

ISSUE NO. 47 | JUNE 2025

WEST PLAINS EXTENSION DISTRICT

NEWSLETTER

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2025 Finney County Fair Livestock Premium Auction Meeting



Mandatory for ALL 4-H/FFA Livestock Exhibitors

- Training on contacting buyers
- Reminders for fair



June 24th @ 7 pm
Location: 4-H Building



K-STATE
Research and Extension



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



WWW.WESTPLAINS.K-STATE.EDU

| [@WESTPLAINSKSRE](https://www.instagram.com/westplainsksre)



UPCOMING DISTRICT EVENTS

SUMMER
2025

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

June

- 6/3 -West Plains 4-H Youth Leadership Academy mtg, 9-2pm, Newman University
- 6/3 - 4-H Camp Counselor Training, Wm Carpenter 4-H Building and Zoom, 6pm. Dinner served.
- 6/9-10 - Camp Lakeside
- 6/11-13 - Camp Wild Adventure
- 6-17 – West Plains 4-H Youth Leadership Academy Leadership Trip
- 6/19- Scott Co Jr & Int Blue Awards Trip to Dodge City. Leave at 10am
-

July

- 7/3 - Scott County Free Fair Entries Due
- 7/8- Finney County Fair Entries for Photography, Food & Nutrition, Sewing & Textiles Design, Fashion Revue, Fiber Arts , Arts & Crafts, Communication are due
- 7/15- Finney County Fair Entries For Livestock & Static are due
- 7/31 - Finney County Fair Carcass Show



GARDEN CITY COMMUNITY COLLEGE
MEAT JUDGING TEAM
est. 1987

MEAT JUDGING CAMP

AUGUST 7-8
9 AM - 5 PM
GCCC Meat Lab (John Collins Vocational Bldg)

\$100
PER PERSON

Age Groups
Beginner: 8 - 10 year olds
(or less than a year of judging experience)
Experienced: 11 - 18 year olds
(or more than a year of judging experience)

Register by Aug. 4th
Register with Sklyer Glenn
sklyer.glenn@gcccks.edu
620-290-7068

Housing not provided
Lunch provided both days

4-H & FFA

Sheep & Goat Fitting Contest

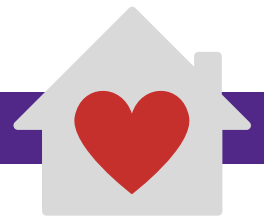



Thursday, July 24
1pm
Livestock Show Ring
Finney County Fairgrounds

Contact Janet to sign up your team or if you have any questions!
607-222-2336 or jlp27@ksu.edu

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

Hello Extension Friends and Family! It so hard to believe how fast this year has flown by! Which is exciting as we gear up for camp and fair!

Our agents have been super busy finishing up school programs, hosting tractor safety, stem project meetings, tagging livestock and more, but we couldn't do it without all the wonderful volunteers from the West Plains Extension District.

As we head to camp, our older 4-Hers become counselors, mentors and leaders to our younger 4-Hers. The camp experience is so much fun and we are lucky that we have the opportunity.

Both the Finney County Fair and the Scott County will be held between the dates of July 19-26 with some activities before and after those main dates. Watch the West Plains Ext. Newsletter for those schedules.

We highly encourage you to enter your talents into our county fairs. We would love to have your unique items on display for everyone to look at. We are happy to help answer questions on how to enter open class into the fair. Also, if you plan on entering exhibits (not livestock) into the Kansas State Fair, you will need to do so before August 15. We agents and the Extension Office cannot help with late entries for the KSF or with transportation with open class items, but we can help with questions!

Have a great summer and we will see you at the county fair!

-Carol Ann

Working in the Heat and Tips to Help.

When the heat hits, many of us still have to get out and work in it for numerous reasons. However, there are a few tips that can help you avoid the worst of the heat and the potential of heat stroke. Before you begin, check the weather report. Watch the heat, but also the humidity. When the humidity is high, the body isn't able to rid itself of the heat due to the moisture in the air, which restricts the body's ability to evaporate sweat. Heat stroke is very real. Watch for your body's signals. If your body is straining itself during a workout or time in the heat, you need to pay attention. If your heart rate is higher than normal, if you feel nausea, have excessive sweating or even the inability to sweat and feel lightheadedness, slow down, sit down and sip some cool water.

Speaking of sipping water. Don't chug cold water, but rather sip cool water. Before you go out, drink water to hydrate yourself and stop and take hydrating break often. Thirst is one of the first symptoms of being dehydrated. Drink a minimum of 8 oz of water every 20 min, or so. A regular bottle of water is just over 16oz, so drink at least 1 ½ bottles every hour you are out in the heat. You can drink other fluids as well, but stay away from sugary or caffeine and keep high sodium sport drinks to a minimum.

