ISSUE NO. 41 | November WEST PLAINS EXTENSION DISTRICT





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 - Refer to a Comitee

7 Club Reports/ Fair Results

Happy Hustlers 4-H Club Celebrated 80 years of their club on October 20,2024

2024 FINNEY COUNTY 4-H ACHIEVEMENT BANQUET



Sunday, November 10 12:30pm 4-H Building

PLEASE BRING A SIDE DISH TO SHARE WITH SERVING UTENSIL

MEAT AND DRINK PROVIDED

HOSTED BY FINNEY FLYERS & KOURAGEOUS KIDS 4-H CLUBS



UPCOMING DISTRICT EVENTS

FALL 2024

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

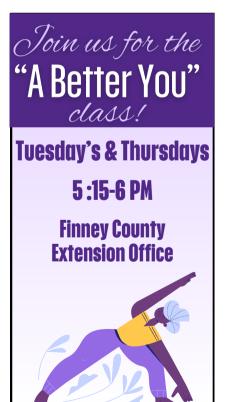
- 11/4 : Scott Co 4-H Cookie Donations for Elections Due, 5pm County Clerk
- 11/10: Finney Co 4-H Achievement Banquet, 12:30p.m. 4-H Building
- 11/10: Scott co 4-H Veteran's Dinner 6pm Wm Carpenter 4-H Building
- 11/25: Scott Co Ambassador Mtg 7 pm Wm Carpenter 4-H Building
- DECEMBER
- 12/23 : Scott Co 4-H 4-H Christmas Party, leave Extension Office 10:15, return 2pm. Free for members who completed 2023-24 record books and new members. All others \$10.

SHINE A LIGHT OF HOPE & SUPPORT FOR VETERANS

November 4 - 11, 2024

#OperationGreenLight





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



FROM THE DESK OF THE DIRECTOR

It's time to think outside the box, people. When we start to think about what to give for a gift, who says a gift needs to fit in a shirt box, wrapped in imported paper? Let's all support small, local owned businesses. And a gift doesn't necessarily mean a tangible item, so let's think outside that shirt box. Everyone gets their hair cut. How about gift certificates from your local hair salon or barber? Gym membership? It's appropriate for all ages who are thinking about some health improvement. Hire someone to do the holiday decorating and clean up. Who wouldn't appreciate getting their car detailed? Small, locally owned detail shops and car washes would love to sell you a gift certificate or a book of gift certificates/tokens. Perhaps that grateful gift receiver would like his driveway sealed, or lawn mowed for the summer, or driveway plowed all winter, or games at the local golf course. There are a bazillion owner-run restaurants -- all offering gift certificates. And, if your intended isn't the fancy eatery sort, what about a half dozen breakfasts at the local breakfast joint. Remember, folks this isn't about big National chains -- this is about supporting your home, town local businesses with their financial lives on the line to keep their doors open. You know, the same ones who support the local working guy? Thinking about a heartfelt gift for mom? Mom would LOVE the services of a local cleaning lady for a day or two. If you were looking for something more personal. Local crafts people spin their own wool and knit them into scarves. They make jewelry, and pottery and beautiful wooden boxes. Plan your holiday outings at local, owner operated restaurants and leave your server a nice tip. And, how about going out to see a play or ballet at your hometown theatre. Musicians need love too, so find a venue showcasing local bands. Give the gift of hometown value and support your local businesses. When we shop local, and spend our money with the small business, it shows that we care about our communities, and the

OPERATION GREEN LIGHT

On Friday, October 25, Governor Laura Kelly, along with 10 Kansas County Veterans participants from across the state, signed a proclamation declaring the week of November 5-11, 2024, as Operation Green Light Week in Kansas.

Let's light up county courthouses and other county buildings GREEN all across Kansas this November 4-11, 2024, to show support for our veterans and their families as part of the National Association of Counties Operation Green Light event.KAC plans to issue a news release this week for Operation Green Light to encourage Kansas Counties and Kansans to participate by lighting up their homes and businesses green November 4-11.

