

WEST PLAINS EXTENSION DISTRICT

NEWSLETTER

INSIDE THIS ISSUE:



- 2 **Upcoming District Events**
- 3 **At Home with Carol Ann**
 - Holiday candy can be a science experiment
- 4 **Joyful Living with Jennifer**
 - Simpler Happier Holidays
 - Tips for Freezing pie
- 5 **Local Agri-Look with Lauren**
 - Crowding out Weeds
 - Beat Flies in 2025!
- 6 **4-H District Roundup**
 - A New Year, A New Project - Lets Discover and Grow Together!
 - Point of Order!
- 7 **Club Reports**

Tractor Safety Training

Tuesday, May 27, 2025
8:30 a.m.



William Carpenter Building
Scott County Fairgrounds
Scott City, KS

THE LAW

If you are 13 to 15 years old, planning on doing farm work for someone other than a parent or legal guardian, you must take a Tractor Safety Course according to U.S. Department of Labor requirements.

REQUIREMENTS:

- 14-18 years old (or 13 and turning 14 this summer)
- Social Security number – Bring it with you!
 - \$10 to cover material costs
 - Sack lunch

There is a minimum number that must pre-register in order to hold this training.

PRE-REGISTER BY CALLING NO LATER THAN WEDNESDAY, May 21:

Finney County Extension office: 620-272-3670

Scott County Extension office: 620-872-2930

Wichita County Extension office: 620-375-2724

Sponsored by: K-State Research and Extension, West Plains District and Wichita County



Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Lauren Litton, Agriculture Agent, 620-272-3670.
Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer

OFFICE HOURS:
MONDAY - FRIDAY | 8 AM - 5 PM
FINNEY COUNTY OFFICE:
620-272-3670
SCOTT COUNTY OFFICE:
620-872-2930
OFFICE PROFESSIONALS:
COZETTA O'DEA & JESSICA LOPEZ



JANET HARKNESS
4-H & YOUTH DEVELOPMENT
JLP27@KSU.EDU

CAROL ANN CROUCH

DISTRICT DIRECTOR
CCROUCH@KSU.EDU



JENNIFER LASALLE
FAMILY & COMMUNITY WELLNESS
JLASALLE@KSU.EDU

LAUREN LITTON

AGRICULTURE & NATURAL RESOURCES
LITTON@KSU.EDU



UPCOMING DISTRICT EVENTS

SPRING
2025

Print or screenshot this page to keep up to date with all of our upcoming activities!
(* indicates a pre-registration is required.)

April

- 4/12 - Shutterbugs @ Lee Richardson Zoo, Garden City (contact Pansy Fryman to register)
- 4/12 - Fed Steer Shootout & Education Program, Wm Carpenter Bldg (contact Janet Harkness)
- 4/12 - 4-H & FFA Beef Tag In, Finney County Fair Grounds 9-11a.m.
- 4/21 - Small Livestock Tagging, Finney County Fair Grounds 5-8 pm
- 4/25 - 3rd Grade Day on the Farm, 9-3pm, Scott County Free Fair
- 4/28 - Small Livestock Tagging, Finney County Fair Grounds 5-8 pm

May

- 5/1 - 4-H & FFA Small Livestock Tagging, 6-8pm Wm Carpenter 4-H Building Parking Lot
- 5/1 - 4-H Enrollment & Project Selection Deadline for County & State Participation
- 5/1 - 4-H & FFA Beef Tag In, Finney County Fair Grounds 9-11a.m.
- 5/1 - Camp Wild Adventure Registration Due



**EXPLORING THE WATERS
AT CAMP LAKESIDE**

JUNE 9-10

**CAMPER
AGE 7-9**

**COUNSELOR
AGE 14-18**

\$140 -Fee includes Meals, Activities and T-Shirt

Register by scanning the QR Code or following the link
https://kstate.qualtrics.com/jfe/form/SV_6PagDt3ADuOJbLM

REGISTRATION & PAYMENT DUE MAY 1ST

**CONTACT YOUR LOCAL EXTENSION
OFFICE WITH ANY QUESTIONS**

K-STATE
Research and Extension

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

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact West Plains Extension two weeks prior to the start of the event May 12, 2025 at (620) 544-4359. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Join us for the
“A Better You”
class!

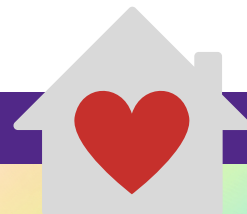
Tuesday's & Thursdays

5:15-6 PM

**Finney County
Extension Office**



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact West Plains Extension two weeks prior to the start of the event at 620-272-3670/620-872-2930. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.



