

WEST PLAINS DISTRICT

EXTENSION NEWSLETTER



WEST PLAINS DISTRICT
OFFICE HOURS
MONDAY - FRIDAY
8 AM - 5 PM

LUNCH HOURS EXCLUDED AND SUBJECT TO CHANGE

FINNEY

☎ 620-272-3692

ANTHONY REARDON
JENNIFER LASALLE
RENEE TUTTLE
TABITHA WHITTEN

SCOTT

☎ 620-872-2930

CAROL ANN CROUCH
JANET HARKNESS
COZETTA O'DEA
KAY HARKNESS

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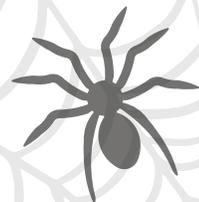
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WEST PLAINS DISTRICT

DATES TO KNOW: ONGOING

- **August 31st-October 28th:** "Stay Strong, Stay Healthy" Classes. Tuesdays and Thursdays. 5:30pm-6:30pm.
- **September 2nd-December 16th:** Extension Master Gardener Training. Thursdays. 1:00pm-4:00pm.

DATES TO KNOW: OCTOBER 2021

- **October 3rd-9th:** National 4-H Week
- **October 4th:** Record Books Due in Scott and Finney Counties
- **October 5th:** Scott County 4-H Proclamation at the Scott County Commissioners Meeting. 3:30pm
- **October 6th:** K-State Garden Hour Webinar: Supporting Backyard Birds
- **October 6th-17th:** Paper Clover Campaign at Tractor Supply Company in Finney
- **October 9th-10th:** 48 Hours of 4-H
- **October 9th:** 48 Hours of 4-H Volunteer Session (Finney). Finney Office Gardens. 9am-2pm.
- **October 11th:** Offices Closed in Observance of Columbus Day
- **October 13th:** 4-H Pour Painting Class in Scott County. 6:30pm-8:00pm
- **October 14th:** 4-H Pour Painting Class in Finney County. 6:30-8:00pm
- **October 20th:** Chronic Disease Self Management. 1205 Fleming St., Garden City. 4:30pm-6:30pm.
- **October 18th-21st:** Agents Away at Annual Conference
- **October 26th:** Spider Children's Activities. Scott City Library. 10:30am, 11:05am, 1:30pm.
- **October 31st:** Scott County 4-H Achievement Banquet

DATES TO KNOW: NOVEMBER 2021

- **November 3rd:** K-State Garden Hour: Winter Interest
- **November 11th:** Offices Closed in Observance of Veteran's Day
- **November 21st:** Finney County 4-H Achievement Banquet
- **November 25th-26th:** Offices Closed for Thanksgiving Holiday



DATES TO KNOW: 2022

- **January - February 2022:** Cropland Risk Management Series for Women in Agriculture: Garden City
- **February 9th - 11th, 2022:** Women Managing the Farm Conference: Manhattan, KS
- **March 4th & 5th, 2022:** Ag Women of the Heartland Annual Conference: Garden City

GARDEN BEAUTIFICATION PROJECT



Saturday, October 9th: 9AM - 2PM
Finney County Extension Office
Lunch Provided!



Each club is asked to please donate 1 mum or bag of bulbs to plant, help clean-up, and re-mulch the gardens.



#484H



FROM THE DESK OF THE

Director

Sometimes I think our work here in the **West Plains District** will slow down, but that just is not what happens. As a team in our district, all the agents pitch in to help one another out and the **Kansas State Fair** was no exception.

Thank you to all the agents who made it possible for our 4-Hers to be able to participate in the fair. It's a lot of work sending out the information, following up to get the information in a timely manner and getting it all to the proper places. Then we have to tag all the entries as they come in and deliver them to the Kansas State Fair so they can be judged, but with **the results of our 4-Hers efforts it is all worth it.**

Now that the Kansas State Fair is over, **we are gearing up for the new 4-H year that starts Oct. 1st.** It's going to be a fantastic year with all of the agents working as a team to make that happen. **If you have any questions about the new 4-H year or putting a youth into 4-H, please contact either office and visit with Janet.** She will be more than willing to answer all your questions.

In addition to 4-H, the other agents are also engaging in relevant programming work.

If you have a need for any program for any group that you are involved with, please keep Extension in mind.

We have programs that cover **Agricultural** needs, such as farm economics, crops and livestock, **Health and Wellness** needs including nutrition, food safety and exercise, **Horticulture** including gardens, yards and trees, and **Home Environment** including food preservation, home safety and care!

Carol Ann 



CAROL ANN CROUCH

DISTRICT DIRECTOR
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**Need a program
for school,
organization,
meeting or
conference?**

**Contact the West
Plains District
Agents today!**

Carol Ann Crouch

Food Safety, Food
Preservation, Adult Aging, &
Family Finances



Jennifer LaSalle

Nutrition, Foods, Food Safety,
Wellness, & Stress



Anthony Reardon

Gardening, Plants, Trees,
Insects, Lawns, & Pathology



Renee Tuttle

Farm Management, Crop
Production, Farm Stress, &
Business Planning



Janet Harkness

STEM, Animal Science, and
4-H Programs





OCTOBER IS MENTAL HEALTH MONTH

But what is mental health? According to the healthline.com, mental health refers to **your emotional and psychological well-being**. Having good mental health helps you lead a relatively **happy and healthy life**. It helps you demonstrate resilience and the ability to cope in the face of life's adversities.

Your mental health can be influenced by a variety of factors, including **life events or even your genetics**. There are many strategies that can help you establish and keep good mental health. These can include:

- keeping a **positive attitude**
- staying **physically active**
- **helping** other people
- getting **enough sleep**
- eating a **healthy diet**
- asking for **professional help** with your mental health if you need it
- **socializing** with people whom you enjoy spending time with
- forming and using effective **coping skills** to deal with your problems



What is mental illness? A **mental illness is a broad term which encompasses a wide variety of conditions** which affect the way you feel and think. It can also affect your ability to get through day-to-day life. Mental illnesses **can be influenced by several different factors**, including:

Genetics ❤️ **Environment** ❤️ **Daily Habits** ❤️ **Biology**

Mental health issues are common in the United States. About one in five American adults experience at least one mental illness each year. And around one in five young people ages 13 to 18 experience a mental illness at some point.

Although mental illnesses are common, they **vary in severity**. One in 25 adults experience a serious mental illness (SMI) each year. A SMI can significantly **reduce your ability to carry out daily life**. Different groups of people experience SMIs at different rates. According to the National Institute of Mental Health, women are more likely to experience SMI than men. Those ages 18 to 25 are most likely to experience an SMI. People with a mixed-race background are also more likely to experience an SMI than people of other ethnicities.

