

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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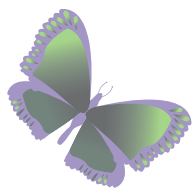
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WEST PLAINS DISTRICT

DATES TO KNOW: MAY 2022

- **May 1st:** 4-H Horse Certificates Due.
- **May 1st:** State Market Beef Nominations Due.
- **May 1st:** 4-H Enrollment for County and State Fair Participation Due.
- **May 1st:** Ag Innovator's Experience. Garden City. 4-H Building, 6:30pm
- **May 1st:** Small livestock tagging. Scott City. Scott County Fairgrounds. 2:00pm-4:00pm.
- **May 3rd:** Small livestock tagging. Scott City. Scott County Fairgrounds. 6:00pm-8:00pm.
- **May 4th:** K-State Garden Hour Webinar: New and Improved Annual Flower Varieties. 12:00pm
- **May 5th:** Peace, Love & 4-H Camp at Lake Scott Registration Due.
- **May 7th:** Safe Kids Day. Scott Rec 912 Jefferson St. Scott City. 9:30am-Noon.
- **May 8th:** 4-H Dog Obedience Practice. Scott County. 2:00pm.
- **May 16th:** 4-H Photography Club. Finney County. 6:00pm.
- **May 22nd:** 4-H Dog Obedience Practice. Scott County. 2:00pm.
- **May 24th:** Tractor Safety Class. Garden City. American Implement. 2611 Buffalo Jones Ave. 8:30 am-4:00 pm
- **May 25th:** 4-H Pumpkin Project Planting and Lesson. Finney Extension Office. **8am-Noon.**
- **May 25th:** 4-H Untamed Veggie Garden Planting and Lesson. Finney Extension Office. **8am-Noon.**
- **May 30th:** **Offices Closed for Memorial Day.**



DATES TO KNOW: JUNE 2022

- **June 1st:** K-State Garden Hour Webinar: Organic Pest Management for Vegetable Gardens. 12:00pm
- **June 5th:** 4-H Dog Obedience Practice. Scott County. 2:00pm
- **June 5th:** Sunflower Showdown Livestock Show. Finney County Fairgrounds.
- **June 9th:** 4-H Photography. Finney County. Lee Richardson Zoo. 9:00am-2:00pm.
- **June 9th:** 4-H Pumpkin Project Lesson and Maintenance. Finney County Extension Office. 6:00pm-8:00pm.
- **June 9th:** 4-H Untamed Veggie Garden Lesson and Maintenance. Finney County Extension Office. 6:00pm-8:00pm.
- **June 12th:** 4-H Dog Obedience Practice. Scott County. 2:00pm.
- **June 15-16th:** Peace, Love & 4-H Camp. Lake Scott State Park.
- **June 19th:** 4-H Dog Obedience Practice. Scott County. 2:00pm.
- **June 20th:** 4-H Photography. Finney County. Extension Office. 6:00 pm.
- **June 23rd:** SW Kansas District Horse Show. Dodge City.
- **June 25th:** Finney County 4-H at ARTaplooza. Stevens Park. 9:00am-4:00pm.
- **June 26th:** 4-H Dog Obedience Practice. Scott County. 2:00pm.
- **June 28-30th:** AIE Teen Trip. Bayer Innovation Center. Kansas City.
- **June 30th:** 4-H Pumpkin Project Lesson and Maintenance. Finney County Extension Office. 6:00pm-8:00pm.
- **June 30th:** 4-H Untamed Veggie Garden Lesson and Maintenance. Finney County Extension Office. 6:00pm-8:00pm.

DATES TO KNOW: ONGOING

- **March 25th - May 6th:** 30 Hour OSHA General Industry Course
- **March 27th - May 21st:** Walk Kansas
- **April 11th - June 1st:** Stay Healthy Stay Strong. Scott County. Mondays and Wednesdays. 8:30am-9:30am.



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 two weeks prior to the start of the event at 620-272-3670. Requests received after the two week prior limit will be honored when it is feasible to do so.



