

WEST PLAINS EXTENSION DISTRICT

NEWSLETTER

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2025 West Plains District 4-H
Sweepstakes Mock Contest
& Informational Meeting

December 6, 2025
9 am - 12 pm

@ GCCC
Room 1302

Parents & Youth
Welcome!

Livestock Skillathon

Livestock Quizbowl

Meat Judging

&

Livestock Judging

*All ages and experience levels are encouraged
to attend for information about these teams

K-STATE
Research and Extension

4-H
GROWS HERE

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
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MADISON COLVIN

4-H & YOUTH DEVELOPMENT
MCCOLVIN@KSU.EDU



UPCOMING DISTRICT EVENTS

WINTER
2025

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

December
January

- 12/2 - Extension Open House to Welcome Madison & Yesenia 12:30pm-5:30pm, Finney County Office
- 12/8 - West Plains Board Mtg 6 pm Finney County Extension Office
- 12/19- Regional Record Book Judging rsvp due
- 12/23- 4-H Bowling Party 11am-1pm Garden City Lanes, \$10 per Person
- 12/25 - 1/5 Extension offices Closed for Holidays.
- 1/5- 2026/2027 Kansas 4-H Scholarship Due(link) <https://www.kansas4-h.org/resources/awards-and-recognition/scholarships.html>
- 1/9- Regional Record Books due in office.
- 1/18 - 4-H Club Days Registration due

FINNEY COUNTY
4-H FOUNDATION

**JOIN US FOR
MATCHDAY!**

DECEMBER 2, 2025

**THE FINNEY COUNTY
4-H FOUNDATION MISSION**

To support youth
and young adult development
in Finney County.

WAYS TO DONATE:

Donate Online:
matchday.wkcf.org

Donate In-Person:
Dec. 2, 7am-7pm,
United Methodist
Church of Garden
City

Donate by Mail: 402
N. Main, Garden City,
KS 67846

MatchDay
DEC. 2 7AM-7PM
FIRST MATCHDAY EVENT EVER!
1100 N. MAIN, GARDEN CITY

Beyond Ready

Save the Date

**2026
K-STATE JUNIOR
PRODUCER DAYS**

Beef
MARCH 7

Sheep
APRIL 11

K-STATE
Research and Extension

LYP

**FINNEY CO 4-H
BOWLING
Party**

GARDEN CITY LANES
Tuesday, December 23
Starts at 11am through 1pm
Pizza & Pop included with 2 games
1501 N Taylor Ave, Garden City, KS

RSVP with Jessica,
620-272-3670 by December 15

**\$10 PER
4-H'ER**

Beyond Ready

**SCOTT CO 4-H
BOWLING
Party**

GARDEN CITY LANES
Monday, December 22
Starts at 11am through 1pm
Pizza & Pop included with 2 games
1501 N Taylor Ave, Garden City, KS

RSVP with Cozetta,
620-872-2930 by December 15

**FREE FOR MEMBERS
IN GOOD STANDING**

Beyond Ready

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.

*Cover Headshot Photo Credit: AnneMarie Photography



FROM THE DESK OF THE DIRECTOR

K-State food scientist shares tips for safe leftovers

Whether refrigerating or freezing leftovers, follow these steps to keep your family safe

K-State Extension news service



MANHATTAN, Kan. – In the movies, many sequels just don't live up to the originals.

But where holiday foods are concerned, many people actually look forward to follow-up meals, says Kansas State University food scientist Karen Blakeslee.

"Leftovers are a great option for a quick lunch or dinner," said Blakeslee, who also is coordinator of the university's [Rapid Response Center for Food Science](#), "but how those leftovers are managed can make a difference in the safety of the food."

Blakeslee said hot leftovers need to be divided into small containers to allow faster cooling. She suggests containers that are about two inches in depth. Plan ahead and use containers that can be stored in the freezer. Chill the food in the refrigerator, then freeze it for later use.

"Never place a large container of hot food – such as soup – into the refrigerator because it will cool down very slowly," she said. "This can allow bacteria that may be present to multiply and increase the chance of foodborne illness."

To speed up the chilling process, Blakeslee said the smaller containers can be placed into an ice water bath. "Always store leftovers within two hours after cooking," she said.

Leftovers can be kept safely in the refrigerator for 3-4 days, or frozen for 3-4 months. Frozen leftovers are safe indefinitely, Blakeslee said, but can lose moisture and flavor when stored longer than 3-4 months. Re-heating leftovers depends on the food, according to Blakeslee.

