

# WEST PLAINS EXTENSION DISTRICT

# NEWSLETTER

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



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

**CAROL ANN CROUCH**

DISTRICT DIRECTOR  
 CCROUCH@KSU.EDU



**JENNIFER LASALLE**  
 FAMILY & COMMUNITY WELLNESS  
 JLASALLE@KSU.EDU



**LAUREN LITTON**  
 AGRICULTURE & NATURAL RESOURCES  
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 4-H & YOUTH DEVELOPMENT  
 TMOCK@KSU.EDU

## UPCOMING DISTRICT EVENTS

WINTER  
2025

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

FEBRUARY

- 2/1 - County & District Club Days
- 2/6 - 4-H Pin & Year - End Awards Tips & Tricks Workshop, Scott City, 6:30pm Wm Carpenter Building
- 2/10 - West Plains Extension District Board Meeting, Scott County
- 2/11 - 4-H Pin & Year-End Awards Tips & Tricks Workshop, Finney Co, 6:30pm, Grandstand Meeting Room
- 2/12 - Wm Carpenter 4-H Foundation Meeting, 6:30am, The Grill House Restaurant
- 2/16-17 - Citizenship In Action, Topeka
- 2/17 - Finney Co Cloverbud Club, 6-7pm, 4-H Building
- 2/20 - West Plains 4-H Leadership Academy Zoom Meeting, 7pm. For 4-H'ers ages 12,13 and 14. <https://ksu.zoom.us/j/99073967710>
- 2/22 - Regional Club Days
- 2/22 - Horse Panorama, Rock Springs Ranch
- 2/24 - Scott Co 4-H Ambassador Mtg, 7pm, Wm Carpenter Building
- 2/25 - Scott Co Cloverbud Club, 4-5pm, Extension Office

## DINING WITH DIABETES

K-STATE  
Research and Extension

Do you have type 2 Diabetes?

Are you a caregiver for someone with type 2 Diabetes?

Join this four session class and learn strategies to manage your diabetes through menu planning, carbohydrate counting, portion control, and label reading. Recipe samples will be provided.

Cost: \$25.00

Register Now

Jennifer LaSalle: 620-272-3670  
[jlasalle@ksu.edu](mailto:jlasalle@ksu.edu)

Register by Friday, January 31, 2025

Date: Monday's  
February 3, 10, 24 &  
March 3, 2025

Time: 6:00 pm-8:00 pm

Location:  
United Presbyterian Church  
1719 Texas St  
Garden City, Ks

K-STATE  
Research and Extension

West Plains  
District

Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
K-State Research and Extension is an equal opportunity provider and employer.  
[https://www.ksre.k-state.edu/employee\\_resources/civil\\_rights/](https://www.ksre.k-state.edu/employee_resources/civil_rights/)  
2/5/20 | September 2022

Join us for the  
"A Better You"  
class!

Tuesday's & Thursdays

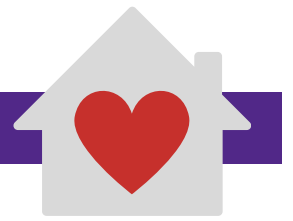
5:15-6 PM

Finney County  
Extension Office



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

\*Cover Headshot Photo Credit: AnneMarie Photography



## FROM THE DESK OF THE DIRECTOR

### Don't Let the End Zone be the Danger Zone!

Posted on January 22, 2025 by Karen Blakeslee

Score a touchdown at your party by serving great food, and winning with safe food!

#### Party Food Penalties

- Don't wash chicken wings

Washing Poultry splashes bacteria up to 3 feet around your sink!

- Don't leave food at room temperature

Reheat or chill foods within 2 hours.

- Don't double dip

Use individual plates or bowls for dipping.



**Clean:** Prepare for the win!

- Wash your hands with warm soapy water for 20 seconds.
- Wash and sanitize all dishware and utensils.

**Separate:** Your best defense!

- Keep raw meat and poultry away from ready-to-eat foods.
- Use a clean utensil for each dish.
- Use a clean plate when going for second helpings of food.

**Cook:** A game winner!

- Use a food thermometer to check for doneness

All poultry—165°F

Burgers and sliders—160°F

Soup and reheated foods—165°F

**Chill:** Don't let the clock expire!

- Keep hot foods hot and cold foods cold.
- Put out food in batches.
- Follow the 2-hour rule.

