

# WEST PLAINS EXTENSION DISTRICT



# NEWSLETTER

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**BLAST-OFF!**  
AT 4-H CAMP LAKESIDE

JOIN US IN AN EPIC SUMMER ADVENTURE EXPLORING ALL THAT 4-H CAMP LAKESIDE HAS TO OFFER!

**JUNE 8-9 2026**  
@ CAMP LAKESIDE AT SCOTT LAKE STATE PARK, SCOTT CITY, KS

AGES: 7-9  
CAMP FEE: \$150/CAMPER  
REGISTRATION DUE: MAY 1ST

Camp fees are due at time of registration. Please visit your local extension office to register!

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LET'S SOAR FOR THE SKIES IN AN EXCITING AERONAUTICAL MISSION AT WILD ADVENTURES 4-H CAMP! CAMPER'S WILL EXPLORE THE EXCITING WORLD OF AVIATION THROUGH HANDS ON ACTIVITIES AND CREATIVE CHALLENGES!

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**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



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

**CAROL ANN CROUCH**

DISTRICT DIRECTOR  
CCROUCH@KSU.EDU



**LAUREN LITTON**  
AGRICULTURE & NATURAL RESOURCES  
LLITTON@KSU.EDU



## UPCOMING DISTRICT EVENTS

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

### April

- 4/1 - Sunflower Livestock Showdown Senior Applications Due
- 4/8 - WM Carpenter 4-H Foundation Meeting, 6:30 am
- 4/11 - Shutterbugs Photography Event
- 4/11 - Beef Tagging & Weigh-in 9 am - 11 am FI CO Fairgrounds. Tags are \$3 each - exact cash or check written to "Finney County 4-H Council"
- 4/11 - Junior Sheep Producers Day, K-State
- 4/13 - WPED Board Meeting, 6 pm
- 4/17 - 5/3 - TSC Paper Clover 4-H Fundraiser
- 4/17 - SC 3<sup>rd</sup> Grade Day on the Farm
- 4/17 - 4-H Career Connection Trip to GCCC Nursing Program Simulation Lab Open House
- 4/17 - 4/18 - NJHA Fed Steer Shootout, Scott City
- 4/18 - State 4-H Indoor Shooting Sports Match
- 4/19 - Fi Co 4-H Ambassador Mtg, 4:30 pm, FI Extension Office
- 4/20 - Fi CO Small Animal Tagging & Weigh-in in 5-7 pm, West Pavilion
- 4/20 - Last Day to order Beef DNA Envelopes
- 4/21 - SC 4-H Shooting Sports Volunteer Mtg, 6 pm, SC Extension Office
- 4/23 - Fi Co Clover buds, 6 pm, Fi CO 4-H Building
- 4/23 - Fi CO 4-H Council Meeting, 7 pm, Fi CO Extension Office
- 4/24 - 4/26 - Scott City Showdown Livestock Show
- 4/25 Spring into Volunteering 4-H Volunteer Training, Salina
- 4/27 - Fi CO Small Animal Tagging & Weigh-in in 5-7 pm, West Pavilion
- 4/27 - SC 4-H Council Mtg, 6:15 pm, WM Carpenter 4-H Bldg
- 4/27 - SC 4-H Ambassador Mtg, 7 pm, WM Carpenter 4-H Bldg
- 4/28 - SC Cloverbud Club, 4 - 5 pm, SCES Library
- 4/30 - SC 4-H Small Livestock Tagging, 5- 7 pm, WM Carpenter 4-H Building Driveway

### May

- 5/1 - Re-Enrollment, Project Selection
- 5/1 - Camp Lakeside and Camp Wild Adventure Registrations Due
- 5/1 - Market Beed Online Nominations Due & DNA Postmarked
- 5/2 - SC Safe Kids Day Event
- 5/18 - Fi Co Cloverbuds, 6 pm, Fi Co 4-H Building
- 5/18 - Fi Co 4-H Council Mtg, 7 pm, 4-H Building
- 5/27 - 4-H Camp Counselor Training, 10 am - 2 pm, Garden City

\*Meat judging practices are held every Monday (unless specified otherwise)

\*Livestock judging practices held every Tuesday (unless specified otherwise)



Kansas State University is an equal opportunity provider and provider.

This institution is committed to providing equal opportunity for participation in all programs, services, and activities. Program information may be available in languages other than English. Language access requests and reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, and American Sign Language) " may be requested by contacting the district office at 620-872-2930 four weeks prior to the start of the event. Requests received less than 4 weeks from the date of the event will be honored as 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."