"Microwave ovens make it easy and quick to reheat leftovers, but for even heating, always rotate containers or stir the food during reheating," she said. "Also, allow the lid or wrap to vent steam as it heats." For added safety, use a food thermometer to assure that the reheated food reaches an internal temperature of 165 degrees Fahrenheit. After heating, let the food rest; Blakeslee said heat is still rising within the food after heating it in the microwave.

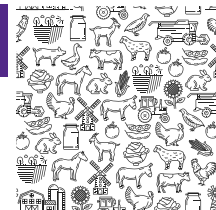
"If leftovers are frozen, it is best to thaw them in the refrigerator before heating," she said. "It is safe to reheat frozen leftovers without thawing, either in a saucepan or microwave, in the case of a soup or stew." Casseroles, combination meals and similar foods can be reheated in the oven or microwave, according to Blakeslee. Reheating will take longer than if the food is not thawed first, but Blakeslee said it is safe to do when time is short. What about leftovers that are leftover? "It is safe to refreeze any food remaining after reheating previously frozen leftovers to the safe temperature of 165 F, as measured with a food thermometer," Blakeslee said.

More tips on safely saving leftovers is available online from the [U.S. government's Food Safety and Inspection Service](#).

More food safety tips are available online from K-State's [Rapid Response Center for Food Science](#). Blakeslee publishes a monthly newsletter, called [You Asked It!](#), with timely tips for safe food in and out of the home.

More information is also available at [local extension offices in Kansas](#).





2025 SORGHUM CONNECTION WINTER SERIES

Mark your calendars for local winter summits aimed to bring multi-disciplinary, data-driven information to Kansas sorghum producers to help improve on-farm productivity and profitability.

WEDNESDAY, DECEMBER 3 | HUTCHINSON
South Hutchinson Community Center
101 W. Ave. C, South Hutchinson, KS, 67505

THURSDAY, DECEMBER 4 | OAKLEY
Buffalo Bill Cultural Center
3083 US-83, Oakley, KS 67748

FRIDAY, DECEMBER 5 | MONTEZUMA
Hy-Plains Feedyard
7505 US-56, Montezuma, KS, 67867

REGISTER HERE



K-STATE
Research and Extension

2025 Sorghum Connection Series

The Sorghum Connection Series, a collaboration between the Kansas Grain Sorghum Commission (KGSC), K-State Research & Extension, and the K-State Department of Plant Pathology, announces its second year of a comprehensive winter educational series focused on enhancing the profitability of sorghum producers across the state.

Registration at 9:30 a.m. and will conclude at 2:30 p.m.

There is no cost to attend, but RSVPs are required. To register or learn more about these events, visit www.ksgrainsorghum.org/sorghum-connection



Godsey



Kasten



Perkins



Clark



Watkins



Onofre



Filbert

COMING TO DODGE CITY, JAN. 20

Boot Hill Casino & Resort Conference Center, 4100 W Comanche St, Dodge City, KS

Speakers from Godsey Ag, Agrimodis, Banded Ag, Terrain Ag, Watkins Realty & Insurance, KSU

Dr. Chad Godsey, Godsey Ag

Herbicide Strategies for 2026; In-Season Nutrient Recommendations

Chris Kasten, Agrimodis & Chris Perkins, Agrimodis/Banded Ag LLC

Fertility Management in Low Commodity Prices

Matt Clark, Terrain Ag

Corn and Soybean Markets: 2026 Outlook

Steve Watkins, Watkins Realty & Insurance Agency

Crop Insurance Update; One Big Beautiful Bill Changes

Dr. Rodrigo Onofre & Sophie Filbert, Kansas State University Plant Pathology

How 2025 Disease Pressure Shapes 2026 Decisions. Fungicide Timing & Efficacy on Disease & Yield

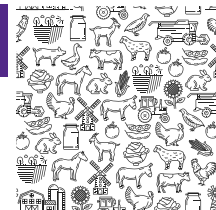
Kansas Corn & Soybean Agronomy Series

Registration begins at 8:30 a.m.

- Insights on fertility & agronomic practices with top private sector experts
- Real-world discussions on diseases, weed control and herbicide management
- Perspectives on markets, farm programs and crop insurance changes



Scan for more
information or
to register!