If you already have a chronic health issue like heart disease, high blood pressure or diabetes, use extreme caution when being out in the heat and humidity. Work outside in the early morning or late evening. But, again, watch the humidity even at those times of the day.

Know your heat tolerance. Folks adapt to the environment that they live in, so be careful when you are on vacation at different elevations, heat index and humidity levels. All can be harmful if you are not aware and you over exert yourself. Try to wear loose fitting clothes that are light in color. Now days there are special clothes that are made to help wick the moisture away from the body. If your skin is exposed, make sure you wear a hat and sunscreen. Don't forget to protect your eyes as well. If you are sweating, they do make sunscreen that is water resistant. Make sure you apply it often. Work of caution. Bug spray and sunscreen when applied together can have a reaction, so be careful.

If you start to feel depleted and fatigued, slow down, rest, sip cool water and take a cool shower to get your body temperature back to normal. If you are experiencing heat cramps, getting a headache or getting nausea, get your body temp down, cool off. If symptoms persist, see your doctor asap.

Stay cool, stay hydrated and enjoy your summer



June is Men's Health Month,



a national observance dedicated to raising awareness of preventable health issues and encouraging early detection and treatment among men and boys. It's also the month we celebrate Father's Day—a time to honor dads, grandfathers, and father figures for all they do. What better way to show appreciation than by encouraging the men in our lives to take charge of their health?

While conversations around health often focus on diet and exercise, men's health goes deeper—it's about mental wellness, preventive screenings, and long-term lifestyle choices that support overall well-being. Whether you're a dad yourself or care about one, June is the perfect moment to spark change.

Did you know that, on average, men die five years earlier than women? Or that men are more likely to avoid the doctor, skip annual checkups, and delay seeking care when symptoms arise? These trends can lead to more serious conditions being diagnosed too late. According to the Centers for Disease Control and Prevention, the leading causes of death among men are heart disease, cancer, and accidental death.

Start today by taking care of your health

- **Get regular checkups:** Annual physicals are your first line of defense. Even if you feel fine, schedule a checkup. Many health issues are “silent” in the early stages.
- **Move Your Body:** Aim for at least 150 minutes of moderate physical activity each week. Some ways to get moving are going on a daily walk, join a local sports league, try strength training at home or the gym. Take the stairs whenever possible or park further away from the store front.
- **Eat Smart:** Nutrition is the foundation of health. Reduce intake of processed foods, sugary drinks, and excess sodium and saturated fats.
- **Prioritize Mental Health:** Men are less likely than women to seek help for depression, anxiety, or stress-related issues. But mental health is just as important as physical health.
- **Know Your Family History;** Genetics matter.

Whether you're a man taking charge of your own health or someone supporting the men in your life, this month is a powerful opportunity to encourage action, foster conversations, and share resources that can make a lasting impact. As part of Men's Health Month, participate in Wear BLUE Day the Friday before Father's Day. It's a powerful way to show support, raise awareness, and spark conversations about men's health.

This Father's Day, let's celebrate by supporting a legacy of strength, self-care, and wellness. Encourage the men you care about to take a proactive step toward better health. It's one of the most meaningful gifts we can give—and one that lasts far beyond the holiday.

June 1st is Say Something Nice Day, a simple but powerful reminder that words matter—and that kindness has the power to brighten someone's entire day.

Whether it's a compliment to a coworker, a thank-you to a friend, or a few encouraging words to a stranger, taking a moment to speak positively can lift spirits and strengthen relationships. In a world that often moves too fast, small gestures of kindness can make a big difference.

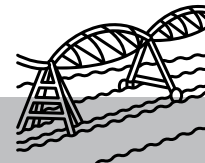
Kindness doesn't cost a thing—but its value is immeasurable. So today, speak from the heart and let someone know they matter. You never know whose day you might change with just a few kind words.

Say something nice today—you might just start a chain reaction of positivity.



Say Something Nice Day – Kindness Is Contagious!





Slowing Down Pivots

Irrigation systems in Kansas can greatly benefit from a simple adjustment: slowing down the speed of center pivot systems. Jonathan Aguilar, a water resource engineer at Kansas State University, notes that this change can enhance water use efficiency and crop yields. He explains that when a pivot moves too quickly, much of the water runs off or evaporates before reaching the plant roots. Slowing down the pivot allows more moisture to be absorbed by the soil.

Each irrigation cycle results in an average loss of 0.17 inches of water due to evaporation. Aguilar calls this an “irrigation service fee to Mother Nature.” He emphasizes that slowing the pivot is vital for farmers in western Kansas and the High Plains, where water from the declining Ogallala Aquifer is a growing concern.

