West Plains District

Extension Newsletter

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West Plains District Office Hours
Monday - Friday
8 AM - 5 PM
Lunch hours excluded and subject to change

Finney
📞 620-272-3670
Anthony Reardon
Jennifer LaSalle
Renee Tuttle
Tabitha Whitten

Scott
📞 620-872-2930
Carol Ann Crouch
Janet Harkness
Cozetta O'Dea
West Plains District

Dates On Going:
- January 4th- December 6th: K-State Garden Hour Webinar Series. 1st Wednesday of the month. Noon-1:00pm
- January 30th-March 13th: Walk with Ease. Finney County Fairgrounds. 4:30pm-5:30pm.

Dates to Know: March 2023
- March 1st: K-State Garden Hour Webinar: Houseplants. Noon-1:00pm
- March 1st: Finney County 4-H Foundation Scholarships Due.
- March 1st: State 4-H Record Books Due Online and Kansas 4-H Scholarship Applications Due.
- March 11th: Junior Swine Producer Day. KSU Campus.
- March 13th: Scott County YQCA Training. Scott City. William Carpenter Building. 9:00am-10:30am.
- March 14th: Sorghum Production and Irrigation School. Wichita County Community Building. 9:00am-2:00pm.
- March 14th: Basics of Vegetable Gardening. Scott City. William Carpenter Building. 6:30pm.
- March 14th: ABC Lego Class. Scott City. Wm. Carpenter Building. 10:00am-12:00pm. 4-H'ers bring your legos.
- March 16th: Finney County YQCA Training. Fi. Co. Fairgrounds. Grandstand Room. 9:00am-10:30am. www.yqcaprogram.org
- March 18th: Junior Meat Goat Producer Day. KSU Campus.
- March 19th: Finney County 4-H Ambassadors Meeting.
- March 19th: Dog Show Practice. Scott City. Wm. Carpenter Bldg. 4:00pm
- March 21st: Scott County YQCA Training. Scott City. William Carpenter Building. 6:00pm-7:30pm.
- March 23rd: YQCA Training. Finney County Fairgrounds. Grandstand Room. 6:00pm-7:30pm.
- March 26th: Scott County 4-H Beef Tagging. HRC, 2000 W 130 Scott City. 2:00pm-4:00pm
- March 27th: Finney County Cloverbud Club. 4-H Building. 6:00pm-7:00pm.
- March 27th: Finney County 4-H Council Meeting. 4-H Building. 7:00pm-8:00pm.
- March 27th: Scott County 4-H Photography Club Meeting. William Carpenter Building. 7:00pm-8:00pm.
- March 28th: Scott County Cloverbud Club. Wm. Carpenter Building. 4:00pm-4:45pm.

Dates to Know: April 2023
- April 5th: K-State Garden Hour Webinar. Growing to New Heights with Vertical Gardening. Noon-1:00pm
- April 15th: Finney County 4-H & FFA Small Livestock tagging. Finney County Fairgrounds. 9:00am-12:00pm.
- April 16th: Finney County 4-H & FFA Beef Tagging and Hoof Trimming. Finney County Fairgrounds. 2:00pm-4:00pm.
- April 18th: "Stop Pester Me" Lawn & Garden Pest Management. Garden City. Finney County Extension Office. 6:30pm.
- April 24th: Last Day to order Beef DNA Envelopes for 2023 Show Season.
What if you are at work and your spouse is at home? If you have a plan of action and everyone follows through, you should all be safe to ride out bad weather. Whether at home or work, knowing that everyone is following the plan of action to remain safe will relieve you of the anxiety that you will have in an uncontrollable situation. Again, communication is the answer.

Elderly folks in their homes might have the most difficult time when a tornado hits. They might not realize the danger or might not be able to get themselves out of the path of danger in time. Be proactive. If the threat is high, make plans before the storm hits. Help them down to the basement early or have them stay where they will be the safest. If you can’t get them to the basement, clean out an interior closet; place a chair and blankets in the closet as well as a working flashlight and a bottle of water, some crackers and one day's supply of medications. This would be the safest place for them if there is no basement or they can’t get down the basement stairs. If your loved one is in assisted living, know what the facility’s policies are, so you will know what to expect in bad weather.