FROM THE DESK OF THE

Director



CAROL ANN CROUCH

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May is Older Americans Month which is a topic that I have great interest in. Some of you might know that adult development and aging is my core focus program with K-State Research and Extension. Within our group, we develop and study programs to help the aging population in Kansas. With **May being Older Americans Month, I wanted to have an article on aging, but this information can be used regardless of your age and I think the subject is very timely.**

Severe weather season is upon us here in Kansas, so we need to prepare in advance for whatever the season may bring. Being prepared does not need to be complicated. There are **three basic steps that can help you be prepared in case of an emergency.**

Know the basics, like "What kinds of risks does your community face?" Your community's emergency plan should be easy to find. Stop by the library or city hall to find your community's emergency plan. **Here are some good questions to ask and have answered before disaster strikes:**

☛ **If there were an evacuation order, what is the recommended route from where you live?** If you don't drive, what are your transportation options? Where is the nearest emergency shelter? Don't plan to ride the storm out, be open minded to protect yourself. Call a neighbor and get help in getting to a safer place.

☛ **Neighbors helping neighbors can be critical in an emergency. Do you know your neighbors?** Do they know you and any special needs you may have? Do you have their phone number? Place your emergency numbers or numbers to family members plus a supply of medication in your pocket. This might mean that on nights of severe weather, you sleep in sweat pants so that you are dressed to go and have a pocket to put your information and medications in.

☛ **If local phone service is down for an extended period of time, have you designated someone out-of-area as your emergency contact?** Do your loved ones know who your emergency contact will be? Do your loved ones know the phone numbers of your neighbors or your local clergy? Keep your adult children informed of what medications you are on in case of emergency. Do they know who your attending physician or local pharmacy is? We adult children are well aware that our parents are capable of making their own decisions and we don't need to know all your business, but to have your neighbor's phone numbers and to know who your pharmacy or doctor is could be a good thing in an emergency situation.

Have your emergency supplies ready. You should have two sets of supplies ready, supplies to stay at your home and supplies to evacuate. The supplies you should have ready at your house **include enough water to last 3 - 6 days**, enough **food for 3 - 6 days that does not require cooking, flashlight, portable radio, spare batteries, first aid kit, hand operated can opener, waterproof matches, a 3 - 6 day supply of your medications (with an up-to-date list of all medications you take), cell phone and charger, cash or travelers checks, and an emergency contact list.**

In case an evacuation should become necessary, **your evacuation bag should include basic personal hygiene items, an extra pair of glasses, change of clothing, compact rain slicker, walking shoes, blanket or sleeping bag, bottled water, disposable dust masks and a copy of your emergency contact list and your current medications list.**

Make your own personal plan. If you have limited mobility, are you able to register with your local fire department or office of emergency services for special assistance? If you are receiving health care services at home, ask your home health provider about emergency procedures. If you live in a retirement community, assisted living facility or adult care home, learn about emergency planning and procedures.

For family members of older adults who live in retirement communities, assisted living facilities or adult care homes, you too need to learn about their emergency plans and know how to reach them in case of bad weather.

For more information about emergency preparedness for seniors, please look at The Caring Senior Service website at www.caringseiorservice.com or the Kansas Department on Aging at <https://kdads.ks.gov/about-kdads/disaster-preparedness-for-aging-and-disabled-kansans>.

Carol Ann

KCCTO TRAINING FOR NEWLY LICENSED

Are you a **newly licensed Family Child Care Provider** that has **received your initial license within the past 36 months** AND would like to learn and connect with others?

Join this **3-month learning community and engage with a small group** of other new professionals to explore creative experiences for young children. Discover the benefits of dramatic play, art, and creativity, and incorporating music with physical activity for supporting children's learning and development.

During this learning community, you will complete **12 hours of professional development and engage in live discussions during two (2) Zooms (optional) and three (3) individual check-ins (required) with your Training and Technical Assistance Specialist.** As a bonus you will receive support materials in the last week of the Learning Community to help support your success with creative experiences for children.

Here is the information to one of the **FREE cohort/learning community (MAY 5-JUNE 9, 2022)**

<https://kccto.org/product/pdg-new-provider-cohort-lets-get-creative-learning-community/>

Important to note:

- Must be a licensed Family Child Care Provider in the state of Kansas
- Initial license must have been received within the last 36 months
- Must be willing/able to commit to 3 month of programming with KCCTO and other early childhood professionals
- **Registration for this May 5-June 9 session closes May 2, 2022 at 5:00 PM!** (the link above shared the registration information, too)

Deliverables:

- Will learn the benefits of dramatic play, art, creativity and incorporating music into physical movement to support learning and development.
- 12 hours of professional development via Zoom and individual check-ins with a KCCTO Training and Technical Assistance Specialist
- **Will receive support materials in the last week of programming to support those creative experiences with children.**
- Enrolling in this learning community will also give you the opportunity for an early bird registration to an upcoming Live Virtual Event in June

More information can be found at kccto.org or by calling 785-532-7197





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THRILLER, FILLER, SPILLER, OH MY!

