

WEST PLAINS DISTRICT

EXTENSION NEWSLETTER



**OPTIMIZE
SPRING BULBS**

SPRING INTO ACTION

**GET THE JUMP ON
SPRING STAINS**

WAYS TO GET RID OF THOSE
TOUGH STAINS

**MOVE MORE,
SIT LESS**

WHY SITTING TOO MUCH
IS DANGEROUS

WEST PLAINS DISTRICT

EXTENSION NEWSLETTER



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Upcoming Events

UPCOMING PROGRAMS *March '21*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01	02 Virtual Walk with Ease 4:30pm	03 Gardening Hour Noon-1pm	04	05 KSU Cattlemen's Day 9:30am-12:30pm	06
07 SW Youth Leadership Forum	08 District Board Mtg 7pm Fi Co Ext Office	09 Virtual Walk with Ease 4:30pm	10	11	12	13 Regional Club Day Dodge City 8am
14	15 YQCA Scott Co Jr Meat Goat Producer Week	16 Virtual Walk with Ease 4:30pm 4-H Stem Lab Scott Co	17 Gardening Hour Noon-1pm Sewing Session Scott Co	18 YQCA Finney Co Sewing Session Finney Co	19 Sewing Session Scott Co	20
21	22	23 Virtual Walk with Ease 4:30pm Livestock Judging 6:30pm FI State 4-H Ambass. Training via Zoom	24	25	26	27 Beef Tagging Finney County 8am-12pm
28 Beef Tagging Scott County 2pm	29	30 Virtual Walk with Ease 4:30pm Livestock Judging 6:30pm SC State 4-H Ambass. Training via Zoom	31			

HOME OFFICES

Finney

Jennifer LaSalle
Renee Tuttle
Anthony Reardon
Stephanie Wildeman

Scott

Carol Ann Crouch
Janet Harkness
Kerri Sides
Kay Harkness

*Please contact Renee or Anthony to know their days in Scott

Office Hours

8am to 5pm
Monday-Friday

*Lunch Hours Excluded and Subject to Change





GET THE JUMP ON SPRING STAINS

CAROL ANN CROUCH

DISTRICT DIRECTOR
FAMILY AND CONSUMER SCIENCE
CCROUCH@KSU.EDU

Get the Jump on Spring Stains is the title that the Soap and Detergent Association has given this article. I wanted to share this with you as it is very relevant and timely. If you have family members that play or work outside at all, this info will be useful. As the weather warms, activities move outdoors. There are garages to clean, fences to paint, gardens to weed and sports to be rediscovered. A whole new group of stains seems to appear!

When these stains come out of hibernation, here's how to send them out with the wash.

Bicycle grease: Pretreat using a prewash stain remover, then launder using the hottest water that's safe for the fabric. If the stain remains, apply a concentrated heavy-duty cleaner (one that's labeled for use on grease stains) directly on the grease spot. Scrub gently, using a small brush or old toothbrush, and then launder again.

Grass: Pretreat using a prewash stain remover. Launder, using the hottest water that's safe for the fabric. If any stain remains, launder again with detergent and chlorine bleach, if safe for the fabric, or oxygen bleach.

Mud: Let the mud dry and then brush off any excess. Pretreat using a prewash stain remover. Launder, using the hottest water that's safe for the fabric. If any stain remains, launder again with detergent and chlorine bleach, if safe for the fabric, or oxygen bleach.

Perspiration: Check to see if the stain has changed the color of the fabric. If so, apply ammonia to fresh stains and white vinegar to old ones. Then, treat with a prewash stain remover or rub the stain with a bar of soap. Launder using the hottest water that's safe for the fabric. If the stain remains, launder again with detergent and oxygen bleach.

Rust: Use a commercial rust remover, which is available in most supermarkets and hardware stores. These products contain toxic acids, so be sure to read and follow the label directions carefully. Never use a product containing bleach on a rust stain, as it will permanently set the stain.

Water-based paint: Scrape off the excess paint. Working from the back of the fabric, flush the stain with warm running water. Mix a solution of one part liquid hand-dishwashing detergent to one part warm water and sponge the solution onto the stain. Using a brush with equal-length bristles, gently pound the stain with an up-and-down motion (called "tamping") to break up the paint residue. Rinse. Repeat sponging, tamping and rinsing the stain until the paint is gone. Launder, using the hottest water that's safe for the fabric

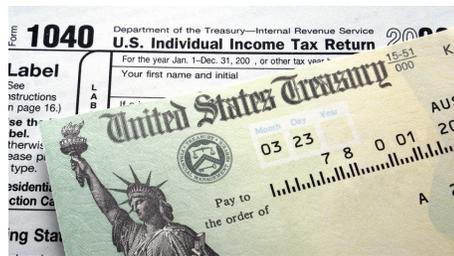
If you would like more information on stain removal, please look at the K-State Essential Living Skills Apparel Management pages 44 and 45. These can be found at;

<https://www.ksre.k-state.edu/fcs/living-skills/Essential%20Living%20Skills%20Apparel%20Management%20S134H.pdf>

Or you can stop by either West Plains Extension office in Finney or Scott County to get a copy.



HOW TO GET YOUR TAX RETURN FASTER AND MAKE IT WORK FOR YOU



Filing early, rather than waiting until a day or two before the annual April 15 deadline, filing electronically and/or opting for direct deposit can minimize the waiting time for a refund. So if you need your money faster, try one of those methods, especially the filing early and electronically.

While you are waiting for your tax return, use the waiting time to plan how you can use your tax refund. Its best to use the refund to improve your financial situation, choosing to pay down debts with the higher interest rates first. If you owe \$2,000 on a credit card charging 18 percent interest and pay \$50 a month, it will take five years to eliminate the debt. The interest due - \$1,077 - adds up to more than 50 percent of the original debt.

If, however, you use a \$1,000 tax refund to pay down the debt and continue to pay \$50 a month to clear the remaining \$1,000 balance in two years, you'll save \$879 in interest.

Weighing needs versus wants can put the brakes on spending. The family may want a big TV, but may need more dependable transportation. Questions that taxpayers anticipating a refund to ask themselves:

- Do I have outstanding - or past due - bills?
- Am I carrying a balance on my credit card?
- Can I use the refund to clean up holiday bills? Should I set aside part of it to eliminate holiday bills this year?
- Do I have a big expense - such as property taxes, an insurance premium, loan payment or major car repair - coming up?
- Do I have adequate emergency funds set aside?
- Have I contributed to my retirement account or IRA (Individual Retirement Account)?

Adding \$500 a year to an Individual Retirement Account can yield \$68,100 in 30 years. Increasing your contribution by \$25 each year could yield up to \$113,800.

People sometimes think of a tax refund as forced savings, yet, in reality, the taxpayer has provided a loan to the government without earning any interest. If your refund is substantial, check with the human resources department at work to adjust withholding to better match your tax liability. It would be awful if you loan the government some of your hard earned money and then after filing taxes, you receive an IOU. It really is better to let the bank house your savings and draw interest than let the government borrow it for nothing. The key is that you must put money into a savings account each month.

Don't have an emergency fund? Better get one. Simple loans to cover unexpected cost are more difficult to obtain. A three- to six-months savings is a goal recommended for an emergency fund, but one that may not seem easily attained. To begin an emergency fund, try to put away \$5 or \$10 a week to build savings. It will add up and just might be what you will need someday. Still feel the urge to splurge? After paying down debt and adding to savings for short- and long-term goals, set aside a small amount as a reward - something you or your family will enjoy.

Family and Consumer Science Program Series

LIVING WELL TOGETHER

Join K-State Research and Extension FCS Agents and guest speakers virtually every Thursday at 6:45pm (CT) for the last sessions of this series.

Check Your Credit

March 4 @ 6:45p

Check Your Credit is a campaign that educates Kansans about the importance of regularly checking their credit reports and instructs them on how to access their free credit report. Learn more on how you can receive educational information and reminders to check out your own credit.

Family Meal Times

March 18 @ 6:45p

Family meals can bring a variety of feelings and meaning to everyone; but they are essential to family life. Learn more about opportunities for family members to come together, strengthen ties and build better relationships.

Med Instead of Meds

March 11 @ 6:45p

The Mediterranean-style eating pattern has been shown to promote health and decrease risk of many chronic diseases. Learn more about eating the Mediterranean diet, including seven simple steps to eating the Med way everyday.

Science of Sleep

March 25 @ 6:45p

Your body craves sleep, much like it hungers for food. But what happens to our mind and physical body when we do not get enough of it? Join us as we discuss the science and benefits of sleep.