Learn more at <https://www.foodsafety.gov/blog/dont-let-end-zone-become-danger-zone-your-guide-hosting-penalty-free-super-bowl-party>

*-Carol Ann*

**Kansas Local Food**  
**Producer Workshops**  
GARDEN CITY  
MARCH 28, 2025

**K-STATE** Research and Extension  
**Kansas** Department of Agriculture  
For additional details and to register visit: [ksre-learn.com/food-producer-workshops](http://ksre-learn.com/food-producer-workshops)

## Digital Literacy Program Assistant



**APPLY NOW**

Digital ambassador program is designed to increase home internet adoption and use of internet based applications so that Kansans are better able to navigate the digital economy and improve their lives through access to online education, economics opportunities and telehealth.

**Job description:**  
The Digital Literacy Program Manager will work with all aspects of the Digital Literacy Program for the West Plains Extension District. They will be responsible for recruiting and training volunteers, hosting learning opportunities and reporting monthly to the grant providers.

**Time:** Part time, approximately 20 hours per week, Temporary - grant funded (approximately 18 months). Some night and weekends may be necessary.  
**Wage:** \$20.00 per hour  
**Benefits:** none

- Education requirement:**
- Must be 18 years old and have a high school diploma or equivalent.
  - Must have knowledge of and be able to navigate the internet proficiently and be knowledgeable about smart phone applications.
  - Must be able to work in the United States and have a valid driver's license.

Applications will be available at the West Plains Extension District Offices or online at [www.westplains.k-state.edu](http://www.westplains.k-state.edu) or at 501 S. 9th Street, Garden City Ks, or 210 W. 4th Street, Scott City, KS.



Kansas State University is an Equal Opportunity Employer. All applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender, gender identity, age, national origin, disability or status as a protected veteran.





## FEBRUARY IS NATIONAL HEART MONTH

February is National Heart Month, a time dedicated to raising awareness about heart health and the importance of preventing cardiovascular disease. As the leading cause of death worldwide, heart disease affects millions of lives, but with knowledge and proactive steps, we can reduce its impact.

Heart health is important because it is the engine of our bodies, pumping blood to deliver oxygen and nutrients to every cell. When the heart is compromised, it can lead to serious conditions like heart attacks, strokes, and other cardiovascular diseases. According to the American Heart Association (AHA), nearly 50% of adults in the United States have some form of heart disease.

### **Tips for a Healthy Heart**

Caring for your heart doesn't have to be overwhelming. Here are some simple lifestyle changes that can make a big difference:

- 1. Eat Heart-Healthy Foods:** Incorporate plenty of fruits, vegetables, whole grains, and lean proteins into your diet. Limit your intake of saturated fats, trans fats, and sodium.
- 2. Stay Active:** Aim for at least 150 minutes of moderate-intensity aerobic exercise per week. Activities like walking, cycling, or swimming can improve cardiovascular fitness.
- 3. Avoid Tobacco and Limit Alcohol:** Smoking damages blood vessels, while excessive alcohol consumption can increase blood pressure.
- 4. Manage Stress:** Chronic stress can negatively affect heart health. Practice relaxation techniques such as yoga, meditation, or deep breathing exercises.
- 5. Know Your Numbers:** Regularly check your blood pressure, cholesterol levels, and blood sugar to stay informed about your heart health.

Act this month and prioritize your cardiovascular well-being. There are many opportunities in our community to stay active. Join "A Better You" class offered by West Plains to help manage stress and become physically active.

You can also support National Heart Month by wearing red on the first Friday of February for National Wear Red Day. This simple gesture raises awareness about heart disease, especially in women, who are disproportionately affected by this condition.

Remember, every beat matters. Show your heart some love by making heart health a priority, you're not just adding years to your life but also life to your years.



### **Almonds: A Superfood for Your Health**

Almonds are more than just a tasty snack; they're a nutritional powerhouse packed with health benefits. Whether enjoyed on their own, as almond butter, or in a variety of dishes, almonds are a versatile and heart-healthy addition to any diet.

Almonds are rich in essential nutrients including: healthy fats, protein, Vitamin E, fiber, and magnesium. Eating almonds regularly has been linked to lower LDL ("bad") cholesterol levels and improved heart health. Their nutrient profile makes them a valuable ally in reducing the risk of cardiovascular diseases.