The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) helps mental health professionals diagnose mental illnesses. There are many types of mental health disorders. In fact, **almost 300 different conditions** are listed in DSM-5.

These are **some of the most common mental illnesses affecting people** in the United States:

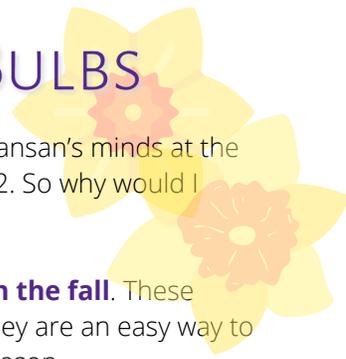
- **Bipolar disorder** - It is characterized by episodes of energetic, manic highs and extreme, sometimes depressive lows.
- **Persistent depressive disorder** - a chronic type of depression
- **Generalized anxiety disorder** - a person becomes extremely worried about many things even when there is no reason to worry.
- **Major depressive disorder** - causes feelings of extreme sadness or hopelessness that lasts for at least two weeks. This condition is also called clinical depression. People with this may think about or try to commit suicide.
- **Obsessive-compulsive disorder** - causes constant and repetitive thoughts, or obsessions.
- **Post-traumatic stress disorder** - is a mental illness that's triggered after experiencing or witnessing a traumatic event.
- **Schizophrenia** - impairs a person's perception of reality and the world around them.
- **Social anxiety disorder** - sometimes called social phobia, causes an extreme fear of social situations.

These mental health illnesses can be treated but treatment for mental health will vary depending upon the illness, so **visit with your health care professional to seek the best treatment for your needs**.



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TIME TO PLANT SPRING BULBS



Weather gradually cooling, spring is probably not on many western Kansan's minds at the moment. Leaves are still green. Autumn just started on September 22. So why would I pose a topic like **spring landscaping**, right now?

Perhaps surprising to some, **spring-flowering bulbs are planted in the fall**. These plants consist of tulips, daffodil, hyacinth, muscari, and crocus, and they are an easy way to have a landscape "spring" to life with the onset of the new growing season.

Late September through early November is the recommended time for planting spring-flowering bulbs. The cooler air of the timespan equates to moisture remaining in soil profiles longer. Additionally, the soil is still warm from summer having just past. Spring-flowering bulbs thrive in these conditions, and they actually require them **in order to grow a decent root system** before winter.

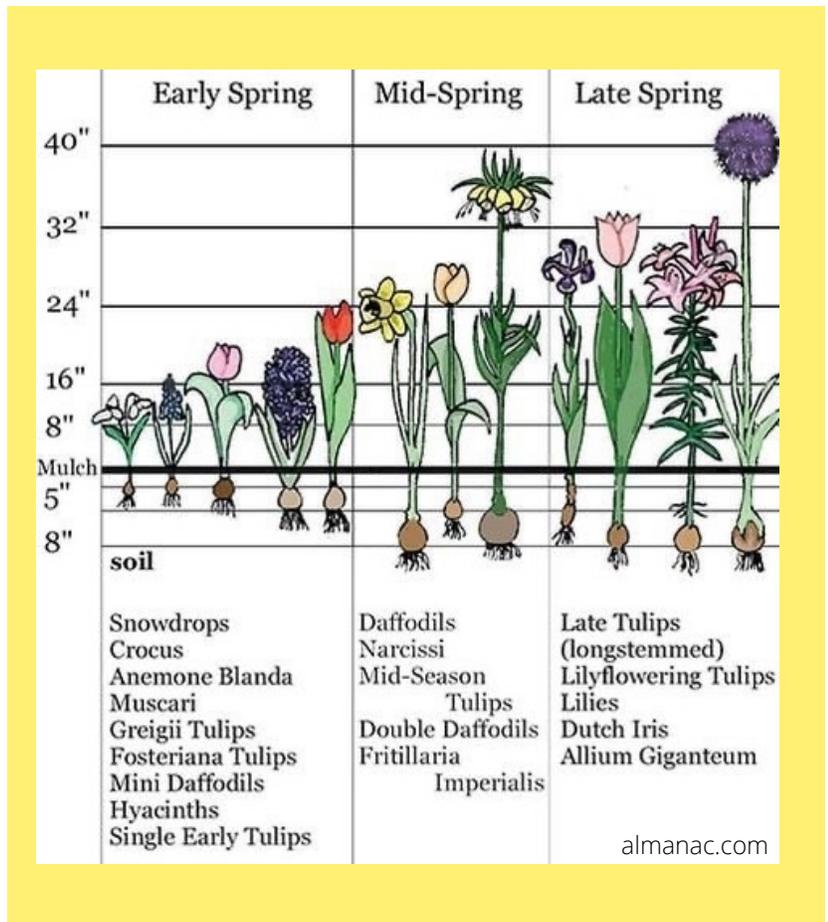
During winter, the bulbs will be going through what is called a "**vernalization period**." This is a process where bulbs require consecutive cold temperatures for several weeks in order to release a hormone that tells them to **set a flower bud**. As this does take some time to happen, **fall becomes the optimal time for planting spring bulbs**, giving them the time and temperatures they need before spring.

The first factor to consider before planting should be **timing**. Not all bulbs bloom at the same time. Tulip varieties, for example, can be early bloomers in March, mid-season bloomers in April, and late-season bloomers in May. But they can also bloom in periods that fall somewhere in-between. Mid-March to Mid-April. April to Mid-May. Etcetera. It all varies by the exact variety.

It not recommended to approach planting spring bulbs with the mindset of just purchasing a bunch of bulbs, planting them all together, and expecting them all to bloom at once –at least not without a bit of work put in. **Attention has to be paid to the blooming period of the varieties being used**. To bloom at the same time, their blooming periods have to match. This concept will also apply to mixing different types of spring-bulb plants into a singular display (i.e., tulips with crocus, etc.), and the packaging of most of these plants will include such information.

When planting bulbs, **look for an area that has full sunlight**. Most bulbs will require this upon blooming. The soil in this spot should not be one that retains standing water for long periods of time.

Also **look to the full-grown size and heights of the plants** that you intend to incorporate. Wanting to mix hyacinths with some mid-season tulips? You'll want to consider planting those hyacinths toward the front of your display, lest you risk them getting buried within the landscape when the tulips emerge taller.



