

WEST PLAINS DISTRICT

EXTENSION NEWSLETTER



Richard Austin

April showers bring May flowers

HOME OFFICES

Finney

Jennifer LaSalle
Renee Tuttle
Anthony Reardon
Stephanie Wildeman

Scott

Carol Ann Crouch
Janet Harkness
Kerri Sides
Kay Harkness

*Please contact Renee or Anthony
to know their days in Scott

Office Hours

8am to 5pm
Monday-Friday

*Lunch Hours Excluded and Subject to Change

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UPCOMING PROGRAMS

April '21

Sunday

Monday

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Garden Volunteer
Finney Co
9am-4pm

04

05

06

07

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09

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Pruning Workshop
Sublette
9am-10:30am
Hugoton
1pm-2:30pm

11

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District Board Mtg
7pm
Sc Co Ext Office

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CAROL ANN CROUCH

DISTRICT DIRECTOR
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NUTRITION DIFFERENCES IN COLORED PEPPERS

Bell peppers can add a variety of color to many recipes. But they also add different amounts of nutrition. Red, yellow and orange peppers are the ripe versions of the green pepper. Therefore, they cost more. They are all equal in the macronutrients of protein, fat, and carbohydrate. The differences are found in the vitamin, mineral and phytonutrient content. In the case of vitamin C, green peppers contain 80mg per 3 ounce serving. Yellow peppers have 184mg per serving. The Recommended Daily Allowance is 75-90mg per day so either pepper is a good choice. Different colors of peppers have different amounts of carotenoids. Red peppers are bursting with beta-carotene. Yellow peppers have very little beta-carotene. Orange peppers have 10 times the amount of lutein and zeaxanthin. Carotenoids are beneficial for eye health. Bottom line, don't skimp on peppers and add color to your meals!



Source: Tufts Health & Nutrition Letter, Jan. 2016

CRISP AND PEPPERY RADISHES

Gardeners are itching to plant their gardens. A popular spring root vegetable is the radish. Available in a variety of colors and flavors, radishes can be used in salads, sandwiches, soups, and more. Combine them with other root vegetables and roast them to bring out their sweetness. Choose radishes with smooth, bright colors and green, fresh tops. The tops are also edible in a salad. Store radishes in the refrigerator inside a plastic bag. Use within one week. Radishes are high in vitamin C, fat free, cholesterol free, low in sodium and calories.

<http://www.fruitsandveggiesmorematters.org/radish>



EASTER HAM SAFETY REMINDERS

Whether you are cooking a raw ham or preparing a ready-to eat ham product, follow these steps for a ham that is cooked to perfection.

- Ham that is not ready-to-eat but has the appearance of ready-to-eat products will bear a statement on the label indicating the product needs cooking.
- Ham that requires cooking before consumption or fresh, raw ham must reach an internal temperature of 145°F (with a three-minute rest time). Set the oven no lower than 325°F.
- Cooked canned ham and cooked vacuum-packaged ham, both from federally inspected plants, can be eaten right out of the package. All of these along with spiral-cut cooked ham are safe to eat cold or can be warmed to an internal temperature of 145°F, as they are already fully cooked. For cooked hams that have been re-packaged in any other location outside the processing plant, heat to an internal temperature of 165°F, measured with a food thermometer, before you serve it.

For more information on ham and food safety, see www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/meat-preparation/ham-and-food-safety/ct_index

EASTER EGG SAFETY

Decorating Easter eggs is a tradition that can bring enjoyment, but decorators need to remember food safety too.

"The main concern when dealing with eggs is Salmonella," said Karen Blakeslee, coordinator of the food safety Rapid Response Center at Kansas State University. "The Center for Disease Control and Prevention reports 40,000 cases of Salmonella each year, and they estimate that up to 20 times that many go unreported."



To decrease the risk of Salmonella, cook eggs properly and keep hands clean so as to not cross-contaminate other foods. Make sure the eggs aren't broken because cracked eggs could be contaminated. People who raise chickens should gather eggs at least once or more each day. Keep eggs refrigerated at all times. If having an Easter egg hunt, only allow eggs to be out of the refrigerator for two hours or less, or Blakeslee suggests a separate batch of eggs be prepared just for the hunt.

"By the time you take the eggs out of the refrigerator, they get hidden in a number of possibly contaminated areas, then kids handle them extensively. They probably should not be eaten," she said. "Another option is to use the plastic eggs for the Easter egg hunts, and fill the eggs with candy or money for a special treat."

Blakeslee said there are many options available when decorating eggs.

"There are a number of other options for decorating eggs. Eggs can also be decorated with magic markers, paint, glitter, or even sequins," Blakeslee said. "And if you are dyeing the eggs, wash them in a mild detergent solution before decorating to give a light oil coating to help color adhere more evenly. But be sure to use a food-safe dye."

Commercial egg decorating dyes are food-safe, as is food coloring added to a water-vinegar mix. Organic dyes are another option. Tea or coffee will provide a tan or brownish shade. Beet or cranberry juice will produce red dye. For green, use the water from cooked spinach leaves, or for blue, use blueberry juice.

The Easter egg tradition dates back centuries, possibly as far back as Egyptian times, according to Blakeslee.

"To some, the Easter egg symbolized the rebirth of Christ; the shell symbolizes the tomb, and the chick born from the egg represented Christ rising from the dead. To others, the egg symbolizes the rebirth of nature with the coming of Spring," Blakeslee said. "The amount of decorations or the way the eggs were decorated depended on the beliefs of the people, but many of the decorated eggs used to be given as gifts."

One of the advantages of the Easter egg tradition is that the decorated eggs can be consumed. Hard-boiled eggs in the shell should be used within a week, or within 2-3 days if the shell has been removed. Never eat cracked eggs after being hunted.



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COOL SEASON LAWN CALENDAR

A pristine lawn can be the calling card for many a homeowner. Who doesn't want a thick stand of luscious, weed-less, grass gracing their front yards, garnering the envy of all those passing by? With the proper maintenance, this dream can be a reality –but you'll need to start soon. The gardening calendar for cool season grasses starts in March, and continues through November! So, let's take a look at what you'll want to be doing with your cool-season lawn throughout the year.

A cool-season lawn is one that consists of types of grasses that perform well in cool weather, as opposed to warm-season grasses that perform well in the heat of the summer. These cool-season grasses include Annual Ryegrass, Creeping Bentgrass, Fine Fescue, Kentucky Bluegrass, Perennial Ryegrass, and Tall Fescue. Local warm-season grasses include Bermudagrass, Buffalograss, and Zoysiagrass. If you are not sure of what type of grass you have, KSRE has several turf identification publications readily available, and I, of course, am happy to assist.

Turf identified, your cool-season grass calendar begins in the early spring. Please note: your warm-season grass calendar will be completely different from this, and you can expect that calendar in a column to come.