KAC will highlight those Kansas Counties who register and share their Operation Green Light participation plans with us by this Thursday, October 31 in our statewide news release. The news release will be sent out on Friday, November 1.

KAC plans to issue a news release this week for Operation Green Light to encourage Kansas Counties and Kansans to participate by lighting up their homes and businesses green November 4-11.

KAC encourages Kansas Counties to share the faces of your veteran county employees on social media, along with this year's social media campaign hashtag: #OperationGreenLight.

Here's how your Kansas County can join Operation Green Light

- Visit <u>www.naco.org/operationgreenlight</u> to access the Operation Green Light for Veterans County Toolkit.
- To show support, counties are encouraged to use this template to pass a resolution declaring your county's participation in Operation Green Light.
- Coordinate with your county Director of Facilities or Building and Grounds to light municipal buildings in green. Options include using projections, flood
 lights or green filters for existing lights.
- Use the templates and social media resources in the County Toolkit to promote the campaign to local press, businesses, county residents and Members of Congress.
- Upload details about your county's participation through the form included in the County Toolkit.
- Encourage individuals, businesses and community partners to show support by turning on a green light from November 4-11!
- Support veterans year-round by purchasing supplies from veteran-owned businesses on Amazon Business at www.amazon.com/veteran-owned.

JOYFUL LIVING WITH JENNIFER | JENNIFER LASALLE

Understanding Diabetes and National Diabetes Month

November is National Diabetes Month, a time dedicated to raising awareness about diabetes and its impact on millions of people around the world. Diabetes is a chronic health condition that affects how the body turns food into energy. It occurs when the pancreas doesn't produce enough insulin (Type 1 diabetes) or when the body doesn't use insulin properly (Type 2 diabetes). If not well-managed, diabetes can lead to serious health issues, including heart disease, kidney failure, and vision problems.

Diabetes is a public health issue in the United States. About 38.4 million people have diabetes in the United States. That's about 1 in every 10 people and 1 in 5 people don't even know they have diabetes. In Kansas 11.4% of adults are diagnosed with diabetes. Diabetes is the 7th leading cause of death in Kansas and diagnosed diabetes costs an estimated \$2.4 billion in Kansas each year.

Adopting a balanced diet, regular physical activity, and maintaining a healthy weight are some key strategies to reduce the risk of Type 2 diabetes. For those already living with diabetes, November serves as a reminder to stay proactive about their health by following treatment plans and keeping glucose levels in check.

National Diabetes Month highlights resources available to individuals and families affected by diabetes, helping them live healthier, fuller lives. K-State Research and Extension provides a class called "Dining with Diabetes," designed to help individuals understand diabetes and its connection to nutrition and physical activity. Participants will explore healthy cooking techniques, sample diabetes-friendly recipes, and build confidence in managing diabetes. Stay tuned for a class coming to the Finney County area this January.

Whether you're someone managing diabetes or simply looking to learn more, November is a crucial month to take action and make some healthy changes to

reduce your risk of diabetes.

Turkey with a Side of Food Safety

Whether it is a simple meal for two, or a large gathering with a buffet, food safety is a priority at any meal, and especially at the holidays. Nobody wants the gift of foodborne illness!

Are you the host for the holiday meal? Reduce your stress by starting a list now to plan the location, food and recipes, activities and games, and what your guests could bring. Put it in a timeline or on a calendar to stay on schedule.

Are you buying a fresh or frozen turkey? If you choose fresh, be sure to place an order with your grocer or butcher shop and pick it up 1-2 days before the meal. Frozen turkeys can be purchased any time and stored in the freezer.

Pay attention to grocery sales to save some money. Frozen turkeys are best thawed in the refrigerator or in cold water. In the refrigerator, plan on at least five days for a 20-pound turkey. In cold water, allow about 30 minutes per pound of turkey.