The simplest way to plant bulbs is to dig a trough. The depth the bulbs should be planted in mind, simply dig a line-shaped hole. Line your bulbs out within this hole, facing upward, and space them according to how compact you would like the plants to emerge. Most tulips like to be planted at around 4 inches apart. Your smaller bulbs like crocus could be 2 inches or less. This information will also likely be on the bulb packaging and **should be utilized for optimal plant performance.**

There are **other methods to planting bulbs** if you are not in a position to dig large lines through your landscape. Organize your planting by first setting out each bulb exactly where you would like it planted. If you're feeling creative, this is where you can actually create designs within your blooms, utilizing their different colors, sizes, and textures. Once set out, an old-fashioned hand trowel **can be just as effective for planting** the bulbs as a large hole can. Just be prepared for a lot more digging.

Opting to plant your bulbs individually, your best option may actually be to **invest in a bulb auger power drill attachment**, rather than relying on the more labor-intensive hand trowel or sharpshooter. Usually around \$20, these attachments quickly dig bulb holes with minimal effort.

Bulbs planted, **you're largely in a "set it and forget it" situation until spring.** Be sure to **water the planting area** throughout the rest of the fall, keeping in mind that too much water in the bulb area for a prolonged period of time could initiate bulb rot rather than root growth. **Keep the soil moist, but not overly wet**, and allow the soil to be drier throughout winter. Plan to **fertilize when the bulbs first emerge in the spring** as, at this point, the roots will still be actively growing. And, as always, if you have any questions you can find an answer with me at the extension office.



CHOOSING THE PERFECT PUMPKIN

Pumpkins and other fall items make autumn one of the most fun seasons for decorating. The centerpiece of autumn décor is the popular pumpkin. Picking the right pumpkin in many ways is a personal preference as beauty is in the eye of the beholder. Round, squatty, oblong, with or without scratches — they all have their own character.

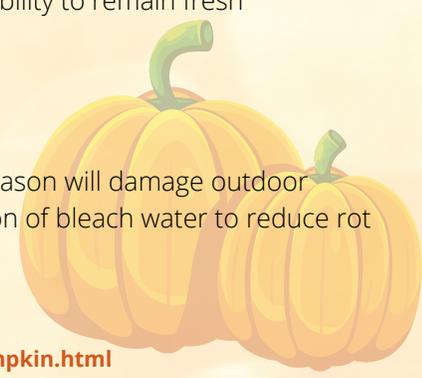
How to pick a pumpkin: What to look for

When choosing a pumpkin, look closely at the flesh of the orb. Avoid any pumpkins that have cracks or splits. Gently squeeze or press your fingers into the fruit. Pay close attention to the blossom end, or bottom, and around the stem. A fresh pumpkin should be solid to the touch. Avoid ones that have soft spots or sunken areas, as decay has already set in. Selecting good quality produce will ensure that your autumn display will be long lasting. High quality pumpkins have a firm, hard rind and are generally rich orange in color. Color is not always the best indicator of maturity, as pumpkins now come in varying shades from bright orange to light orange to almost white.

Test for the maturity of a pumpkin by gently pressing your fingernail into the rind. A mature pumpkin will resist scratching. If the surface is easily penetrated, the pumpkin was picked too early and will end up rotting. Immature pumpkins do not have a long life once picked. Also check for firm, bright green stems as this indicates freshness. A dry, shriveled stem usually means the pumpkin has been picked and stored for a long period of time thus reducing its ability to remain fresh throughout the entire fall decorating season.

Pumpkins store best under cooler conditions.

Either in the home or outdoors, they will keep for several months. Hard freezes late in the season will damage outdoor pumpkins causing them to turn to mush. Some recommend wiping the fruit off with a solution of bleach water to reduce rot and decay. This is normally not necessary but can be done. Picking pumpkins is a great family activity and a fun way to celebrate the season.



From: www.johnson.k-state.edu/lawn-garden/agent-articles/vegetables/how-to-pick-the-perfect-pumpkin.html

PUMPKINS: THE ESSENCE OF FALL

Give 'Em "Pumpkin" to talk About, so let's talk Pumpkins.



JENNIFER LASALLE
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Pumpkins are **a staple and popular flavor** for the fall season. We see pumpkins everywhere. From fall decorations, to jack-o- lanterns, to sweet and savory dishes. It is the essence of Fall.

Pumpkin's name originated from the Greek word "pepon" which means "large melon." The word pepon took on many forms from the French word pompon, to the English form pumpkin and to the American Colonists, and as we know today, **pumpkin**.

Pumpkins have grown in North America for **more than 5,000 years** and were a large part of Native Americans' diets. They baked and boiled the pumpkin flesh and toasted the seeds. The seeds were also ground to make flour or meal. Strips of pumpkin were dried and then woven to create mats. **The first pumpkin pie** occurred when the early colonist sliced the pumpkin top, removed the seeds, filled the insides with milk, spices, and honey, and baked the pumpkin in hot ashes. It is suggested that Early American colonists **relied heavily on pumpkin for food**.

There are many different varieties of pumpkins, therefore it's wise to consider what you will be using the pumpkins for; cooking, decorating, or craving. **Most pumpkins sold at retail stores are used for decorating or carving.**

If you are wanting a pumpkin for carving or decorating choose one that has a nice shape and will last several days. Select ones that are free of mold spots, cuts, and punctures.

Make sure the stems are well-attached as they will keep better for display. When selecting a pumpkin for decoration use the **"thumbnail test"**. If you can pierce the rind with your thumbnail, the pumpkin is not mature and will not store well. **Pumpkins used for carving and decorating can be used in cooking, but are not as appealing.**

They tend to have a coarse grain, watery texture, and a flat taste.

Pumpkins used for cooking or baking are smaller, sweeter, meatier, and have less stringy fiber. They are usually labeled **"sugar pumpkins" or "pie pumpkins"** and weighs three to six pounds. Choose one that is free of bruises, cracks, is firm, and feels heavy for its size. Pumpkins will last for a few weeks if stored at room temperature. Some pumpkins for cooking and baking are Baby Bear, Cinderella, Long Island Cheese, New England Pie, and Sugar Pie.

Not only are pumpkins fabulous as a decorating piece, but they are fabulous for our health. **Pumpkins are rich in nutrients and low in calories.** They contain fiber, potassium, magnesium, antioxidants, and vitamin A all nutrients needed for optimal health. One half cup of canned pumpkin provides 4 grams of fiber and 50 calories.

Most consumers tend to purchase canned pumpkin, which is convenient and works well in most recipes, but pureeing your own pumpkin is easy and delicious. **Follow these easy steps.** 1) Wash hands with soap and water. 2) Rinse the outside of the pumpkin to remove any dirt. Remove the stem and cut pumpkin in half. 3) Scoop out the stringy mass and seeds.