REGISTER FOR ANY OF THE FOLLOWING PROGRAMS AT:



<https://bit.ly/LivingWellTogether-MAR>

Hosted by Northeast Region FCS Agents



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

Living Well Together Program Series

CHECK YOUR CREDIT

Learn about the importance of regularly checking and accessing your credit reports. This program will provide you with educational information and resources to help you sharpen your financial skills.

March 4 ■ 6:45 pm (CT) ■ Zoom

Presenters:

K-State Associate Professor in Personal Financial Planning

- Dr. Elizabeth Kiss

Family and Consumer Science Extension Agents

- Cindy Williams
- Monica Thayer
- Denise Dias

Register at:

<https://bit.ly/LivingWellTogether-MAR>



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LIVING WELL TOGETHER PROGRAM SERIES

MED INSTEAD OF MEDS

The Mediterranean-style eating pattern has been shown to promote health and decrease risk of many chronic diseases. Learn more about eating the Mediterranean diet, including seven simple steps to eating the Med way everyday.

PRESENTER: MIRNA BONILLA
HEALTH AND COMMUNITY WELLNESS AGENT



DATE: MARCH 11

TIME: 6:45 PM (CT)

LOCATION: ZOOM



REGISTER AT:

[HTTPS://BIT.LY/LIVINGWELLTOGETHER-MAR](https://bit.ly/LivingWellTogether-MAR)



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LIVING WELL TOGETHER PROGRAM SERIES

Family Meal Times

FAMILY MEALS CAN BRING A VARIETY OF FEELINGS AND MEANING TO EVERYONE; BUT THEY ARE ESSENTIAL TO FAMILY LIFE. LEARN MORE ABOUT OPPORTUNITIES FOR FAMILY MEMBERS TO COME TOGETHER, STRENGTHEN TIES AND BUILD BETTER RELATIONSHIPS.

PRESENTERS: DR. SANDY PROCTOR
ASSISTANT PROFESSOR
EXTENSION SPECIALIST
K-STATE RESEARCH AND EXTENSION

CRYSTAL FUTRELL
HEALTH AND NUTRITION
EXTENSION AGENT
JOHNSON COUNTY

DIANE NIELSON
FAMILY AND CONSUMER SCIENCE / 4-H
EXTENSION AGENT
ATOHNSON COUNTY

DATE:

March 18

TIME:

6:45pm (ct)

LOCATION:

Zoom

Register at:

[HTTPS://BIT.LY/LIVINGWELLTOGETHER-MAR](https://bit.ly/LivingWellTogether-MAR)



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LIVING WELL TOGETHER PROGRAM SERIES

SCIENCE OF SLEEP

March 25 ▲ via Zoom

6:45pm (CT)



Your body craves sleep, much like it hungers for food. But what happens to our mind and physical body when we do not get enough of it? Join us as we discuss the science and benefits of sleep.

Presenters:

Dr. Jacqui Lambert

Sharolyn Jackson — Northeast Area Extension Family and Consumer Sciences Specialist, Kansas State University

Chelsi Myer — Family and Consumer Science Extension Agent, Lavenworth County

REGISTER AT:



<https://bit.ly/LivingWellTogether-MAR>



ANTHONY REARDON

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OPTIMIZE YOUR SPRING-FLOWERING BULBS

Though it may seem difficult to be thinking of your outdoor garden at this time of year, spring-flowering-bulb emergence is just around the corner! Very soon, rainbowed swaths of daffodils, tulips, hyacinths, and crocus will be breaching the frosted soil, ready to decorate our yards in the inauguration of Spring. And did you know there are ways to optimize their beauty?

Contrary to popular opinion, spring-flowering bulbs should be fertilized as they first emerge from the ground, and not when they are blooming. At the emergence stage, the roots to the plants are still actively growing and absorbing nutrients. Alternatively, the roots are already beginning to die as the plants are blooming, so any fertilizer you put down at that point is actually being wasted along with your time and money. Unless, that is, you're trying to fertilize for next year.

Applying at emergence, aim for the use of a lower-range fertilizer with an equal nitrogen-phosphorous-potassium ratio, such as a 7-7-7, 10-10-10, 9-9-9, etc. This will ensure that your plants have all of the key nutrients that they need, without running the risk of burning-off the roots while they're still actively growing.

If you have fertilized this same location in years past, you may be able to avoid the use of fertilizers containing phosphorous and potassium altogether, only applying a low-range nitrogen source because there is still plenty of the other nutrients in the soil. To know whether this is recommended, the best course of action is to do a soil test of the area before fertilizing, a service the extension office will help facilitate.

Conducting a soil test, the key is to sample your testing area in numerous different spots. For example, if you were testing your flower garden you would want to dig your 6-inch sample holes in four different corners, and then perhaps even a fifth sample in the center. Then you make your primary sample. This is done by taking equal portions of soil from each of the holes dug and mixing them together. Two cups of that congregate sample are then what is turned into the extension office to be sent off and tested for you.

Soil addressed, water is also of high consideration with your bulbs. If you haven't yet, consider giving them a light watering before they emerge, as the lack of precipitation since last fall has probably left them in want. Though many bulbs prefer to be on the drier side throughout the winter (to avoid rotting), they also need to be in soil that is at least moist to enable growth. If you have planted bulbs into pots, watering efforts should be even more aggressive as potting soil dries out quickly. Always strive to keep your soil moist but not drenched.

After emergence, watering should be allocated to a once-a-week basis until the bulbs have completely finished their blooming cycle, and the foliage of the bulb has died back. If your aim is to have your bulbs perennialize, where the plants come back year-after-year, then keeping your bulb foliage in place until it dies back is a must. Doing this allows the carbohydrates in the leaves to return to the bulb, giving the plant enough energy to be held over until next year. Cut back too soon, the bulbs will spend all of their energy surviving the winter before being able to produce a bloom in the spring.

For the new gardeners out there, if you would like to have spring-flowering-bulb blooms in your yard this year you are unfortunately out of luck if they aren't already planted there. Spring-emerging bulbs are planted in the fall, typically between September and November, October being optimal. This is because they require a transition stage known as a "vernalization period." At this stage, the bulbs are exposed to a long period of cold temperatures, triggering a hormonal response that tells them to set a bud. Once heat returns, the buds then grow to produce the shoots you see emerging in the spring.

So, plan ahead if you want to establish spring bulbs in your garden! Be ready to get to work when fall rolls around. And for those that already have their bulbs, just remember; fertilize, water, and don't cut them back too soon. If you have any more questions on the matter, you can always call 620-272-3670, or even text our "Ask an Agent" hotline (620-322-1222). I'll be here at the extension office with an answer!



GETTING STARTED ON YOUR VEGETABLE GARDEN

Who says the dead of winter has to be devoid of gardening? In the coming weeks, many will be digging into their prized packets of garden seeds, tracking down their UV lamps, and turning on their heating mats, eager to get a head start on transplants for their gardens. With the proper knowledge and resources, there is little that can't be achieved, including growing your own vegetables and annuals from seed.

Seed Selection

When sourcing your materials, keep in mind that quality varies. You'll want to pay attention to where your seed is coming from. Are you sourcing from a seed catalogue or a garden center? Or, are you purchasing from a large retailer whose specialty is not specifically plants? You'll want to make sure that the seeds you're purchasing are worth your investment. While most seeds will germinate within three years of being packaged, germination rates (as do the quality of your seeds) decrease. Look to package labels for dates indicating when sealed, or when seeds expire.

The KSRE Bookstore, found online, has a recommended list of vegetable seed varieties known to do well in Kansas. This would be an excellent starting point for selecting seeds that do well locally. Also, utilize your resources! Ask your neighbor with the robust tomatoes where their seeds are from. Ask your garden center who they would recommend. Sourcing your information from others that have already trudged through the trenches can only help you in your endeavor, so ask around!

When to Sow

Knowing how to time seed sowing so that plants are the correct size at planting can seem tricky. No one wants a leggy tomato, or a barely-sprouting cucumber, in their newly-tilled garden. Realistically, timing your plants is as simple as being able to count backwards.

First, know exactly how long it takes to grow your plug to planting size. This can typically be found on the seed label itself, or via a quick internet search.

Also know the date the plug will be planted in your garden. Warm-season crops and cool-season crops have different planting time frames, so you'll need to know when planting is recommended. In western Kansas, warm season crops typically go into the ground mid to late May, whereas cool season will be late-March to early-April.

Subtract the time needed to grow to size from the intended date of transplant and this will give you your sowing date.

Soil Composition

Many new seed growers make the mistake of sowing in any general potting soil, or worse, garden soil. Seeds enjoy some babysitting when trying to germinate because a plethora of environmental factors need to collide for them. These include precise moisture, light, temperature, nutrients, and even sometimes physical abrasion.