May 8th marks Mother's Day this year, which means that it will officially be "okay" in just a few more days to stock your pots and load your porches with annual plants. **Annuals** are a **fantastic method of incorporating vibrant colors, exotic textures, and conversation pieces** into your home aesthetic, livening up your porches, decks, and balustrades. And as always, knowing what to consider when choosing these plants will help you get the most from your investment.

Annual flowers, as opposed to perennial flowers, are the plants that you have to purchase and replace every year, as they die after the first freeze in autumn and will not return. Looking across most any plant merchant's aisles, you will soon spot rainbowed flats of **petunia, zinnia, celosia, lantana, coleus, sweet potato vine, begonia, fountain grass, impatiens, spikes, and the like.** All of these plants are annuals, and they are designated so because they are not native to this region and because they cannot survive here outside of the warmth of the summer months.

Choosing annuals, **most will understandably consider design first.** Everyone wants lively, show-stopping, flower pots, and the best method of achieving this is by following the **"thriller, filler, spiller" method.** Here, you incorporate a **tall showcase plant** that immediately catches the eye, the **"thriller."** Then, add colorful **medium size plants** that account for the space around the tall plant, the **"fillers."** And finally, incorporate **vining plants** that fall over the sides, expanding the area of the pot that is covered by plants, the **"spillers."**

Doing this leaves you with an overall construction that will **guide a person's eyes around your creation**, and it leaves them less likely to perceive your creation as a jumbled mess over the intentional planting that it is. Follow the **thriller-filler-spiller method**, and then look to incorporate different leaf textures and complimentary flower colors. A good rule to follow is, **if you wouldn't wear the colors together, don't put them in a pot together.** And then have fun with it! As with landscaping or floral design, pot planting is like creating a work of art. Keep the overall final picture in your mind's eye.

The **majority of annual plants being tropical**, many also consider the incorporation of another type of tropical plant in their design –**houseplants.** Left on a **summer porch in Kansas**, many a plant are exposed to **radiating morning sun and bright indirect afternoon light.** Houseplants are known to thrive in these conditions, and they will equally do so when mixed into your planters. **Crotons, bromeliads, palms, tradescantia, Prayer Plant, caladium, Persian Shield, and Spider Plant** could all be **excellent "unusual" additions** to a potted plant arrangement –and the list goes on. Just keep in mind, as with your other annuals these will also **only last for the growing season. Unless, that is, you bring them inside before winter.**

A **good method for the care of annual plants** again looks to the fact that they are **not native to here.** As the majority of annuals are from a tropical region, the plants are going to expect the same amount of water and light that they would get in a tropical region. **Do your research.** Read the **plant tags for care**, and look into how they would be growing in their natural environment (tropical or otherwise). **Do your best to mimic that environment; shade, sun, water, and soil notwithstanding.**



THRILLER, FILLER, SPILLER, OH MY!

If you're looking for the more **simplistic of annuals** to incorporate into your pots, there are also numerous excellent options out there for you. **"Prairie Star Annual Flowers," a publication in the KSRE Bookstore**, is a listed collection of tried-and-true annuals known to perform well in the prairie climate of Kansas, as **tested by K-State**. This would also be a **fantastic place to begin if you are venturing into annuals for the first time** and you aren't necessarily sure what you want, or if you would rather go the safer route with plant selection.

There is also the **less-thought-of option of incorporating perennials into your pots with your annuals**. Doing this, make sure that all of the plants in the pot can handle having the **same environmental conditions**. Just as you wouldn't want to put a full-sun plant and a shade plant in the same pot (they can't be in two different spots at once), **you wouldn't want to put plants with different water requirements, or different soil requirements, together**.

And then you'll also want to **consider Kansas weather when choosing plants**. Big, showy, leaves may sound nice in theory, but how fragile are these leaves? Can they handle being tossed around in a **30-mile-an-hour wind gust**? Will they sunburn on a **bright, 95-degree, day**? What about **hail stones**, will they shred? **Think ahead for worst-case scenarios**. Do what you need to do to protect your investment, and to not have a time stamp on your plants before the growing season has concluded.