Do you only have one oven? Use a slow cooker for hot dishes. A table top roaster oven can be used like a regular oven for many items. Even electric pressure cookers can cook up some tasty dishes! Some items, such as dessert or bread can be made ahead and frozen. When cooking the turkey, remember that 325 degrees F is the lowest oven temperature to safely cook turkey. Use a food thermometer to be sure it reaches a minimum internal temperature of 165 degrees F. Learn more at www.ksre.k-state.edu/ foodsafety/topics/holiday.html Resource: "You Asked It!", November 2023

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Local Agri-Look | Lauren Litton



Winterizing your Garden

As the temperatures drop and winter approaches, it's time to prepare your garden for the colder months. Proper winterization can protect your plants and ensure a vibrant garden when spring arrives. Here are some key steps to take:

1. Clean Up Debris

Remove fallen leaves and dead plants to prevent pests and diseases from overwintering. This is particularly important in the dry climate, as debris can attract unwanted critters.

2. Mulch

Apply a thick layer of mulch to insulate the soil and retain moisture. In Southwest Kansas, consider using materials like straw or shredded bark, which can help regulate soil temperature and moisture levels.

3. Protect Perennials

Cut back perennials but leave a few inches of growth for winter protection. In areas with extreme temperatures, consider covering sensitive plants with burlap or frost cloth to shield them from harsh winds.

4. Watering

Ensure your garden is well-watered before the ground freezes. Plants in arid regions like Southwest Kansas can suffer from winter desiccation, so adequate moisture is vital.

5. Plan for Spring

Use this downtime to reflect on your garden's performance and make notes for next year. Consider ordering seeds or planning new beds to take advantage of the growing season.

By following these tips, you can help your garden thrive through the winter and set the stage for a successful spring in Southwest Kansas.

Happy gardening!

SAVE

THE DATE

December 6, 2024

Garden City

ONNECT

Replacement Heifers

Thinking about saving heifers for your herd? In an episode of K-State's Beef Cattle Institute podcast, experts discuss how to decide whether to keep heifers. They recommend checking the Cattle on Feed Report to see trends in heifer numbers entering feedyards; a decline indicates producers are holding back more heifers.

Around weaning time is ideal for assessing what percentage you should save, with a national average of about 15%. This decision can be influenced by the number of open cows and voluntary culling. Key factors to consider include:

- Age: Older heifers tend to reach puberty sooner, making them more likely to breed successfully in their first year.
- · Productivity of their dam
- Disposition

If you decide not to keep any of your heifers, consider purchasing bred heifers instead. To listen to the full episode, go to this website. https://ksubci.org/2024/10/11/replacementheifers-pain-management-bull-management/

Sorghum connection is a collaborative effort between the K-State Department of Plant Pathology, K-State Research and Extension, and the Kansas Grain Sorghum Commission. Topics will include fertility, breeding, weed management, disease management, marketing, insect management, and more.



4-H DISTRICT ROUNDUP | JANET HARKNESS | TORI MOCK



2024 Scott County 4-H Achievement Award Ceremony October 27, 2024 Wm Carpenter 4-H Building

4-H CAMP COUNSELORS RECOGNITION

Camp Lakeside & Camp Wild Adventure Addison Noll Marin Kerr Avery Radke Renee Beeson Kenzi Martinez Baylor Vasquez

4-H Electrical Project Awards

Each year, Wheatland Electric generously sponsors awards for those members who have participated in the electrical project area and exhibited their project at this year's Scott County Free Fair.

Reed Batterton, Senior Drylan Beaton, Junior Landry Beaton, Intermediate Trace Jessup, Junior Isaiah Rogers, Senior

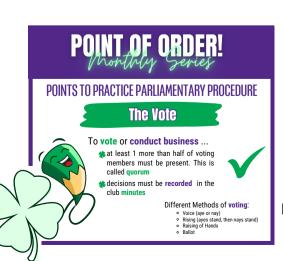
<u>4-H State Competitions & Other National Youth Recognition</u> <u>State Meats Judging Team</u>

> Grady Vance, Country Cousins Coaches: Skyler Glenn State Fashion Revue Kamryn Meyer, Country Cousins Addison Noll, New Horizons

State Photography Judging - call up Stephanie Shapland, Jim Talbert and Kristin Jessup