Selecting a soil made with the correct forms of media, the components that make the potting soil, helps provide these factors. Many companies, in fact, market soil specifically made for germination. The components that you'll want to look for, however, include light-weight media like coconut coir, peat moss, wood fibers, vermiculite, perlite, and sand. This prevents the seeds from rotting due to water retention.

Watering

Just as you never want to drown your seeds, you don't want the soil to dry out. In the tray, seeds are living in a microcosm, meaning the only form of support they're receiving is immediately around them. Having little water available for new plants with fragile root systems is a death sentence because very little carbs and nutrients are stockpiled to hold the plant over. The soil must always be kept moist for germination to occur.

Too much water on a growing seedling could alternatively result in a condition called "damping-off," where fungi enter either the seed or the stem of the emerging plant, and cause a soft rot killing it.

GETTING STARTED ON YOUR VEGETABLE GARDEN

Continued

Strive for a “happy medium.” A clear plastic wrap covering the trays will prolong the time between waterings, and it will hinder overwatering. In any setup, it is always your best bet to make sure the soil is moist but not sopping.

Light

Certain seeds can require light to germinate and certain seeds can require darkness. This too, will usually be on the label, and planting depths can be a good indication otherwise.

If told to plant lettuce a quarter of an inch into the soil, that is probably because it requires sunlight to germinate. At that shallow of a depth, light won't be an issue. A plant like pansies, on the other hand, would need to be planted deeper because the seeds require darkness to sprout. For many plants, also, light is completely irrelevant until germination can take place, enabling photosynthesis.

Once germinated, all plants require adequate light and the level varies by type of plant. In the seedling stage, too little light could result in wilting and disease issues, whereas too much could instigate sunburn or overheating. Knowing whether the plant being grown is a sun or shade plant will help you know how to treat it as it germinates.

Temperature

Typically, warm season plants require temperatures between 70-85 degrees Fahrenheit to germinate. This is much warmer than the temperature in an average household, and as such the use of heating mats and UV lamps becomes more necessary if a direct-sun window isn't available.

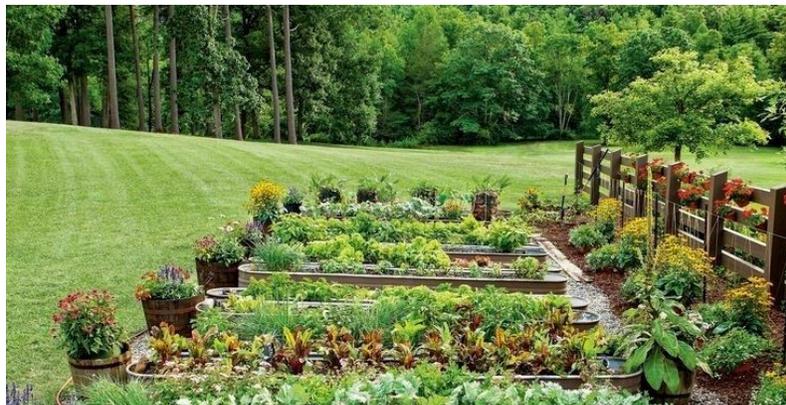
Reaching the seedling stage, temperature can then be decreased to the 60s. This will prevent plants from over-elongating and becoming lanky before transplant. Then, if striving for stockier plants, brushing a hand over the seedlings twenty or so times a day will make them grow sturdier.

Hardening Off

Approaching transplant date, care needs to be taken before plugs go into the ground. Grown indoors, the plants have little experience with the natural environment. Factors like wind, a cold breeze, or sitting in mid-afternoon sun could prove lethal because of this. The plants will require a transition period dubbed “hardening off.”

Hardening off is done gradually by exposing your plants to the outdoors in doses. Beginning around two weeks before they should go in the ground, place the plants outdoors for periods of a few hours in a protected area. From there, continue to work them outward into the elements for longer durations. Repeat the exposures until the planned transplant date.

And then your efforts will reap rewards! Having found good seed, timed out your plantings, used good soil, and provided nurturing environments, your garden will be the envy of the block in no time.



March Garden Calendar

Source: <https://kansashealthyyards.org/gardening-calendar>

Vegetables and Fruits

- Prepare soil for spring planting.
- It is best to perform a soil test before fertilizing to determine needs. If there are no soil test results, fertilize the garden with 1 to 2 pounds of 10-10-10 per 100 square feet.
- Plant:
 - Potatoes, peas, onions, lettuce and other salad crops.
 - Asparagus, rhubarb, and strawberries.
 - Broccoli, cauliflower, and cabbage in late March.
- Start seeds inside for tomatoes, peppers, and other warm season vegetables.
- Apply dormant oil to fruit plantings to reduce scale and mite insects.
- Make a fungicide application to control peach leaf curl.
- Finish pruning fruit trees, grapes, raspberries, and blackberries.
- Remove mulch from strawberries when growth begins.

Flowers

- Plant pansies, snapdragons, calendulas, and other cool loving annuals.
- Clean up the perennial bed by cutting back foliage and removing winter mulch layer. Divide and plant perennials in the garden.
- If dry, prepare soil for planting by adding compost or other organic matter.
- As growth begins, fertilize gardens with a balanced fertilizer.
- Start seeds indoors under lights for transplanting to the garden.
- Plant new roses. Remove winter mulch from existing roses and prune.
- Cut ornamental grasses back to within 3 to 5 inches of the ground.
- Fertilize spring flowering bulbs such as tulips and daffodils.
- Cut seed pods from spent bulbs.
- Help control iris borers by destroying old foliage before new growth begins.
- Unwrap mail order plants immediately and keep them cool and moist until planting.

Lawns

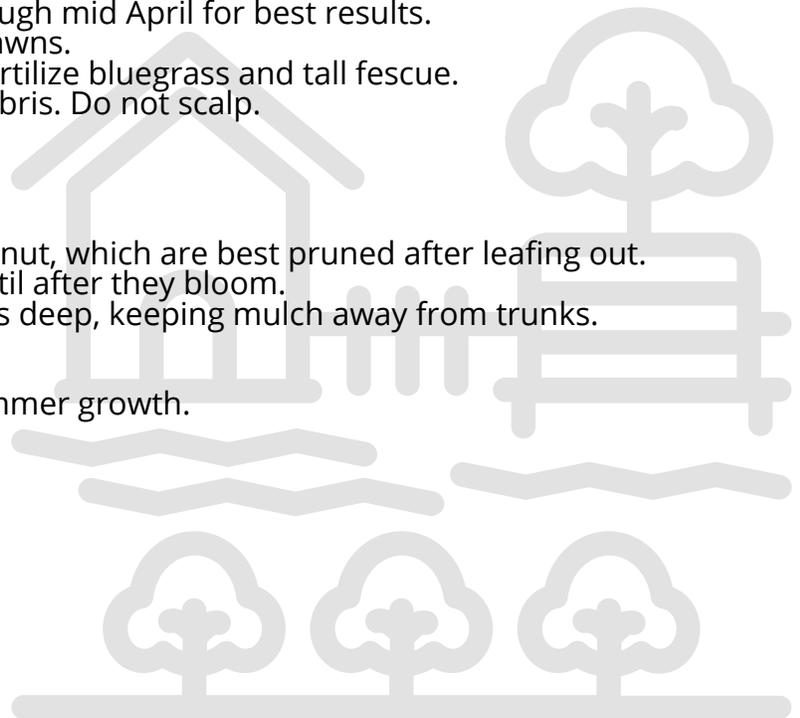
- Spot spray for dandelions, henbit, and chickweed.
- Apply crabgrass preventer in late March through mid April for best results.
- Seed thin areas in bluegrass and tall fescue lawns.
- If no fall application of fertilizer was made, fertilize bluegrass and tall fescue.
- Mow grass ½ inch lower to remove winter debris. Do not scalp.

Trees and Shrubs

- Pruning:
 - Prune trees, except birch, maple, and walnut, which are best pruned after leafing out.
 - Wait to prune spring flowering shrubs until after they bloom.
- Mulch tree and shrub plantings up to 4 inches deep, keeping mulch away from trunks.
- Fertilize trees and shrubs.
- Plant new trees in the landscape.
- Remove tree wraps from young trees for summer growth.
- Rake and clean groundcover planting.

Miscellaneous

- Sharpen and repair garden tools.