March

Weed control is going to be of pertinence as March rolls around. You'll want to spot spray your weeds, meaning spray only the weed itself, on warmer days of 50 degrees Fahrenheit or more. This is best done with an herbicide that has the active ingredient 2,4-D. This chemical specifically targets plants with broad leaves, and (when used correctly, read your labels) will not harm your grass. Do not try to spot spray a cool season lawn with herbicides that have glyphosate as an active ingredient. This will kill everything that it touches –including your grass.



April

April is the time that you will want to be applying a crabgrass preventer, and you'll be able to know the exact time to do this by looking to when Eastern Redbuds are fully in bloom. When the Redbud branches are covered in their trademark pink-to-purple flowers, it's time to apply your preventer. There are many products for this, but in any case, you will want to be sure to "activate" your preventer by watering it in after application. A quarter of an inch of water should suffice.

May

When May arrives, it is time for you to fertilize. The type of fertilizer that you should use varies by the nutrients required for your specific soil. You can contact the extension office to conduct a soil test if you'd like to know what you should specifically apply, but otherwise, consider a slow-release 13-13-13 fertilizer for your lawn. This will give you a mid-range dosage of all of your required nutrients, and it will be "fed" to the lawn slowly as rain showers or waterings happen.

Broadleaf weed control will also be in full swing in May. Continue spot spraying, or use a fertilizer that includes a weed killer as you're fertilizing. Keep in mind that a weed killer's efficacy will be diminished if it gets watered within 24 hours of application.

If you have a lawn where grubs have been a known issue, May is also the time to apply an insecticide containing either the active ingredient imidacloprid or chlorantranilipole. These will also need to be watered in, at least a quarter of an inch.

June to Mid-July

By mid-June you will want to have applied a second dosage of crabgrass preventer already if you did not use preventers with dithiopyr or proflam in April. These two active ingredients generally provide year-long coverage, so a second application is not necessary. If you need to do another dose, be sure to water it in as you did the first time.

Mid-July through August

During the late summer months, you may begin to see grub damage in your lawns. The grubs causing this damage are larger and older than the young grubs you attempted to control in May, and as such they will need to be controlled differently. It is recommended that you use an insecticide containing Dylox, instead of your imidacloprid or chlorantranilipole. This ingredient must be watered in within 24 hours to be fully effective.

September

When Labor Day arrives, it is time to fertilize your lawn again. Winter approaching, this is the most important fertilizer application of the year, as your lawn needs to begin packing-in the carbohydrates to its root system to get through the harshness of the winter months. A 13-13-13 fertilizer will again suffice, and will need to be watered in if it is not raining within a day of application.

November

October left to enjoy the fruits of your labor, the growing season will begin winding down in November. Use this time to give your lawn one last dose of watered-in fertilizer for the year. This will be absorbed into the roots and not utilized until coming out of dormancy next spring.

Control of broadleaf weeds is also much easier at this time, as the weeds will be more exposed with the grass going dormant. On a day warmer than 50 degrees Fahrenheit, spot spray every weed that you can find, regardless of size. This will assist in eradicating weeds from your yard altogether, and it will give you a head-start on controlling any weeds that may perennialize and re-emerge next year.

And then it is time to rest until next year! Please note, following this calendar, your lawn care should not just be a one-and-done situation. Lawn care is cyclical. It is after continued years of persistence and attention that your turf stand will begin to take care of itself. So, follow these steps (and keep following them) and one day your lawn will be so full and healthy that weeds and grubs will be an issue of the past, and your lawn will be the talk of the block.



WARM SEASON LAWN CALENDAR

Living in southwest Kansas, many extreme elements have to be addressed when it comes to the care of plant life. Harsh winds, harsher temperature fluctuations, drought, soil pH, and nutrient deficiencies are just a few environmental factors that are actively playing a role in your plant health. We have to be choosy here if we want to have a good experience with our landscaping, and choosing a grass for your lawn is no exception. Warm season grasses are a fantastic method of having a lawn that is both hardy, low maintenance, and drought tolerant. Locally you can find Bermudagrass, Buffalograss, and Zoysiagrass that fall into this category, so let's take a look at what kind of maintenance they entail. Please note: This calendar pertains to warm season grasses only.

March

In Zoysiagrass and Bermudagrass, spot spray your broadleaf weeds, spraying only the weed itself, on days of 50 degrees Fahrenheit or more. This is best done with an herbicide that has the active ingredient 2,4-D. This chemical specifically targets plants with broad leaves, and (when used correctly, read your labels) will not harm your grass. Do not try to spot-spray herbicides that have glyphosate as an active ingredient as this will kill your grass.

Rain or irrigation within a day of your spraying application is also discouraged, as this will reduce the effectiveness of the chemical. Be sure to plan ahead. Water before you spray, and pay attention to the weather.

Though it is now too late in the month to do this, Buffalograss can also be spot sprayed in March if you do so early in the month before the grass breaks dormancy. As we have had a warmer couple of weeks recently, do not attempt this now. You will run the risk of damaging your Buffalograss.

April

Apply a crabgrass preventer to warm season grasses within the first two weeks of the month or when the Eastern Redbuds are fully in bloom. As a pre-emergent, your preventer must be watered in with at least a quarter of an inch of water after application in order for the chemical to be activated. If your preventer contains the ingredient prodiamine, it should be applied two weeks even earlier.

Do not attempt to use broadleaf herbicides on Buffalograss as it is turning green as the grass may get damaged.

As with all grasses, warm-season grasses appreciate a fertilizing in the summer, but the exact time that you do this will depend on which grass you are working with and how green of a lawn you are striving for. You'll also want to note, the repeated applications you'll be applying will lead to thatch buildup in your Zoysiagrass lawns and perhaps in Bermudagrass as well, so a greener lawn may come with its caveats.



When fertilizing, aim for one pound of nitrogen per 1000 square feet. This will entail:

- 1-2 applications for Zoysiagrass
- 2-4 applications for Bermudagrass
- 1-2 applications for Buffalograss



The time frame for this entails:

- One application, apply in June
- Two applications, apply May and July*
- Three applications, apply May, June, and early August
- Four applications, apply in May, June, July, and early August

*Buffalograss should receive its one application in June, or two applications in June and July.

Grub control will also fall into these months. If your lawn has had grub issues in the past, apply a product that contains imidacloprid in May through June, or chlorantraniliprole in May, to help with control. Aim to apply your grub killer before seeing damage. In late summer, if grub damage is visible, you may apply your grub killer again. This should not be necessary with imidacloprid as the results should last all year. With all grub killers, immediately water in after application.

Late October

Control of broadleaf weeds is much easier in late October, as the weeds will be more exposed with the grass going dormant. On a day warmer than 50 degrees Fahrenheit, spot spray every weed that you can find, regardless of size. Add a 2,4-D product to your mix to increase efficacy. This will assist in eradicating weeds from your yard altogether, and it will give you a head-start on controlling any weeds that may perennialize and re-emerge next year. This includes Buffalograss, which will be dormant by this time.

