

WEST PLAINS EXTENSION DISTRICT

NEWSLETTER



INSIDE THIS ISSUE:

- 2 **Upcoming District Events**
- 3 **At Home with Carol Ann**
 -
- 4 **Joyful Living with Jennifer**
 - May Is "Skin Cancer Awareness Month"
 -
- 5 **4-H District Roundup**
 - 4-H Project Spotlight:
 - Market Livestock Project
 - Point of Order!
 - Parliamentary Procedure Tip of the Month
- 6 **Club Reports/Announcements**



Family and Community Wellness Agent, Jennifer LaSalle, enjoyed her time with the Abe Hubert 6th grade students. They learned the science behind making ice cream and actually made ice cream. Thank you Mrs. Blackwell for inviting me to your science class.

4-H Quilt Workshop
 May 28-May 31
 9:00 am-4:00 pm
 Finney County Extension Office
 Contact Jennifer for more information

OFFICE HOURS:
 MONDAY - FRIDAY | 8 AM - 5 PM
FINNEY COUNTY OFFICE:
 620-272-3670
SCOTT COUNTY OFFICE:
 620-872-2930
OFFICE PROFESSIONALS:
 COZETTA O'DEA & JESSICA LOPEZ



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



CAROL ANN CROUCH
 DISTRICT DIRECTOR
 CCROUCH@KSU.EDU



JENNIFER LASALLE
 FAMILY & COMMUNITY WELLNESS
 JLASALLE@KSU.EDU



TORI MOCK
 4-H & YOUTH DEVELOPMENT
 TMOCK@KSU.EDU

UPCOMING DISTRICT EVENTS

SPRING
2024

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

MAY

- 5/1: **Camp Lakeside & Camp Wild Adventure Registration closes**
- 5/1: **State Market Beef Nominations** due online & DNA Postmarked
- 5/4: **Shutterbugs at Lee Richardson ZOO**
- 5/5: **Scott County 4-H & FFA Small Livestock Tagging** 2pm-4pm ,Fairgrounds
- 5/17 **Finney & Scott County Fair Accommodation Request's for Person's with Disabilities Due** (call your local Extension Office)
- 5/24 **Finney County 4-h Arts & Crafts**, 9-12pm , Extension office
- 5/28 **4-H Quilt Workshop**,

JUNE

- 6/1: **4-H Horse Certificate's Due**
- 6/5-6/7: **Discovery Day** (K-State Campus)
- 6/10-6/11: **Camp Lakeside** due online & DNA Postmarked
- 6/12-6/14: **Camp Wild Adventure for 10-13yr olds**, \$210. Registration closes May 3
- 6/15: **Registered Breeding Heifers & Breeding Gilt Papers in Exhibitor's Name**

Registration DUE: May 5th, 2024

Who: Youth ages 13-18 before January 1, 2024

When: June 5-7th, 2024

Where: K-State Campus

Cost: \$225 - Some class sessions may have additional fees

*call the office or check out the Scott and Finney County 4-H facebook pages for more information

APRIL
APRIL

PARTY DISCOVERY DAY 2024

39th Annual
DR. BOB HINES
KANSAS SWINE CLASSIC
JULY 12-13, 2024
ENTRY DEADLINE: JUNE 24

CICO PARK • RILEY CO FAIRGROUNDS • MANHATTAN, KS
JUDGE: Scott Dean — Lisco, Nebraska

FRIDAY, JULY 12

8:30 a.m. — Barn open for arrival
Noon — All pigs in place
1 p.m. — Swine photo check-in by the showing
1 - 3 p.m. — Skillathon in the showing
4 p.m. — Ice cream party by the showing
5:30 p.m. — Showmanship contests

SATURDAY, JULY 13

8 a.m. — Prospect Pig Show followed by Market Pig Show
*All educational contest awards will be presented on Saturday between the prospect and market shows.