CHECK LATEST WEATHER CONDITIONS ON KANSAS MESONET

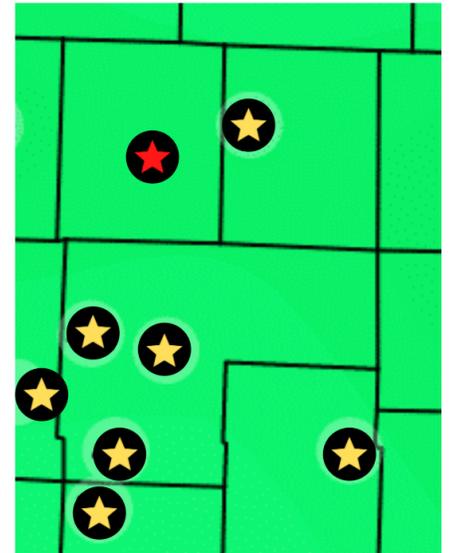


RENEE TUTTLE

AGENT
AGRICULTURE & NATURAL
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RSTUTTLE@KSU.EDU

Scott County will soon be getting an environmental weather monitoring system operated by the Kansas Mesonet located 3 miles southeast of Scott City. Finney County has three weather stations located throughout the county as you can see on the map.

Established in 1986, the Kansas Mesonet began with K-State Research and Extension weather stations at research centers and experiment facilities across the state. Since then, the network has grown exponentially and now collaborates with several meteorological and environmental organizations to provide over 60 weather stations across Kansas.



★ Current ★ Future

Stations are located in long-term sites with exposure as recommended by the World Meteorological Organization (WMO). New locations, like the new station in Scott County, are selected based on the unavailability of automated weather data in the region. For Scott, this will be the first station located in the county. Most of the stations are located on private land with permission of the cooperating landowner. All weather stations use research grade instruments which are installed according to the WMO.

Technicians from the Kansas State University Weather Data Library regularly visit each station a minimum of two times each year; once during the spring and again in the fall. During these visits sensor, data logger, communications, power supply systems and overall site conditions are inspected to be sure that they meet Kansas Mesonet standards. All data received from these weather stations goes through Data Quality Assessment algorithms that are able to identify potential issues and ensures that accurate data is available for processing, archiving, and dissemination.

Aside from offering general weather data (temperature, wind, precipitation, and fire risk) the Kansas Mesonet offers several other data points specific to agriculture including soil temperature, soil moisture, degree days, inversion charts, and an animal comfort index.

Soil temperature is measured at both 2 and 4 inches. This is important for planting season. Soil moisture is measured in both percent of saturation and volumetric water content. This is important information needed for crop growth and development.

The **Degree Days** information provided by Kansas Mesonet allows you to customize Growing Degree Days data by choosing the closest weather station, choosing the crop, and typing in your planting date. Once customized, a chart showing GDD with expected crop growth stages is available to be downloaded into a spreadsheet.

Inversions are measured by observing the temperature at 2m and 10m and looking at the difference while also inspecting wind speed and direction. This is especially important data for pesticide application.

Most important to livestock producers during these winter months, the Kansas Mesonet offers an **Animal Comfort Index** that indicates animal stress levels. The Comprehensive Comfort Index incorporates both extremes of hot and cold into one index value. It is unique in that it includes, in addition to air temperature and relative humidity, effects of wind speed and solar radiation. Development and validation of the index used data from beef and dairy cattle.

Visit mesonet.k-state.edu to learn more about the real-time weather data available in Finney County and to see updates on the Scott County weather station construction.

THE TIME IS NOW: LATE WINTER KOCHIA CONTROL

Kochia Control in Fields Going to Corn

Kochia start emerging in mid-February to early March and continue its emergence through spring into summer (Figure 1). Any effective kochia control plan for fields going to corn should include early spring application of a burndown herbicide with an effective soil-residual herbicide for controlling early flushes. For example, an application of dicamba alone can control kochia; however, a combination of atrazine and dicamba will provide extended residual activity and address dicamba-resistance biotypes. Tank mixing 8 to 16 oz. of dicamba with 1 to 2 pints of atrazine will control existing broadleaf and grass weeds, and will provide extended pre-emergence control of kochia often into May.



Figure 1. A mat of kochia seedlings emerged before corn planting in early March at K-State Ag Research Center in Hays, KS. Photo by Vipin Kumar, K-State Research and Extension.

A study published in 2019 by weed scientists from across the Great Plains reported excellent control (99%) of glyphosate-resistant kochia can be attained in corn by Degree Xtra followed by Impact, Verdict followed by Status, or Balance Flexx followed by Laudis + atrazine. Adding atrazine to group 27 herbicides like Balance Flexx is likely to improve control.



Sign up for the Agronomy eUpdate at eupdate.agronomy.ksu.edu for the latest agronomy news!

Kochia Control in Fields Going to Sorghum

As sorghum planting in western Kansas generally resumes in mid-May, conserving soil moisture by controlling kochia and other weeds prior to sorghum planting is utmost important. Just like corn, kochia control in fields going to sorghum can be achieved with tank-mix application of dicamba (8 to 16 oz/a) with atrazine (1 to 2 pints/a) in early spring. If fields are infested with glyphosate- and/or dicamba-resistant kochia, Sharpen (2 oz/a) or Gramoxone (2 to 4 pints/a) can also be used to control resistant kochia biotypes. An application of PRE herbicides such as DegreeXtra (64 to 96 oz/a) or Lexar (96 oz/a) at planting can help controlling kochia in sorghum for 4-5 weeks.

A promotional graphic for an online class. The background is a green field with rolling hills under a blue sky. In the foreground, there is a stylized illustration of a cow's head and a smartphone with a dollar sign on the screen. The text reads: "K-State Agricultural Economics presents Finances and the Farm: An online class to enhance your farm management skills. An applied approach to developing and using farm financial statements for management decision-making for farmers and ranchers of all types." Logos for K-State Agricultural Economics and K-State Research and Extension are at the bottom.

Six Lessons: Recordkeeping, Balance Sheet, Income Statement, Cash Flow, Goal Setting and Managing Family Living Expenses

This self-paced course can be taken for education only or to fulfill FSA borrower's requirements.

Visit www.agmanager.info/events/finances-and-farm-online-class for more information.



MOVE MORE, SIT LESS

The Academy of Nutrition and Dietetics designates March as “National Nutrition Month”. Take some time this month to learn about making healthy food choices and developing healthful eating and physical activity habits. March is also the month when Walk Kansas begins. Therefore, it’s appropriate to devote this article to the importance of physical activity.



JENNIFER LASALLE

AGENT
FAMILY AND COMMUNITY WELLNESS
JLASALLE@KSU.EDU

Physical inactivity is anytime you are not standing or moving. Sitting at the computer, watching TV, driving, sewing, knitting, or reading all fall into this category. Have you ever considered that sitting so much could be dangerous for your health? Research shows that if you sit less and move more, you live longer.

The Physical Activity Guidelines for Americans highlight the health risk you face because of sitting for prolonged periods of time. Studies show that sitting too much is taking a huge toll on your health. In fact, sitting could be even more dangerous for your health than smoking. It has been said that “sitting is the new smoking”.

Too much sitting increases the risk of developing serious illnesses that include heart disease, various types of cancer, and type 2 diabetes. Even if you model other habits that support your health, such as healthy eating and managing stress, you increase your risk for disease if you sit too much. The more you sit the greater your risk for disease.

Why is sitting too much so dangerous? It appears that the impact of movement, even leisurely movement, is profound. In addition to burning more calories when you move, the muscle activity needed for standing and other movement seems to trigger the process where the body breaks down fats and sugars. When you sit, these processes stall and your health risks increase.

A good rule of thumb is to move for at least 1 to 2 minutes each hour of sitting in addition to moderate physical activity each week. The American Heart Association recommends you get at least 150 minutes per week of moderate intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both.

Physical activity is important because it has so many valuable benefits. It reduces the risk of dementia, heart disease, stroke, high blood pressure, type 2 diabetes, and depression. It also improves bone health and overall quality of life. Physical activity has benefits that you will notice immediately. It can help reduce anxiety, and blood pressure, and improve the quality of sleep and insulin sensitivity. There is no greater gift to give yourself than the gift of being active.

Here are some simple tips to stay active



- Stand while you talk on the phone, when reading the mail or paying bills
- Take the stairs
- Park farther away
- Walk more
- Stand up at Work
- Get a Dog
- Clean your house
- Gardening
- Mowing the lawn

Walk Kansas is one way to become active and improve your health. Encourage family members, co-workers, friends and neighbors to come together as a team and join the Walk Kansas program and start walking to a healthier lifestyle. A primary goal for Walk Kansas and beyond should be to move more than you sit. Those 30 minutes or more of moderate activity are essential for good health and so are the small, regular movements you do the rest of the day.