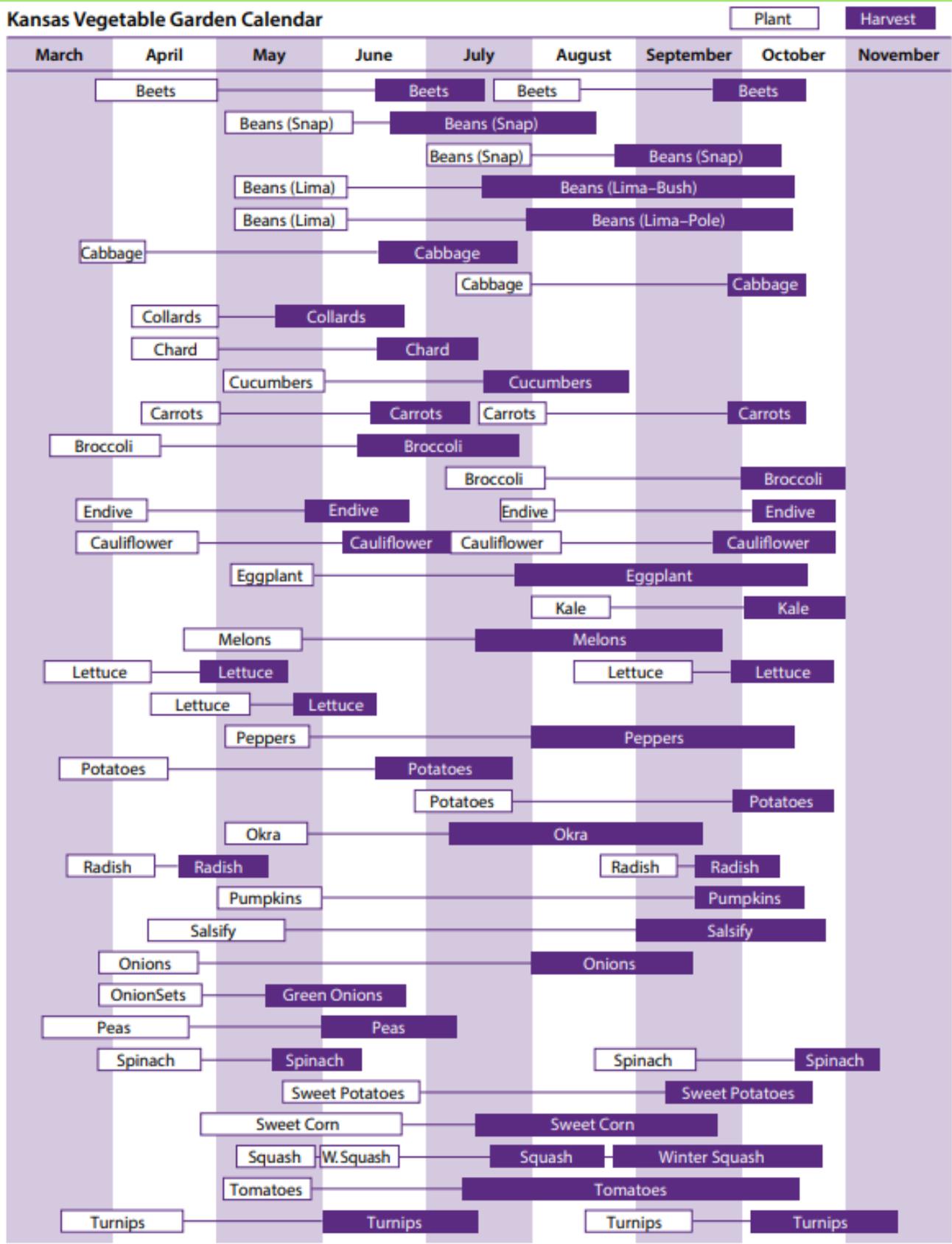
But what about the stickers!?

While this actually pertains to both cool-season and warm-season grasses, "stickers" as they are referred to locally, entail two plants: puncture vine (a broadleaf weed) and sandbur (a grassy weed). To control puncture vine, the use of a 2,4-D or any broadleaf weed product should suffice. To control sandbur, look for herbicides containing fenoxaprop, MSMA, or topramezone. Your pre-emergent applied for crabgrass should also help control these.

This still seems hard... Can you help me know what to do?

Having just become a district, the majority of us at West Plains Extension are new agents, and you may not be fully aware of all of the ways we can help you. As the horticulture agent here, my job is not only to answer at no cost any tree, shrub, plant, lawn, or wildlife question that you may have, but I do site visits! Want that spot in your lawn looked at so you can know what to do with it? Wondering what that weird mold is on your tree and wanting it diagnosed? Pondering what's wrong with your soil, or searching for advice on which plants could work well in your backyard? I'm here to provide answers to your needs. For a cost, I can also help facilitate soil testing and plant disease diagnostics. So please do not hesitate to reach out! Our Scott office can be contacted at 620-872-2930 and our Finney office at 620-272-3670.

VEGETABLE PLANTING CALENDAR



Source: "Vegetable Garden Planting Guide" MF315 from KSRE Bookstore.
Available for \$6.00 at the Extension Offices.



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WHY ARE FERTILIZER PRICES THROUGH THE ROOF?

With higher crop prices and a milder winter, farmers were able to spend extra dollars on fertilizer applications in the fall. This depleted much of the retailer inventory. Add on top of that, the extreme cold that we faced in February that led to production disruptions, and now we have extremely elevated fertilizer prices.

Are these high prices here to stay? While there are several factors and forecasts to consider, the consensus is the higher prices are most likely going to stick around for most of 2021.

What can you do about this on your farm? Analyze your soil sample results and be sure that you are applying the right rate of fertilizer on the right acre at the right time.