Set up a communication link with family and friends that don’t live in your community. Have a calling tree. Designate one person who you will call and then they can share all information with others. This way the cell phone towers are not plugged up with folks wanting to know if you are ok. Also, be prepared by having your emergency kit in the basement of your home. I know that you should have provisions for several days, but more than likely you will not be trapped in your home that long. But, you do need some provisions to get you by. Water, flashlight, medications, baby supplies if you need them, blankets and so forth.

Also, be proactive. Video or take photos of your home, both inside and out. Take photos of furniture and valuables. It will be easier for your insurance company to replace your items if you can prove that you owned them. Speaking of insurance, you might want to double check your policy to make sure it is still current for what you need. I believe in replacement value insurance, but not everyone can afford that. I just suggest that you buy as much as you can afford. After all, it is called insurance and we pray that we never have to use it.

Pets, if you can tell that the weather is unsettled, keep your pets close by. Do not go out in a tornado warning to locate them. More than likely, they have found themselves a good hiding spot and they will not be coming out to find you. Make sure they have some type of identifying tags on them. Many pets are never returned to the owners due to the lack of communications. One thing I would like to suggest is getting a weather radio. I know that they are sold locally in Scott County. Keep the batteries current and have extras on hand.

Please give me a call at the Scott County Extension Office at 872-2930 if you have any questions or would like more information.
Wanting very specific measurements for your yard, or have an oddly shaped testing area? You can pull samples from as many locations as you like, so long as the spread of the sample locations is even across the testing area.

Weather still dreary and temperatures still frigid, it may be hard to believe that the growing season is just around the corner for western Kansas. Nevertheless, cool season vegetable gardens will go into the ground this month! Spring bulbs will be springing forth from their winter hibernation. And, before you know it, redbuds and pear trees will be decorating the streets with their annual flower display. The growing season is nearly here! Which makes right now the time to be testing your soil.

One of the primary keys to success in any lawn or garden will lie in soil fertility. This fertility can encompass everything from the nutrients available to your plants (you don’t want too little or too much), the pH of your soil (all plants have their own range requirement), and even the organic matter available (creating humus for nitrogen absorption). Luckily enough, the process of identifying these factors is simply a matter of performing a soil test.

Have a flower garden, vegetable garden, or landscape area that you’re wanting to know about? You’ll first want to determine the corners of the area that you are testing, then determine the center. Digging a 6” deep hole beneath any organic matter so that your sample is purely soil, place the soil into a 5-gallon bucket as you collect it from the different spots. Then, mix your collections together. A two-cup aggregate sample in a zip-lock bag is what you bring into the Extension office to be sent off and tested.

And testing isn’t just limited to gardens, it can be applied to lawns as well. The process for testing a lawn is actually even simpler, as your testing holes only need to be 3” deep while following the same process as for gardens.

Once you have received the results of your soil test, you will also receive specified recommendations specifically for your tested area. This means that if you have way too low of an amount phosphorous you can know to add in the nutrient; if you have way too high of a pH you can know to amend acidity; and if you’re lacking organic matter altogether you can know to incorporate some.

And, what’s better, the results will give you instructions on just how to go about making these amendments.

Often here in western Kansas, pH will be a primary factor acting against your plants. Put simply, our soil pH is way too high, or alkaline, for the various likings of most plants. This means that coming in with a nutrient such as 90% sulfur to amend this pH will likely be necessary, but knowing just how much to apply in this instance on your own can be finicky.