FROM THE DESK OF THE DIRECTOR

Severe weather season is upon us here in Kansas, so we need to prepare in advance for whatever this season may bring. Being prepared does not need to be complicated; there are three basic steps to help you be prepared in case of an emergency.

Know the basics, like what kinds of risks does your community face? Your community's emergency plan should be easy to find; stop by the library or city hall to find your community's emergency plan. Here are some good questions to ask and have answered before disaster strikes.

- If there were an evacuation order, what is the recommended route from where you live? If you don't drive, what are your transportation options? Where is the nearest emergency shelter? Don't plan to ride the storm out, be open minded to protect yourself. Call a neighbor and get help in getting to a safer place.
- Neighbors helping neighbors can be critical in an emergency. Do you know your neighbors? Do they know you and any special needs you may have? Do you have their phone number? Place your emergency numbers or numbers to family members plus a supply of medication in your pocket. This might mean that on nights of severe weather, you sleep in sweat pants so that you are dressed to go and have a pocket to put your information and medications in.
- If local phone service is down for an extended period of time, have you designated someone out-of-area as your emergency contact? Do your loved ones know who your emergency contact will be? Do your loved ones know the phone numbers of your neighbors or your local clergy? Keep your adult children informed of what medications you are on in case of emergency. Do they know who your attending physician or local pharmacy is? We adult children are well aware that our parents are capable of making their own decisions and we don't need to know all your business, but to have your neighbor's phone numbers and to know who your pharmacy or doctor is could be a good thing in an emergency situation.

Have your emergency supplies ready. You should have two sets of supplies ready, supplies to stay at your home and supplies to evacuate. The supplies you should have ready at your house include enough water to last 3 - 6 days; enough food for 3 - 6 days that does not require cooking; flashlight; portable radio; spare batteries; first aid kit; hand operated can opener; waterproof matches; a 3 - 6 day supply of your medications (with an up-to-date list of all medications you take); cell phone; cash or travelers checks; and an emergency contact list.

In case an evacuation should become necessary, your evacuation bag should include basic personal hygiene items, an extra pair of glasses, change of clothing, compact rain slicker, walking shoes, blanket or sleeping bag, bottled water, disposable dust masks and a copy of your emergency contact list and your current medications list.

Make your own personal plan. If you have limited mobility, are you able to register with your local fire department or office of emergency services for special assistance? If you are receiving health care services at home, ask your home health provider about emergency procedures. If you live in a retirement community, assisted living facility or adult care home, learn about emergency planning and procedures.

For family members of older adults who live in retirement communities, assisted living facilities or adult care homes, you too need to learn about their emergency plans and know how to reach them in case of bad weather.

For more information or if you have a specific questions, please give Carol Ann a call at the West Plains Extension Office at 872-2930.

-Carol Ann



What can replace eggs in the kitchen?

K-State food scientist says tofu, chia or flax seeds are among the options

At a glance: K-State food scientist Karen Blakeslee outlines ways to substitute for eggs in certain recipes.

More information: Karen Blakeslee, 785-532-1673, kblakesl@ksu.edu

Related: [Rapid Response Center for Food Science](#) | [You Asked It! newsletter](#)

March 19, 2025

K-State Research and Extension news service

MANHATTAN, Kan – As egg prices continue to increase in grocery stores, Kansas State University food scientist Karen Blakeslee said it might be beneficial to consider replacing eggs in certain recipes.

Blakeslee said the type of egg substitute to choose depends on the end product and the function it needs to provide. She cited information from her extension colleagues at the University of Illinois, who published [various substitutes for recipes that require binding, leavening, moisture and other alternatives](#).

Blakeslee recommends using two ounces of extra-firm tofu to replace one boiled egg. If a recipe utilizes eggs to hold ingredients together, Blakeslee suggests using one tablespoon of chia seeds or ground flax seeds mixed with three tablespoons of water to replace one egg.

Another option, she said, is one package plain gelatin and two tablespoons of warm water to replace one egg.

"For leavening in baking, use the chia or flax seed mixture plus a half teaspoon of baking powder for each egg," Blakeslee said. "For moistness in baking, use a quarter cup applesauce, mashed banana, pureed avocado, pureed garbanzo beans, or silken tofu for each egg. Another option is two tablespoons mayonnaise for each egg."