Key Irrigation Strategies for 2025:

Aguilar’s research focuses on practical solutions that farmers can implement immediately without needing costly upgrades. He outlined several strategies to improve irrigation efficiency this season:

- 1. Monitor Soil Moisture:** Check soil conditions before irrigating. If the soil is still saturated, wait before applying more water.
- 2. Match Application Rates to Crop Needs:** Adjust irrigation schedules based on growth stages and weather patterns to avoid overwatering.
- 3. Irrigate During Cooler Parts of the Day:** Schedule irrigation for early morning or late evening to reduce evaporation loss, which can be as high as 10-25% during hot afternoons.
- 4. Ensure Uniform Water Application:** Regularly inspect pivot nozzles to ensure even coverage, as malfunctioning nozzles can compromise efficiency and yields.

For more the full article go to [KSRE Ag and Natural Resources News](https://ksre.k-state.edu). For more information on improving irrigation efficiency, visit ksre.k-state.edu or contact your local K-State Research and Extension office.

Wheat



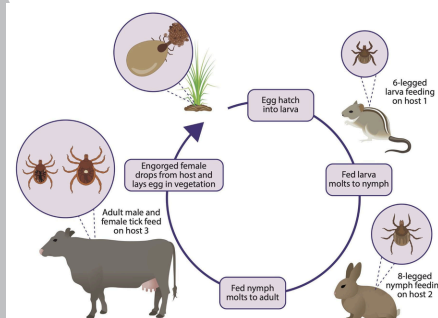
Publications available through the KSRE Bookstore:

- MF3383 [Wheat Streak Mosaic](#)
- EP145 [Triticum Mosaic](#)
- MF991 [Wheat Variety Guide](#)

Ticks

By Cassandra Olds

Ticks and the pathogens they transmit are a significant concern for both humans and animals alike. Controlling tick populations can be difficult because a large part of their lives are spent off the animal host or are on hosts we have little control over like deer, rabbits and other animals (Figure 1). Between feeding periods, ticks are found in brush or tall grasses, especially around water areas and streams. High humidity, the presence of protective leaf litter and animals moving through the area provide a perfect habitat for ticks. To continue reading go to [KSU Beef -- Beef Tips Newsletter](#).





The Creative Side of 4-H: Visual Arts By Janet Harkness, 4-H Agent West Plains Extension District

With the countdown to county fair underway, 4-H'ers are getting together their fair entries, including some very creative visual arts projects! Fair goers will most certainly see some examples of how talented and crafty our Finney County 4-H members are.

The visual arts project teaches artistic skills and the elements and principles of design. 4-H members explore techniques, study art history, culture and discover their talents. 4-H'ers have the opportunity to be creative: draw, paint and work with different mediums. Creating art through experimentation using a variety of tools and organizational strategies. The elements of design are color, value, form, line, shape, space and texture. Design principles are balance, emphasis, movement, pattern, proportion, repetition, rhythm, unity and variety.

Visual arts is for anyone and everyone in 4-H! Members find their spark for these different mediums and techniques at different ages, spending their 4-H careers honing these skills from Cloverbud (ages 5-6) all the way through the Senior year of 4-H (18 years old before January 1st). Visual arts also incorporates all of the different project areas a member may be enrolled in. For example, create an oil painting of your favorite steer, learn how to add artwork to the cakes in your foods and nutrition project and volunteer at your local art event as a community service project in the visual arts area. The possibilities are endless!

As with all 4-H projects, 4-H visual arts can be tied to college and career plans. Members who are involved in visual arts and/or photography have gone on to choose careers in graphic design or marketing. Other career paths in visual arts include: auto body painting; design, production and merchandising of product lines, teaching, entrepreneurship and more!

When you are visiting the county fair, be sure to check out all that our 4-H'ers have been up to! Check out the ribbons and awards that have been earned for their talent.

Our members bring their visual arts projects (and more!) to pre-fair consultation judging with a judge who talks to the 4-H'er about their project, what they've learned and plans for future projects. Consultative judging involves one-to-one communication in which the judge and 4-H member talk directly with each other. It provides a unique opportunity for young people to learn from the experiences and knowledge of a judge. To plan, practice, and present a finished product is to "learn by doing."

Based upon all of these factors, the judge the awards a ribbon to the project. All 4-H projects are judged on the Danish system, whereby an exhibit or process is evaluated against a set of standards, and recognition is awarded on the degree to which the standard has been met by each 4-H member. The standards of excellence are often printed on a judge's scorecard, and allows for the exhibit to be judged on one's own merit, and not in comparison with others in the class.

The following ribbons apply:

WHITE: Fair, denotes much improvement needed. Fails to meet minimum standards. RED: Good, some improvements needed. Meets minimum standards.

BLUE: Excellent, minor improvements needed. Exceeds minimum standards.

PURPLE: Superior, outstanding on all standards.