Again, plants have various pH requirements. As such, different levels of acidity (aka. different levels of applied sulfur) will be necessary to put your plants in their healthiest state. And a soil test is the only way to know just how much need be applied. Your plants are lacking iron, but you’ve added plenty of fertilizer and organic matter? This too, may come back to your soil pH. Alkaline soil ties up the nutrients available to plants through cation exchange processes. As such, you could fertilize away and never be able to amend your problem without the recommendations of a soil test.

And, even better, soil tests can be specified to the exact type of plant you’re trying to help flourish. Wanting to grow the largest, healthiest, most productive tomatoes the neighborhood has ever seen? You can test your soil to get amendment recommendations specifically to better it for your tomatoes.

Soil tests are an easy, efficient, and necessary tool that all experienced gardeners keep in their back pocket for a rainy day of not knowing where they’re going wrong. It may simply be a nutrient that’s lacking! So, stop by the Extension office today. Soil tests are relatively inexpensive, and they can help take your garden from drab to fab just in time for spring.
Basics of Vegetable Gardening

Topics to be Covered:
• Elements of Plant Care
• Garden Setup and Planning
• Garden Upkeep
• Potential Problems and How to Address/Prevent Them
• Tomato Issues and How to Prevent Them
• Q&A Session

Register Here!
bit.ly/3Xpt31y

Scott City
Tuesday, March 14th
6:30pm
Fairgrounds
Wm. Carpenter 4-H Building
608 N. Fairground Rd.

Garden City
Tuesday, March 21st
6:30pm
Extension Office
501 S. 9th Street

Presented by:
Anthony Reardon
Horticulture Agent
West Plains Extension

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact Anthony Reardon one week prior to the start of the events at 620.272.4870. Requests received after this date will be honored when it is feasible to do so.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.
2023 National Nutrition Month

March is designated as National Nutrition Month. This campaign was created by the Academy of Nutrition and Dietetics and this year they are celebrating their 50th anniversary.

The purpose of the campaign is to learn how to make informed food choices and take steps to improved physical activity and healthful eating. The Academy of Nutrition and Dietetics chose the theme of “Fuel for the Future.” This emphasizes sustainable healthy habits and protecting the environment.

The weekly messages this year are:

· **Eat with the environment in mind:** Enjoy plant-based meals and snacks, buy foods in season and shop locally when possible, and start a container or backyard garden.

· **See a Registered Dietitian Nutritionist (RDN):** Ask your doctor for a referral to an RDN, learn how nutrient needs may change with age, and receive personalized nutrition information to meet your health goals.

· **Stay nourished and save money:** plan your meals and snacks, see what food you have at home before purchasing more, use a grocery list, and shop sales when purchasing food.

· **Eat a variety of foods from all food groups:** include your favorite cultural foods and traditions, eat foods in various forms including fresh, frozen, canned and dried, avoid fad diets that promote unnecessary restrictions, and practice gratitude for your body by giving it the fuel it needs. (eat right.org; Academy of Nutrition and Dietetics)

Keep an eye on our Facebook page for weekly nutrition messages.

Celebrate St. Patrick’s Day with Corned Beef!

To start, what does the term “corning” mean? It is a form of dry-curing beef brisket with “corns” of salt. These corns are not actual corn, but refer to the size of the salt crystals. Originally, this was a way to preserve beef during the winter months and through the season of Lent. Today, corned beef can be found throughout the year. It is traditionally served with cabbage on St. Patrick's Day but also as tasty meat for sandwiches. You can buy corned beef that is ready to cook. It is in a salt brine with spices. Use a long, moist cooking method either in the oven, on top of the stove or a slow cooker. It should be “forktender” with an internal temperature of 160°F. It will likely have a pink color after cooking because of the nitrites used in the curing process. Cut into slices against the grain.

Get your walking shoes ready, it’s time for Walk Kansas. You might be thinking, what is Walk Kansas. Walk Kansas is an 8-week team-based program that will help you lead a healthier life. The program runs from March 26-May 20, 2023. By joining this program, you will become more active, make better nutrition choices, and walk away stress.