Start moving now for a healthier lifestyle.

CHRONIC DISEASE SELF MANAGEMENT (CDSME)

CDSMP is an interactive, evidence-based program developed by Stanford University. People with different chronic health problems attend the workshop once a week for six weeks. Workshops are led by two trained leaders, one or both of whom are living with a chronic disease.



Workshops are FREE!

Workshop Start Date

April 7 (English)

5:30pm-7:30pm

Finney County Extension

501 S. 9th Street

Masks required in class

The following subjects are covered:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation.
- Exercise for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Communicating better with family, friends and health professionals about your condition(s)
- Nutrition
- Decision making
- How to evaluate new treatments

Contact Donna Gerstner at 620-765-1183 to secure your registration!

Sponsored by:



Walk Kansas
celebrate healthy living

**Walk your Way
into a healthy lifestyle**

Need some help or motivation in becoming more physically healthy?

Join Walk with Kansas.

March 28-May 22

Registration is

March 15th thru March 26th

Walk Kansas is a 8 week team-based program that will help you and others lead a healthier life.

Join this program and

- be more active with friends and family
- make better nutrition choices
- and walk away your stress

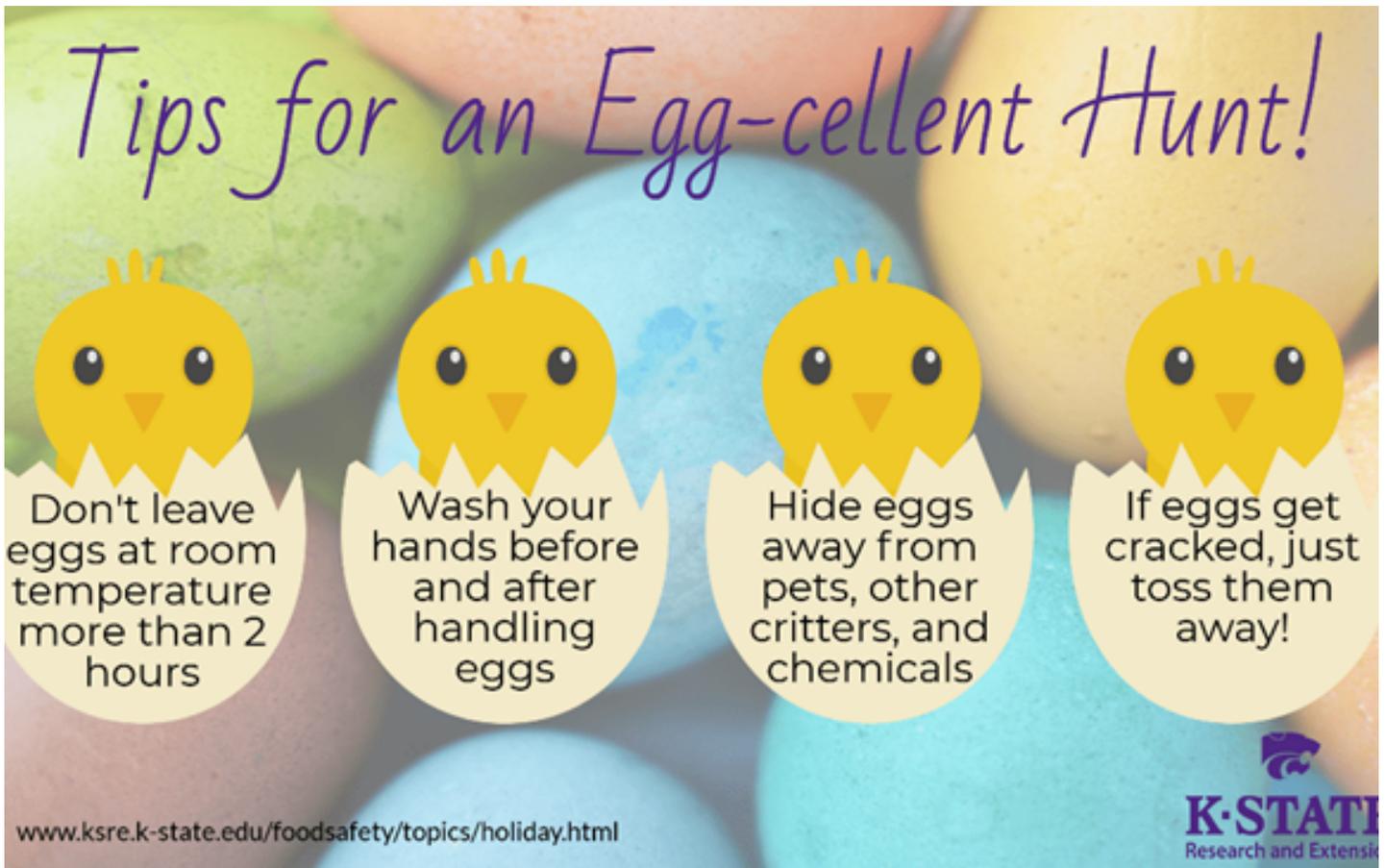
Teams: 6 people to a team

Cost: \$10.00/participant

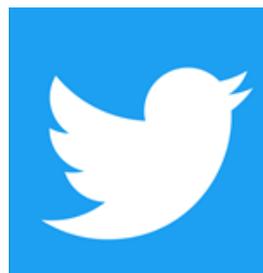
Register at

<https://www.westplains.k-state.edu/>

Do you have questions about food?
Check out the Rapid Response Center
@ <https://www.rrc.k-state.edu>



Follow us on Social Media



@Westplainsksre



LET ME INTRODUCE.....

Hi everyone!

Whew, it's been a whirlwind couple of months for me as I began my career here with 4-H in the West Plains Extension District! I have really ENJOYED meeting and working with everyone and look forward to getting going with in-person programming/events this month. The enthusiasm and love for 4-H in Finney and Scott Counties is amazing!

For those folks I haven't visited with yet, my name is Janet Harkness and I am the 4-H Agent for the district, beginning January 11, 2021. I was an 11-year member of Wayne County 4-H in New York, focusing on dairy cattle, rabbits, poultry, arts and crafts, community service and I had a goat at one point in my career. Growing up on a farm, and in 4-H, were the best experiences ever!

JANET HARKNESS

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

Four summer internships and a semester with an urban 4-H program later, I finished my Bachelors Degree in Animal Science at Cornell University. Following college, I worked part-time as a 4-H Agent in my home county while also working on the family dairy farm. I had an opportunity to work on a dairy in New Zealand in 2001, which was a great experience. After New Zealand, I returned to the home farm (which had moved and expanded) until 2005, when I then joined Extension in Chenango County, NY. My first role was as an adult/youth Ag Educator before transitioning to 4-H Coordinator in 2010. The learning, friendships and experiences over the years have been amazing and I look forward to those that we will be making here in West Plains!

I have programmed in every area of 4-H imaginable over the years and have enjoyed every bit! My utmost favorite program areas are animal science and STEM.

We have many wonderful volunteers working on club meetings, clinics, events, county fairs and so much more. So, if you're like me and wondering "how do I find out about events or how do I keep track of everything?", join us on both the Finney and Scott County 4-H Facebook pages and be on the lookout for our new West Plains District 4-H Listserve. Sending each Friday, around noon, this email will carry event details and dates for everything 4-H on the county, regional and state levels. If you haven't received an email from the listserv yet, please email me and we'll get you on!

As we continue this District's great 4-H tradition, I'd love to hear from all of you; your thoughts, your ideas, your goals for OUR 4-H Program. Please feel free to call, email, message or stop by for a cup of coffee!

Take care,
Janet



18 U.S.C. 707

4-H DISTRICT ROUNDUP

West Plains District KAP Regional Winners heading to State Competition!

Congratulations to the following 4-H members for their outstanding KAP books that have qualified to move on to state competition:

Katie Mongeau (Finney Co.) – Clothing & Meat Goats

Emma Lightner (Finney Co.) – Performing Arts

Cally Cramer (Scott Co.) – Visual Arts



The poster is green with white text. In the top left corner is the '4-H STEM LAB' logo, which includes a stylized atom symbol. The main title '4-H Science Sampler' is in a large, bold font. Below the title, it says 'Join us for some hands-on, messy science, FUN!!!'. A list of projects follows: 'Mentos Geyser', 'Leprechaun Snot', 'Non-Newtonian Fluid', and 'And more!!'. On the left side, there is a box containing event details: 'March 16; 4-6pm', 'For ages 8-12', 'Cost is \$5', 'Email Janet to register:', and 'jlp27@ksu.edu'. At the bottom, there are logos for 'K-STATE Research and Extension' and 'West Plains District Scott County/Finney County'.