KANSAS STATE
UNIVERSITY

Agricultural
Economics

AG PROFITABILITY CONFERENCES

Making “Cents” of a Shifting Ag Economy

Join us for an engaging conference that explores the current farm financial landscape! Topics presented include:

- International trade and tariff impacts.
- Budgeting for crop profitability.
- Ag policy and the One Big Beautiful Bill Act.
- Farm transition considerations, and much more.



SCAN ME

February 3, 2026

The Refinery
3122 Cecil Drive
Garden City, KS

\$10 Registration Fee

Register today!

[AgManager.info/profitability](https://agmanager.info/profitability)

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**Thank you to
our sponsors!**



SCAN ME!



For an article on the
conference

With Kansas farmers facing rising financial pressures, Kansas State University is hosting a series of Agricultural Profitability Conferences across the state, beginning in December and continuing through early February.

The conferences, *Making ‘Cents’ of a Shifting Ag Economy*, are organized by K-State’s Department of Agricultural Economics, offering insights into economic trends, farm policy, land values and strategies to maintain profitability during difficult times.

For more details or updates, visit the AgManager website at <https://agmanager.info/profitability>.

Reid noted the contributions of "generous sponsors for making these conferences possible," including Kansas Corn, Farm Credit Associations of Kansas, Kansas Bankers Association, Kansas Grain Sorghum Commission, Kansas Soybean Commission, and Kansas Wheat.



Thank you Scott County 4-H'ers and Beef Project Leader Anne Lampe for supporting our community and donating 117lbs of ground beef to Scott City's Hope's Closet on November 12! Participants included:



The Vance Family
The Pearson Family
The Mayo Family
The Jennison Family
The Koons Family
The Cramer Family
The Fisher Family
The Beaton Family
The Conine Family
The Hineman Family
The Kerr Family
The Lampe Family



Scott County Kansas 4-H Shooting Sports members and Volunteers hosted their annual Veterans Supper community service project this evening. Great company, delicious food and wonderful fellowship!

Live Well, Lead Well Workshop

9 youth from the West Plains Extension District joined 17 other youth from Western Kansas to learn more about the new Live Well, Lead Well curriculum. 4-H'ers Julie, Jackie, Anna, Kealie, Audrey, Emmett, Chase, Addison and Zoey tried out different activities from the curriculum, including yoga, line dancing, play dough emotions, sugary drinks, and more in preparation for taking these activities back to their communities to promote emotional and physical wellness.

4-Hers Make Cookies for the Election

Eighteen Scott County 4-Hers met to make cookies on November 3, 2025 at the William Carpenter Building with Carol Ann Crouch, FCS District Director, and Cozetta O'Dea, Office Professional. The different types of cookies made were cake mix cookies, cherry crunch bars, lemon cookies, chocolate chip cookies, and chocolate crinkle cookies.

Before making and baking the cookies, Carol Ann Crouch talked to members about the different ingredients they would be using. She then demonstrated how to use a dry measuring cup as well as a wet measuring cup. 4-Hers were taught that three teaspoons equal one tablespoon and how to use an electric blender.

Besides learning about cookie making, 4-H members also did a community service project by baking the cookies for voters who come to vote at the election.

Addison Dearden, Lake Wide Awake Club member, said that she participated in this activity because she likes to bake and help the community.

Chase Dearden, Lake Wide Awake Reporter





2025 Finney County 4-H Achievement Award Ceremony

November 9th, 2025
Finney County 4-H Building

4-H CAMP COUNSELORS RECOGNITION

Camp Lakeside
Abigail Elam
Harvick Sowers
Parker Schreibvogel

State Fashion Revue

Abigail Elam – Top 5 Finish
Addisyn Claussen – Top 5 Finish

State Photography Judging

West Plains Intermediate Team - High
Point Team
Hudson Fryman

4-H Graduating Seniors

Graduating Seniors:
Jenera Ardery
Kayla George
Grady Gleason
Halle Jones
Elisabeth MacWhinnie
Madyson Schreibvogel
Jaylee Speer
Kasen Ramsey
Annalise York

4-H State Livestock, Meat Judging Teams & Other Competitive Youth Recognition

State Livestock Judging Team
West Plains Team 1: 5th Overall, 3rd in Beef, 5th in Placings, 7th in Swine, and 9th in Reasons
Kennan Murrell
Macy Hands
Madelyn Waggoner
West Plains Team 2: 6th Overall, 3rd in Placings, 6th in Beef, and 10th in Swine
Gentry Hands
Abigail Morales
Hailey Unruh
Individual Competitors:
Kinley Unruh
Lainey Hands