## 2026 West Plains District Executive Board Members

Clint Pearson, Scott County

Sara Gleason, Finney County

Tammy Hutcheson, Finney County

Duane Strine, Scott County

Anne Lampe, Scott County

Jolene Baker, Finney County

Erica Stephens, Scott County

Jill George, Finney County

Please reach out to either office for contact information.



The West Plains District Offices will have modified times going forward until further notice.

Please watch the District's Facebook page for updated weekly office hours. Calls will roll to the available office between 8-noon and 1-5, with a few exceptions.

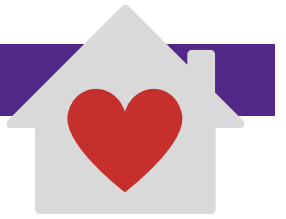


### Interested in judging a County Fair?

Have a passion for sewing, photography, visual arts, woodworking, pets, horses, electricity, fashion, public speaking, etc?

Reach out to the Finney or Scott office to see how you could become a judge of one of these events during a county fair in KS!





## FROM THE DESK OF THE DIRECTOR



### 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](http://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)





## FROM THE DESK OF THE DIRECTOR

### How to get your tax return faster and make it work for you.

Filing early, rather than waiting until a day or two before the annual April 15 deadline, filing electronically and/or opting for direct deposit can minimize the waiting time for a refund. So if you need your money faster, try one of those methods, especially the filing early and electronically.

While you are waiting for your tax return, use the waiting time to plan how you can use your tax refund. Its best to use the refund to improve your financial situation, choosing to pay down debts with the higher interest rates first. If you owe \$2,000 on a credit card charging 18 percent interest and pay \$50 a month, it will take five years to eliminate the debt. The interest due - \$1,077 - adds up to more than 50 percent of the original debt. If, however, you use a \$1,000 tax refund to pay down the debt and continue to pay \$50 a month to clear the remaining \$1,000 balance in two years, you'll save \$879 in interest.

Weighing needs versus wants can put the brakes on spending. The family may want a big TV, but may need more dependable transportation. Questions that taxpayers anticipating a refund to ask themselves:

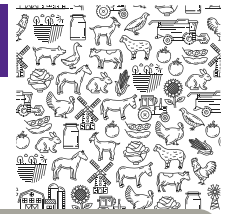
- Do I have outstanding - or past due - bills?
- Am I carrying a balance on my credit card?
- Can I use the refund to clean up holiday bills? Should I set aside part of it to eliminate holiday bills this year?
- Do I have a big expense - such as property taxes, an insurance premium, loan payment or major car repair - coming up?
- Do I have adequate emergency funds set aside?
- Have I contributed to my retirement account or IRA (Individual Retirement Account)?
- 

Adding \$500 a year to an Individual Retirement Account can yield \$68,100 in 30 years. Increasing your contribution by \$25 each year could yield up to \$113,800.

People sometimes think of a tax refund as forced savings, yet, in reality, the taxpayer has provided a loan to the government without earning any interest. If your refund is substantial, check with the human resources department at work to adjust withholding to better match your tax liability. It would be awful if you loan the government some of your hard earned money and then after filing taxes, you receive an IOU. It really is better to let the bank house your savings and draw interest than let the government borrow it for nothing. The key is that you must put money into a savings account each month.

Don't have an emergency fund? Better get one. Simple loans to cover unexpected cost are more difficult to obtain. A three- to six-months savings is a goal recommended for an emergency fund, but one that may not seem easily attained. To begin an emergency fund, try to put away \$5 or \$10 a week to build savings. It will add up and just might be what you will need someday. Still feel the urge to splurge? After paying down debt and adding to savings for short- and long-term goals, set aside a small amount as a reward - something you or your family will enjoy.





# KWA VARIETY NAMING CONTEST

ENTER FOR A CHANCE TO WIN \$500!

Entries due by **May 1, 2026**

Email entries to  
[bryson@kswheatalliance.com](mailto:bryson@kswheatalliance.com)

Scan the QR code for more information!



Kansas Wheat Alliance is inviting everyone to participate in this year's wheat variety naming contest! The prize is \$500 cash and the unique honor of naming a Kansas State wheat variety. Please feel free to forward this to anyone you think might be interested. Individuals, 4-H clubs, and FFA chapters are all welcome to compete.