Cook pumpkin by any of the following methods:

Steaming/boiling Method: Cut pumpkin into large chunks. Rinse in cold water, place pieces in a large pot with about a cup of water. Cover the pot and boil for 20 to 30 minutes or until tender or steam for 10 to 12 minutes. Pumpkin should be tender.

Oven Method: Cut pumpkin in half, scrape away the stringy mass and seeds. Rinse under cold water. Place pumpkin, cut side down on a large cookie sheet. Bake at 350F for one hour or until tender.



Microwaving Method: Cut pumpkin in half, place cut side down on a microwave safe plate. Microwave on high for 15 minutes, check for tenderness. If necessary cook for another 1-2 minutes until it is tender. Once the pumpkin is cooled remove the peel. Cut the peeled pumpkin in a food processor or blender. Process until smooth. Put the puree through a fine strainer to remove any strings. Then place pumpkin in a colander lined with cheesecloth to remove excess liquid. Fresh pumpkin puree will be much runnier than concentrated canned pumpkin, so make sure the liquid is removed. **Fresh pumpkin puree can be used in any recipe which calls for canned pumpkin.**



When purchasing canned pumpkin make sure you read the label. **Pumpkin Pie filling is different than pumpkin puree.** Pumpkin Pie filling has added sugar and spices. Home canning is not recommended for pumpkin butter or any mashed or pureed pumpkin. Only pressure canning methods are recommended for canning cubed pumpkin. Freezing is the easiest way to preserve pumpkins and it yields the best quality product. As you can see, there are many things to talk about with pumpkins. They are much more than a decoration. **They are a healthy, tasty, and an inexpensive treat.**

HALLOWEEN SAFETY TIPS

Witches and Mummies and Ghost, Oh My! Halloween is coming and it is an exciting time of year for kids. It is fun to get dressed up in a costume and parade around the neighborhood or go to a party. To ensure that everyone has a safe holiday, follow these Halloween safety tips.

Costumes

Costumes should fit well. Not overly long to where they may trip on it. **Wear flame-retardant costumes.** Choose brightly colored costumes. **If wearing something dark, consider adding reflective tape or striping.** Consider wearing non-toxic makeup as masks can limit or block visibility. Make sure all wigs, hats and other disguises fit securely allowing full vision. When accessorizing the costume with a sword, cane, stick and etc. make sure it is made of soft or flexible material and it is not too long.

Trick-or treat

Adults should accompany little ones. Only go to homes that are well lit and to families you know. **Never enter a house or car for a treat.** Stay on well-lit streets and sidewalks, **Carry a flashlight or glow stick.** Serve a festive meal or snack before going trick-or-treating. This will lessen the temptation of eating candy from their bag. Running or riding a bicycle while wearing a costume may be hazardous, walk from house to house to prevent injuries.

Treats

All treats should be checked by an adult before they are eaten. Children should understand why this is important. Save treats wrapped in original, unopened wrappers. **Throw away candy if it appears old, has tears or holes or appears to have been opened.** Inspect fruits and homemade goodies. Do not allow children to eat their candy all at one. Too many sweets will give them a stomachache. **Eat a few pieces of candy at a time instead of dessert, or freeze the candy to eat later.**

Treat Ideas

Consider giving out prepackaged fruit snacks, pretzels or sealed boxes of raisins and etc. Non-food treats such as: **coloring books, pens, pencils stickers or small toys.**

Home Safety

Keep homes safe for trick-or-treaters by removing items in the yard and porch that could cause falls. **Check outdoor lights** and restrain pets. Use small battery-powered lights inside jack-o-lanterns and luminaries. By following these Halloween safety tips your family will have a **Bootiful** Halloween.





RENEE TUTTLE

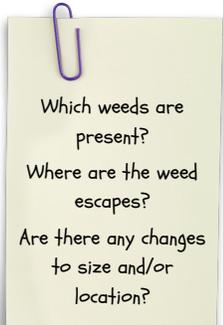
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TAKE NOTES FROM THE CAB

AND UP YOUR WEED CONTROL GAME FOR NEXT YEAR

Fall harvest is in full swing! While you are driving the combines through the fields **you may notice a few weeds that escaped pre-canopy weed control**. Weeds that escape control by in-season management practices can cause several problems, including the possibility of reduced harvest efficiency and crop yield. Even if, in your mind, those factors do not justify a herbicide application, **it is important to consider the future costs of seeds produced by those escapes--particularly if those escaped weeds produce a lot of seed and/or are herbicide resistant**.

Just a few escapes of species such as **Palmer Amaranth** can have a big impact. For example, research conducted **showed that one female plant in five acres added about 2 million seeds per acre to the soil**. Those seeds can have impacts for many years. **It took six years of total Palmer Amaranth control to deplete the seedbank by 98%**.



Scouting for weeds at harvest, even if you simply make notes from the combine, is important for planning future weed management practices. **When scouting make notes about: which weed species are present, which weed escapes are present, and any changes in the size or location or areas with weed escapes**. Some observations might be the result of soil or environmental conditions, while others might suggest problems with the herbicide selection or application equipment. However, **some of these escapes might indicate the presence of herbicide-resistant weeds in your field; especially, if the same herbicide program has been used in your field for a number of years**. Two examples of observations that might indicate herbicide resistance are: 1) a growing patch of a particular species or 2) herbicide failure on a few plants of single species that is normally controlled.

After harvest, be sure to share your observations with your crop consultant, ag. retailer, or extension agent so that we can help you better plan your herbicide program for next year! **Happy harvest and stay safe!**

Information from Dr. Sarah Lancaster, Extension Weed Science Specialist, as published in the Agronomy eUpdate Issue #874.

▶▶ HELP US *Grow* THE CROPS PROJECT! ◀◀

As we continue harvest, remember to save back your corn and grain sorghum to enter in the fair! You can enter **10 ears of mature corn, 10 heads of mature grain sorghum, and/or one gallon jar of corn or sorghum grain** harvested this fall in the 2022 Fair under 4-H and Open Classes. If you do not want to keep the entires until next fair, you can drop them by the office any time. Be sure to sign up for the Crops Project during 4-H enrollment and contact Renee at the Extension Office with any questions!

Are you interested in volunteering to be one of the West Plains District Crops Project leaders? Contact Renee today! We are excited to grow this program!



2021-2022 GRAIN MARKET UPDATE

On September 28th, ag. lenders from all over Kansas, Colorado, and Texas travelled to Garden City for the annual **K-State Agricultural Lenders Conference**. Dan O'Brien, Extension Agricultural Economist shared the Grain Market Update below. For more information, visit AgManager.info.