Enjoy almonds as a snack, add them to your oatmeal or yogurt, and use them in desserts. There are many ways to incorporate almonds into your diet. Aim for a serving size of about 23 almonds (one ounce) to enjoy their benefits without overindulging.

Did you know February 16 is National Almond Day? It's the perfect time to celebrate this nutritious and delicious nut. Whether you snack on them plain, roast them with your favorite spices, or add them to your favorite recipes, take a moment to appreciate all the benefits almonds bring to your health and taste buds.

Almonds prove that good things truly do come in small packages. Add them to your diet today and take a step toward a healthier, happier you!





## Grazing Crop Stubble

Cattle Chat: Grazing crop stubble can extend feed resources by Lisa Moser

Eating leftovers is a way for people to save money while still getting nutritious food. For beef producers, one way to extend the grazing days is to turn cattle out on crop fields after harvest, according to the veterinarians at the Kansas State University Beef Cattle Institute. Addressing this topic on a recent [Cattle Chat](#) podcast were K-State veterinarians Brad White, Bob Larson and Scott Fritz, who specializes in veterinary toxicology.

"Crop stubble is a great feed resource for cattle, but it is a resource that will decrease in nutrient quality the longer the cattle are in the field," Larson said. "When cattle are first turned out, there is often a lot of leaves on the plants, but over time cattle will strip those leaves off."

Larson recommends beef producers monitor the grazing fields and offer supplements to the herd as needed.

White agreed, adding: "The cow herd will likely need to be supplemented with protein later in the winter."

And while they agree that crop stubble can be a valuable feed resource, there are risks to be aware of, Fritz said.

"In a dry year, drought-stressed forages can accumulate nitrate and can poison the cattle, so it is important to do a field test in arid parts of the country," he said.

By contrast, Fritz said overly wet fields also pose a risk.

"Cattle turned out on flooded fields can be exposed to mold growth that leads to mycotoxin issues," he said.

Before turning the cattle out on the crop stubble, Fritz recommends walking through the field to assess the quality of the field and look for grain spills.

"One problem a lot of people overlook is a pile of corn that got spilled in the field when loading the grain cart. If a cow eats 20-30 pounds of grain, she will get acidosis, and if it is a pile of soybeans, the (opposite) happens and they can end up with a neurologic disease," he said.

Along with inspecting the field for spills, Fritz recommends that producers also evaluate water sources and grass strips.

"Make sure that whether it is surface water or a dedicated underground source, it is functioning before the cows are turned out," Fritz said.

White added: "It is a good idea to give the water source a flush through, so you know the cattle are getting clean, fresh water."

The last thing to check for when inspecting the field is the grass strips that might be full of weeds. "When putting up the hot wire around the field, make sure there are no noxious plants in the grass strips," Fritz said.

To hear the full discussion, listen to [Cattle Chat](#) on your preferred streaming platform.

## Winter Agronomy Meetings

Topic: **Corn/Sorghum Schools**

Dates & Locations

- February 3, 9:00AM MT Tribune, KS (Greeley Co.)
- February 4, 9:00AM Hugoton, KS (Stevens Co.)
- February 5, 4:00PM Pratt, KS (Pratt Co.)

Topic: **Weed Management Schools (Southwest)**

Dates & Locations

- February 11, 9:00AM CT Liberal, KS (Seward Co.)
- February 12, 8:00 MT Syracuse, KS (Hamilton Co.)



## Garden Series

**February 27th:** Seed Starting (tomatoes, cucumbers, peppers)

**March 27th:** Seed Starting (lettuce, peas, carrots)

**April 10th:** Seed Starting (green onions, broccoli, okra)

**May 1st:** Transplant tomatoes, cucumbers, and peppers

**July 10th:** Maintenance, harvesting and pest management



Scan the QR Code for registration information

## K-State Garden Hour

Interested in learning more about gardening? Join K-State Research and Extension horticulture staff on the first Wednesday of each month from 12-1 p.m.! All sessions are recorded and posted on the website, so don't worry if you can't make it live!



### Maximizing Water Efficiency Through Drip Irrigation

Wednesday, February 5th 12:00PM -1:00PM CST

Drip irrigation is an effective, easy-to-install, and widely available method for enhancing landscapes while conserving water. It delivers water directly to the root zone, achieving over 90% efficiency compared to 50-70% for traditional sprinklers. Join Gregg Eyestone, Riley County Horticulture Agent, to explore water conservation practices and learn more about the benefits of drip irrigation.



Register Here!