Some tend to go the route of selecting **one large specimen plant for their pots**. This is any **easy way of mixing dramatic flair and talking points into your potted presentation**, and it can easily be done with **shrubs, trees, and large plants such as hibiscus, agapanthus, hydrangea, Japanese Maple, butterfly bush, lilac, bougainvillea, rosemary, citrus trees, and even box woods**. The biggest factor you'll want to note with this is that these types of plants can easily be pricey. So, have a plan for **storing them indoors over the winter if they do not perennialize, or be willing to absorb that loss**.

Fertilizing with a low range, slow-release, pellet fertilizer of 10-10-10 or lower will be sufficient in most instances of maintaining your annuals or potted plants. As is the case with any fertilizer, be sure to **thoroughly read your inside labels for dosage instructions, and do not over-apply**. Contrary to people, more food does not equate to happier plants. Likely, **too high of an extra dosage will kill your plants through root scorch**. Err on the side of caution if you're uneasy about how much to apply. **There is no harm in going with a lesser dosage than recommended and you can always come back and apply more later**.

And then, finally, **be willing to invest your time into watering if you are willing to invest your money into plants**. All plants, whether desert cactus or bottom-dwelling swampland algae, **require water to live**. Your annuals, potted in their own micro-ecosystem with a limited soil supply, isolated from the natural world, will need water. **Be ready to water them regularly and even more so in the heat**. Or, have them in a spot that gets hit by your sprinklers. **You'll have the showiest pots on the block in no time**.

K-STATE PRAIRIE STAR Annual Flowers

A collection of annual flowers tested by K-State for the prairie climate.

Prairie Star annual flowers are cultivars proven best adapted to the challenging prairie climate. The plants listed have exhibited superior performance for two years or more in K-State bedding-plant research trials. These flowers are the best of the best — annual flowers that grow and bloom abundantly with minimal care. Planting cultivars in the Prairie Star collection offers Kansas gardeners the best assurance of achieving eye-catching results.

Flowering plant research is headquartered at the K-State Horticulture Research and Extension Center in Olathe, with other trial sites in Wichita, Hays, and Colby. Research trial sites encompass two USDA cold hardiness zones (5, 6) and two American Horticulture Society heat tolerance zones (7, 8). All plants on the list grow well across the state, east to west and north to south.

Plants are rated for vigor — how fast and how strong they grow, as well as substance. A rating for floriferousness, or total overall visual impact of the flower display, is also given based on the number and size of flowers and how they are borne on the plant. Flowers that hang down with backs showing are not as pretty as those presented in profile. Ideally, flowers should tilt up to greet onlookers.

When the foliar display is paramount, the floriferousness rating considers the color and visual impact of the leaves, not flowers.

These entries can be found under Plants for Foliage Display. Plants listed in the flowers and foliage sections can be used in both landscape and container plantings. This is not true for recommended container garden varieties, which have excelled in container trials, but may not grow well when planted in the flower bed.

Vigor and floriferousness are rated on a scale of 1 to 5, with 1 being dead, 3 being acceptable, and 5 exceptional. A cultivar must receive a combined score of 4.3 or higher for vigor and floriferousness for at least two years to make the Prairie Star list. The height and width measurement noted in the table describes a mature plant in mid-August.

Flowers evaluated in K-State research trials are submitted by or collected from plant breeders and distributors from around the world. All of these cultivars are available from retail garden centers or mail-order plant companies. Given the number of plants on the list, no greenhouse, garden center, or nursery is likely to carry them all.

Prairie Star is not a commercial brand or product line. It tells what specific cultivars to look for — to choose 'Surefire Red' instead of a generic begonia because not all begonias grow well on the prairie. Listed varieties are truly superior. Garden centers may not label plants as Prairie Star, so take this list when you shop. For photos and to learn more visit www.prairiestarflowers.org.

Plants for Flower Display

Flower	Cultivar/Color	Planting Location	Height (in)	Width (in)
Ageratum	Artist Series (All Colors)	Sun	12	14
Ageratum	High Tide Blue	Sun	18	18
Angelonia	Angelface Series (All Colors)	Sun	25	20
Angelonia	Angelini Spreading Purple	Sun	15	26
Angelonia	Archangel Dark Rose	Sun	26	16
Angelonia	Archangel Raspberry	Sun	21	14
Angelonia	Serena Blue	Sun	20	15
Angelonia	Serena White	Sun	15	15
Angelonia	Serenita Series (All Colors)	Sun	14	15
Angelonia	Statusque White	Sun	20	14
Angelonia	Sunglория Series (All Colors)	Sun	21	17
Alternanthera	Purple Knight	Sun	24	34
Argyranthemum	Golden Butterfly	Sun	18	15
Argyranthemum	Pure White Butterfly	Sun	18	15
Argyranthemum	Vanilla Butterfly (Improved)	Sun	17	16
Begonia	Ambassador Pink	Sun or shade	9	11
Begonia	BabyWing Bicolor	Sun or shade	16	18
Begonia	BabyWing White	Sun or shade	12	18
Begonia	BIG Series (All Colors)	Sun or shade	16	16
Begonia	Cocktail Brandy (Pink/Dark Leaves)	Sun or shade	11	11