State Meats Judging Team

West Plains Intermediate Team: 2nd Overall, 1st in Placings, 3rd in Questions, and 2nd in Retail ID.
Audrey Bryant – High Point Intermediate
Andrew Morales
West Plains Senior Team: 3rd Overall, 1st in Reasons, 2nd in Placings, and 3rd in Retail ID.
Kealie Bryant – High Point Senior
Braeden Boyd
Grady Gleason
Abigail Morales



Membership Pin

Kynlie Baker
Baylie Baker
Tymberlie Baker
Coltyr Baker
Walter Cooper

Silver Guard Pin

Madelyn Waggoner
Jaylee Speer
Gentry Hands
Harvick Sowers
Leadership Pin
Wide Awake
Macy Hands
Kealie Bryant
Perry Horton
Hailey Unruh

Meat Goats

Audrey Bryant
Jaylee Speer
Brynlee Weilert
Asher Coash
Jaxon Pitts
Olivia Coash
Champion: Kealie Bryant

Performing Arts

Kealie Bryant
Bethany Horton
Perry Horton
Champion: Paxton Alexander

Sewing & Textile Design

Madelyn Waggoner
Champion: Hailey Unruh -

Bronze Pin

Kynlie Baker
Baylie Baker
Tymberlie Baker
Josiah Horton
Cassidy Waggoner
Brynlee Ann Weilert
Brock Cogan
McCoy Tuttle

Gold Pin

Braeden Boyd

Ag Mechanics Welding

Champion: Dylan Burch

Fiber Arts

Kinley Unruh
Audrey Bryant
Hailey Unruh
Paxton Alexander
Bethany Horton
Josiah Horton
Harvick Sowers
Kasen Robinson
Champion: Kealie Bryant

Swine

Champion: Paxton Alexander

Clover Pin

Audrey Bryant
Lainey Hands
Weston Fryman
Colton Fryman
Eleanor Cooper
Madyn Boyd

Gold Guard Pin

Abigail Elam

Interior Design

Champion: Jaylee Speer

Self-Determined

Audrey Bryant
Champion: Kealie Bryant -

Leadership

Kinley Unruh
Hailey Unruh
Kealie Bryant
Audrey Bryant
Macy Hands
Champion: Abigail Elam

Photography

Weston Fryman
Colton Fryman
Madyn Boyd
Lainey Hands
Gentry Hands
Jaxon Pitts
Rilynn White
Cassidy Waggoner
Aubrey Coash
Champion: Hudson Fryman

Emerald Pin

Theodore Cooper
Hudson Fryman
Kasen Robinson
Adam Knoll
Jake Knoll
Brayden Robinson
Taylor Knoll

Beef

Kinley Unruh
Josiah Horton
Brayden Robinson
Kasen Robinson
Tryan Pitts
Champion: Hailey Unruh

Pets

Champion: Jake Knoll

Sheep

Paxton Alexander
Brayden Robinson
Colton Fryman
Kasen Robinson
Kealie Bryant
Audrey Bryant
Walter Cooper
Eleanor Cooper
Champion: Grady Gleason

Shopping in Style

Champion: Audrey Bryant

Silver Pin

Bethany Horton
Paxton Alexander
Kinley Unruh
Harper Sowers

Civic Engagement

Kealie Bryant
Champion: Audrey Bryant

Food

Hailey Unruh
Audrey Bryant
Kealie Bryant
Paxton Alexander
Josiah Horton
Bethany Horton
McCoy Tuttle
Braeden Boyd
Perry Horton
Adam Knoll
Taylor Knoll
Hudson White
Champion: Kinley Unruh