SUPERINTENDENTS

Joel DeRouchey and Leslie Hayes
Kansas State University, Weber Hall
Manhattan, KS 66506 | 785-532-6533

Joel DeRouchey — 785-532-2280
Leslie Hayes — 785-532-1264
Katie Smith — 785-532-1267

HOUSING

Hotel information can be found at bit.ly/swineclassic



ENTRY LINK:

bit.ly/swineclassic

ENTRY CHECK MUST BE

POSTMARKED BY JUNE 24, 2024

*Make check payable to Kansas Swine Club

*Include receipt from online entry with payment

SWINE SHOWMANSHIP

The showmanship contest will be open to any Kansas Swine Classic exhibitor. Swine exhibited in the showmanship classes must be owned by the showmanship exhibitor except for the Future K-Staters division in which a pig entered by a 4-Her must be used. Showmanship will be divided into three divisions. Divisions will be determined by age as of January 1, 2024. Top 3 showmen in the Senior, Intermediate and Junior divisions will be presented with an award.

Senior Division — 15-18 years of age
Intermediate Division — 11-14 years of age
Junior Division — 7-10 years of age
Future K-Staters — Youth who are not exhibitors

MARKET SHOW AWARDS

Premiums will be given to the top half of each class.
Grand Champion Market Pig — \$150 plus buckle
Reserve Champion Market Pig — \$125
3rd Overall Market Pig — \$100
4th Overall Market Pig — \$75
5th Overall Market Pig — \$50

PROSPECT SHOW AWARDS

Premiums will be given to the top half of each class.
Grand Champion Prospect Pig — \$150 plus buckle
Reserve Champion Prospect Pig — \$125
3rd Overall Prospect — \$100
4th Overall Prospect — \$75
5th Overall Prospect — \$50

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 four weeks prior to the start of the event at 620-272-3670/620-872-2930. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.

*Cover Headshot Photo Credit: AnneMarie Photography



May is “Skin Cancer Awareness Month”. Summer is knocking on the door, which for many folks means picnics, swimming, gardening, and other outdoor activities. This also means sun, lots and lots of sun. Even though we love to soak up the sun, we also need to remember that it can be our skins worst enemy. The sun’s harmful rays can cause premature skin aging and skin cancer. According to the “American Academy of Dermatology” it only takes one blistering sunburn during childhood or adolescence to nearly double a person’s chance of developing melanoma. About 1 in 5 Americans will develop skin cancer during their lifetime.

Skin cancer is the most common cancer in the United States and it is also the most preventable. There is no perfect method to protect your skin from the damage of the sun, but adopting some of these practices can help in preventing skin cancer.

The Skin Cancer Foundation recommends the following to protect yourself from the sun.

Researchers say that a little sun is good for the body and mind; 20 minutes of sunshine helps in producing vitamin D, supports bone health, relieves blood pressure and promotes good mental health. But, as we have learned, too much sun can lead to long term negative health effects.



Know your Sunscreen

There are many different kinds of sunscreen on the market. Find the one that works best for your skin type. Keep these things in mind when you are purchasing sunscreen.

- SPF-stands for sun protection factor. The number tells you how long the sun’s UV rays would take to redden your skin when using a particular sunscreen compared with the amount of time without sunscreen.SPF of 30 or higher is recommended.
- Broad spectrum- Indicates that the sunscreen contains ingredients that effectively protect against UVA rays as well as UVB.
- Water resistance-Indicates how long the sunscreen remains effective while you are swimming or sweating.
- Sensitive skin-May be less likely to cause skin irritation in people with sensitive skin.
- Reapply sunscreen every 2 hours or after swimming or sweating.
- Apply to tops of feet, neck, ears, and top of head.
- Apply 15 minutes before going outdoors and apply to dry skin.

Play in the Shade

Think of the shade as your refuge, especially between 10 am and 4 pm when the sun is at its peak intensity. Use your shadow to indicate when you need to seek shade. Any time your shadow is shorter than you, this is the time to find shade.

Shield the Wee Ones

- It is recommended for the first six months of a child’s life to keep them out of the sun.
- Use all protection on children when out in the sun. Dress the baby in sun-protective clothing, always have them wear a wide-brimmed hat and UV sunglasses.
- Keep them in the shade and if older than six months, use minimal amount of broad-spectrum, water-resistant and sunscreen with an SPF of 30.