Scan the QR Code on the flyer or below for more information.



## What's a good bull worth?

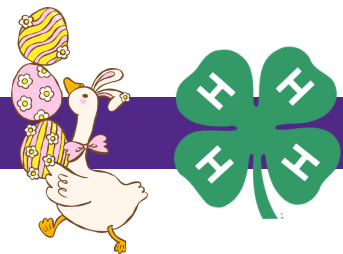
With rising input costs and tighter margins across the cattle industry, determining what a bull is truly worth has become a more strategic decision than ever for cow-calf producers.

Industry experts emphasize that a bull's value extends far beyond his sale price, shaping herd performance and profitability for years to come.

Kansas State University cow-calf expert Jason Warner said producers should focus on the long-term return a bull brings through genetic improvement and marketability of future calves.

**Scan for the full article**





# STATE LIVESTOCK NOMINATION

**ZOOM**  
MEETINGS  
6:00PM

**BEEF**

APRIL 8

**SMALL  
LIVESTOCK**

MAY 6



## GRAND DRIVE & KJLS IMPORTANT DATES

April 20	Last Day to Order Beef DNA Envelopes
May 1	Market Beef Nominations Due Online & DNA Postmarked
June 5	Last Day to Order Small Livestock DNA Envelopes
June 15	Small Livestock Nominations Due Online & DNA Postmarked -Market Swine, Commercial Breeding Gilt -Market Lamb, Commercial Breeding Ewe -ALL Meat Goat (Market & Breeding)
	Commercial Heifer Nominations Due Online & DNA Postmarked
	Registered Breeding Heifer Papers in Exhibitor's Name
	Registered Steer Papers in Exhibitor's Name
	Registered Breeding Gilt Papers in Exhibitor's Name
July 1	Registered Breeding Ewe Papers in Exhibitor's Name
July 15	Kansas State Fair Grand Drive Entry Deadline
July 25	Kansas State Fair Grand Drive Late Entry Deadline
August 15	KJLS Entry Deadline
August 31	KJLS Late Entry Deadline
Sept. 11-13	Kansas State Fair Grand Drive
Oct. 2-4	KJLS

\*All market animals must be nominated to be eligible for either show, regardless of breed or gender.

\*\*All commercial breeding females must be nominated to be eligible for either show.

\*\*\*Registered breeding females must be in the exhibitor's name by the appropriate date to be eligible for either show. Refer to show rules for details.

\*\*\*\*All meat goats, including market, commercial breeding does, and registered breeding does must be nominated to be eligible for either show.

<http://bit.ly/ksunominations>

<https://www.kansasstatefair.com/p/competitions/grand-drive1>

<http://www.kjls.net/>





2026 LIVESTOCK JUDGING CONTEST

# WAY OUT WEST

At Larson Ranch

**APRIL 15TH! 9:00AM**

1450 N County Road 3  
Leoti, KS 67861

————— \$15 per contestant, and Lunch is provided —————

### 4-H & FFA Divisions

Junior (7-9)

Intermediate (10-13): 1 set of reasons

Senior (14+): 3 Sets of reasons

Greenhand: 1 set of reasons

Senior FFA: 3 Sets of reasons

—————  
For more information call Kyla Larson: (620) 353-8170  
or Becky Vandike (785) 470-1936

## GCCC NURSING SIMULATION CENTER

# OPEN HOUSE

**FRIDAY, APRIL 17**

**4:00 PM - 6:00 PM**

**GCCC PENKA BLDG 1101**

801 Campus Drive | Garden City, KS

**COME & GO | LIGHT REFRESHMENTS**

»»» Open to public &  
anyone interested  
in a nursing career!

**G** **NURSING**  
GARDEN CITY  
COMMUNITY COLLEGE  
QUESTIONS? [NURSING@GCCCKS.EDU](mailto:NURSING@GCCCKS.EDU)

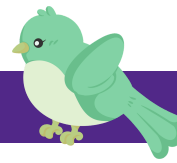


→ Tour our Nursing  
Simulation Center  
& facilities

→ See cutting-edge  
equipment &  
patient simulators

→ Learn about  
program admission  
& career paths





# Looking for College\$??

## Consider joining 4-H!

Join in 8<sup>th</sup> Grade, remain a member through graduation and qualify as a member in good standing for \$12,000 in interest-free student loans through the William Carpenter 4-H Foundation Student Loan Program!