Bryn Crisler Piper Jessup Trace Jessup

State Shooting Sports - call up Amy Ricker, Brad Kerr and Monica Beeson



Dominic Allen, Shotgun Bryn Crisler, BB Blaze Crossman, Shotgun Kaler Fischer, Shotgun Brice Koehn, BB Tayler Koehn, Air Rifle and BB Bentley Inguanza, Shotgun Derick McKinney, Shotgun Usaiah Rogers, BB Jagger Spangler-Carlson, Shotgun Keller Turner, Shotgun Hunter Wells, BB, Air Pistol and Small Bore Rylan Wilkinson, Shotgun

National 4-H Shooting Sports Hunter Wells, Air Pistol

National 4-H Congress Kate Rogers, Country Cousins

4-H Graduating Seniors RecognitionAlex ArevaloEmily KasselmanCarson BattertonAvry NollCally CramerAlexis PowelsonHouston FrankKate RogersKalo HinemanBrinlie Stevens

Member Pin Awards

<u>Membership Pir</u> Chloe Baker Paisley Baker Micah Dreiling Maylee Miller Liam O'Dea Maya Vance	Drylan Beaton Daniel Botello	<u>Clover Pin</u> Landon Cramer Bryn Crisler Keri Crisler Brooke Fisher Paige Fisher Trace Jessup Bowen Kerr Presley Koons Jocelyn Miller Charli Moore Zoey O'Dea Riley Zimmerman	Emerald Pin Addison Dearden Chase Dearden Statler Kerr Tayler Koehn Shalyn Radke Ella Stevens Garin Trout	<u>Silver Pin</u> Landry Beaton Hayzen Kerr Kamryn Meyer	S <u>ilver Guard Pin</u> Piper Jessup Grady Vance	<u>Leadership Pin</u> Reed Batterton Marin Kerr Kenzi Martinez Isabella Trout
<u>Gold Pin</u> Marly Cramer Aaren Radke Avery Radke	<u>Gold Guard Pin</u> Addison Noll Isaiah Rogers Brody Strine Baylor Vasquez	<u>10 Year Pin</u> Ella Frank Trenton Frank Tressa Goodman Kalo Hineman Jace Miller Waylon Ricker Kate Rogers Brodey Rohrbough Haliey Shapland Brody Strine	<u>Key Awards</u> Aubrey Grothuser	<u>I Dare You /</u> Reed Batta Aubrey Gro Tayler Ko	erton thusen	<u>drix Award of Excellence</u> Reed Batterton Marin Kerr

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2024 Kamdyn Moore Memorial Livestock Scholarship

Celebrating the life and memory of Kamdyn Moore, Lake Wide Awake 4-H Club, the Kamdyn Moore Memorial 4-H Livestock Scholarship recognizes a 4-H'er who has completed the highest level of project work, leadership and citizenship within all species of livestock. The 2024 Kamdyn Moore Memorial Livestock Scholarship is awarded to: Brody Strine, New Horizons

> <u>First Year Horse Awards</u> Bryn Crisler, 1st Year



Blue Ribbon Record Book Awards

Scott County 4-H Junior and intermediate members who complete a full record book and have those record books judged will now be recognized for the quality of their books. These younger members will receive an awards trip next summer, generously sponsored by the William Carpenter 4-H Foundation.

Chloe Baker Drylan Beaton Landry Beaton Daniel Botello Sarina Bose Baily Cramer Landon Cramer Bryn Crisler Gage Crisler Harper Conine Addison Dearden Chase Dearden Maddyn Dirks Devon Dreiling Brooke Fisher Paige Fisher Charlotte Frank Graham Frank Jackson Jennison Piper Jessup Trace Jessup Bowen Kerr Hayzen Kerr Statler Kerr Presley Koons Brayson Mayo Jocelyn Miller Emma Molina Charli Moore Liam O'Dea Zoey O'Dea Kashen Palkowitsh Aaren Radke Shalyn Radke Ella Stevens Garin Trout Phebe Trout Grady Vance Maya Vance Garrett Wilson Rylee Zimmerman