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

MF2769 "Prairie Star Annual Flowers" KSRE Bookstore



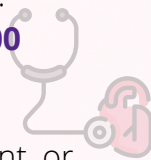


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CHRONIC DISEASE. WHAT IS IT?

We all want to live a longer, healthier life, and one way to achieve that is to prevent or delay development of chronic disease. Currently, in the United States, **6 in 10 adults have a chronic disease and 4 in 10 have two or more.** If current trends in Kansas continue, by the year 2030 the per person medical and productivity cost of chronic disease will be \$8,400. **With better prevention and treatment of chronic disease, 10,900 lives could be saved annually in Kansas.**



The key take-a-way here is that each one of us has the power to prevent, or at least delay, chronic disease. So, what is chronic disease? **Chronic disease or chronic health condition refers to a group of illnesses that are not contagious,** are prolonged in duration, and are rarely cured completely. Examples of **chronic disease include heart disease, cancer, stroke, emphysema, diabetes, obesity, asthma, arthritis, and depression.**

Chronic conditions are not easily diagnosed and treated. They usually begin slowly and proceed slowly. Many times, you may not notice the disease until it causes symptoms or shows up as an abnormal test result. **One example is arthritis.** A person may start feeling brief annoying twinges of pain and stiffness of joints and eventually, these symptoms may **increase causing pain and stiffness making it difficult to get around or easily handle everyday task.**

There are **common risk factors** for almost **every type of chronic disease,** and they include: **poor nutrition, obesity, lack of exercise, tobacco use, and excessive alcohol use.** Secondhand smoke and air pollution are environmental factors that may also add to the chronic condition.

So, what should you do if you have a chronic condition. **First, become a self-manger.** This means to **understand the condition.** Learn about **what causes the condition,** what **symptoms it may cause, and what you can do.** Observe how the condition and its treatment affects you. You are the only person who lives with the chronic condition. **Watching how it affects you and making accurate reports to your health care providers are key parts of being a good self-manager.**

Self-management is having the tools to manage the work of living with your chronic condition, continuing your daily activities, and dealing with emotions brought about by the condition. As a self-manager you are responsible in communicating with your health care provider and following through with their health care plan.



Dealing with a chronic condition can be depressing and daunting. If you are feeling this way, you are not alone. **Finney County is offering a Chronic Disease Self-Management Program.** This is an interactive, evidence-based program develop by Stanford University. **It is opened to people of all ages who are dealing with a chronic condition.** It is also beneficial for those who are living with and/or caring for persons with chronic condition. **The program will start May 3 at 5:30 pm-7:30 pm at the Garden City Rec Center, 310 N. 5th Street, Garden City, Kansas.** I along with another trained instructor will be teaching the program. **If you are interested please contact Donna Gerstner at 620-765-1183 or Jennifer LaSalle at 620-272-3670.** By learning some self-management tools, you can ease the problems of living with your chronic condition.



MAKE A POWER BOWL

One way to eat more healthfully is to **create a power bowl**, which is **literally throwing a number of things into a bowl for a quick nutritious meal**. Power bowls are a **good way to use up small amounts of leftovers from previous meals**.

Here is a quick guide for building a power bowl:

Grains — These can be the base or a topping. **Choose brown rice, quinoa, pasta, or any grain you like and have on hand**. Measure out a **½ cup serving** to keep portion size in check. Since **brown rice takes a while to cook**, **make a batch and then freeze it in small bags so it is ready to go**. Or, you can use instant brown rice for healthy quick fix.

Produce — **All veggies and fruits are game**. They can be fresh, frozen, canned, or left over from a previous meal. Include leafy greens as well. **Produce should make up at least half of your bowl**.

Protein — There is quite a variety to choose from including **eggs, fish, chicken, turkey, lean beef, pork, veggie burgers and other vegetable protein options, and more**. **Beans and lentils are an excellent ingredient for a bowl meal**. Choose from **black beans, garbanzo and kidney beans, peas, edamame, and more**. This is a good way to use leftover beans from a previous meal.