So, how does Walk Kansas work? It is simple, you form a team, select a team captain and challenge, and log your daily physical activity minutes. During the eight weeks you can follow your challenges map and learn about different sites of Kansas.

Teams for Walk Kansas can be of 4 or 6 members. Team members can be family, coworkers, friends, community organization members, neighbors or part of a faith-based community. Team members do not have to live in the same town, county, state or country. My team members are my four sisters and two of my sisters live in a different county and one lives in Virginia. If being on a team is not for you, no problem, you can go solo.

One team member serves as team captain. Their job is to get all members registered, share program information, and most importantly, motivate, connect and celebrate with their team. Team captains will connect with their team by choosing a team name, selecting a challenge, and staying connected with their team members on a regular basis.

Physicians say that if walking were a pill, it would be the most widely prescribed medication. The reason this program promotes walking is that almost anyone can do it and it is good for your heart. Other types of exercise are beneficial as well, therefore, other types of activity also count toward Walk Kansas minutes.

This year weekly webinars will be held with cooking demonstrations. The West Plains Extension District will be hosting a watch party and sampling the dishes made during the webinar. This will take place in the Finney County Office. Plan to join the watch party and enjoy some tasty dishes. Like our Facebook page for information on the “Watch Party”.

What do you say? Get your team together, your walking shoes ready, and get register for Walk Kansas.

Finney and Scott county teams will be registered under West Plains District. Registration begins March 6 through April 1. Register at https://www.walkkansasonline.org. Cost to participate is $10.00 per person. For more information on Walk Kansas go to the following website https://www.walkkansas.org/ or contact Jennifer LaSalle.
Did you eat today?

Thank a farmer!

RENEE TUTTLE
AGENT
AGRICULTURE & NATURAL RESOURCES
RSTUTTLE@KSU.EDU

Crop Insurance Research Survey
Participate in Crop Insurance Survey and Earn $50+

Row crop farmers are needed to take a research survey on crop insurance, that covers some basic questions about their operation and hypothetical crop insurance decisions. The survey only takes about 30 minute and does not ask invasive questions. Producers will receive an Amazon gift card of at least $50 and as much as $99 (average of $71).

The purpose of the survey is to better understand farmers’ crop insurance preferences and support efforts to improve crop insurance. The survey is a collaboration between researchers at Kansas State University, Iowa State University, and Michigan State University.

To complete the survey, please visit: https://www.card.iastate.edu/survey/CropInsuranceSurvey/

Please contact Dr. Jennifer Ifft, jift@ksu.edu, if you have any questions.

UPCOMING BQA TRAININGS AT A LOCATION NEAR YOU

Colby: March 28 • 6 p.m. • City Limits Convention Center
El Dorado: March 30 • 6 p.m. • Butler County Community & 4-H Building
Manhattan: April 11 • 6 p.m. • Stanley Stoups Center
Hays: April 13 • 6 p.m. • Hilton Garden Inn

Join us for this special Beef Quality Assurance Training to enjoy a meal from Certified Angus Beef. Plus, hear how they’re using BQA certificates to share how cattlemen take care of cattle at the ranch to its licensed partners and beef consumers.

Pre-register by contact Brooke Wines: brooke@kla.org or 785-273-5115

First Hollow Stem is Optimal Time to Remove Cattle from Wheat Pastures

Pictured: Wheat plant reaching the first hollow stem stage of growth, characterized by approx. 1.5 cm (or roughly the diameter of a dime) of hollow stem underneath the developing grain head. Photo by Romulo Lollato, K-State Research & Extension.
The 30 Hour OSHA General Industry Course prepares supervisors and workers to avoid workplace safety and health risks. Tailored specifically to feedyard, dairy, and agriculture workers, this four-part, in-person course will cover general safety, how to avoid common hazards, understanding of workers’ rights, employers’ responsibilities and more. The last session will be on-location at Hy-Plains Feedyard, LLC (Montezuma) for a hands-on, interactive learning experience. Upon completion of this course, participants will receive an official OSHA 30 card. Participants must attend all class dates in order to receive their card.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to physical, vision, or hearing disability, contact Justin Waggoner at 620-275-9164. Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.