4-H STEM LAB

4-H Science Sampler

Join us for some hands-on, messy science, FUN!!!

Projects:
Mentos Geyser
Leprechaun Snot
Non-Newtonian Fluid
And more!!

March 16; 4-6pm
For ages 8-12
Cost is \$5
Email Janet to register:
jlp27@ksu.edu

K-STATE Research and Extension | West Plains District
Scott County/Finney County

Friday Fun with 4-H

March 5th Friday Fun with 4-H Video @ 3:30pm "Homemade Hand Boiler!"

Check out fun and easy science activities on the 4-H Facebook Pages and on our YouTube channel:

<https://www.facebook.com/scottcountykansas4h/>

<https://www.facebook.com/FinneyCounty4H/>

<https://www.youtube.com/channel/UCFRjy9M5WLFk7zb7MNXGX7A>

Heart of Kansas Camp

June 21-24, 2021

Youth 9-14

Cost is \$195/camper

Registrations due
April 30th

Camp registration forms available at
both Extension Offices or online at
www.finney.k-state.edu/4-h/camps.html



**EXPLORE HAPPY TRAILS
OF ADVENTURE, LEARNING,
AND FUN AT 4-H CAMP!**

★ JOIN US ★
JUNE 9TH & 10TH AT

Wild West 4-H Camp Lakeside

What Will You Do?
Hike, Swim, Raft, Fish, S'mores, build lifelong friendships & more!
Camper Age (on Jan 1): 7-9 years of age
Counselor Age (on Jan 1): 14-18 years of age

FEE: \$80, INCLUDES MEALS, ACTIVITIES & T-SHIRT
2021 CAMP LAKESIDE REGISTRATION
FORM CAN BE FOUND:
[HTTPS://FORMS.GLE/CKBPAIAL8AAKY4T57](https://forms.gle/CKBPAIAL8AAKY4T57)
Registration is from April 5th to May 3rd.
Please take payment to your Extension Office
by May 3, 2021!

★ ★



Camp Counselors Needed Ages 15-18

Application for Heart of Kansas is
available at

https://kstate.qualtrics.com/jfe/form/SV_0dBjOTWSvWyAOMu

Cost is \$240

Application due April 30th

Contact Janet if you are interested
in being a counselor at
Camp Lakeside

4-H LIVESTOCK ROUNDUP



Training Dates:

Scott – March 15; 4-7pm; Carpenter Building.

Finney – March 18; 4-7pm; Grandstand Room

For ages 5-19. 4-H, FFA & Open Youth Welcome! This training is 1 hour long, but depending upon enrollment numbers, classes may be broken into smaller groups and take the full 3 hours scheduled. To register: <https://yqca.learnrow.io/>

Cost is \$3 per youth. Cost is being sponsored for first 50 Scott County youth.

Goals of the program:

Ensure safety and well-being of animals produced by youth for showing and for 4-H and FFA projects

Ensure a safe food supply to consumers

Enhance the future of livestock industry by educating youth on these very important issues so they can become more informed producers, consumers and/or employees in the agriculture and food industry

Tagging

Scott County

Beef – March 28

Sheep, Goats & Hogs – May 2 & 4

Finney County

Beef - April 10 8am-12pm

Sheep, Goats & Hogs - April 17 8am-12pm

Pig Sale

Wayne Goss Show Pig Sale will be March 21st at 1pm @ 9275 N. 3rd Street, Garden City. For more information, contact Wayne at 521-0378.

Livestock Judging

Livestock judging practice begins March 23rd @ 6:30pm at the Finney County Extension Office in person or Zoom option. We will alternate between counties for practices. March 30th will be in Scott County.

Cattle Hoof Trimming

Garrett Kreibel will be offering cattle hoof trimming starting at 9am on Saturday, March 6th at the Finney County Fairgrounds. Cost is \$25 per head. No registration - just show up and get in line. Good opportunity for 4-H members that plan to show in spring shows. There will be other opportunities later for those not ready and closer to county fairs.

FINNEY COUNTY 4-H

Club Day Results

Finney County Club Day was held on Saturday, February 6th at Horace Good Middle School. Following are the results from the day. Congratulations to all participants!

Reading - Jr

Gentry Hands	Top Blue
Braeden Boyd	Top Blue
Paxton Alexander	Alt Blue
Abigail Elam	Blue
Hailey Unruh	Blue

Demonstration - Jr

Macy Hands	Top Blue
Lauren Lightner	Top Blue
Kealie Bryant	Alt Blue
Maggie Deal	Blue
Paxton Alexander	Blue
Perry Horton	Blue
Braeden Boyd	Blue

Illustrated Talks - Jr

Abigail Morales	Alt Blue
Andrew Morales	Blue

Digital Presentation - Jr

Karson Sullivan	Top Blue
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Project Talk

Benjamin Price	Top Blue
Kennan Murrell	Top Blue
Kolter Kilgore	Alt Blue

Talent - Dance - Jr

Aubrey Coash	Top Blue
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Show & Tell

Bethany Horton	Top Blue
Kinley Unruh	Top Blue
Kyson Sullivan	Alt Blue
Henry Coash	Alt Blue

Cloverbuds Show & Tell

Audrey Bryant	Part.
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Demonstration - Sr

Baylee/Jarica Hutcheson	Top Blue
Annalise York	Alt Red

Reading - Sr

Emma Lightner	Top Blue
---------------	----------

Illustrated Talks - Sr

Aaron Morales	Top Blue
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Extemporaneous Speech - Sr

Austin Elam	Top Blue
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Talent - Dance - Sr

Jessie Standley	Top Blue
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Instrumental Solo - Sr

Jessa York (piano)	Top Blue
Emma Lightner	Alt Blue
Annalise York	Red

Vocal Ensemble - Sr

Annalise York/Darbi Reimer	Top Blue
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Vocal Solo - Sr

Emma Lightner	Top Blue
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Instrumental Solo - Jr

Maggie Deal (piano)	Top Blue
Lauren Lightner	Alt Blue
Hailey Unruh (piano)	Blue
Paxton Alexander (piano)	Blue
Kinley Unruh (piano)	Red

Instrumental Ensemble - Jr

Lauren Lightner/Jill Schmeackle	Top Blue
---------------------------------	----------

Club Skit

Kourageous Kids	Alt Blue
Sherlock Strivers	Blue

- Top Blue Finalists will compete at Regionals in Dodge City on March 13, 2021
- Top Blue Finalists - please confirm with the Extension Office by **March 5th** if you will be going to Regionals
- If Top Blue Finalists are unable to attend Regionals, Alt Blue Finalists will attend
- Show & Tell Finalists do not go on to Regionals



Sewing Camp

**Need something to
do over Spring
Break?
Join me and design
your own unique
quilted table-
runner**



**Thursday, March 18
Choose a session
8:30 am-12:00 pm
and
1:00 pm-4:30 pm
Limited 5/ session
Extension Office**

**Sign-up by
Wed., March 17
272-3670
or
jlasalle@ksu.edu**

FINNEY COUNTY 4-H

Club Reports



The February 7th meeting of the Finney Flyers was called to order at 4pm by president Aleah Eatmon.

Members and parents said the pledge of allegiance and the 4-H pledge. Nine members answered roll call of "Who will win the Super Bowl". One member is at school at KSU. Minutes were read by Kynadee Ramsey.

Minutes were approved as read. The treasurer's report was given by Kason Ramsey. Reporters report was given. Connie introduced Janet Harkness, the new 4-H Agent. Janet said there will be a livestock judging meeting involving Scott and Finney County. Information will be sent to members. Tagging dates will be announced. We have a council budget meeting in February. Other events are Friday Fun with 4-H on Facebook. There will be a SW Leadership Forum in Feb.

Regionals are March 13 in Dodge City. Bethany Horton gave a demonstration on lemony dill yogurt dip. Perry Horton gave a demonstration on peanut butter energy balls. Addisyn led the group in rock paper scissors. Our next meeting is March 7 @ 4pm. Airika move to adjourn the meeting. Perry seconded the motion. Meeting was adjourned.



The January 3rd meeting of the Finney Flyers was called to order at 4pm by Aleah Eatmon.

Eight members answered roll call of "What I Did On New Year's Eve". Minutes of the Dec. meeting were read and approved. Kason gave the treasurer's report. Our balance is \$2745.48. There were no presentations or recreation. Alya moved to adjourn the meeting. It was seconded and passed.

Our next meeting is Feb. 7th.

The Finney Flyers December meeting was called to order at 4pm Dec 6 by Aleah Eatmon.