Toppings — **Nuts and seeds** (cashews, pine nuts, sunflower seeds, sesame seeds, and more) add crunch and flavor. **Add avocado, salsa, hummus, lemon juice, or any type of sauce for flavor**.



EXERCISE SNACKS FOR BIG BENEFITS

No, we're not talking about food! An **exercise snack is a short, easy form of exercise to integrate movement into your daily life**. It can **last for a few seconds or for several minutes**. The **goal is to make short bursts of activity throughout your day** a part of your lifestyle. Research suggests that **brief bouts of activity can be better than a long period of structured exercise**, especially if that exercise is followed by a full day of sitting. **A recent study concluded that even just 4-second exercise burst have been shown to improve fitness**.

Think of small ways you can weave in activity throughout your day. Mow your lawn with a push mower, make bread and knead by hand, push a vacuum cleaner instead of pushing a vacuum robot button, **park further away in a parking lot, and take the stairs whenever you can**. At work, **incorporate some squats or wall sits, or simple yoga moves**. You get the idea!



DRY CONDITIONS LEAD TO PLANTING CONCERNS



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We are in the thick of planting season, but with such dry field conditions; especially in Finney County, many farmers are concerned. While we hope to avoid having to use these programs, here are a few **planting deadlines** and **'prevent plant' reminders** from K-State Extension Farm Economist Robin Reid to keep in mind as a worst case scenario.

Final planting date for **corn** for the western three crop reporting districts is **May 31st**. If farmers choose to plant in the 'late planting period', coverage will be reduced by 1% per day for 25 days after the planting deadline. **Grain Sorghum/Milo** has a final planting date of **June 25th**.

To claim prevent plant because of drought, you must be able to verify a *"prolonged period of drought"*, using resources such as the *"National Weather Service's local weather reporting stations"*. Resources can be accessed by visiting the Weather Data Library of the **Kansas Mesonet** at <http://mesonet.k-state.edu/>.

Prevented plant payments are 55% of what the your insurance guarantee is on corn and 60% of what your insurance guarantee is on grain sorghum. When purchasing insurance, you could have purchased up on prevent plant coverage and raised these by 5%, but it required a higher premium. **Only the base price is considered in a prevent plant claim; the harvest price will become irrelevant.** Corn base price is \$5.90; Grain Sorghum is \$5.88; and Soybeans \$14.33.

You can plant a cover crop and graze, hay or ensile it without reducing your prevent plant claim, which could be very advantageous for producers that are also struggling for forage resources for cattle, assuming at some point during the growing year, it actually does rain.

For more information you can visit the following websites or ask your local Crop Production Agent:

<https://www.rma.usda.gov/en/Fact-Sheets/National-Fact-Sheets/Prevented-Planting-Insurance-Provisions-Drought>

<https://www.rma.usda.gov/News-Room/Frequently-Asked-Questions/Prevented-Planting-Coverage>



RISK MANAGEMENT ON THE FARM ONLINE COURSE

Take a deeper dive into:

- Determining the cost of production
- Crop insurance, crop marketing and farm programs (ARC/PLC)

Also includes a bonus segment on risk management for beef cow-calf producers.

K-STATE
Research and Extension

Use code EP2VC5 at checkout for \$25 off this self-paced course*
ksre-learn.com/farm-risk-mgmt-class

*offer expires May 15, 2022

FINANCES AND THE FARM ONLINE COURSE

"I definitely enjoyed the course and learned a great amount. While in college, I took finance courses, but none that related specifically to agriculture. I enjoyed that the course incorporated examples of everyday on-the-farm situations."

Previous Finances and the Farm course participant

K-STATE
Research and Extension

Register now and receive \$25 off education-only classes*

ksre-learn.com/finances-and-farm
Use code DP2VC5 at checkout

*offer expires May 15, 2022

TRACTOR SAFETY TRAINING



K-STATE

Research and Extension

TUESDAY • MAY 24, 2022

8:30 AM - 4:00 PM

AMERICAN IMPLEMENT • 2611 WEST JONES AVE • GARDEN CITY, KS

REGISTER ONLINE BY MAY 17TH!

<https://bit.ly/3OgHyR0>



STUDENTS WILL NEED TO
BRING \$10 TO COVER THE
COST OF THE TRAINING.

(THERE IS A MINIMUM NUMBER
THAT MUST PRE-REGISTER IN
ORDER TO HOLD THIS TRAINING.)