4-H DISTRICT ROUNDUP | JANET HARKNESS | TORI MOCK



4-H DISTRICT ROUNDUP | IANET HARKNESS | TORI MOCK Club Recordkeeping Awards Secretary Awards Champion Lake Wide Awake Aubrev Grothusen Treasurer Awards Reporter Awards – Award sponsored by the Scott County Record Lake Wide Awake Avery Radke Champion Lake Wide Awake Chase Dearden Champion 2024 William Carpenter 4-H Foundation Trip Awards Historian Awards **Reed Batterton** Manning lavhawkers Tayler Koehn and Brice Koehn Champion **Marly Cramer** Aubrev Grothusen Avery Radke 2024 William Carpenter 4-H Foundation Watch Award: The William Carpenter 4-H Foundation Watch Award, sponsored by Dorothy Hutchins, is awarded to 4-H'ers who have a 4-H career of project learning. citizenships and leadership. Receiving the 2023-24 4-H Watch Awards are: Meaan Trout Wavon Ricker **Club Seal Awards** 4-H Volunteer Awards: **Country Cousins** New Horizons Leslee Mever and Rachel Kropp Friends of 4-H Award **Purple Seal Purple Seal** Kav Harkness Lake Wide A Wake **Risina Star** Extension Appreciation Award: The City of Scott City **Purple Seal** Purple Seal Manning Jayhawkers 4-H Alumni Award Purple Seal Clint Dearden, William Carpenter 4-H Foundation Board Member 4-H Ambassador Recognition The 2023-2024 Scott County 4-H Ambassadors Team: **Reed Batterton** Ella Frank Houston Frank Marin Kerr Addison Noll **Avrv Noll** Waylon Ricker **Brody Strine** Kate Rogers Megan Trout **Brinlie Stevens Baylor Vasquez** The 2024-2025 Scott County 4-H Ambassador Team: **Reed Batterton** Keri Crisler Ella Frank Marin Kerr Kamrvn Mever Addison Noll Wavlon Ricker **Isaiah Rogers** Megan Trout

CLUB DAY RESULTS | CLUB REPORTS | ANNOUNCEMENTS

CLUB REPORTS:

FINNEY COUNTY 4-H Beacon Boosters

The Beacon Boosters 4-H club meeting was held October 29, 2024. There were eight members present. The club held officer installations, in a fun way involving cereal descriptions about each officers' duties. They also assigned families to different committees. Braydon did a project talk about their A/I program and pregnancy checking sheep. The next meeting will be held on November 19, 2024.

The reporters report was submitted to the Garden City Telearam. Finney County Extension Office, and the Beacon Booster's Facebook page.

Respectfully submitted,

Paislea, Reporter

FINNEY COUNTY 4-H HAPPY HUSTI FRS **Parent Niaht**

By: Hailey

Parent Night is a night that the Happy Hustlers 4-H club looks forward to every year. The parent of the member talks for them, responds for them, and acts for them. Everyone has so much fun and the members get to relax and take part in all the fun activities.

On October 6, 2024, our officers were replaced by their parents. Roll call was answered by the parents. And all the members had to do was relax. The kids all loved watching their parents take part in their usual duties. The President, Secretary. Vice President all got to see what it was like sitting in the audience. Their moms took their places, and they looked like they had fun.

The club members all enjoyed singing The Hokey-Pokey for song, led by Mason's mom. Recreation was Simon Says, with no one winning... And who could forget Ms. Sara's amazina fall decorating demonstration. She taught the club how to color coordinate, the materials they could use, and where to find them.

Parent Night was a hit! Everyone had fun, especially the kids. How often do you get to watch your parent do what you do? It's fun, right? Everyone can't wait for next year.