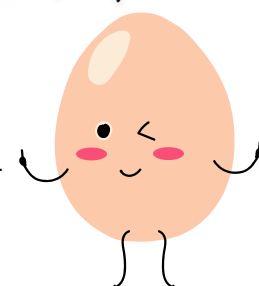
According to the [American Egg Board](#), shell eggs in the original carton can be stored in the refrigerator cabinet for 4-5 weeks beyond the pack date.

"This will likely go past the 'sell by' date on the carton, but they will be safe to use after that date as long as they have been refrigerated. This can help reduce food waste," Blakeslee said.

Blakeslee also suggested [freezing eggs](#) for later use.

"Think about cutting back daily egg use to every other day to change up your routine and add variety," Blakeslee said.

Blakeslee publishes a monthly newsletter called [You Asked It!](#) that provides numerous tips on being safe and healthy. More information also is available from [local extension offices](#) in Kansas.





Physical Activity

Physical activity is essential for maintaining overall health and well-being. Regular movement strengthens the heart, improves muscle function, boosts mental health, and helps prevent chronic diseases. Whether it's walking, playing sports, or hitting the gym, staying active enhances energy levels and promotes a better quality of life. No matter your age or fitness level, incorporating physical activity into your routine can lead to long-term benefits for both body and mind.

The Egg Storage.

The H5N1 Bird Flu (Avian Influenza A) is impacting egg supplies nationwide, leading to rising egg prices in grocery stores. Kansas State University food scientist Karen Blakeslee suggests that using egg substitutes in certain recipes may be a practical solution. The best substitute depends on the recipe and the role eggs play in it. The University of Illinois Extension offers a helpful guide on egg alternatives for baking: Egg Substitutes When Baking. According to the American Egg Board, eggs should be stored in their original carton on an interior refrigerator shelf, away from strong-smelling foods. When properly stored, eggs can last 4 to 5 weeks beyond the pack date or about 3 weeks after purchase, helping to minimize food waste.

April 2, 2025

National Walking Day



Start walking to a better health



Pickleball: The Fast-Growing Sport for All Ages

Pickleball is a great way to be physically active. It is a fun and fast-paced paddle sport that combines elements of tennis, badminton, and table tennis. Played on a smaller court with a perforated plastic ball and solid paddles, it's easy to learn but offers plenty of room for strategy and skill development.

Invented in 1965, pickleball has rapidly gained popularity, especially among people looking for a social and low-impact activity. It can be played as singles or doubles, making it a great sport for families, friends, and competitive players alike. The game is known for its quick rallies, underhand serves, and exciting net play.

Not only is pickleball fun, but it's also a fantastic workout. The game improves agility, balance, and coordination while providing a great cardiovascular workout. Plus, since it's easier on the joints compared to high-impact sports like tennis, it's an excellent option for all ages and fitness levels. Pickleball can also boost mental health. Because of the game's quick pace and strategic play it improves focus, cognitive function, and overall mental sharpness.

April is National Pickleball Month, a time to celebrate and promote the sport's growth across the country. With more courts popping up in parks, recreation centers, and even professional arenas, now is the perfect time to grab a paddle and give it a try.

Whether you're looking for a casual game or high-level competition, pickleball offers something for everyone. Who knows? You might just get hooked!



Local Agri-Look | Lauren Litton

Turf Talk: Be Proactive in Crowding out Weeds

Posted on March 20, 2025 by Pat Melgares.

If the growing season sometimes seems like an ongoing battle to keep weeds out of your home lawn, Kansas State University horticultural expert Cynthia Domenghini has good news.

There's a better way.

Instead of constantly applying chemical treatments, Domenghini suggests taking a proactive approach to prevent weeds from growing in the first place. Some of the common reasons why weeds invade lawns include:

- Improper mowing. Mowing too low and too infrequently thins the turf, allowing weeds to get started.
- Improper watering. Frequent watering encourages weed seed germination, disease, thatch and shallow-rooted turf that is less competitive with weeds for soil moisture and nutrients.
- Improper fertilizing. Fertilizing too much, too little, or at the wrong time may benefit weeds more than grass.
- Compacted soil. Soil compaction is a hidden stress on the turfgrass root system. The grass is unable to compete effectively with weeds.
- Excessive wear. Turf areas used for recreation and sports are subject to wear and compaction.
- Wrong kind of grass. The wrong variety for the location will gradually decline and be invaded by weeds.
- Environmental stress. Weeds often take over a lawn after it has been weakened and thinned from weather-related stress.
- Thatch. Excessive thatch causes shallow-rooted grass and contributes to insect and disease problems.

Domenghini said guidance on growing a healthy lawn that will crowd out existing weeds is available online in a K-State Research and Extension publication titled, [Weed Control in Home Lawns](#).