For more information, contact Janet at the Extension Office, [jlp27@ksu](mailto:jlp27@ksu) or 620-872-2930.

### 4-H...It just makes cents!



Extension  
West Plains District



Integrated Pest Management  
2026 ART CONTEST

# METAMORPHOSIS MAGIC



KANSAS STATE UNIVERSITY | Extension



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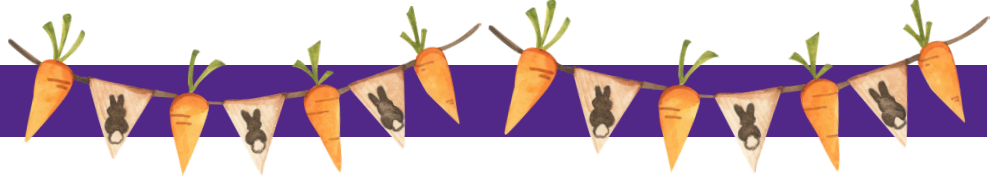
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**CLUB REPORTS:**



**FINNEY COUNTY 4-H HAPPY HUSTLERS**

March 1st, 2026

Food, Fun, and Memories

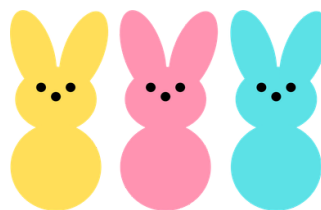
The March 1st meeting was the Happy Hustlers food project meeting. This year, we voted to try something new and created a Nacho Bar. There were 3 people who gave demonstrations as well. Josiah, Perry, and Bethany all taught us new things and we learned a lot. Josiah’s talk was on how to make Mounds cookies. This was interesting because I have never heard of Mounds cookies before. If you like coconut, you will love them. Perry’s talk was on how to make tortilla chips. This was cool because I did not know how to make them. We all sampled them with our nacho bar. Bethany’s talk was how to make seed snails. This was really fun to watch because this is a new way to plant seeds. We sang “Head, Shoulders, Knees, and Toes.” We all liked trying to do all the actions. For recreation, we played a game of turtle tag. It’s a game where if you get tagged you have to lay on your back like a turtle and stay there until someone taps you back in. We took a picture with all the birthday pans we made for our March community service project. And finally we finished setting up our nacho bar for our March foods project meeting. We explained what we brought and how we made it. We all got to enjoy supper together. We always love eating and spending time together.

Happy Hustlers 4-H Club Reporter Kinley Unruh

**FINNEY COUNTY 4-H WIDE AWAKE**

We kicked off our February meeting by answering “What is your favorite candy?” for roll call. In new business, we discussed adding Amanda Hands to our bank account at Equity Bank to make things easier for our new treasurer, Macy Hands. Next, all the kids broke up into groups to discuss committee ideas! To celebrate Saint Patrick’s Day next month, we will wear green to our meeting. Our program was great this month. Laine Baker gave us a devotion and led us in song. Lauren Lightener gave a project talk on leadership; Cassidy Wagoner gave a talk on her goats, and Laine Baker showed us her leather crafts. To end our meeting, Rush Ardery led us in a game of swim fishy swim! We look forward to seeing everyone next month at our March Meeting!

Submitted by Gentry Hands



**FINNEY COUNTY 4-H FINNEY FLYERS**

The February meeting of the Finney Flyers 4-H club was held on Sunday, February 1, 2026. The meeting was called to order by President, Abby. Twelve members answered roll call. The minutes from the January meeting were read and approved. Abigail read thank you notes from The National 4-H Council and the Finney County 4-H Foundation. Abigail presented her Fair Design to the club. She will take it to the 4-H council at their next meeting.

Karan reported on the hats and gloves that the club donated to the Family Crisis Center. The club voted on going to the Escape the Clock on March 1 at 4:00.

The club banner was discussed and a committee was formed. District Club Days is February 7 in Scott City and Regional Club Days will be February 21 in Leoti.

Khloe presented her reading that she will do at Club days in Scott City. Happy Birthday was sung to the members with a February birthday.

Next month’s meeting will be March 1 at 4:00 . The meeting was adjourned.

Before the meeting, Finney Flyers joined Beacon Boosters at the Food Bank for a community service project. The members unpacked and packed food for the Food Bank for two hours. Everyone had a great time working as a team to assist the community.

KJ Plunkett  
Reporter  
Finney Flyers

Food Bank with Beacon Boosters 4-H Club.