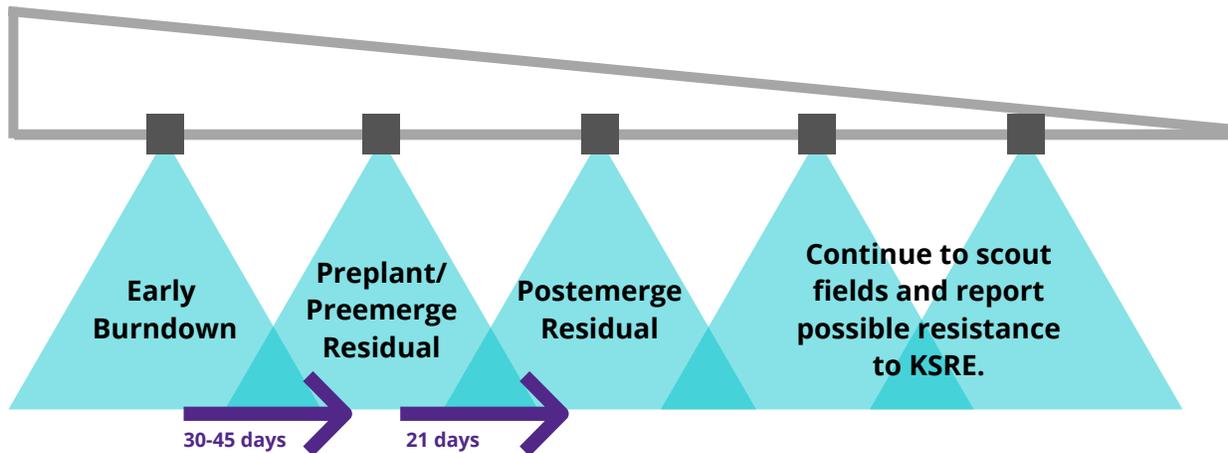
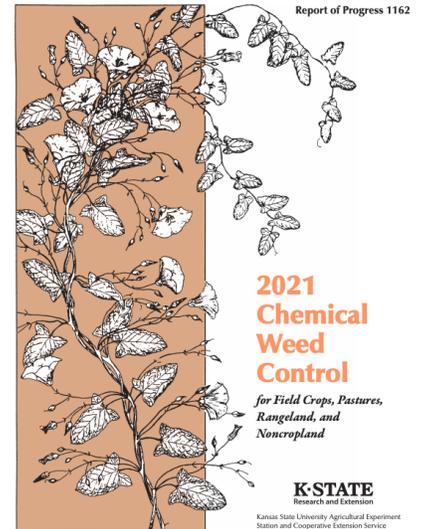
START CLEAN! STAY CLEAN!

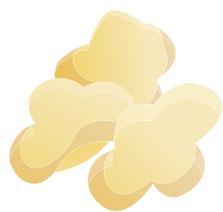
...the importance of an herbicide program approach...

Spring has sprung and we all know what that means---planting time is getting closer! With the recent "million-dollar rains" that we received throughout the district, the wheat has perked up, the grass has starting to get greener, and **the weeds have started to wage their war.**

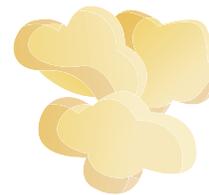
Now more than ever, an herbicide program approach is integral to the success of your crop. What do I mean by a program approach? Apply an early pre-plant burndown, followed by a residual application preplant or premerge, followed 21 days later with a clean-up/residual application that will get you through to canopy. Skipping just one of these steps could lead to a weed disaster. Scout fields closely and often.

For more information on the herbicides available for 2021, stop by the Extension Office for a 2021 Chemical Weed Control Guide or call (620-272-3670) for more information.





Dancing POPCORN

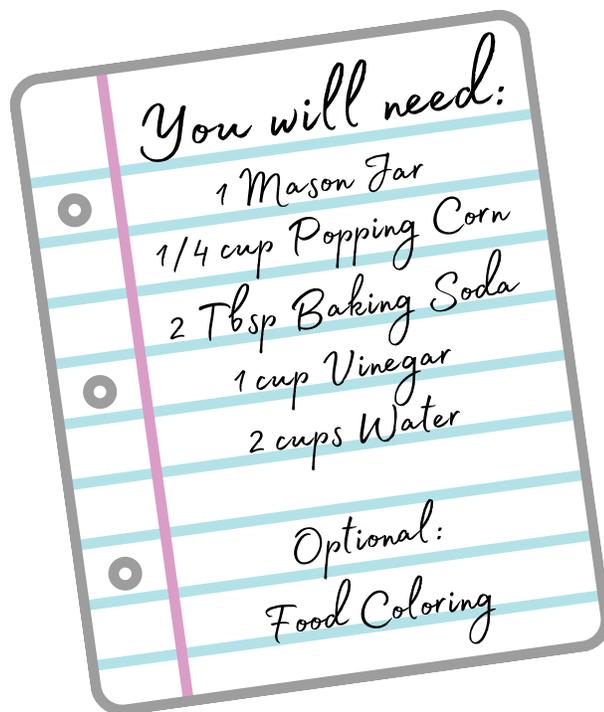
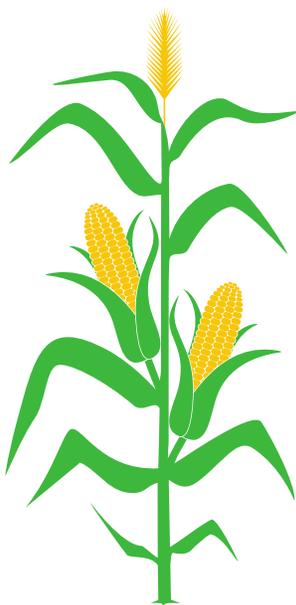


Looking for an easy idea for family fun night?

Make **dancing popcorn!**

Popcorn is one of three types of corn grown in Kansas. While it looks like conventional corn in the field, it is not the same.

Learn more about popcorn and learn how to do the fun **"Dancing Popcorn"** experiment by watching the video on our **YouTube** page!



LALLEMAND ANIMAL NUTRITION & KANSAS STATE UNIVERSITY PRESENT:

POWER YOUR SILAGE PERFORMANCE

DATE: THURSDAY, MAY 6
4 PM TO 8 PM

LOCATION: ALEGRIA EXPRESS
EVENT BUILDING
3555 N JENNIE BARKER RD.
GARDEN CITY, KS 67846

RSVP BY APRIL 23:
LAUREN KASTEN
lkasten@lallemand.com
or (414) 931-1058

In partnership with: **K-STATE**
Research and Extension

4:00 PM: WELCOME

Wade Patterson, Lallemand Animal Nutrition & Justin Waggoner, PhD, Kansas State University

4:15 PM: THE REAL VALUE OF ACHIEVING DENSITY PACK AND HOW

Becky Arnold, Key Account Manager - Custom Harvesters, Lallemand Animal Nutrition

4:45 PM: SILAGE MANAGEMENT FOR MINIMAL SHRINK

Renato Schmidt, PhD, Technical Services - Forage, Lallemand Animal Nutrition

5:15 PM: 15 MINUTE BREAK & KERNEL PROCESS DEMO

5:30 PM: INTERPRETING SILAGE ANALYSIS

Mike Brouk, PhD, Professor & Extension Specialist, Kansas State University

6:00 PM: IS STARCH DIGESTIBILITY IMPACTED BY THE INCLUSION OF FIBER LEVELS & TYPES?

Kip Karges, PhD, Product Manager - Feed Additives, Lallemand Animal Nutrition

6:30 PM: 10 MINUTE BREAK & FECAL SAMPLE DEMO

6:40 PM: CLOSINGS

Wade Patterson, Lallemand Animal Nutrition & Justin Waggoner, PhD, Kansas State University

7:00 PM: DINNER



JENNIFER LASALLE

AGENT

FAMILY AND COMMUNITY WELLNESS

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IMPORTANCE OF FAMILY MEAL TIME

"It's supper time" my mother would announce and all 7 of us would gather around the table and have a delicious and joyous supper together. Does this sound familiar? Unfortunately, it may not be familiar as many families in today's society, find it challenging to sit down and enjoy a meal together. Fitting meals around an entire family's busy schedule can be a daunting task and a task that is often neglected.