Domenghini and her colleagues in K-State's Department of Horticulture and Natural Resources produce a [weekly Horticulture Newsletter](#) with tips for maintaining home landscapes and gardens.

Interested persons can subscribe to the newsletter, as well as send their garden and yard-related questions to hortsupport@ksu.edu, or contact your [local K-State Research and Extension office](#).

Make 2025 your year to finally beat flies!

Posted on February 27, 2025 by Cassandra Olds, extension entomologist

With warming weather and cattle going out onto pasture soon, many of you may be considering your fly control options. Every year, stable and horn flies cause significant economic losses, but a good fly control program can minimize this impact. Although often grouped together, these are very different flies that need different control approaches.

Continue reading [Make 2025 your year to finally beat flies!](#)

KSU Beef, Beef Tips Newsletter

<https://www.asi.k-state.edu/extension/beef//>

Garden Series

April 10th: Seed Starting (green onions, broccoli, okra)

May 1st: Transplant tomatoes, cucumbers, and peppers

July 10th: Maintenance, harvesting and pest management



Scan the QR
Code for
registration
information



WILD ADVENTURES CAMP COME EXPLORE THE WATER

**JUNE
11-13**

SCOTT LAKE

**CAMPER
AGE 10-13**

**COUNSELOR
AGE 15-18**



**\$225 -Fee includes
Meals, Activities
and T-Shirt**



Register by scanning the QR Code or following the link
https://kstate.qualtrics.com/jfe/form/SV_0uE1EOkMFQ3nLz8

REGISTRATION & PAYMENT DUE MAY 1ST
CONTACT YOUR LOCAL EXTENSION OFFICE WITH ANY QUESTIONS

K-STATE
Research and Extension

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

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact four weeks prior to the start of the event May 14, 2025 at (620) 544-4359. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.



FUNDRAISING WITH *Freddy's*

**FREDDY'S IS PROUD
TO CONTRIBUTE
15% of Event Sales!**

IN-STORE
Show this flyer or say
"I'M HERE FOR THE FUNDRAISER"
at checkout

ONLINE OR MOBILE
Use Promo Code:
GIVEBACK



**A FUNDRAISER SUPPORTING:
HAPPY HUSTLERS 4-H CLUB**



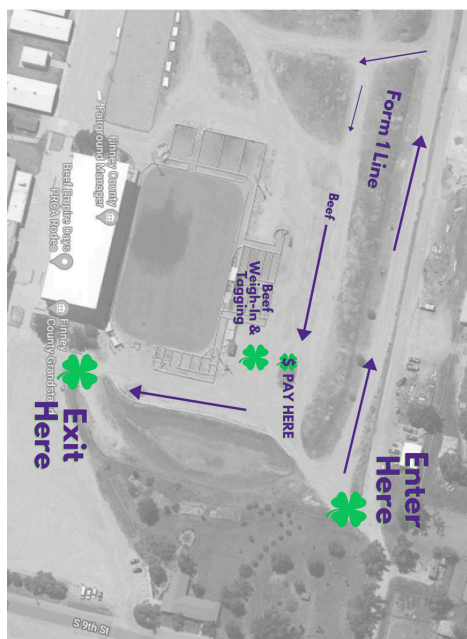
K-STATE
Research and Extension

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

APRIL 7, 2025 | 5PM-9PM
3112 EAST KANSAS AVE., GARDEN CITY, KS 67846

Offer valid only on select dates. Only non-profit organizations are eligible to participate in the Freddy's fundraising program. Freddy's will donate 15% of qualifying food and beverage sales to the organization. Tax, gift cards, catering and delivery are excluded from the donation. Offer void if flyer is distributed in or near the restaurant. For more information about fundraising email fundraising@freddys.com ©2024, Freddy's, LLC

BEEF TAGGING & WEIGH-IN



KWA Variety Naming Contest

Help us name Kansas State's next great wheat varieties!

Win \$500!

Open to individuals, FFA chapters and 4-H clubs.

Entries due by April 15, 2025

Submit entries to bryson@kswheatalliance.com

Scan the QR code for complete contest details and rules.



**WHEAT
ALLIANCE**



CLUB REPORTS:

FINNEY COUNTY 4-H HAPPY HUSTLERS

Potatoes and Programs

By: Hailey

On March 2nd, the Happy Hustlers had an amazing program that was paired with the perfect annual potato bar. Every member of the club brought a delicious dish for the meal. A lot of parents came and enjoyed all of the kids' food. The club's work paid off, and the program made the night even better.