Please register for this free Zoom Webinar at: [ksre-learn.com/KStateGardenHour](https://ksre-learn.com/KStateGardenHour)



The 2025 Chemical Weed Control is available online at the KSRE Bookstore



**A New Year, A New Project – Let’s Discover and Grow Together!**

Hey 4-Hers! A new year brings the perfect chance to try something new, learn a fresh skill, or dive deeper into something you’ve always wanted to explore. Whether you’re looking to challenge yourself, discover a hidden talent, or just have fun, 4-H has so many exciting projects waiting for you to get involved in. With over 45 diverse projects to choose from, there’s no limit to what you can achieve this year. From working with animals to exploring technology, creating art, or helping in your community, 4-H is the place where you can grow and develop skills that will last a lifetime. Plus, you’ll have fun doing it! Here is a list of all the cool projects that 4-H has available:

**Animal Science**

- Beef
- Dairy Cattle
- Dairy Goat
- Dog
- Horse
- Meat Goat
- Pets
- Poultry
- Rabbit
- Sheep
- Swine
- Veterinary Science

**Natural Resources**

- Environmental Science
- Geology
- Shooting Sports
- Wildlife

**Plant Science**

- Agronomy
- Entomology
- Forestry
- Horticulture & Landscape Design

**Consumer & Family Science**

- Sewing & Textile Design
- Shopping in Style
- Family Studies
- Fiber Arts
- Foods & Nutrition
- Health & Wellness
- Interior Design & Architecture

**Leadership & Personal Development**

- Civic Engagement
- Leadership
- Reading Adventures
- Self-Determined

**Communication & Expressive Arts**

- Communications
- Performing Arts
- Photography
- Visual Arts

**Engineering & Technology**

- Aerospace/Rocketry
- Ag Mechanics Welding
- Astronomy
- Building Block Engineering
- Computer Science
- Robotics
- Small Engines
- Uncrewed Aircraft Systems
- Woodworking

If you are interested in learning more about any of these projects, check out: <https://www.kansas4-h.org/projects/> for the 2024-2025 project selection guide, project descriptions and more!

**POINT OF ORDER!**  
*Monthly Series*

**POINTS TO PRACTICE PARLIAMENTARY PROCEDURE**

**Withdrawing a Motion**

A **motion** can be **withdrawn** if the person who made it changes their mind, realizes it might cause more problems than it solves or wants to rephrase it

- ✿ **Before a Second** - the person who made the motion can withdraw it without anyone’s permission
- ✿ **After a Second** - the group must vote and give permission for the motion to be withdrawn



4-H Pin Application & Year-End Awards Help

February 6 - Scott County  
February 11 - Finney County

Need help understanding what goes into those pin applications? Drop in at, 6:30pm, to visit with Janet to have your questions answered!





## KANSAS STATE UNIVERSITY

### INVITATIONAL MEAT JUDGING CONTEST

**APRIL 5, 2025**

WEBER HALL  
REGISTRATION OPENS AT 7:00AM  
CONTEST BEGINS AT 8:00AM

REGISTRATION INFO TO COME  
QUESTIONS TO ERIN BEYER  
ERBEYER@KSU.EDU

**K-STATE** Research and Extension

# K-State Junior MEAT GOAT PRODUCER DAY

## 3.22.25

### Event

Join us on Saturday, March 22, 2025 for the biennial K-State Junior Meat Goat Producer Day at the Stanley Stout Center north of the K-State campus in Manhattan. This educational program will be a fun-filled day in which youth, parents, agents, ag teachers, project leaders, and volunteers can increase their knowledge of youth meat goat projects. Presentations will be provided by K-State faculty members, graduate students, former exhibitors, and guest speakers. All ages and skill levels are invited! Participants will receive a K-State Meat Goat Show Guide, t-shirt, and complimentary lunch. Only those who register by the deadline on February 26 will receive a t-shirt. The registration fee is \$20/person before February 26 and \$25/person after the deadline. This is a family event! Anyone attending must register, including all youth, parents, and adults. Registration is limited to 400 participants, filled on a first come, first serve basis.

K-State, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. All educational programs and materials available without discrimination on the basis of race, color, religion, national origin, sex, age, or disability.