COVER UP

- Clothing- can provide protection from the sun’s ultraviolet (UV) rays. Wear lightweight and long-sleeved shirt, and pants with UV protection, avoid wearing loose or open weave when possible. Dark colors provide more protection than light colors.
- UPF- Look for clothing with the UPF label on clothes, hats and fabrics. This stands for ultraviolet protection factor. The number indicates what fraction of the sun’s UV rays can penetrate the fabric.
- Hat-Wearing a hat with a wide brim all the way around (three inches or more) is best because it helps shade your eyes, ears, face and neck.
- Sunglasses-Wear UV blocking sunglasses to protect your eyes and the skin around them. Large-framed or wraparound sunglasses, offer more

Look Out for Windows

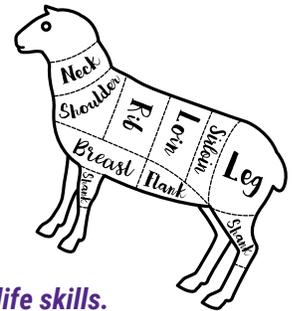
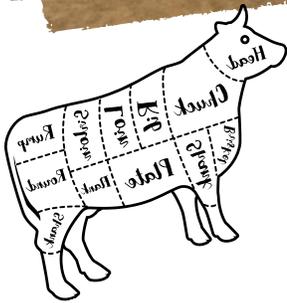
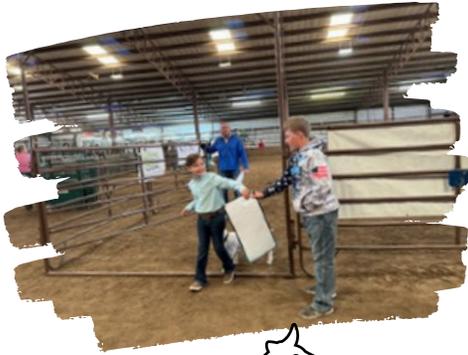
Windows in cars and homes allows UVA rays to pass through. When in your car protect yourself and your family with hats, clothing, sunscreen and UV-protective window film.

Say No to Tanning Beds

- Using tanning beds raises the risk of all kinds of skin cancer.
- Using a tanning bed before the age of 35 increases your risk of melanoma by 75 percent



4-H PROJECT SPOTLIGHT: Market Livestock Projects!



4-H gives kids unique hands-on opportunities to learn by doing and gain valuable life skills.

Beef, Meat Goat, Sheep and Swine are the market livestock projects available to 4-Hers. In these livestock projects, 4-Hers will manage and train animals for showing, learn safety and management practices for maintaining a herd or flock, learn to identify different breeds and about the anatomy of their animal, learn to identify symptoms and about the treatment of diseases, study nutritional requirements, study technologies impact on production and explore career opportunities within the livestock industry.

4-Hers also have the opportunity to participate in Junior Producer Days at K-State, exhibit at local livestock shows, compete in State 4-H Livestock Sweepstakes, (includes livestock judging, quiz bowl, Skillathon, and meats judging), and exhibit at the Kansas State Fair and the Kansas Junior Livestock Show.

REGISTER TODAY

KANSAS 4-H GEOLOGY FIELD TRIP

K-STATE Research and Extension

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

POINT OF ORDER!

Monthly Series

POINTS TO PRACTICE PARLIAMENTARY PROCEDURE

Stating The Motion

After a **motion** is made and **seconded** the president **states the motion** and then it can be **discussed**

- ♣ Member 1: Mr. President
- ♣ President: Yes, Member 1
- ♣ Member 1: **I move we have a pool party.**
- ♣ Member 2: **I second it.**
- ♣ President: **It has been moved and seconded that we have a pool party. Is there any discussion?**