Family mealtime is when everyone in the family sits down together to enjoy a meal, which can include breakfast, lunch and dinner, or any other time when families engage in the act of preparing and/or eating meals. It has been shown that families who eat together are healthier and happier.



There are many benefits to sitting down for a family meal. Family meals are linked to children having better eating habits across their lifespans. Family meals occurring more often (more than five times per week) are linked to better mood and better mental health from ages 6 to 10. Frequent family meals have a positive impact on children's values, motivation, personal identity, and self-esteem.

Teens who regularly have meals with their families are less likely to get into fights, think about suicide, smoke, drink, and use drugs. They are also more likely to delay sexual activity and have higher academic achievement than adolescents who do not.

For teens, frequent family meals predict lower substance use rates, fewer depressive symptoms, fewer suicidal thoughts, and better grades. Children under 13 also have fewer behavioral problems, and fewer emotional outbursts when they have more frequent family meals. Adolescents, especially girls, who had frequent and structured family meals and a positive atmosphere at family meals were shown to be less likely to have an eating disorder. Family meals provide a sense of security and togetherness that help nurture children into healthy, well-rounded adults.

Sharing meal time can also include the planning, preparing and serving of meals. Studies show that families who eat together increase fruit and vegetable intake; they eat fewer fried foods and drink less soda; and family meal frequency is linked to the intake of protein, calcium, and some vitamins.

Mealtime suggestions:

- Cook as a family and include everyone in the preparation process.
- Experiment with fun recipes.
- Remake old recipes with healthier alternatives.
- Have "theme" cuisine nights such as Italian, Mexican, or Caribbean.
- Know your children's favorite meals and cook them on a rotating basis.
- Create your own recipes.

To make the most of your family mealtime, follow these guidelines:

- Turn off electronics during dinner.
- Try to have family dinners four to five times a week.
- Enjoy positive conversation during the meal.
- Spend an hour eating dinner, conversing, and cleaning up together.

Family meal times provide opportunities for intentionally building connections that we know are beneficial for all family members. Coming together as a family and enjoying a meal together requires effort and planning, but the benefits of sharing this time together are more than worth it.

So, let's bring back the dinner bell or the dinner announcement and make family meal time a top priority.

Recipe of the Month

Corn and Black Bean Salsa

Makes 10 servings

Ingredients:

- 1 15.5-ounce can black beans, drained and rinsed
- 2 cups frozen corn
- ½ cup fresh cilantro, chopped
- ¼ cup green onion, chopped
- ¼ cup red onion, chopped
- 1 clove garlic, minced
- ½ cup fresh lime juice
- 1½ tablespoons vegetable or olive oil
- 1 to 2 teaspoons ground cumin (according to your taste)
- 1½ cups chopped tomatoes
- Salt and pepper to taste

Directions:

1. Wash hands
2. Combine all ingredients except tomatoes. Chill for 2 hours.
3. Add tomatoes and serve.

Nutrition Information per ½-cup serving:

80 calories 2.5 g fat (0 g saturated fat; 0 g trans fat); 13 g carbohydrates 4 g protein 4 g fiber 60 mg sodium



DANCING A GREAT FORM OF EXERCISE

Dance, Dance, Dance, all I want to do is Dance. Dancing is one of my favorite things to do and “Dancing with the Stars” is one of my favorite shows. I love watching the graceful and beautiful movements of the dances and dancers. The creativity that is involved in putting movement with music is so amazing.



Dancing is not just for watching though, it is a great form of exercise. It is also a fun activity that can be enjoyed by children and adults. Dancing can improve your physical and mental health. It is an excellent form of exercise that has many health benefits.

The following are health benefits from dancing:

- 1. Muscle strength and muscle tone:** Dancing is a form of exercise and will naturally strengthen your bones and muscle. By increasing your strength, it will allow you to continue to be active. Remember, exercise can help prevent chronic diseases such as diabetes, high blood pressure, and heart disease. It also reduces your risk of osteoporosis.
- 2. Boost Memory:** Dancing requires you to remember various steps and sequences which boost your brain power and improves your memory. Like all exercise, it releases chemicals to the brain that encourages nerve cells to grow. This can aid in reducing the risk of Alzheimer’s disease and dementia.
- 3. Improve Mood and Reduce Stress:** Adults and children tend to have higher confidence and positive moods when they dance regularly. Dancing with friends or your special someone to your favorite music can reduce the amount of cortisol your brain produces, lowering your stress and tension levels.
- 4. Improves Balance and Flexibility:** These two skills are important in everyday life. Flexibility and balance decrease as we age; but staying flexible can help prevent stiffness and injuries, and also help you maintain movement in your muscles and joints. Dancing can increase your center of gravity making your core stronger and improving your balance.
- 5. Weight management:** With the different movements involved in dancing it utilizes multiple muscle groups which help tone your body and burn calories. It is a great way to get your heart rate up and break out a sweat. Children and adults who dance have improved their healthy eating habits.
- 6. Increased Social Skills:** Dancing provides a fun environment to meet new people or just socialize with friends. Dancing encourages parents and children to have fun together. What better way to spend time with your friends and family than dancing.

Dancing as a physical activity can be in any form of dancing. You may not be a ball room dancer, like Dancing with the Stars, but you can engage in other types of dancing. Try line dancing, two stepping, aerobic dancing, jazzercise, or Zumba. Or just free movement dancing. All have the same excellent health benefits.



Walk Kansas has started and DANCING counts for Walk Kansas minutes. Any moderate or vigorous exercise counts. It can be a brisk walk, bicycling, general gardening, jogging, swimming, heavy gardening, hiking or any strength training. Anything that gets your heart pumping counts toward Walk Kansas minutes. Get your dancing shoes on (or walking shoes) and log your Walk Kansas minutes. Become more active, make better nutrition choices, and walk away your stress with Walk Kansas.

Incorporate dancing as one of your physical activities and before you know it, all you’ll want to do is dance.

PRACTICE NOW FOR THE FAIR

It's not too early to practice baking for the fair. If you have some down time, use it to try out recipes that you may want to enter in the fair.

While there are millions of recipes to try, not all recipes are safe for the fair. Research now so it is not a last-minute decision. Practice recipes to learn how they bake with your equipment and in your home oven.

That practice can also help improve measuring, mixing and shaping skills. Take notes to help you remember what worked well, along with what didn't work. Another idea is to video yourself so you can see your progress.

Use fresh ingredients. Leavening agents, such as baking powder, baking soda, and yeast, can expire and lose their leavening action. Whole grain flour and fats can become rancid if not stored properly. Old spices will not produce optimum flavors.

If you made a great product, freeze it! Cool it completely, double wrap and freeze. This works best up to four weeks prior to the fair.

Read your county Fair book to know what is acceptable for the county fair. If you have questions, contact Jennifer LaSalle (Finney Office) or Carol Ann Crouch (Scott Office).



You Asked It!