### Tentative Program

**Friday, March 21**  
5:00-7:00PM *Optional Tour*  
Sheep & Meat Goat Center

**Saturday, March 22**  
8:00AM Check-in  
9:00AM Welcome  
9:15AM Selection  
10:00AM Breakout Sessions  
-Nutrition  
-Facilities & Equipment  
-Doe Management & Kidding  
11:15AM Health & Wellness  
Lunch  
12:00PM Lunch  
1:00PM Breakout Sessions  
-Showmanship  
-Reproduction  
-Clipping & Grooming  
3:15PM Wrap-up  
3:30PM YQCA Training (optional)  
4:00-6:00PM *Optional Tour*  
Sheep & Meat Goat Center

### Registration

- 1. \$20/person by February 26
- 2. \$25/person after February 26
- 3. Late registrants will not receive a t-shirt.
- 4. All attendees must register, including youth, parents, & adults.
- 5. No refunds
- 6. Attendance is limited to the first 400 participants to register.

Scan me!

### Questions?

Lexie Hayes  
adhayes@ksu.edu  
785.532.1264

*Register Online*

<https://commerce.cashnet.com/KSUASIND>

By **February 26**

K-State Research and Extension and the Department of Animal Sciences & Industry, or their assignees, reserve the right to photograph, record the image and/or voice of participants for future research, educational, or promotional purposes. By attending, you provide consent to the above items and waive all rights to claims for payment or royalties in connection with any use of said images or recordings, unless you notify event organizers you withhold consent, in writing, prior to the event.

## 2025 K-State Junior Swine Producer Day

Join us on Saturday, March 1, 2025 for the biennial K-State Junior Swine Producer Day at the Stanley Stout Center in Manhattan. This educational event will be a fun-filled day in which youth, parents, agents, ag teachers, and swine project leaders can increase their knowledge of youth swine projects. Presentations will be provided by K-State faculty members, graduate students, former exhibitors, and guest speakers. All ages and skill levels are invited! Participants will receive a K-State Show Pig Guide, t-shirt, and complimentary lunch. Only those who register by February 5 will receive a t-shirt. The registration fee is \$20/person for those who sign up by the registration deadline, or \$25/person after that date. Registration is limited to 400 attendees, on a first come, first served basis. This is a family event! Anyone attending must register, including all youth and adults.

### Tentative Schedule

8:00AM Registration Opens  
9:00AM Welcome  
9:15AM Project Selection  
10:00AM Breakout Sessions  
-Nutrition, Meats, Facilities & Equipment, Breeds & Ear Notching  
Lunch  
12:00PM Health  
12:45PM Breakout Sessions  
-Showmanship, Daily Care & Clipping, Show Day Prep, Resources  
3:00PM Wrap-up  
3:30PM YQCA Training (optional)

### Registration

- 1. \$20/person by February 5
- 2. \$25/person after February 5
- 3. Late registrants will not receive a t-shirt.
- 4. All attendees must register, including youth, parents, and adults.
- 5. No refunds.
- 6. Attendance is limited to the first 400 participants to register.

### Questions?

Joel DeRouchey  
jderouch@ksu.edu  
785.532.2280

Lexie Hayes  
adhayes@ksu.edu  
785.532.1264

### Register By February 5

"Limited Attendance"

**Location**  
Stanley Stout Center

**Register Online**  
<https://commerce.cashnet.com/KSUASIND>

Sum Me!

K-State, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. All educational programs and materials available without discrimination on the basis of race, color, religion, national origin, sex, age, or disability.

# WEST PLAINS 4-H YOUTH LEADERSHIP ACADEMY

For 4-H'ers ages 12, 13 & 14

Informational zoom meeting

Thursday, February 20, 2025

[HTTPS://KSU.ZOOM.US/J/99073967710](https://ksu.zoom.us/j/99073967710)

Sponsored by:

LOR-JAN TRANSPORT  
Scott City, KS

K-STATE Research and Extension

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### CLUB REPORTS: FINNEY COUNTY 4-H BEACON BOOSTERS

The Beacon Boosters 4-H club meeting was held on November 19, 2024. There were eight members, and seven adults present. The club planned the Beacon Boosters holiday party which shall include angel tree shopping and club gift exchange. There was a discussion about organizing a club exchange meeting. As a club we painted fun Christmas ornaments. The next meeting will be held on December 1, 2024.