FINNEY COUNTY 4-H: BEACON BOOSTERS

The Beacon Boosters business meeting was called to order April 15, 2024 at 6:47 p.m. by President Brayden. Prior to the meeting Holcomb Police Department discussed internet safety. Also, 4-Hers got to try the drunk googles. Attendance was “Would you rather fight one horse sized duck or 50 duck sized horses?” There were five 4-her’s and six parents present. The March minutes were approved as read. The treasurer and reporters reports were given. Community leaders Kasey and Andrea discussed upcoming small animal tagging dates, state fair nominations dates, and the Finney County fair dates. The club decided what they wanted their club banner to look like. The banner will be done at the May meeting. The club discussed fundraiser ideas. Paislea celebrated her birthday. The next Beacon Boosters meeting will be held Tuesday May 21, 2024 at 6 p.m. at Robinson’s house. The meeting was adjourn at 7:12 p.m.
Taylor, Reporter

FINNEY COUNTY 4-H: Finney Flyers

For the Finney Flyers programs are a huge part of the club. With club days coming up Archer and KJ planned to show the club their flag folding presentation. On the day of the meeting the 2 Flyer members were narrowed down to one. However the boys were so prepared Archer was able to step up and show us his part. The presentation was a neat way to learn how to fold the flag in which the boys did an awesome job of showing. The boys went on to get a blue rating at club days. Great Job boys!

FINNEY COUNTY 4-H: Wide Awake

The Wide Awake 4H club has begun to show at Spring Shows and are having a great time. Gentry said “I had a lot of fun showing my calf, Huck. I’m proud that him and I won intermediate reserve champion showman”. Her little sister Lainey said “It was really fun working with my calf, Howard. We won junior reserve champion showman”. It was an early start to show day, but Macy made the best of it “It was a really nice day to show my calves Betty and Nelson. I had the reserve grand market heifer and fifth intermediate showman”. Good luck to all of our Showmen in the Spring Season!

Katie.

FINNEY COUNTY 4-H HAPPY HUSTLERS

A Trip and an Exchange By: Hailey

On April 7th, the Happy Hustlers and the Sherlock Strivers 4-H club both attended an exchange meeting. The meeting began with roll-call, then a fun relay race, with hard boiled eggs. After the activity the clubs sat, and enjoyed a fascinating presentation, about a woman’s, Rebecca, “4 week Japan Trip through 4-H.”

Rebecca told about how there are host families and about the one she stayed with. She had two “sisters”, a “mother”, and a “father”. She talked about what she learned, how Japanese school was, and what it was like being around all the Japanese kids at camp. Rebecca said that the young kids were interested in her scrap book she presented, and asked as many questions they could with the limited English they knew. She said that they loved to sing and dance, and play all the American games she taught them.

Rebecca talked about the language and how there were different forms of Japanese writing. She said that one of the writing styles only had 66 characters, in contrast to the difficult 142 character language she had her name written in. Rebecca informed the two clubs about what type of restaurants she went to and the cultural wear. During the last week of her trip Rebecca got to experience a Japanese festival/carnival, and a trip to Costco with her new friends. She got to wear fancy Japanese dresses, and eat delicious food.

At the end of her presentation, Rebecca included some information about her hosting experience. She hosted for her host sister and a girl from Europe. They got to see what it was like to live in America. Rebecca loved the experience and encouraged the clubs’ members to try it when they got older.

After the two clubs had their meetings they enjoyed cookies, and got to contemplate on what Rebecca had shared.

FINNEY COUNTY 4-H Foundation Report:

The Finney County 4H Foundation received eight applications for its \$500 College Scholarships this year. At the last quarterly meeting, the board voted to award each of the eight applicants a scholarship. Aleah Eatmon and Lauren Gigot both plan to attend Garden City Community; Aleah will then continue studying Animal Science at K-State University, and Lauren Gigot will continue pursuing secondary and special education degrees. Mitchell Lehman is set to major in agricultural business at Southwestern College in Winfield, Kansas; and Emma Lightner will head to Wilmore, Kentucky to study theater and media communications at Asbury University. Mariah Standley is off to K-State University to major in agricultural business, and Austin Elam, Adi George, and Baylee Hutcheson all renewed their scholarships for a second year. Congratulations to all! Additionally, the Mary Jo Williams \$1,000 Scholarship was awarded to Mitchell Lehman after much deliberation over six excellent applicants. The 4H Foundation is so thankful to be a part of supporting tomorrow’s leaders!