Visual Arts

Paxton Alexander
Champion: Audrey Bryant

Woodworking

Tryan Pitts
Molly Roark
Mason Roark
Champion: Perry Horton



Club Recordkeeping Awards

Secretary Award

Champion Kealie Bryant

Treasurer Award

Champion Grayson Gleason

Reporter Award

Champion Hailey Unruh

Historian Award

Champion McCoy Tuttle

2024-2025 4-H Foundation Awards

Family & Consumer Science Award

Audrey Bryant
Hudson Fryman

Agriculture Award

Brayden Robinson
Paxton Alexander

4-H General Award

Kealie Bryant
Kinley Unruh

Leadership & Citizenship

Abigail Elam
Grady Gleason

Finney County 4-H Alumni Award

Skyler Glenn

4-H Volunteer Leader Award

Pansy Fryman

Club Seal Awards

Beacon Boosters
Purple Seal

Happy Hustlers
Purple Seal

Finney Flyers
Purple Seal

Kourageous Kids
Purple Seal

Sherlock Strivers
Purple Seal

Wide Awake
Purple Seal

Extension Appreciation Award

Lor-Jan Transport, LLC

2024-2025 Finney County.....Friends of 4-H Award

Nutrien Ag Solutions

4-H Community Service Award:

Happy Hustlers 4-H Club

CLUB REPORTS:

FINNEY COUNTY 4-H HAPPY HUSTLERS

November Meeting

On November 16th 2025, the Happy Hustlers 4H Club met for their monthly meeting. This was our first meeting for everyone to be in their new officer positions. Then we talked about community service and what we are doing each month. For this month, we had a food drive for the Emmaus House. We discussed the theme and decorations for the float for the Christmas parade which will be held on our next meeting. Then we did song and recreation. We sang "My Bonnie Lies over the Ocean." For recreation we played a game of clothespin tag. After the meeting we painted ornaments for the nursing home. It was a fun and relaxed November meeting.

-Kinley Unruh

Reporter

Happy Hustlers

FINNEY COUNTY 4-H FINNEY FLYERS

The November meeting of the Finney Flyers 4-H club was held on Sunday, November 2, 2025, at the 4-H building. The meeting was called to order by President, Abby. Nine members answered roll call. The minutes from October were read and approved.

It was decided to have the December meeting before the Christmas parade on December 7 and then all members can decorate for the parade. All members need to bring a bag of candy to pass out during the parade.

Abby will be attending the national 4-H congress.

Archer gave a talk on how to properly make a motion. Recreation included everyone making thank you cards to the 4-H foundation for sponsoring enrollment. Happy Birthday was sung to Khloe for her November birthday.

Next month's meeting will be December 7 at 4:00 at the 4-H building. The meeting was adjourned.

KJ

Reporter

Finney Flyers

FINNEY COUNTY 4-H Wide Awake

Wide Awake November Report

What is your favorite Thanksgiving food is how we opened our November meeting this month. It was fun to hear all the different answers! At this meeting we decided it was time for our club to order new shirts as we have not had new ones for a few years. We will wear them to club events such as 4H Days and the county fair. It will be nice to be able to spot a Wide Awake member in their new shirt! We enjoyed hearing all of our reports from officers and our club leaders and a devotion from Harper Sowers. Harvick Sowers discussed that this is the longest government shutdown we have lived through for his current event. We are all hoping it gets resolved. Macy Hands gave us a project talk on how to halter break market steers. We wish Macy best of luck with her new calves! Cassidy Waggoner entertained us and made us laugh with a joke about pickles! We adjourned our meeting and wished everyone a very happy Thanksgiving!

Submitted by Gentry Hands

FINNEY COUNTY 4-H KOURAGOUS KIDS

The club met on November 9, opening with pledges and a thankful-themed roll call. Members enjoyed a project talk from Henry Coash on racing pigeons and a SMART goal workshop led by new 4-H Agent Madison Colvin. Officer reports and member activity updates were shared, along with reminders about committee sign-ups and ongoing community service projects. The club approved Angel Tree participation, planned a December hot chocolate party, and will coordinate a simple entry for the Christmas parade. Members also voted to donate to the Finney County and Kansas State 4-H Foundations. The meeting wrapped up with a game of Farmyard Frenzy and refreshments.

Submitted by Braeden Boyd

FINNEY COUNTY 4-H BEACON BOOSTER'S

The November meeting was called to order on November 19, 2025. There were 10 members, 1 guest and 8 parents present. The Beacon Boosters received their achievement awards for those who could not attend the achievement banquet. The club will be participating in the Christmas Parade on December 6, 2025 with The Sherlock Strivers 4-H Club. The club decided to go Angel Tree shopping for two kids at our next meeting which will be held on December 12, 2025 at Walmart, then the Robinson house.

The reporter's report was submitted to the Garden City Telegram, Finney County Extension Office, and the Beacon Booster's Facebook page on December 1, 2025.

Respectfully submitted,

Brock Cogan, Reporter