Cost is $100/person. (Discounts offered for multiple registrations from same company.)

Course size is limited! Register by March 24, 2023!

Register online: https://bit.ly/40Ye8xi or scan QR Code.

Sponsored by:

Questions? Contact:
Justin Waggoner - jwaggon@ksu.edu / 620-275-9164
Renee Tuttle - rstuttle@ksu.edu / 620-272-3670
4-H District Roundup

4-H is grassroots through and through. It's these local roots that make the biggest impact in a youth's and a community's life. In the West Plains Extension District, Scott County 4-H Shooting Sports has used its grassroots to grow a National 4-H initiative this winter.

The National 4-H Shooting Sports Program has adopted, and grown, the local 4-H Food Shoot with First Responders. The theme for the 2023 National Drive is "Center Shot on Cereal", encouraging 4-H'ers to have a food drive to benefit local food banks and those facing food insecurity in their communities. Cereal, the chosen theme, came by as fruit loops were used as targets for the Scott County food shoot, whereby 4-H'ers and their first responder mentors aimed for the center of each piece of cereal as their bullseye.

Scott County 4-H Shooting Sports is also the "face" of the National Program, with our 4-H'ers having their activities highlighted through all media and lesson plans around the project.

Countless grassroots volunteer hours have been spent developing this 4-H program and project area. Being able to share and be recognized for all that our 4-H volunteers do is heartwarming.

To find out more about the "Center Shot on Cereal" event, visit: https://national4hshootingsports.files.wordpress.com/2022/12/slides.pdf
Scott BB Gun - Wild West Shoot, Feb 11
Team was 1st
1. Radke, Avery
2. Grothusen, Aubrey
6. Brice Koehn
8. Isaiah Rogers
10. Hunter Wells
14. David Kasselman
15. Sofia Kasselman
24. Addison Dearden
25. Talyn Armstrong
27. Marin Kerr
32. Derrick McKinney
36. Alex Vanderweide
40. Hayzen Kerr
44. Daniel Botello
45. Kashen Palkowitsh
50. Statler Kerr
51. Chased Dearden

Scott Air Rifle - Wild West Shoot, Feb 11
Team was 3rd
2. Aubrey Grothusen
9. Sofia Kasselman
10. Tayler Koehn

Scott Air Pistol - Wild West Shoot, Feb 11
6. Hunter Wells

Scott BB Gun - Gray Co. Feb 25
Team was 1st
1. Aubrey Grothusen
2. Avery Radke
8. Hunter Wells
10. Brice Koehn
13. Sofia Kasselman
14. David Kasselman
15. Isaiah Rogers
26. Renee Beeson
28. Marin Kerr
36. Bryn Crisler
39. Brayson Mayo
42. Pieper Carmin
47. Talyn Armstrong
59. Alex Vanderweide
62. Statler Kerr
71. Derrick McKinney

Scott Air Pistol - Gray Co. Feb 25
4th Team
8. Hunter Wells

Scott Air Rifle - Gray Co. Feb 25
3rd Team
4. Aubrey Grothusen

4-H Ambassadors Taylor and Kayla attended the statewide Ambassador Training at Rock Springs. They developed their communication and leadership skills.
2023 4-H West Plains District Club Day Results are in!

**Cloverbuds**

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<td>Finney</td>
<td>Coash Olivia</td>
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<td>Jessup Hope</td>
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<td>Vance Maya</td>
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<td>Waggoner Cassidy</td>
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**Show & Tell**

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**Sr Demo**

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**Public Speaking**

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**Interview**

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**Instrumental**

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**Project Talk**

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**Dance**

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<td>Finney</td>
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**Novelty**

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<td>Finney</td>
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**Model Meeting**

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<td>Happy Hustlers</td>
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**Congratulations!**
2023 4-H Regional Club Day Results are in!