The flag salute and 4-H pledge were led by Airika Frey. Roll call was favorite food/drink. 7 members answered roll call. Minutes of the November meeting were read and approved. Aleah gave the treasurers report. We have a balance of \$2745.48. Officers were elected.

- | | |
|---------------------|---------------------------|
| President | Aleah Eatmon |
| Vice Pres | Alya Arana |
| Secretary | Kynadee Ramsey |
| Treasurer | Kason Ramsey |
| Reporter | Perry Horton |
| Council Members: | Aleah Eatmon & Alya Arana |
| Song and Recreation | Addisyn Claussen |

Members were reminded to get enrolled by Dec. 15th. The next meeting is Jan 3 at 4pm.



The November Finney Flyers meeting was called to order by Aleah Eatmon.

Three members answered roll call of "My Favorite Thing About Fall". Treasurer's report was given by Aleah. Our balance is \$2785.48. Members moved to supply cosmetic items to Emmaus House. Items need to be brought to the December meeting. Kourtney made the motion, Addisyn seconded and motion carried. Possibility of a Facebook page for the club was discussed. Aleah gave a project talk on her beef project for this year. Kourtney moved to adjourn. Addison seconded. Next meeting is Dec. 6th.



The Finney Flyers met Oct 4 at the 4-H building. The meeting was called to order by acting President Addisyn. Two current members and a new member answered roll call. Five members were at the junior livestock show. One member was excused due to illness. Roll call was my favorite animal. Connie gave a report on the 4-H Council meeting. With no other business or program, Bethany moved to adjourn the meeting. Motion was seconded and passed. Next meeting is Nov. 1, at which time election of officers will be done.

The Beacon Boosters January 2021 meeting was held at the Finney County Extension Office. 4H Club Days was discussed and 4H'ers were encouraged to participate. Baylee and Jarica Hutcheson did the program "How to Make a Tictok". 4-Hers discussed how to promote 4H and decided to wear 4H shirts on Wednesday. The March 4H meeting was discussed and will be a combined meeting and bowling party with the Happy Hustlers 4H club.

The February meeting will be held on February 22, 2021 at the 4-H building, Kilgore will be the host.



The Beacon Boosters December 21, 2020 meeting was held at the Hutcheson hacienda. The club viewed the "Christmas Star", made cards (for each month of 2021) for residences of Garden Valley Retirement Village (Service Project) and participated in a holiday gift exchange prior to the meeting. During the meeting the club elected Kiley Kilgore for the vacant Finney County 4-H Council Representative.

The January 25th meeting will begin at 6:15. Location and/or method of delivery have yet to be determined.



The Beacon Boosters November 2020 meeting was held at the Hutcheson home. It was the parent run meeting. 4-Hers watched as the parents hosted the meeting. The December holiday party was discussed and decided on a pizza party with a gift exchange. 4-Hers will make Christmas cards to distribute at a nursing home. After the meeting, 4-Hers watched the virtual Achievement Banquet.

The December meeting will be held on December 21, 2020 at the Hutcheson home.



The Beacons Boosters October 2020 meeting was held at the 4-H Building. 4-Hers and parents discussed the Club project for the year. It was voted and agreed on helping the Finney County Animal Shelter with donations as well as buying pillows for the sewing project. The upcoming Achievement Banquet on November 22nd was also discussed as Beacon Boosters will help host the event.

The November meeting will be on November 22nd at the 4-H Building, prior to the Achievement Banquet. The club will set up and clean up after the banquet.

UPDATE The Achievement Banquet has been moved to a virtual platform this year.

The January meeting of the Sherlock Strivers 4-H Club was held January 3, 2021 at 6 pm at Hard Rock Lanes Bowling Alley. 4-H members bowled before having the meeting.

After bowling the meeting was called to order by President Adison George. Taylor Knoll reported that the club collected and delivered 600 pounds of non-perishable food items to the Emmaus House for our community service project. Members signed Thank You notes for the businesses that helped collect food. Club members were reminded that 4-H requirements for exhibiting at the county fair started over in October. Details for the Cookie Dough Fund raiser were discussed. The club will sell cookie dough from February 14 until March 7, 2021.

Skit practice for 4-H Days will be January 21 at 4 pm at Knoll's shop. Meeting was adjourned.

Submitted by Kayla George, Reporter



The December meeting of the Sherlock Strivers 4-H Club was held December 6, 2020 at 6pm at Holcomb Elementary School. The meeting was called to order by Adison George. Members were reminded to enroll online by December 15, 2020 or they will have to pay their own enrollment fee.

The club voted to sell cookie dough for a fundraiser. Because of the change in the schedule for the Garden City Christmas Parade, members voted to not have a float this year. The club decided to do a skit for 4-H Club Days. Abby Elam and Kayla and Adison George will look for a skit for the club to do. Meeting was adjourned

Submitted by Kayla George, Reporter



The November meeting of the Sherlock Strivers 4-h club was held November 1, 2020 at 6pm at Holcomb Elementary School. The meeting was proceeded by a carry in Pasta Bar. This was a parent led meeting. The meeting was called to order by Jill George. Jennifer Mongeau was secretary. The club welcomed two new members. Members were reminded to enroll online by December 15, 2020 or they will have to pay their own enrollment fee. Achievement Banquet is November 22 please RSVP by Nov 7 to the Extension Office. The club voted to host the canned food drive at Dillons on November 21 from 10am to 6pm and November 22 from 1-5pm. Collection boxes for canned goods will be placed at Grant County Bank, Western State Bank , El Rancho Cafe, Knoll Crop Productions and Klaus Wood Pellets from November 4 to December 23, 2020.

Members decorated the boxes after the meeting. It was decided that the club would have a float for the Garden City Christmas Parade, December 6, 2020. Andrea Knoll gave a project talk on quilting. Adision & Kayla George and Paige & Halle Jones gave a project talk on their breeding goat project.

Meeting was adjourned.

Submitted by Kayla George, Reporter

The December 4H meeting of the Wide Awake Club was held on Zoom on December 14. We enjoyed two project talks: Anna Lobmeyer on visual arts and Cort Baker on woodworking. Brady Schmeeckle gave the devotion.



The Wide Awake 4H club was called to order on November 9th at 7:00pm. All attended on Zoom. The pledges were led by Jill Schmeeckle. We enjoyed project talks by Cole and Mitchell Lehman. Cole informed us of his photography project and Mitchell explained about taking care of livestock and their legs. We also heard about Emma Lightner's leadership project and Lauren Lightner's poultry project. We had an enjoyable devotion by Paxton White on giving thanks. We ended by singing Home on the Range.

Katie Lobmeyer, Reporter



The October meeting of the Sherlock Strivers 4-H Club was held October 4, 2020 at Holcomb Elementary School. The meeting was called to order by Vice-President Adison George. Jill George led the installation of new officers with "A Work of Art." Officers for 2020-21 are as follows:

- President: Adison George
- Vice-Presidents: Austin Elam, Abby Elam & Taylor Knoll
- Secretary: Katie Mongeau
- Treasurer: Dylan Burch
- Reporter: Kayla George
- Parliamentarians: Paige Jones & Halle Jones
- Song Leaders: Dylan Burch & Jake Knoll
- Recreation Leaders: Katelyn Novack, Karson Sullivan, Rylan Wallace & Parker Schreibvogel
- Historian: Abby Elam
- 4-H Council Representatives: Makay Hammond & Kendrick Wallace

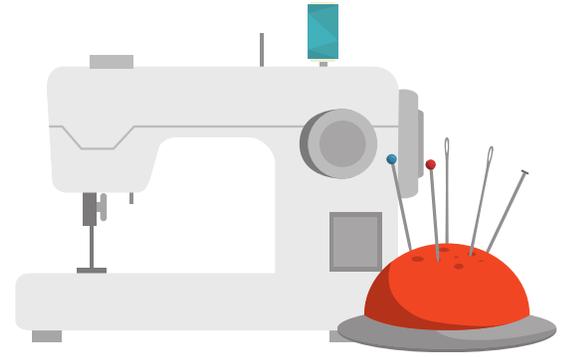
Anyone that attended Kansas State Fair or Kansas Jr Livestock Show told the club how they did on their projects. Members were reminded to enroll online by December 15, 2020 or they will have to pay their own enrollment fee. Deadline to turn in record books to the leaders is October 6, by 5pm. The club discussed a community service project for the upcoming year. Meeting was adjourned. Next meeting is November 1st at 6pm.

Submitted by Kayla George, Reporter



In order to meet the club seal requirements for publishing club reporter reports, we will be publishing them in the West Plains Extension Newsletter. Your club is encouraged to continue to submit them to the Telegram and submit them to the Extension Office via email to steph66@ksu.edu.