Tips From the Rapid Response Center

KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE

Do you have questions about food?
Check out the Rapid Response Center
@ <https://www.rrc.k-state.edu>

CHRONIC DISEASE SELF MANAGEMENT (CDSME)

CDSMP is an interactive, evidence-based program developed by Stanford University. People with different chronic health problems attend the workshop once a week for six weeks. Workshops are led by two trained leaders, one or both of whom are living with a chronic disease.



Workshops are FREE!

Workshop Start Date

April 7 (English)

5:30pm-7:30pm

Finney County Extension

501 S. 9th Street

Masks required in class

The following subjects are covered:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation.
- Exercise for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Communicating better with family, friends and health professionals about your condition(s)
- Nutrition
- Decision making
- How to evaluate new treatments

Contact Donna Gerstner at 620-765-1183 to secure your registration!

Sponsored by:



.....

Follow us on Social Media



@Westplainsksre



4-H DISTRICT ROUNDUP

STEM Lab Highlights

Thank you to all who participated in the STEM Lab, all parents who helped out, and to Rod Haxton for getting in on the fun!! Youth from both Finney and Scott Counties made catapult airplanes, non-newtonian fluid, cardboard rollercoasters, and soda geysers!

JANET HARKNESS

AGENT
4-H & YOUTH
DEVELOPEMENT
JLP27@KSU.EDU

Finney County:
Grady and Grayson Gleason
Kealie and Audrey Bryant

Scott County:
Grady and Mia Vance
Baily Cramer
Brayson Mayo
Piper Jessup
Landry Beaton
Samantha Lebbin



4-H DISTRICT HAPPENINGS

APRIL

- **Apr. 3** Community Service @ the Finney County office gardens, 105 S. 9th St. in Garden City (next to the fairgrounds), and will tentatively last from 9a.m. to 4p.m. Take a shift or stay for the day!! Contact Anthony Reardon, Horticulture Agent, anthon3@ksu.edu or 620-272-3670. Please dress for the weather. Lunch to be provided.
- **Apr. 6** Livestock Judging, 6:30pm, Finney Co.
- **Apr. 13** Livestock Judging, 6:30pm, Scott Co.
- **Apr. 18-24** National Volunteers Week - THANK YOU!
- **Apr. 20** Livestock Judging, 6:30pm, Finney Co.
- **Apr. 27** Livestock Judging, 6:30pm, Scott Co.
- **Apr. 29** STEM Lab, 6-8pm, Grandstand Room, Finney Co. Fairgrounds. Cost \$5. Email Janet to register: jlp27@ksu.edu

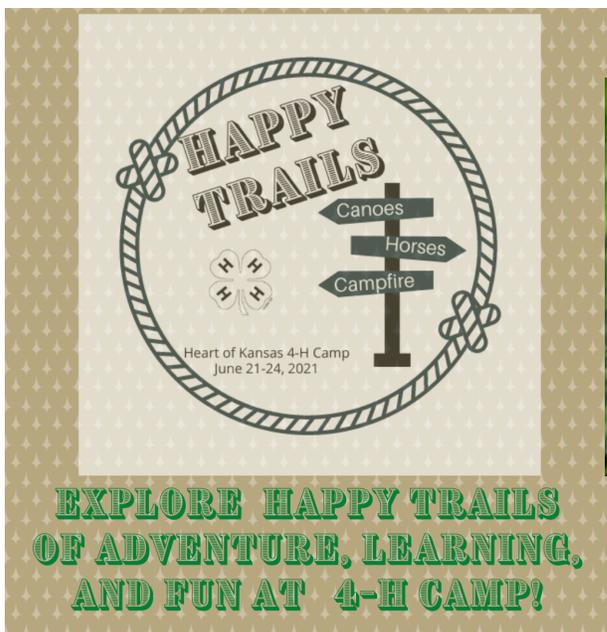
MAY

- **May 1** 4-H Horse Certificates Due to 4-H Office
- **May 4** Livestock Judging, 6:30pm, Finney Co.
- **May 11** Livestock Judging, 6:30pm, Scott Co.
- **May 18** Livestock Judging, 6:30pm, Finney Co.
- **May 25** Livestock Judging, 6:30pm, Scott Co.



JUNE

- **June 9-10** 4-H Camp Lakeside. \$80 per camper.
Registration: Apr. 5-May 3. To register: <https://forms.gle/ckbpaia/8aaky4t57>
 - **June 21-24** Heart of Kansas Camp, \$202 per camper; \$225 per counselor.
Counselor Application: https://kstate.qualtrics.com/jfe/form/SV_0dBjOTWSvWyAOMu
Camp registration forms available at both Extension Offices or online at www.finney.k-state.edu/4-h/camps.html
- PLEASE NOTE NEW PRICES DUE TO CAMP COST INCREASE FOR CAMPERS. WE WILL BE LIMITED TO THE NUMBER OF CAMPERS ATTENDING. Please register ASAP!
- **June 30** Pollorum & AI Testing for Finney & Scott Counties, Finney Co. Fairgrounds, 5-7pm.
For all poultry, except waterfowl and pigeons. To register, contact Janet, jl27@ksu.edu.



★ JOIN US ★
JUNE 9TH & 10TH AT

Wild West 4-H Camp Lakeside

What Will You Do?
Hike, Swim, Raft, Fish, S'mores, build lifelong friendships & more!
Camper Age (on Jan 1): 7-9 years of age
Counselor Age (on Jan 1): 14-18 years of age

FEE: \$80, INCLUDES MEALS, ACTIVITIES & T-SHIRT
2021 CAMP LAKESIDE REGISTRATION
FORM CAN BE FOUND:
[HTTPS://FORMS.GLE/CKBPAIAL8AAKY4T57](https://forms.gle/ckbpaia/8aaky4t57)
Registration is from April 5th to May 3rd.
Please take payment to your Extension Office
by May 3, 2021!

★

K-STATE
Kansas State University
4-H
LIFE-LONG LEARNING

4-H LIVESTOCK ROUNDUP

TAGGING

FINNEY COUNTY

- **Apr. 10** Beef Tagging & Weigh-In, 8-12, Finney County Fairgrounds. 2nd year bucket calves, market steers & heifers, commercial heifers to be weighed and tagged.
- **Apr. 17** Small Livestock Tagging, Finney Co. Fairgrounds.
8am-10am Last Names A-J
10am-12pm Last Names K-Z



SCOTT COUNTY

- **May 2** Small Livestock Tagging, Scott County Fairgrounds. 2pm-4pm
- **May 4** Small Livestock Tagging, Scott County Fairgrounds. 6pm-8pm

Finney Co. Market Beef Project Members

At tagging, we will offer an optional weigh-in on your market animals to compare to the county fair weigh-in weight. You will be able to use these numbers to figure out your animal's average rate of gain. Results and prizes at the County Fair Awards

Scott County Beef Project Members

If you are exhibiting a non-commercial breeding animal at the fair, you will need to send in a copy of that animal's registration paper or complete a breeding animal declaration form when completing entries for County Fair.