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

Respectfully submitted,

Paislea Cogan, Reporter

### FINNEY COUNTY 4-H SHERLOCK STRIVERS

DECEMBER 2024 monthly meeting notes

Colton Obregon, club reporter

The Sherlock Strivers 4-H club held their monthly meeting on Sunday, December 8th, 2024 at the 3-I parking lot. This meeting started at 4:45 p.m., focused on several updates. Members decorated the float for the Christmas parade later that evening. The Fair theme was mentioned of "deep roots and dusty boots". Highlighted was the club's participation in the bell ringing for the Salvation Army at Sam's club. Plans were started for the 4-H club days on Feb 1, 2025, possibly having a club skit. The Next meeting will be January 4th, 2025. The meeting was then adjourned to start the parade.

### FINNEY COUNTY 4-H FINNEY FLYERS

The Finney Flyers 4-H club met on Sunday, November 3, 2024 at the Finney County 4-H building. The meeting was called to order by President, Aleah Eatmon. Roll Call was answered by "What are you doing for Thanksgiving". The club welcomed new members Abigail and Andrew Morales.

The club is in charge of the Achievement Banquet along with Korageous Kids 4-H Club. Everyone needs to arrive by 1000 to help setup on November 10.

The Christmas Parade was discussed and everyone decided to join in the fun. The parade will be Sunday, December 8.

The next meeting will be Sunday, December 1 at 4:00 p.m.

KJ Plunkett  
Reporter

The Finney Flyers 4-H club held their December meeting on December 1, 2024 at the 4-H building. The club voted on donating gloves and hats to the Family Crisis Center. Every member is to bring hats and gloves to the January meeting. The club members also decided to participate in the Christmas Parade. All members should be a bag of candy and meet at the 3-I parking lot on December 8 at 4:30 pm. Many members participated in the Garden City Christmas parade on December 8 after enjoying pizza.



### CLUB REPORTS: SCOTT COUNTY NEW HORIZONS

December 2, 2024 at 6:30 pm

18 members present, roll call answered by Favorite part about Christmas  
10 parents, 3 leaders in attendance

Reading and approval of minutes: Approved as read  
4H Pledge: Led by Hayzen Kerr

Treasurer's Report: Balance: \$975.05 no credits/debits

Reporter's Report: Hailey submitted minutes to the newspaper

Leaders Report:

Concrete in show barns

Nursing home centerpieces are in February & July

Library showcases in February & March

Skit idea- Traveling the world

K-State basketball game RSVP to go

Meal train for Deardens and Janet

New Business: New members Asher & Elijah Day

Push County Club days skit to the committee (Chalynda Kerr idea)

4-H Council & Ambassadors: Decorate Houses for the elderly

Song/Rec: Christmas Party / games and treats

Adjournment

### FINNEY COUNTY 4-H HAPPY HUSTLERS

Purple Seal December

2024 is the Happy Hustler's 80th year of being a 4-H club. The cherry on top of that sundae was receiving another purple seal, the highest honor a 4-H club can achieve. Their December meeting's program gave them the opportunity to hold their seal ceremony.

This ceremony recognizes the achievement of the purple seal. This seal represents teamwork and leadership. Their ceremony allows the club to celebrate their hard, put-in work. Their celebration happened to include the whole club, taking part in a fun, all-including, ceremony. They also got the gift of a new member.

The ceremony consisted of a club speech, and the placing of the prestigious purple seal. The club is very proud of their award and they are looking forward to what they can achieve as a team in the future. Their hard work paid off, and now they get the chance to have an even bigger impact on their community. Congratulations Happy Hustlers! Keep up all your good work. Continue using your head to clearer thinking, your heart to greater to loyalty, your hands to better service, and your health to better living, for your club, community and world. Keep making the best better!

It's That Time... Again

The Happy Hustlers met on January 10, 2025 to begin working their way into the New Year by preparing for Club Days. Their top priority is working on the model meeting. They have to reach all the requirements, and maybe throw in something new. They have participated in the model meeting for years, which means that they have a lot of stuff down. But what about the things that they don't have covered? They will have a lot of practice to perfect their meeting. They will work on how loud they should be, their procedures, and their motions. This club has even done a little game to work on the taps of the gavel.

The Happy Hustlers are an 80 year old club, with generations of practice. They can do this. They will hold practices every week until "That Time". Everyone holds a vital role in their success, and no one is insignificant. They'll definitely have some stiff competition, but they can handle it. As for all of the members' own presentations, playing solos, and talks, they'll all do well, too. The Happy Hustlers are on top of their game and are ready for whatever Club Days hits them with.

Good Luck, and great job for all that you put in.