SELECTED FOR STATE FAIR: those projects that the judge selects for State Fair competition.

Visual arts allows 4-H'ers to express themselves, be creative and make an impression. It may be messy, fun, strange or unique but allows members to create with their own hand and bring their visions to life! One thing is for sure, visual arts richly adds to "4-H is from cows to plows to wow!". For more information on getting creative with 4-H please contact Janet Harkness, 4-H Agent, jlp27@ksu.edu. Kansas State University, Agricultural Experiment Station and Cooperative Extension Service, K-State Research and Extension is an equal opportunity provider and employer.



Congratulations 4-H Graduates!

Jenena Anderson

Grady Gleason

Elisabeth MacWhinnie

Maddy Schreiber

Annalise York

Kayla George

Halle Jones

Kason Ramsey

Jaylee Speer



Congratulations 4-H Graduates!

Taylor Koehn

Waylon Ricker

Logan Stoppel

Megan Trout

Jace Miller

Hailey Shapland

Brody Strine

Baylor Vasquez

CLUB REPORTS:

FINNEY COUNTY 4-H HAPPY HUSTLERS

Fundraiser at Freddy's

By: Hailey Unruh

The Happy Hustlers 4-H club met on May 5 at the 4-H building. During the meeting, we discussed the success of our fundraiser. In April of 2025, the Happy Hustlers 4-H Club spent three shifts at Freddy's to raise money for their club. The members got assigned shifts and the restaurant donated 15% of that night's profits to the club, raising a substantial amount of money.

The members worked to hold doors, wipe the trays, baskets, tables, and seats. The club parents went to eat dinner, but also to take pictures of their kids and to see them work hard. The club had a lot of fun getting to serve their community through hard work and kindness. The kids learned leadership, responsibility, and that working at a fast-food restaurant is harder than most expect.

As the night progressed, the kids gained more experience, getting quicker and better at their jobs. The members got to have fun and talk to each other, while at the same time, achieving their goal of completing their monthly community service activity and fundraising effort. Their next donation to the community is approaching, and no matter what they do, Garden City will thank them. They will continue to take part in community service activities, the fundraiser at Freddy's was only the beginning.

FINNEY COUNTY 4-H WIDE AWAKE

May meeting

This meeting we signed cards for our graduates that are leaving. We will miss them! Our celebration committee brought us flower seeds to give to our mothers to thank them for Mother's Day. We also had a joke "What do you call a happy rancher" a jolly rancher! We sang the song "Who Stole the Cookies From the Cookie Jar!" We listened to a lot of fun project talks. To end the night off we played hot potato! Great job Wide Awake!

Submitted by Macy

Congratulations



Finney County 4-h Foundation Scholarship
Jenera Ardery

CLUB DAY RESULTS | CLUB REPORTS | ANNOUNCEMENTS

CLUB REPORTS:

Fair Entry Due Dates Finney County

July 8th

Photography, Food & Nutrition, Sewing & Textiles Design, Fashion Revue, Fiber Arts, Arts & Crafts, Communication

July 15th

Livestock & Static Entries

Fair Entry Due Dates Scott County

All Fair Entries are due July 3rd.

2025 SCOTT COUNTY FREE FAIR Fair Book Available @ www.scottcofreefair.com

Saturday, July 19 – Family Day
~~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 ~~8:00~~
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



2025 Schedule

FINNEY COUNTY FAIR

JULY 19TH HORSE SHOW..... 8:00AM PET SHOW..... 2:30PM GATES OPEN..... 6:00PM KICK OFF CONCERT..... 7:00PM	JULY 25TH SHEEP SHOW..... 8:00AM FITTING CONTEST..... 1:00PM CARNIVAL GAMES..... 3:00PM LIVESTOCK AUCTION AND DINNER..... 5:00PM CONCERT..... 7:00PM
JULY 20TH OPEN CLASS STATIC ENTRY 5-7PM	JULY 26TH SUPREME SHOWMANSHIP 9AM CARNIVAL GAMES..... 10:00AM PARENT SHOWMANSHIP... 1PM TURTLE RACES..... 2:00PM KIDS TRACTOR PULL..... 4:00PM ANTIQUE TRACTOR PULL .. 7PM CONCERT..... 6:00PM
JULY 23RD GOAT SHOW..... 9:00AM RABBIT & POULTRY SHOW.. 3:00PM KPRA RODEO..... 7:00PM	JULY 24TH SWINE SHOW..... 8:00AM SPECIAL OLYMPIC GOAT SHOW 2PM CARNIVAL GAMES..... 3:00PM BEEF SHOW..... 5:30PM GCC PUBLIC FEED..... 6:00PM

SCHEDULE IS SUBJECT TO CHANGE

KICK OFF CONCERT
AARON WATSON & JASON BOLAND