State Nomination Deadlines

- **May 1** Market Beef (steers & market heifers)
- **June 15** Market Swine, Commercial Gilt
Market Lamb, Commercial Ewe
ALL Meat Goat
Commercial Heifer

All nominations must be submitted on the updated 2021 forms or they will NOT be accepted. YQCA certificates must be attached to the Declaration Form and submitted with their state nomination materials. Forms are available at each County office or online at <https://www.finney.k-state.edu/4-h/enrollment-forms.html>.

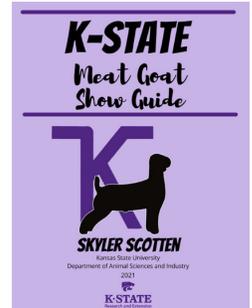
Missed Junior Meat Goat Producers Week?

Never fear! Recorded sessions are available through YouTube. Please email Lexi Hayes, adhayes@ksu.edu, Extension Assistant, Youth Livestock Coordinator, Animal Sciences & Industry for log-in information to access the videos.

K-State Meat Goat Show Guide

This is a new educational resource, especially for new families, to use as a reference to get started with their project.

https://www.asi.k-state.edu/research-and-extension/youth-programs/KSU%20Jr.%20Meat%20Goat%20Show%20Guide_2021_Final.pdf



FINNEY CO. REGIONAL CLUB DAYS RESULTS

Congratulations to all of our 4-H'ers on knocking the judge's socks off at Regional Club Days!

Readings:

- Emma Lightner, Purple
- Gentry Hands, Purple
- Braeden Boyd, Blue

Talent:

- Jessie Standley, Purple
- Aubrey Coash, Blue
- Kourageous Kids, Red

Digital Presentation:

- Karson Sullivan, Purple

Project Talks/Public Speaking:

- Kennan Murrell, Blue

Model Meeting:

- Happy Hustlers, Purple

Demonstrations/Illustrated Talks:

- Lauren Lightner, Purple
- Baylee & Jarica Hutcheson, Blue
- Macy Hands, Blue



I PLEDGE
MY HEAD
 to clearer *thinking*
MY HEART to greater *loyalty*
 **MY HANDS** TO *LARGER SERVICE*
MY HEALTH
 to better *living*
 FOR MY CLUB *& MY*
 MY COMMUNITY *WORLD.*
 MY COUNTRY

Finney Co. YQCA Training Completed!

Congratulations to all who completed in-person training on March 18. Please remember to send in copies of your completion certificate for our files. All 4-H'ers exhibiting animals at the Finney County Fair are required to complete the YQCA course and turn in their certificates in order to show.

Great job:

- | | | |
|--------------------|--------------------|-------------------|
| • Paxton Alexander | • Kayla George | • Mitchell Lehman |
| • Cort Baker | • Grady Gleason | • Kayson Ramsey |
| • Brooke Basham | • Grayson Gleason | • Kynadee Ramsey |
| • Kase Basham | • Makay Hammond | • Harper Sowers |
| • Mason Basham | • Morgan Hammond | • Harvick Sowers |
| • Braeden Boyd | • Gentry Hands | • Hailey Unruh |
| • Kealie Bryant | • Macy Hands | • Kinley Unruh |
| • Adam Cook | • Keirstyn Hartman | |
| • Emily Dryden | • Baylee Hutcheson | |
| • Abigail Elam | • Jarica Hutcheson | |
| • Austin Elam | • Halle Jones | |
| • Adison George | • Paige Jones | |



FINNEY COUNTY HAPPENINGS

APRIL

- **Apr. 8** 4-H Record Book Training for Leaders, Volunteers & Parents. We will be going over the new record books for 2021-22. 6:30pm at the Extension Office. Zoom will be offered.
- **Apr. 18** 4-H Ambassadors Zoom Mtg, 4:30pm
- **Apr. 26** Cloverbud Program, 6pm
- **Apr. 29** 4-H STEM Lab in Finney Co., 6-8pm, Grandstand Room. Cost is \$5.

MAY

- **May 1** Merit Scholarship Application due to the Finney County 4-H Foundation, Inc. (Open to Applicants whom have been awarded this scholarship ONCE and New Applicants). Application on our website and available by contacting Janet or Stephanie.

Club Reports



The March 7th meeting of the Finney County Flyers was called to order at 4 p.m. by Aleah Eatmon.

Members answered the roll call of what are you going to show this year at the fair? Minutes of the February meeting were read and approved.

Kason Ramsey gave the treasurer's report. There were no presentations.

In new business, it was discussed to move the April meeting to March 28th due to Easter. It was moved and seconded that we move the meeting. The motion passed. It was also discussed whether or not the club wanted to donate to Rock Springs Ranch renovation. Perry Horton made a motion that we not donate to the renovation of the obstacle course. The motion was passed.

In the leaders report Connie reminded us that there would be livestock tagging and weigh in in April and that YQCA training would be available March 18th.

Perry Horton moved that we adjourn the meeting the motion was seconded and approved by the members.

The Wide Awake meeting for March was March 8 via Zoom. We had project talks from Claire Heiman and Gentry Hands, both on the Swine Project. We also had a devotion by Emma Lightner and a Parliamentary Tip by Cort Baker. We sang "This Old Man" and played Family Feud.



The Beacon Boosters February 2021 meeting was held at the Finney County Grandstand meeting room. 4H Camp dates were discussed as well as discovery days. Kilgores were the hosts and Kiley Kilgore did a program on "Art through the years", Kolter Kilgore did a program on "How to make rock candy". The March 4H meeting was discussed and the club exchange meeting with the Happy Hustlers will be moved to April.

The March meeting will be held on March 22, 2021 at the Hutcheson House. Marez family will be the host.



SCOTT COUNTY 4-H

YQCA Training News

Congratulations to the following Scott Co. 4-H'ers for completing training:

- Brayson Cornelius
- Kenzi Martinez
- Grady Vance



Scott Co. 4-H County Fair Theme Contest

4-H is holding a contest for all 4-H'ers to submit their ideas for a great theme and decoration contest for the 2021 County Fair. Wanna have a "Boot Scootn' Good Time" or "4-H Fun In '21"? Get creative and submit your ideas by April 1. Voting will follow. Please call, email or message Janet with your idea, jlj27@ksu.edu

SCOTT CO. CLUB DAYS RESULTS

R = Regional Ranking C = County Ranking

PROJECT TALKS

- Addison Noll, Blue, 2R 1C
- Reed Batterton, Blue, 3R 2C
- Piper Jessup, Blue, 3C
- Statler Kerr, Blue, 4C
- Asher Winter, Blue, 5C

JUNIOR READINGS

- Piper Jessup, Blue, 3R 1C
- Karina Tuttle, Blue, 2C
- Grady Vance, Blue, 3C

JUNIOR DEMONSTRATIONS/ILLUSTRATED TALKS

- Marly Cramer, Blue, 3R 1C
- Piper Jessup, Blue, 2C
- Baily Cramer, Blue, 3C
- Landry Beaton, Blue, 4C
- Marin Kerr, Blue, 5C
- Karina Tuttle, Blue, 6C