**Jr. Instrumentals**

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<td>Scott</td>
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<td>Finney</td>
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<tr>
<td>Finney</td>
<td>Hailey Unruh</td>
<td>Top Blue</td>
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<tr>
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<td>Kealie Bryant &amp; Perry Horton</td>
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**Jr. Vocal**

<table>
<thead>
<tr>
<th>County</th>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>Scott</td>
<td>Trace Jessup</td>
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**Sr. Vocal**

<table>
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<tbody>
<tr>
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<td>Aleah Eatmon</td>
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**Jr. Demo/Ill. Talks**

<table>
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<tbody>
<tr>
<td>Finney</td>
<td>Paxton Alexander</td>
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<tr>
<td>Finney</td>
<td>Audrey Bryant</td>
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<tr>
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<td>Hudson Fryman</td>
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<tr>
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<td>Kinley Unruh</td>
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<tr>
<td>Finney</td>
<td>Kealie Bryant</td>
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<tr>
<td>Finney</td>
<td>Madelyn Waggoner</td>
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</tr>
<tr>
<td>Finney</td>
<td>Jarica Hutcheson</td>
<td>1st</td>
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**Sr. Demo/Ill. Talks**

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</thead>
<tbody>
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<td>1st Blue</td>
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**Project Talks**

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<td>Rylee Zimmerman</td>
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<tr>
<td>Finney</td>
<td>Henry Coash</td>
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**Senior Readings**

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<tbody>
<tr>
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<td>Emma Lightner</td>
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</tr>
<tr>
<td>Finney</td>
<td>Lauren Lightner</td>
<td>2nd Blue</td>
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**Senior Readings**

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<th>County</th>
<th>Name</th>
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<tbody>
<tr>
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<td>Braeden Boyd</td>
<td>1st Blue</td>
</tr>
<tr>
<td>Finney</td>
<td>Bethany Horton</td>
<td>4th Blue</td>
</tr>
<tr>
<td>Finney</td>
<td>Perry Horton</td>
<td>3rd Blue</td>
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</table>

**Model Meeting**

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<thead>
<tr>
<th>County</th>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>Finney</td>
<td>Happy Hustlers</td>
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**Dance**

<table>
<thead>
<tr>
<th>County</th>
<th>Name</th>
<th>Ribbon Color</th>
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</thead>
<tbody>
<tr>
<td>Finney</td>
<td>Aubrey Coash</td>
<td>2nd Blue</td>
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**Finney Flyers**

The Finney Flyers meeting was called to order at 4pm February 5th. Eight members answered roll call of "Who will win the Super Bowl". Kayson and Kennedy were excused. Minutes of the January meeting were read and approved. The treasurer said we have a balance of $2426.30. The reporter's report was sent. Members were reminded to get registered for various activities if they want to participate. Members were reminded of the bake sale during Wayne's pig sale in March. The 4-H Foundation letter was read. Members voted to donate $50 to the foundation. Motion was seconded and passed. Happy Birthday was sung to three members and 2 parents. Madelyn moved to adjourn the meeting. The motion was seconded and passed. Next meeting is March 5th at 4pm.

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**Beacon Boosters**

The Beacon Booster monthly meeting was called to order on February 27, 2023 at 6:15 p.m. Roll call was “If you could only eat one food for the rest of your life what would it be?” There were eleven 4-H members, three guests, and five parents present. The club recognized Baylee and Jarica for their participation in regional club days. Both received 1st blues on their demonstration talks. Way to go girls!! The 2023 fair theme is Star, Stripes, and Summer Nights. Maggie and Kaylei handed out 4-H swag at their schools for 4-H promotion! Kolter did a talk on woodworking and shared a pen that he made. Kiley did a speech on how a debate works. The club discussed the dates for YQCA training and animal tagging. The next Beacon Booster 4-H meeting will be held on March 27, 2023 at 6 p.m. at the Finney County 4-H building. Jake Knoll, Reporter