**IF YOU ARE 14 OR OLDER AND
PLAN ON DOING FARM WORK
FOR SOMEONE OTHER THAN A
PARENT OR LEGAL GUARDIAN,
YOU MUST TAKE A TRACTOR
SAFETY COURSE ACCORDING
TO U.S. DEPARTMENT OF
LABOR REQUIREMENTS.**

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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 your local extension office.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.



4-H DISTRICT ROUNDUP

During the month of April, **we celebrated our wonderful Extension Volunteers.** Thank you to all those volunteers who put in countless hours:

- *Leading a community or special interest club
- *Hosting project meetings at their homes
- *Tagging in and weighing animals
- *Setting up and tearing down at county-wide 4-H events
- *Organizing 4-H kids and getting them to different activities
- *Making County Fair a memorable experience for all
- *Working side by side with youth on community service projects to better our club, our community, our country and our world

JANET HARKNESS

AGENT

4-H & YOUTH

DEVELOPEMENT

JLP27@KSU.EDU

This list of volunteering is much more than the examples listed. There is a lot of behind-the-scenes volunteer work that goes on that most don't know about but **please know you and all that you do are so appreciated by our West Plains 4-H families and agents!**

Thank you to all who have been working with us to get our 4-H Volunteer Screening Process up to date and our files current. It hasn't been the easiest process but **we appreciate you continue to volunteer your time with us!** Looking to take your volunteer experience to the next level? Check out KState's continuing education page for leaders: <https://www.kansas4-h.org/volunteers/volunteer-continuing-education/index.html>

For those looking to volunteer with West Plains 4-H, please contact us about different opportunities we have from club leader to project leader to fundraising to communications and beyond! **We'd love to talk to you about how we can make 4-H "from cows to plows to wow!"**

-Janet



SAFE KIDS DAY




Activities/Education Booths

- * Bike Rodeo
- * Car Seat Check-Lane
- * Dog Bite Prevention Education
- * Touch-a-Truck
- * Water Safety
- * Dangers of Tobacco
- * Russell Child Development Center
- * Compass Behavioral Health
- * Western Kansas Child Advocacy Center
- * Parents as Teachers
- * Scott County Hospital

Scott Rec
912 Jefferson Street, Scott City

Saturday
May 7th, 2022
930-12pm



Lots of Education and Give Aways!!
Join Us Following the Go Far Race!

Our Community Sponsors/Volunteers:
Scott County Health Department, Scott Rec Commission, Scott Co Emergency Management, McCarty Family Farms, Miller Vet Clinic, Scott City Police Department, Scott County Fire Department, K-State Extension, Scott Co 4-H Club, Wheatland Electric, IF-Beaver Advertising, Scott City Healthmart Pharmacy, Scott City Pool, Scott City Middle School-Resist Chapter, Scott Community Foundation, Scott Coop, Midgley/Merle by Cindy Cramer

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DISCOVERY DAYS 2022



Who: **Youth ages 13-18**

Where: **Kansas State University Campus**

When: **June 1-3rd, 2022**

How much: **\$195**

We will be back on campus this spring and invite youth to **develop college and career readiness skills** which prepare participants academically and socially for a successful transition to college and life as an adult through our educational sessions. We have numerous campus partners that will be offering **one-hour introductory sessions**. These sessions will open the door to possibilities for youth to learn new ideas, techniques, and skills they can use personally and in their 4-H clubs, groups, and communities. The **day long sessions (6.5 hours) on the second day** will give youth in-depth training through hands-on educational sessions from content and youth development experts.

NEW IN 2022!

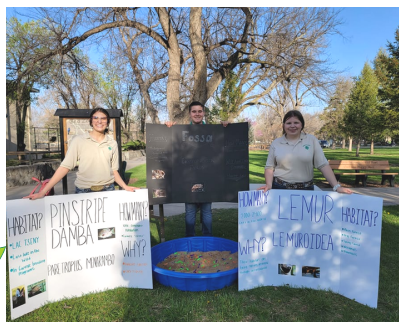
We are excited to announce that Discovery Days participants will be included in a special recognition event honoring the State Project Award Winners. **This event will be held in the K-State Student Union on the evening of Thursday, June 2nd and will include an evening social and entertainment.** More details to follow!