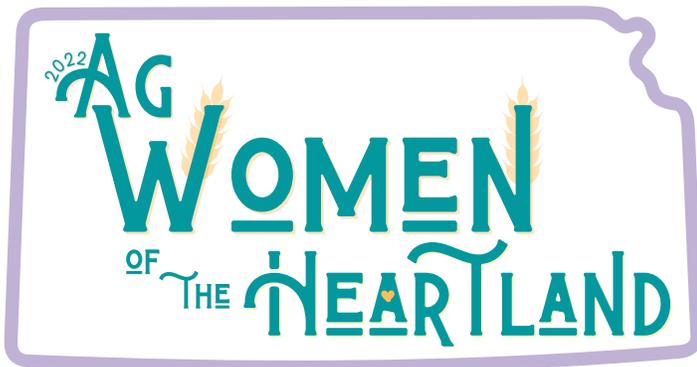
World Grain Market Expectations

- **Corn:** Production **up 7%** & Exports **up 12%**
 - South America & Ukraine Production up 25% & Exports up 36%
- **Soybeans:** Production **up 5.8%** & Exports **up 4.5%**
 - South America Production up 7% & Exports up 13%
- **Wheat:** Production **up 0.6%** & Exports **-no change-**.
- **Pay close attention to input costs and product availability; especially, fertilizer and herbicide.**

Source: USDA

U.S. Crop Plantings in Fall 2021 & Spring 2022

- **Winter Wheat: Up 3-5%**
 - High RMA Insurance Prices
- **Soybeans: Up +++**
 - "Tight" current supply and demand/ High \$'s
- **Corn: Up ++**
 - Also, "tight" current supply and demand/ High \$'s
- **Sorghum: Up +?**
 - Depending on MY 2021/22 exports
- **Cotton: Up +?**
 - Strong MY 2021/22 markets, moisture?



save the date
MARCH 4 & 5, 2022
FINNEY COUNTY FAIRGROUNDS

WILLIE'S FARM FRIEND CONTEST

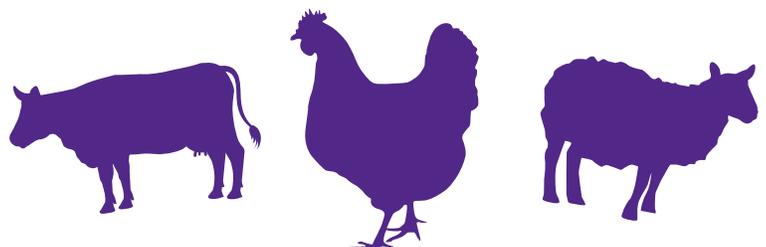
PRESENTED BY

Kubota
Together we do more.

Land Pride

Due 10/10/21!

Do you have a favorite animal friend staying on your farm? Kubota Tractor Corporation and Land Pride want to see! Upload a photo of your farm friend and vote on your favorite submissions for **a chance to win four tickets to the game against Baylor and a \$100 Team Store gift card!** Visit @kstatesports on Facebook or <https://bit.ly/3EUuTPb> for more info!



4-H DISTRICT ROUNDUP



JANET HARKNESS
AGENT
4-H & YOUTH
DEVELOPEMENT
JLP27@KSU.EDU

Cloverbud Clubs are happening in both Scott and Finney Counties!! These clubs are for youth 5 & 6 years old, meeting for 1 hour, monthly. Youth must reach their 5th birthday by January 1st of the current year. Not yet 5? No worries, if your youth is turning 5 anytime during October-January 1, 2022, you may enroll once that 5th birthday happens! You can enroll your Cloverbud youth in 4-H, through 4-HOnline, selecting Cloverbud membership and their project as cloverbud. The website for enrollment is: <https://v2.4honline.com/#/user/sign-in>.

What's Cloverbud Club like? Cloverbuds answer roll call, recite the 4-H Pledge and the Pledge of Allegiance, have story-time, snack, rec and craft activity. 4-H Teen Ambassadors run the Club with help from 4-H Agents. What projects can Cloverbuds participate in? The Kansas State 4-H Policy allows for Cloverbuds to participate in age-appropriate activities, including all static project areas and Club Days (presentations). Cloverbuds are also allowed to participate in the pet show, exhibiting: amphibians, dogs, guinea pigs, parakeets, ant farms, fish, hamsters, rabbits, cats, gerbils, mice and rats. All Cloverbud participation, in all 4-H events, will be participation only and will not be competitively judged. **Join 4-H for Cloverbud Club**, fourth Mondays in Finney County and fourth Tuesdays in Scott County. **Next meeting dates are: October 25 (Finney) and October 26 (Scott). Wear your Halloween Costumes for a spooky good time!**

-Janet

National 4-H Week
October 3-9, 2021

FIND YOUR SPARK

DISCOVER MORE AT 4-H.ORG

4-H Pour Painting Class

Express Yourself through Pour Painting!

Learn how to paint using the pour method!

Cost of class is \$10 per 4-Her.

Classes will be held 6:30-8pm, outdoors.

October 13, Scott County
October 14, Finney County

Contact Janet to register, jlp27@ksu.edu

4-H is going to the dogs!!

Dog Obedience Training for 4-H members and their best friends!

All practices to be held at 2pm on the following days:

- October 10 - Carpenter Building
- November 7 - Carpenter Building
- December 5 - Carpenter Building
- January 9 - Carpenter Building

For more info, please contact Janet at 620-872-2930 or jlp27@ksu.edu

October 9-10, 2021

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K-STATE
Research and Extension

#484H





2021 National 4-H Week Activities

West Plains 4-H, lets show everyone that 4-H Grows Here!

Promote 4-H during National 4-H Week, October 3-9, 2021! We challenge all 4-H'ers and volunteers to promote 4-H and all the good that we do in the West Plains District! Take photos, write social media, wear green, post lawn signs, decorate club member's lockers, whatever it takes to let everyone know that you belong to 4-H!

Some ideas to "get 4-H out there":

Decorate windows downtown, highlighting your club

Attend your local city/town/county Board meeting and thank elected officials for supporting 4-H. (Bring 4-H Clover cookies too!)

Create a positive 4-H social media video, share widely and tag the district program.

Hold a community service event during National 4-H Week and invite the media to attend.

Contact the 4-H Office to find out who in your community is a local 4-H sponsor and do something special for that individual or business.

Ask local businesses to put 4-H Grows Here on their signs during the week.

Add a 4-H Week message to every email, text, twitter, Facebook, Instagram post during the week.

Answer the phone with "Happy 4-H Week!"

We're so sure that you can come up with more positive ways to promote 4-H that we're having a contest to see which club or family is able to do the most! Track your club or family participation on the form below and return to Janet by Oct. 20, 2021.

Winners will receive a club party pack!!!