SENIOR READINGS

- Annie Talbert, Blue, 1R 1C
- Max Tuttle, Blue, 3R 2C

SENIOR DEMONSTRATIONS/ILLUSTRATED TALKS

- Cally Cramer, Blue, 2R 1C
- Kate Rogers, Blue, 2C
- Max Tuttle, Red, 3C

CLUB SKITS

- New Horizons, Blue, 3R 1C

SENIOR INSTRUMENTAL SOLO

- Annie Talbert, Red, 2R 1C

SENIOR VOCAL SOLO

- Annie Talbert, Blue, 1R 1C

JUNIOR INSTRUMENTAL SOLO

- Kenzi Martinez, Blue, 1R 1C
- Reed Batterton, Blue, 2R 2C
- Hannah Winte,r Red, 3C

SCOTT COUNTY HAPPENINGS

APRIL

- **Apr. 1** 4-H Record Book Training for Leaders, Volunteers & Parents. We will be going over the new record books for 2021-22. 6:30pm at the Wm. Carpenter Bldg. Zoom will be offered.
- **Apr. 5** 4-H Horse Members trip to Miles of Smiles
- **Apr. 21** Day on the Farm, Scott Co. Fairgrounds
- **Apr. 23-25** Scott County Showdown, Scott Co. Fairgrounds
- **Apr. 26** 4-H Council Meeting, 6:30pm, Wm. Carpenter Bldg

MAY

- **May 24-26** 4-H Community Service Project, mornings. Paint Patton Park. RSVP with Janet

Club Reports



The monthly meeting of the Manning Jayhawkers 4-H Club was held on January 10, 2021 at the William Carpenter 4-H Building. President Peyton Goodman called the meeting to order at 7:00 pm.

Pledge leader Baily Cramer led us in the Pledge of Allegiance and the 4-H Pledge.

Song Leader Jocelyn Miller led us in singing "Jesus Loves Me."

Roll call was "Favorite Animal," was answered by 18 members and 1 community leader.

Payton Goodman read a Thank you from the Betty Ann Brememkamp family for donating money to the bench for her at the fairgrounds.

Community Leader announced there will be a virtual Arts and Craft day in February and to check the Facebook 4-H Page for more information.

In New business, we moved the February meeting to February 21, since will be having a 3 day weekend.

Vice President Carson Furot announced the program. Kalo Hineman shared his piano solo "Longing." Maggie Hineman talked to us about Calligraphy writing. Harrison Hineman made Great Grandma's Bird Seed and shared it with us for refreshments

For recreation, Kenzi led us in playing an indoor snowball fight!

Next months meeting will be February 21, 2010 at 7:00 pm.

Reporter,

Marly Cramer

Submitted 1/10/2021

STATE 4-H EVENTS

APRIL

- **Mar. 1-Apr. 15** Producing Partners 2021 4-H & FFA discount program with Big R
- **Apr. 1** KASLA Application Deadline (tentative)
- **Apr. 3** Wild Bill Beef Shoot-Out. Abilene, KS. Register: <https://tinyurl.com/WBBeefShow>
- **Apr. 10** State Hippology. State Horse Events
Registration: <https://web.cvent.com/event/b5b4b1d4-4974-442b-822d-319549605539/summary>

Horse Quiz Bowl Preliminaries via Qualtrics

Quality Beef Day, Blue Rapids.

Rules & entry forms: <http://www.marshall.ksu.edu/quality-beef-day>

- **Apr. 11** State Horse Quiz Bowl Finals via Zoom
- **Apr 10-14** State Horse Public Speaking, Demonstration, & Project Talks- Zoom with judges by scheduled date/time
- **Apr. 16** Blue Dragon Livestock Judging Contest. KS State Fairgrounds. Registration due April 1. More info: <https://forms.gle/ice9RF2QavAnK4WE6>
- **Apr. 24** Cowley Co. Classic Beef Show & Cowley County Spring Sheep and Meat Goat Show in Winfield. <https://www.cowley.k-state.edu/4-h/livestockshows/index.html>

Winger Memorial Beef Show, <https://forms.gle/pi7PDEdH1KQm8ik7A>

MAY

- **May 1** State BB Gun, Air Pistol, and Air Rifle Matches, Great Bend
- **May 1-2** Gary Fuller Spring Classic in Emporia, KS.
<https://www.lyon.k-state.edu/4-h/2021%20Show%20Flyer.pdf>
- **May 1-10** 4-H Wildlife Habitat Education Program. The contest teaches young people about wildlife, the needs of wildlife, and their habitat. Competition open to 9-13 and 14-18 years of age. Enter as a team or as an individual. Major objectives: understanding of wildlife management including ecological principles, basic life history of a variety of species, use of management techniques to enhance habitats, and leadership skills. 5 parts to the contest: wildlife identification; general wildlife knowledge; on-site recommendation of wildlife management practices; writing a one-page management plan for a rural setting and; defending that plan in an oral interview. For more info and to enter, please email Janet: jlj27@ksu.edu

JUNE

- **June 15-18** K-State Animal Science Leadership Academy.
<https://www.asi.k-state.edu/research-and-extension/youth-programs/k-state-animal-science-leadership-academy/>

2021 Shutterbug Events

Shutterbug events are photography workshops put on across the state by the Kansas State 4-H Photography Action Team. Workshops are typically scheduled as a morning session and concentrate on a variety aspects of composition. Examples of sessions include: Portfolio, I have a camera-now what?, Panning, Close-ups, Aperture Settings & Kaleidoscopes/Reflections.

Botanica

Please note: \$9 entry fee per person for all-day pass to Botanica

Where: Botanica Gardens, Wichita, KS

When: May 1, 2021 9:15 AM

Shutterbugs at the Zoo

Please note: \$5 registration fee for each of the first five members of a family. Children 5 and under are free.

Where: Lee Richardson Zoo, Garden City, KS

When: May 8, 2021

Shutterbugs at Big Creek

Where: Agricultural Research Center, Hays, KS

When: Oct. 9, 2021

Shutterbugs at Old Jefferson Town

Where: Oskaloosa, KS

When: November 6, 2021

*Events are subject to change based on current COVID restriction



4-H Internship Opportunities:

Rock Springs Ranch Summer Leadership Program

Do you know of someone who thrives in working with youth? Likes being outdoors? Enjoys a team environment? Loves 4-H? If so, look no further than the Rock Springs Ranch Summer Leadership Program!

Rock Springs Ranch is hiring specialists in: Leadership/Challenge, Conservation, Shooting Sports, Aquatics, Equine and Crafts/Retail! We are seeking applicants who are:

18 years or older
Positive Role Models
Passionate

Team Players
Go-Getters!

If you know of someone who would enjoy this opportunity please refer them to <https://rocksprings.net/employment/seasonal/> for more information and to apply!