SCOTT COUNTY 4-H NEW HOBIZONS

SEPTEMBER 2024 – NEW HORIZONS 4H MEETING September 2, 2024 at 7:00 pm

	s, 4 leaders in attendance
	meeting: Scott Noll / President, Duane Strine / Vice President, Erica Stephens / Secretary : Led by Kelley Palkowitsh
Ach Nat Clu	eport: Pancake Feed, October 6 th , SS for Dearden and McKinney families, Supplies \$25/club levement Banquet, October 27 th , 12:30 pm - \$100/club, SS/person tional 4H Week, Oct 6-13, wear 4H shirts to school, put club sign somewhere b baskets made \$660, given to families in need in \$C wember 5 th election – Ambassadors are baking cookies Oct 28 th for it, we can also donate Cookies if we choose to (deliver to ext. office or election day)
Am mer Dov Pay	ness: Record Books due Sept. 27 th to the Extension Office (Dropoff at Bank/Salon to be signed by leaders by Sept. 29 th) bassador interviews: Oct. 22 ^{td} – Main Kerr reported will speak at County Commissioners eting, giving her 4H story and is speaking at the State Fair. wnload 4H photos for the historians on Google photos rextension office for achievement banquet and pancake feed, \$125 b Seal form: Enough line items for a purple seal
	Report: Addison submitted minutes s Report: Balance: \$975.07 after a deposit of \$102 for "pens of 3" at the fair
Pre Vic Sec Tre: Rep His Cou	f Officers 2024/25: sident: Brody Strine (Hayzen moved to cease nominations, Levi 2*') e President: Marin Kerr (Hayzen moved to cease nominations, Levi 2*') retary: Ava Stephens (Addi moved to cease nominations, Cutler 2*') asure:: Addison Noll (Ava moved to cease nominations, Statier 2*') orter: Hayley Shapland (Baylor moved to cease nominations, Statier 2*') torian: Gabi Tucker & McCall Miller (Levi moved to cease nominations, Statier 2*') iamentarian: Baylor Vasquez (Addi moved to cease nominations, Brody 2*')
Jr. 1 Jr. 1 Jr. 1 Jr. 1 Jr. 1 Jr. 1 Jr. 1 Jr. 1	s 2024/25 President: Levi Stephens (Addi moved to cease nominations, Statler 2°) Vice President: Cutler Cox (Hayzen moved to cease nominations, Statler 2°) Fresauer: Statler Kerr (Levi moved to cease nominations, Cutler 2°) Reporter: Allie Plummer (Addi moved to cease nominations, Cutler 2°) Historian: All Members (Addi moved to cease nominations, All in favor 2°) Parliamentarian: Kaisen York (Brody moved to cease nominations, All in favor 2°) Parliamentarian: Kaisen York (Brody moved to cease nominations, All and Statler 2°) Addition (Statler) (Brody moved to cease nominations, All and Statler 2°) Additional (Statler) (Brody moved to cease nominations, All and Statler 2°) Additional (Statler) (Statler) (Statler) (Statler) (Statler) Additional (Statler) (Statler) (Statler) (Statler) (Statler) Additional (Statler) (Statler) (Statler) (Statler) (Statler) (Statler) Additional (Statler) (Statler) (Statler) (Statler) (Statler)
2024/25 C	lub Leaders: Duane & Marcy Strine, Brad & Jody Kerr
Adjournm	ent: 8:00 pm (Baylor moved, Statler 2=9)
	OCTOBER 2024 - NEW HORIZONS 4H MEETING
	October 7, 2024 at 7:00 pm
New mem	rs present, roll call answered by "favorite animal" ber: Olivia Stephens 2 leaders in attendance
	nd approval of minutes: Addi moved, 2 ⁻⁴ by Statler n: Led by Levi Stephens
	s Report: Balance: \$975.07, no credits/debits s Report: Addison submitted minutes to the newspaper
Nat	eport: nievement Banquet, October 27 th , 12:30 pm - \$100/club, \$5/person tional 4H Week, Oct 6-13, wear 4H shirts to school, put club sign somewhere roll for new 4H year, check tshirt sizes
New Busin Aft	ness: erschool 4H: October 23 ^{-d} @ 3:45, Heather Palkowitsh scheduled
Old Busine Est	ess: ablish officers – made a banana split with all the working parts of officer's positions
Song/Rec:	: members enjoyed a banana split

Adjournment: 7:35 pm (Statler moved, Levi 2