Activity	Where, When With Whom	Formula	Points
Wearing 4-H Apparel to School		_____ X 1pt (# youth & adult participants)	
Wearing 4-H Apparel to Work		_____ X 1pt (# youth & adult participants)	
4-H Week Display		_____ X 10pts/display	
4-H Week Display		_____ X 10pts/display	
4-H Week Display		_____ X 10pts/display	
4-H Selfie with Local Celebrity		_____ X 5pts/celebrity picture	
4-H Selfie with Local Celebrity		_____ X 5pts/celebrity picture	
4-H Selfie with Local Celebrity		_____ X 5pts/celebrity picture	
Attend local/county gov. mtg to say "thanks"		_____ X 5pts/board meeting	
4-H Video for National 4-H Week		_____ X 3pts/video	
4-H Facebook/Twitter/Instagram Post		_____ X 3pts/post	
4-H Video for National 4-H Week		_____ X 3pts/video	
Local business adds "4-H Grows Here" on sign		_____ X 5pts/sign	
Newspaper articles and/or pictures published		_____ X 2pts/article/photo	
Radio Spots Aired		_____ X 10pts/radio spot	
National 4-H Week Community Service Project		_____ X 25pts/community service	
Other:			



ACTIVITIES ROUNDUP



State Fair



In September, 4-H'ers went off to State Fair with their project. Results are posted on the following pages. Great job representing the West Plains District!

Special photography shout-out to **Finney County 4-H'er Abigail M.** and **Scott County 4-H'er Megan T.** for having their **State Fair photography** entry selected to be displayed at **Rock Springs Ranch Educational Center** for the next year!



4-H STEM Lab



4-H'ers participated in a STEM lab investigating owl pellets. They learned about the owl's diet and about the various animals' digestion systems.





FINNEY COUNTY

SCOTT COUNTY

4-H Photography	
Junior	
Cameron Barrett-Blue	
Rylan Anderson-Blue	
Kealie Bryant-Blue	
Adam Cook-Blue	
Katie Lobbmeyer-Red	
Karson Sullivan-Blue	
Kyson Sullivan-Red	
Intermediate	
Adison George-Blue	
Aaron Morales-Purple	
Abigail Morales-Blue	
& Rock Springs Display	
Annalise York-Blue	
Senior	
Tristan Clark-Blue	
Baylee Hutcheson-Red	
Cole Lehman-Blue	
Mitchell Lehman-Red	

4-H Food Preservation	
Anna Lobbmeyer-Red	

4-H Geology	
Karson Sullivan-White	

4-H Visual Arts	
Adam Cook-White	
Baylee Hutcheson-Red	

4-H Woodworking	
Macy Hands-Red	

4-H/FFA Horticulture	
Colton Obregon-Red	
Colton Obregon-Red	
Colton Obregon-Blue	

4-H Presentations	
Kealie Bryant-Blue	
Karson Sullivan-Blue	

4-H Team Presentation	
Baylee & Jarica Hutcheson	

Judging Contests	
Rylan Anderson-Sr. Photography	
& Judging Contestant-35th	

4-H Clothing and Textiles	
Intermediate	
Katelyn Novack-Purple	
Senior	
Katie Mongeau-Purple	
Recycled Clothing	
Anna Lobbmeyer-Purple	

4-H Fiber Arts	
Kealie Bryant-Blue	
Adison George-Purple	
Kayla George-Blue	
Macrame	
Corrine Whitham-Red	

4-H Food-Nutrition	
Junior	
Kealie Bryant-Blue	
Makay Hammond-Blue	
Sophia Henry-Red	
Brylie Kathman-Blue	
Jake Knoll-White	
Katie Lobbmeyer-Red	
Abigail Morales-Red	
Hailey Unruh-Blue	
Vivan Whitham-Red	
Paxton White-White	
Perry Horton-Red	
Intermediate	
Mariel Henry-Red	
Katelyn Novack-Blue	
Annalise York-White	
Senior	
Tristan Clark-White	
Adam Cook-Red	
Morgan Hammond-Red	
Baylee Hutcheson-Purple	
Anna Lobbmeyer-White	
Audrey Norquest-Purple	
Cole Lehman-Red	
Mitchell Lehman-Red	
Jessa York-White	

Fashion Revue	
Anna Schmeckle-Blue	
Mitchell Lehman-Purple	
Baylee Hutcheson-Blue	
Emma Lightner-Blue	

4-H Photography	
Junior	
Piper Jessup-Blue	
Intermediate	
Jacob Fisher-Blue	
Aden Frederick-Red	
Bennett Frederick-Blue	
Megan Trout-Purple	
& Rock Springs Display	
Senior	
Eric Shapland-Purple	
Hailey Shapland-Purple	
Brinlie Stevens-Purple	
Adrienne Talbert-Blue	
Black and White	
Reed Batterton-Blue	
Eric Shapland-Purple	
Hailey Shapland-Purple	
Adrienne Talbert-Blue	

4-H Energy Management	
Reed Batterton-Blue	
Isaiah Rogers-Red	

4-H Entomology	
Avery Radke-Blue	

4-H Fiber Arts	
Chelsie Rose-Red	
Megan Trout-Blue	

4-H STEM-Ag Mechanics	
Gui Griffith-Red	

Judging Contests	
Intermediate-Individual	
Bennett Frederick-7th	
Reed Batterton-15th	
Renee Beeson-40th	
Piper Jessup-5th	
Hailey Shapland-18th	
Intermediate-Team	
West Plains Dist Scott-3rd	

Fashion Revue	
Alivia Knoll-Blue	
Payton Goodman-Blue	
Cally Cramer-Blue	

4-H Clothing and Textiles	
Junior	
Bailey Cramer-Purple	
Intermediate	
Cally Cramer-Blue	
Marly Cramer-Red	
Addison Noll-Purple	
Senior	
Alivia Noll-Blue	

4-H Food-Nutrition	
Junior	
Ava Stephens-White	
Intermediate	
Waylon Ricker-White	
Megan Trout-White	

4-H Visual Arts	
Kadence Allen-Red	
Avery Radke-Blue	
Ava Stephens-Blue	
Aaren Radke-Blue	

4-H Woodworking	
Isaiah Rogers-Red	
Avry Noll-White	
Kate Rogers-White	

4-H/FFA Horticulture	
Megan Trout-Blue	

4-H Dog Show	
Senior	
Aden Frederick-Blue	

Judging Contests	
Senior-Individual	
Alivia Noll-40th	
Jacob Fisher-49th	
Adrienne Talbert-7th	
Eric Shapland-1st	
Senior-Team	
West Plains Dist Scott-3rd	





