/Drop Project Deadline County
- Heifer & Horse ID’s Due
- County Market Livestock ID’s Due
- State Market Beef Nominations Due

**Additional Dates:**

- **Happy Mothers Day**
- **Memorial Day**
Congratulations Graduates! 2020
Best Wishes to Seniors
* Trent Coon * Manten Crow *
* Hannah Dechant *
*Dylan Eisenbart * Rebecca Lockhart *
* William Sibley * Sierra Vandiver *

Important Dates

- May 1 .............. Add or Drop Projects
- May 1 .............. New 4-H Members Enrollments Due
- May 1 .............. Horse IDs Due
- May 1 .............. Beef Nominations Due
- May 10 .......... Mother’s Day
- May 11 .......... 4-H Council (ZOOM)
- May 25 .......... Memorial Day/Extension Office Closed

Rock Springs County Camp

The Great Northwest Camp at Rock Springs 4-H Center
*** Available to ALL Youth!! ***
June 1-4, 2020
Call the Extension Office for more information @ 785-890-4880.

Camp Registration forms can be found at:
https://www.sunflower.k-state.edu/4-h/pdf/2020/2020CountyCampApplicationr.pdf

Like us on Facebook
Zoom

Call us today to set-up your club or project meeting!
785-890-4880

Summer Youth Events

DUE TO THE COVID PANDEMIC ALL FACE TO FACE EVENTS HAVE BEEN CANCELED UNTIL JULY 4, 2020.

WE ENCOURAGE YOU TO HOLD YOUR CLUB & PROJECT MEETINGS VIA ZOOM. PLEASE CALL THE EXTENSION OFFICE AND WE WILL SET YOUR MEETING TIME AND DATE.

CAUTION

All links shall not be posted on FB or shared with unknown members.

All though our typical summer activities have been canceled, please stay tuned for some basic alternative activities.

- Day Camp, May 22nd
- Fishing Clinic, May 29th at Bellamy’s
- Drone Camp, June 18th
- Babysitting Clinic, June 22nd
- Kids A Cookin’ Camp, June 23-26, 2020
- Farm to Fork Day Camp, June 30, 2020
- Weather Day Camp, July 14, 2020

Our Summer Camps are open to the community!

UPDATES WILL BE POSTED AS WE RECEIVE THEM

Weather Day Camp, July 14, 2020
Sherman County Fairgrounds
8:00 AM - 12:00 PM
9 years old & up
Registration Due: July 6, 2020

Call the Extension Office (785-890-4880) to register for all activities.

Events partially sponsored by the Dane G. Hansen Foundation & the Sherman County 4-H Council.

Please follow the links for more information on the Sunflower Extension District Website at:
http://www.sunflower.k-state.edu
http://www.sunflower.k-state.edu/4-h/
http://www.sunflower.k-state.edu/community/youth.html

K-State Research and Extension is an equal opportunity provider and employer.
# Sherman MAY 2020

<table>
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<th>Sunday</th>
<th>Monday</th>
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<tr>
<td>1. Add or Drop Projects Due 4-H New Member Enrollment Due Horse ID’S Due Beef Nominations Due</td>
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Dates to Remember

May
1- Horse IDs Due in office
   Last day to Add or Delete Projects
27– Memorial Day—office closed

July
7– Day Camp
14– Weather Day Camp—Goodland
24– Fair Clean-up
25– Fair Horse Show
27-Aug 1– Wallace County Fair

CANCELED
County 4-H Camp
Rock Springs 4-H Center
June 1-4, 2020

Join us for a fun-filled 4 day learning experience.

Open for youth ages 7-12
Registration fee is $230.00.
Due to the office by April 10, 2020 with a $50 deposit.
Full balance due by May 26.

If you are interested in becoming a Counselor and are 14 or older, you can pick up an application at our office.

Counselor fees are $111.00
Due to the office by April 3, 2020.

For more information contact your local Sunflower Extension Office.

Congrats Graduating Seniors!!
Haylee Hennick
Lakin Perry

2020 Wallace Co Fair Dates are
July 30-August 1
“Wallace County Fair….The Greatest Show on Earth”

Extension Office CLOSED to Walk-Ins

As we work to safeguard customers and employees from COVID-19, we have chosen to temporarily close our office to walk-ins.

Our staff remains available by phone, email or appointment:

Phone: 785-852-4285
mdaily@ksu.edu or wbenisch@ksu.edu

Please view our website for updates:
https://www.sunflower.k-state.edu/
https://www.facebook.com/sunflowerwallace/

K-State Research and Extension is an equal opportunity provider and employer.
May 2020
Wallace County

Sun  Mon  Tue  Wed  Thu  Fri  Sat

1

May 1st Add/Drop 4-H Deadline

2

Horse ID Papers Due

3  4  5  6  7  8  9

10  11  12  13  14  15  16

17  18  19  20  21  22  23

24  25  26  27  28  29  30

Closed

31

Memorial Day
Sunflower Extension District #6
Goodland Office
813 Broadway, Room 301
Goodland, KS 67735

Sunflower Extension District #6 Offices
www.sunflower.ksu.edu

Goodland Office
Karen Nelson
4-H Youth Development Agent/Director
karennelson@ksu.edu

Sharon Springs Office
Melinda Daily
Family & Consumer Science Agent
mdaily@ksu.edu

St. Francis Office
Heather Foxworthy
Livestock Agent
hfoxwor@ksu.edu

Sherri Keith
Office Professional
sherrik@ksu.edu

Wendy Benisch
Office Professional
wbenisch@ksu.edu

Linda Elfers
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lelfers@ksu.edu

K-State Northwest Research and Extension Center - Colby
Jeanne Falk Jones
Multi-County Agronomist for Cheyenne, Sherman, and Wallace Counties
jfalkjones@ksu.edu

K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to physical, vision or hearing disability, or a dietary restriction please contact Karen Nelson at (785)890-4880.