SCOTT COUNTY 4-H



Sewing Project News

1st Year Sewers Only

Wed., March 17th, 9am-Noon or 1-4pm Choose one session please.

You will learn about your sewing boxes and learn to sew on the machine. We will practice on paper before using the machine. You will make a pillow. Cost is \$4.00.

2nd Year Sewers Only

Thursday, March 19th, 9am-Noon or 1-4pm. Choose one session please.

You will review the sewing machine and then we will be making a bag. Cost is \$2.00

Please RSVP to the Scott County Extension Office by March 12th so adequate supplies are available.

I pledge...

my *head* to clearer thinking,
my *heart* to greater loyalty,
my *hands* to larger service, and
my *health* to better living for
my *club*, my *community*,
my *country*, and my *world*.

A circular word cloud graphic with various terms related to 4-H values and skills. The words are arranged in a circular pattern and include: RESPONSIBILITY, SKILLS, CITIZENSHIP, HEAD, HEART, HANDS, DEVELOPMENT, YOUTH, LEADERSHIP, HEALTHY, SERVICE, KNOWLEDGE, EMOTIONAL, CLOVER, LIFE, BETTER, IMPORTANT, PURSUE, CHANGE, PHYSICAL, INTERACTION, SHARE, BEST, APPRECIATION, HABIT, UNIVERSITY, SUPPORTING, ACHIEVEMENT, SEPARATE, MAKE, PROFICIENT, COLLECT, GUIDANCE, LIFE, BETTER, KNOWLEDGE, EMOTIONAL, CLOVER, LIFE, BETTER, IMPORTANT, PURSUE, CHANGE, KNOWLEDGE, EMOTIONAL, CLOVER, LIFE, BETTER, IMPORTANT, PURSUE, CHANGE.

STATE 4-H EVENTS

State 4-H Horse Panorama will be virtual in 2021. In partnership with the Horse Action Team, we will be moving all divisions of Panorama to a virtual format. The current schedule is as follows with specific times released along with additional registration details:

- Digital Uploads (Photography, Logo, Poster, Power Point, Ad Layout, Exhibition Model Horse Show) - Uploads will open March 26 and close April 7. Judging will begin after April 7 with feedback given to youth.
- Hippology- April 10
- Quiz Bowl Preliminaries via Qualtrics- April 10
- Quiz Bowl Finals via Zoom- April 11
- Public Speaking, Demonstration, & Project Talks- Zoom with judges by scheduled date/time, April 10-14. Sign-ups will be available.

It will be the participant's responsibility to make sure they have access to reliable internet to fully participate in each contest. We encourage agents to work with interested youth to make sure they have an adequate internet connection before the contest begins.

With the online format, we want to remind participants that an important aspect of youth development is practicing integrity and character development. While we have included securities for each event, youth need to practice the fairness pillar and adhere to the honor system.

This event is sanctioned by K-State Research and Extension (KSRE) and therefore is subject to their guidelines and policies. KSRE has the right to modify contest policies/rules at any time including but not limited to cancellation.

The State 4-H Horse Judging Contest has been rescheduled to Friday, April 23rd in Hutchinson at the Kansas State Fairgrounds. The contest will consist of both Intermediate and Senior 4-H Divisions spread out in both Expo I and Expo II. Division entries will be limited based on first come first serve.

Horse Levels Testing

The Level 1 Achievement test is required for all youth to participate in District and State Horse Shows. Online/video levels testing will be accepted again this year. Levels testing Qualtrics exams can be found at <https://www.kansas4-h.org/staff-downloads/resources/index.html>. A list of evaluators can be found at <https://www.kansas4-h.org/projects/animals/horse.html>.



Horse ID Certificates



A reminder that ID certificates are due May 1 to the local office. 4-Her's that intend to participate at the State 4-H Horse Show should transition to the January 2020 certificate, found at <https://www.kansas4-h.org/projects/animals/horse.html>.



Junior Meat Goat Producer Week is scheduled for March 15-20, 2021.

There will be two sessions hosted via Zoom on the evening of Tuesday, March 16, two on Thursday, March 18, and the remaining sessions will be presented on Saturday morning, March 20. The sessions will be recorded and shared with those who pre-register, so they may participate at their own pace and as their schedule allows. All ages and knowledge levels are invited!

K-State faculty members, undergraduate students, graduate students and guest speakers will cover topics including selection, nutrition and feeding, livestock guardian dogs, health, grooming and clipping, showmanship, and the state livestock nomination process. The program will be free this year, but all attendees, including youth and adults, must register online (<https://bit.ly/KSUJrMeatGoatWeek>). The deadline to register is March 8. A flyer, which includes more details and the tentative schedule, is posted here: <http://bit.ly/ksujrproducerdays>. For more information, contact Lexie Hayes at adhayes@ksu.edu or 785-532-1264.

4-H State-Wide Ambassador Training - Virtual

The state team will be offering virtual training on the following dates:

March 23 - 6:30 p.m.

Topics: The Role of the 4-H Ambassador, First Impressions and Networking

March 30 - 6:30 p.m.

Topics: Promotion to non 4-H Audiences, Relationship Building and Promotional Materials

Zoom Links will be shared over the listserv for staff to share with local 4-H Ambassador Advisors and 4-H Ambassadors.

State 4-H also be holding a meeting for 4-H Ambassador Advisors on Tuesday, April 27 at 7 p.m.



Calling All Pig Lovers

We are excited to announce a new opportunity for you and your family to increase your knowledge about your swine project and swine production in general! 'Swine Across Kansas: Ask Before You Buy' is the 1st session in a series of workshops that will be hosted throughout the year via Zoom. These sessions will include swine experts visiting with you about selection, feed, nutrition, health and diseases, general care, showmanship tips and tricks and breeding for those who are producers.

The 'Ask Before You Buy' session will include information about what you should know before purchasing your next show pig project. Meet with livestock judges and show pig producers about insider tips on selecting the best pig for your barn. Before you go out to those swine sales, be sure you are prepared by knowing what to look for and what to expect!

Join us virtually on March 7th @ 2:00 p.m. for the first session of the Swine Across Kansas Series - Ask Before You Buy! You don't want to miss this opportunity to get information from experts with an opportunity to ask questions.

This program is FREE and open to all!

Sign up for the webinar at: https://kstate.qualtrics.com/jfe/form/SV_3wjvwV3Enll08Jw

A Zoom link will be sent the first week of March to those who register.

We hope to see you all there!

Seeking Kansas 4-H Host families for Summer Japanese Youth Exchange

Japan and Kansas 4-H youth have a 40 year history of building connections and exchanging culture over Kansas summers. Even though we were not able to exercise this option in 2020, we are planning to host the In-Bound Kansas 4-H Japan Youth Exchange program in summer 2021. There will be limited family opportunities to host youth in 2021 due to the on-going COVID-19 pandemic. At this time, only Japan youth are available for Kansas host families.

The benefits of global exchange programs to our Kansas 4-H families include learning about new languages, customs, foods, values, beliefs, and the ability to create lifelong friendships across the globe. If you are interested in serving as a host family for a Japanese delegate or chaperone, please contact Pam Van Horn at pvanhorn@ksu.edu.

This year, we are still pledging our health to better living and following university COVID guidelines while also planning for our future together. Please note that any KSRE program or event is subject to change based on COVID guidelines in 2021.



Academic Year Exchanges Placing Students for 2021-2022 Now Available



Applications for 4-H exchange students for the next school year are mostly available. With the exception of one (1) South Korean, one (1) Japanese, and about ten (10) representing YES or Flex, we have bios for all Academic Year Program (AYP) students for next year whose applications are received. The FLEX students assigned to 4-H already received are from Mongolia, Serbia, and Turkmenistan. YES students to be sponsored by 4-H are from Tunisia, Pakistan, Jordan, and India. A few of these students already have already been selected by host families who are completing the application to host. Families should apply now for the widest selection of students.

Contact Mary Kay Munson at 785-375-3189 or mkm2@ksu.edu for information and applications.

Upcoming State 4H Events

May 1	Market Beef Nomination Due
June 15	Commercial Heifer, Swine, Sheep & Meat Goat Nominations Due
July 9-10	Dr. Bob Hines Kansas Swine Classic
Aug. 21-22	State 4-H Livestock Sweepstakes (tentative)
Sept. 10-19	Kansas State Fair
Oct. 1-3	Kansas Junior Livestock Show



New Kansas 4-H Dog Show Rule Book Available

The new Kansas 4-H Dog Show Rule Book is now available in the KSRE Bookstore at <https://bookstore.ksre.ksu.edu/Item.aspx?catid=746&pubId=23480>