FINNEY COUNTY

<p>4-H Meat Goat Showmanship <u>Junior</u> Kealie Bryant- 5th Ovr Champ</p>	<p>4-H Market Hog <u>Duroc</u> Airika Frey- 3rd Kierstyn Hartman- 4th Kennan Murrell- 5th <u>Hampshire</u> Elizabeth Murrell- 4th Devan Soukup- 5th <u>Yorkshire</u> Elizabeth Murrell- 3rd <u>Light AOB</u> Airika Frey- 5th <u>Crossbred</u> Kierstyn Hartman- 6th Kason Ramsey- 2nd Brooklyn Deniston- 4th Devan Soukup- 10th Kierstyn Hartman- 3rd Alya Arana- 7th Travis Oliver- 1st</p>	<p>4-H Market Lambs <u>Crossbred</u> Reyce Frick- 10th Grady Gleason- 4th Reyce Frick- 9th Grayson Gleason- 9th Cole Lehman- 10th Mitchell Lehman- 9th Grady Gleason- 10th <u>Hampshire</u> Mitchell Lehman- 10th Grady Gleason- 5th <u>Natural</u> Cole Lehman- 7th <u>Shropshire</u> Grayson Gleason- 4th <u>Speckle Face</u> Cole Lehman- 3rd <u>Suffolk</u> Brayden Robinson- 4th and 6th</p>
<p>4-H Market Meat Goat <u>Division 1</u> Kayla George- 1st Aaron Morales- 4th Abigail Morales- 5th <u>Division 2</u> Kealie Bryant- 6th Katie Mongeau- 8th Araron Morales- 4th Brooke Basham- 6th Abigail Morales- 12th <u>Division 3</u> Dylan Burch- 8th and 9th Madelyn Waggoner- 7th Brooke Basham- 7th <u>Division 4</u> Jaylee Speer- 2nd <u>Division 5</u> Kealie Bryant- 5th Kayla George- 10th</p>	<p>4-H Registered Breeding Gilts <u>Duroc</u> Airika Frey- 10th Kennan Murrell- 5th Airika Frey- 1st Kason Ramsey- 2nd <u>Yorkshire</u> Brooklyn Deniston- Br. & Ov. Reserve Champion <u>Dark AOB</u> Austin Elam- 5th <u>Commercial</u> Kason Ramsey- 1st Airika Frey- 10th</p>	<p>4-H Registered Breeding Ewes <u>AOB</u> Cole Lehman- 3rd Emily Dryden- 6th <u>Hampshire</u> Lauren Gigot- 10th and 9th <u>Suffolk</u> Emily Dryden- 6th Brayden Robinson- 7th, 1st, 2nd <u>Commercial</u> Mitchell Lehman- 6th Grady Gleason- 4th</p>
<p>4-H Breeding Does Meat Goat <u>Division 1</u> Kayla George- 6th Aaron Morales- 2nd Dylan Burch- 3rd Kealie Bryant- 4th <u>Division 2</u> Abigail Morales- 2nd Madelyn Waggoner- 8th Abigail Morales- 9th <u>Division 3</u> Katie Mongeau- 4th Dylan Burch- 8th</p>	<p>4-H Market Beef <u>05 Maine</u> Rilee Mcgraw- 1st Brd Rve Champ <u>09 AOB</u> Lauren Gigot- 1st and 2nd <u>11 Crossbred</u> Cooper Henson- 6th</p>	<p>4-H Registered Breeding Heifers <u>13 Shorthorn Plus</u> Rilee Mcgraw- 2nd Brd Rve Champ <u>16 AOB</u> Brayden Robinson- 4th <u>Commercial</u> Ryan Heiman- 7th</p>



BROOKLYN DENISTON
Reserve Champion
Bred & Owned Breeding Gilt
Sponsored by: Eastern Kansas Swine Show Series

AIRIKA FREY
Reserve Champion Duroc
Breeding Gilt
Sponsored by: 4-B Show Pigs

TRAVIS OLIVER
Champion Spot Market Hog
Sponsored by: The Grasser Family & Menefee Farm



SCOTT COUNTY

4-H Market Meat Goat
<u>Division 2</u> Brooke Strine- 2nd
<u>Division 4</u> Brooke Strine- 8th

4-H Market Hog
<u>Spot</u> Kenzi Martinez- 2nd
<u>Crossbred</u> Baylor Vasquez- 4th
<u>Crossbred</u> Kenzi Martinez- 7th Chayston Berry-7th

4-H Registered Breeding Gilts
<u>Yorkshire</u> Kenzi Martinez- 5th
<u>Commercial</u> Baylor Vasquez- 5th Chayston Berry- 8th

4-H Market Beef
<u>04 Hereford</u> Brayson Mayo- 2nd
<u>09 AOB</u> Grady Vance- 3rd

4-H Market Lambs
<u>Crossbred</u> Treven Jones- 2nd
<u>Natural</u> Jaden Jones- 5th
<u>Speckle Face</u> Jaden Jones- 3rd
<u>Suffolk</u> Treven Jones- 3rd

4-H Registered Breeding Ewes
<u>Hampshire</u> Jaden Jones- 4th
<u>Commercial</u> Treven Jones- 6th and 1st

4-H Registered Breeding Heifers
<u>06 Hereford</u> Brayson Mayo- 1st Rve and Brd Champ
<u>10 Maintainer</u> Grady Vance- 4th



For more photos from State Fair, visit @FinneyCounty4H & @ScottCountyKansas4H !



State Fair 2021 Scott County Photography News



Wow, we sure are proud of our local photographing project members!!!!!!

We took a Senior and Intermediate Team to State Photo Judging Contest

- *Eric Shapland won 1st place in the Senior Individual Contest
- *Our teams both finished 3rd
- *Piper Jessup finished 5th individually
- *Annie Talbert and Bennett Frederick finished 7th individually
- *rounding out the top 20 individually were Reed Batterton with 15th place and Hailey Shapland with 18th place

Senior team members: Eric Shapland, Annie Talbert, Jacob Fisher, Alivia Noll & Aden Frederick.