Registration is now open, and more information can be found at <https://www.kansas4-h.org/events-activities/conferences-events/discovery-days/index.html>



EVENT ROUNDUP

4-H Ambassadors participated in Earth Day at the Zoo/ Livestock tagging has begun/ Pumpkin Project and Untamed Veggie Garden is underway/ Livestock Judging is off to a great start!/ Janet has been in the schools promoting 4-H and teaching STEM/ Scott County Lake Wide Awake 4-H Club helping their community/ Scott County showed their support for the people of Ukraine.



Dear 4-H family!
Thank you for your kindness and compassion towards our family and Ukraine, during these dark times.
Love Kasselmans



FAIR RULES FOR FOOD PRESERVATION UPDATED

After the Kansas State Fair, the rules for all projects are reviewed and updated. **Please note for Food Preservation, that publication date ranges from "1995-present" was removed and replaced with "current resources listed below"**

- K-State Research and Extension Food Preservation publications
- Other University Extension Food Preservation publications
- USDA Complete Guide to Home Canning, @2015
- So Easy to Preserve, 6th edition, The University of Georgia Cooperative Extension Service
- Ball® Blue Book Guide to Preserving, Edition 37
- Ball® Complete Book of Home Preserving, @2015 and @2020
- Canning mixes (i.e. Mrs. Wage's, Ball®) • Pectin manufacturers (i.e. SureJell, Ball®)
- KSRE Rapid Response Center Preservation Recipes • National Center for Home Food Preservation
- Ball® and Kerr



The Finney County Fair book reflects this change. **Please be aware, if these rules are not followed, entries will be disqualified. Please make sure you read all rules in the fair book.** It is important to use up-to-date recipes for food preservation for the best safety and quality.

BEEF ACROSS KANSAS SERIES

We are excited to announce the fourth session of our **Beef Across Kansas Series!** Our goal is to **increase the knowledge of Kansas youth participating in the beef project** and help them to become more knowledgeable about the cattle industry by giving them the opportunity to hear from experts and professionals on a timeline that is relevant to their project experience.

The fourth session of our series, '**Quality Matters**', will be held virtually on **Sunday, May 1st beginning at 2 p.m.** This session will feature a veterinarian and industry professional who will walk us through the **basics of health and daily care/management practices**. And as always, participants will be given many opportunities to ask questions of our speakers.

We appreciate you taking the time to help us in promoting this event. For more information, including speakers and session schedule, please view and share the following link to share our Facebook Event with your members!

<https://fb.me/e/4Ut37Yrt8>

Sign up for the webinar at: https://kstate.qualtrics.com/jfe/form/SV_a5h8oIHTH46N7yS



IT'S PAPER CLOVER TIME!

April 27th-May 8th

Funds support 4-H camp and leadership activities.



KOURAGOUS KIDS

The Kouragous Kids meeting took place on March 13th. Role call was lead by Annalise. There was 9 members present at the meeting. We discussed the members who individually participated in regionals. Members participated in an egg relay for recreation. Reminder about the 4-H camp for this week was brought up. Next months meeting will be at Magic's Hope for a community service project.



FINNEY FLYERS

The Finney Flyers met April 3rd at the 4-H building. Nine members and one leader answered roll call of "my favorite flowers." Minutes were read and approved. Kayson gave the treasurer's report of \$2556.09. There was no reporters report. Tagging will be this month. If taking animals to state fair or KJLS be sure to inform the office. After a short recreation period, Kayson moved to adjourn the meeting. Motion was seconded and passed. The next meeting will be May 1st.



BEACON BOOSTERS

The Beacon Boosters March meeting was called to order at 8:00pm in The Garden City Art Center on the 23 of March. Minutes from the February meeting were read along with the community leaders report, and the treasurers and parliamentary report being given. It was decided that Beacon Boosters will be participating in the Giant Pumpkin Contest, and it will be held at Prairie Wind Aquatics. Beacon Boosters will also be participating in a club exchange with the Happy Hustlers sometime after the fair, in the form of a wind baseball game. The fundraiser decided on in the meeting was selling sweet corn, which will hopefully be grown for Beacon Boosters by Shane Knoll. This meeting was adjourned at 8:12p.m, the next meeting will be on the 4th Monday of April at the Hutcheson residence. Maggie Deal, reporter

3RD GRAD ON THE FARM DAY SCOTT CITY

Janet spoke about sheep and wool and all that it is involved in.

Renee spoke about cotton and all that it makes in our daily lives.

Carol Ann spoke about popcorn and it's process.

Anthony spoke about germination, plants, and what it takes to grow them.

Jennifer demonstrated the Blender Bike and spoke about fruits and vegetables, and what they do for our bodies.