The program was kicked off with a demonstration by Grady. He informed the club all about how to shear a lamb. He explained the parts of the clipper, what other things are used, and the different types of blades. He rounded out his talk by using the shears to shear wool off of a cardboard lamb.

The next talk was by Grayson. He taught the whole club about potatoes, which went perfectly with the earlier event. He told everyone about his favorite dishes, the different types of potatoes, and a lot of fun facts. Grayson really taught the club something new, and they all enjoyed learning about potatoes.

Following Grayson was Hailey, with an illustrated talk on Beef By-products. She showed the club a variety of by-products, and had many visuals. Her talk included a lot of facts, but there were also a few jokes among the seriousness. The club had fun learning about how many things come from cattle, beyond what people might think of. We truly do use everything but the moo.

The final talk was made by Kinley. Kinley demonstrated how to make Mexican Wedding Cookies. She walked the club through the steps, explained the ingredients used, and gave the club cookies to eat. The club loved the demonstration and the treats.

After Kinley's demonstration, the club's song leader, Kennan, led the club in a song of Head, Shoulders, Knees, and Toes. Once done with the song, the club sang Happy Birthday to the March birthdays. But, the only birthday was the club's Vice President, Mason, so he got a special "Happy Birthday". Once the singing was through, the club took part in a game. The club spun with their heads on bats, then tried to run. It was a surprise no one threw up after the previously eaten cookies and potatoes.

The Happy Hustlers had a fun night, with a potato bar, followed by an exciting program. This group of kids and leaders sure know how to have fun. What a great way to start the month of March.

2025
SCOTT COUNTY REUNION
SCOTT COUNTY FREE FAIR - July 19-26
Fair Book Available @ www.scottcofreefair.com

Saturday, July 19 - Family Day

9:00 a.m. Sidewalk Chalk Drawing begins
9:00 a.m. Turtle Races
9:30 a.m. Kids Day/Ping Pong Ball Drop
11:30 a.m. Kids Pedal Tractor Pull
11:30am-1:30pm Scott County Arts Council
Craft Day Exhibit Bldg.
11-?? p.m. Touch A Truck
7:30 p.m. KPRA Rodeo, Grandstand Arena
Performance by: American Freedom Riders

Sunday, July 20

10 a.m. Prairie Land Church
Fair grounds awning pavilion
Fellowship lunch to follow

Monday, July 21

9:00 am. 4-H Consultation Judging:
Foods, Clothing Construction, Visual Arts,
Space Tech, Entomology, Photography,
Electricity, Geology, Woodworking
Wm. Carpenter 4-H Building
10:00 am- 3:00 pm 4-H Bake Sale
Wm Carpenter 4-H Building
5-8:00 p.m. Check in/Weigh in all
4-H & OC livestock:

Tuesday, July 22

7:30-10:00 a.m. Enter exhibits
10:00 a.m. Judging of exhibits

Wednesday, July 23

8:30-10:00 a.m. Flower Show Entries
8:30 a.m. Poultry Show
9:30 a.m. Rabbit Show
11a.m. - 9:30 p.m. Exhibit Buildings Hours
10:30 a.m. Sheep Show
4:00 p.m. Beef Show
5:30-8:00 p.m. Face Painting
7:00 p.m. Figure 8 Race, Grandstand

Thursday, July 24

8:00 a.m. Swine Show
11 a.m.- 9:30 p.m. Exhibit Buildings Hours
3:00 p.m. Goat Show
5:30-8:00 p.m. Face Painting
6:00 p.m. Free Beefiesta BBQ
6:00 p.m. American AgCredit
Watermelon Feed
6:00p.m. Entertainment - Awning
6:30 p.m. Grand Drive - Livestock Awards

Friday, July 25

11 a.m.-9:30 p.m. Exhibit Buildings Hours
9:00 a.m. Round Robin Showmanship
5:30-8:00 p.m. Face Painting
6:00 p.m. 4-H Auction:
Livestock & Champion Foods
8:00 p.m. Ranch Rodeo - Grandstand

Saturday, July 26

7:30-10 a.m. Pancake on a Stick - City Park
10:00 a.m. Parade, Main Street
12 noon - 1:00 Tasting Booths - City Park
12-4 p.m. Exhibit Buildings Hours -
following parade
3-4:00 p.m. Release All Exhibits, tear down
5:30-8:00 p.m. Face Painting
6:30 p.m. Scott County Barrel Race,
Followed by Scott Co Roping
9-12:00 p.m. Fair Dance-Awning

Schedule Subject to Change