Intermediate team members: Hailey Shapland, Piper Jessup, Renee Beeson, Reed Batterton & Bennett Frederick

Megan Trout's photo entry was selected for the Rock Springs Display

Congrats to our 10 locals who submitted entries: Reed Batterton, Jacob Fisher, Aden Frederick, Bennett Frederick, Piper Jessup, Eric Shapland, Hailey Shapland, Brinlie Stevens, Annie Talbert and Megan Trout



 *Club Reports* 

SHERLOCK STRIVERS

The September meeting of the Sherlock Strivers 4-H Club was held Sunday September 12, 2021 at 6 pm at Holcomb Elementary School. The meeting was held a week late because of Labor Day Weekend. The meeting was called to order by President Adison George. Roll call was answered with "How long does it take you to get to school?" Roll call was followed by the Pledge of Allegiance and the 4-H Pledge. Members voted to have a float in the Holcomb Homecoming Parade on September 18, 2021. Members also voted to participate in National 4-H Week by handing out color sheets and crayons at the Holcomb Elementary Schools, the first week of October. Club members also voted to sell potatoes the first week of October as a club fundraiser. Sherlock Strivers will also help Beacon Boosters 4-H Club man the water stations for Leave a Legacy on October 2, 2021. Election of officers was held. Officers for the 2021-2022 4-H year will be: President Adison George; Vice Presidents Austin Elam Abby Elam, Kayla George, Halle Jones; Secretary Morgan Hammond; Treasurer Maddy Schreiber Vogel; Reporter Historian Rylan Wallace; Song/Rec Leaders Makay Hammond, Karlie Kathman, Paislea Cogan; Parliamentarian Paige Jones; 4-H Council Rep Kendrick Wallace; Leaders Delaina Hammond, Jennifer Jones, Jill George. Members were reminded that Record Books are due at the next meeting on October 3, 2021 at 6 pm. Meeting was adjourned.

Submitted by Kayla George, Reporter



WIDE AWAKE

"The August 2021 meeting of the Wide Awake 4-H Club was held July 25, 2021 at the Exhibition Building at the Finney County Fairgrounds. 22 members were present and congratulated on their fair projects and members volunteered to wash the paint off windows of businesses that were painted for fair. Next meeting is Sept. 13, 2021.

-Jaylee Speer, Secretary

BEACON BOOSTERS

The August 23rd, 2021 Beacon Boosters Business Meeting was called to order at 6:30 pm by President Baylee Hutcheson at the Hutcheson House. Activity 1 was led by Maggie Deal and was Mail Call. Roll call was name your favorite part of school. There were 7 4hers present, no guests and 5 parents present. Those in attendance were Maggie Deal, Jarica Hutcheson, Baylee Hutcheson, Kiley Kilgore, Kolter Kilgore, Kaylei Marez, Adam Cook. Brogan Sperry and Rustin Sperry were excused. The Flag Salute was led by Kolter Kilgore, the 4-H pledge was also led by Kolter Kilgore. Reading of the July Minutes were approved as read. Treasure report. July had a balance of \$1466.77 ending with a balance of \$1452.50 with an outstanding check for \$14.27. Reporters Report was submitted to The Telegram, extension office and posted on Facebook. Parliamentarian Report, Jarica Hutcheson talked about why we should speak when called on. Finney County Council Meeting Report, no report. Next meeting scheduled in September.

Jr. Leader's Ambassador's Report, no report.

Community Leaders Report: Tammy Hutcheson talked about signing "thank yous", and that the Fair Board Meetings are open to the public. Old Business: None New Business: Buying candy bars, people for people stations. Moved by Adam Cook, seconded by Kolter Kilgore. Committee Report: None The gavel was passed to Vice President Jarica Hutcheson, program was card signing. The next Beacon Booster Meeting will be September 27th. There was a motion to adjourn meeting by Kiley Kilgore at 7:15 and seconded by Adam Cook.

Respectfully Submitted,
Kiley Kilgore, Secretary
Baylee Hutcheson, President



FINNEY FLYERS

The Finney County Flyers met August 29, 2021. Seven members answered roll call. Both the minutes and treasurer's reports were approved. The club is planning a December bowling party. Other business included 4-H record books.

 *Club Report* 

LAKE WIDE AWAKE

Lake Wide Awake 4-H Club Reports by Braden Harkness, Reporter. Our meeting on April 11th was led by Junior leaders. We also had a new member join. For roll call, we shared what we did for Easter Break. Sixteen members and two leaders were present. Aubrey's Parliamentary report informed us that nominations do not require a second. Our Club gave a donation for Betty Bremenkamp's bench. A thank you note from Betty's family was shared. We agreed to help with SCORE on Friday, April 16th. Piper gave a project talk on her cookie sheet wall hanging. It earned a Grand Champion ribbon last year. The flower petals were cut out of the cookie sheet and then painted. Michael gave a project talk about making muffins for Food and a bench for Woodworking. To end our meeting, we played four corners for recreation. Our community service project this month was food donations for Hope's Closet. At our meeting on May 2nd, we completed a community service project by picking up trash in Dearden Memorial Park in Shallow Water. We take part in this community service project annually. Several members in shooting sports shared their recent competition experience. Braden shared some of the things he learned at the Shutterbug event at Botanical Gardens in Wichita. At our June 13th meeting, our roll call question was "What is your favorite summer activity?". Sixteen members and three leaders were present. Before the meeting, Club members created decorations to be delivered to Park Lane Nursing Home. In old business, we acknowledged the Radke kids and Grothusen girls for cleaning and decorating Mr. and Mrs. William Carpenter's graves. Betty Bremenkamp's bench has been delivered to the fair. We appreciate all of the 4-Hers that helped re-paint the city park. In new business, we got updates from the Fox family on the float for the parade, the Harkness family on the Club banner, and the Ricker family on the silent auction basket. Our silent auction basket was family game night. Our theme for the Fair was Fun in the Sun in 2021. Brayson gave a project talk on showmanship. He did a really good job on explaining how you should show your livestock. He also showed us the equipment he uses when showing cattle. For recreation, we pulled weeds at the Extension Office after the meeting was adjourned. For our meeting on July 15th, we did a Club tour at the fairgrounds. Our members did a great job on their projects! We appreciate all of the information Janet shares in her Weekly Happenings email.



**Scott County
4-H Photography Club**

invites you to join us as we kick off
the new year in 4-H

**Monday, October 25th - 7:00-8:00 pm
William Carpenter Building Meeting Room**

Want to learn about creating great photos, different camera equipment, and how photography is an art, a science and a communication tool?

We have a fun and exciting program for the next year that nurtures photography skills at every level: Beginner, Intermediate & Advanced

Don't have a camera...that's okay, we have a library of equipment you can check out and we will even help you take better phone camera pictures.

- *monthly learning meetings with hands on activities
- *local area workshops & field trips throughout the year
- *Shutterbugs workshops around the state put on by the Kansas State 4-H Photography Action Team
- *County and State fair photo and judging contests

For more information, give Stephanie Shapland a call 620.874.5002



4-H Pancake Feed



October 6, 2021

5:30-7:30pm

William Carpenter Building

Free will donation to support
Scott County 4-H Community Service Projects

