

WEST PLAINS DISTRICT

EXTENSION NEWSLETTER



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

LUNCH HOURS EXCLUDED AND SUBJECT TO CHANGE

FINNEY

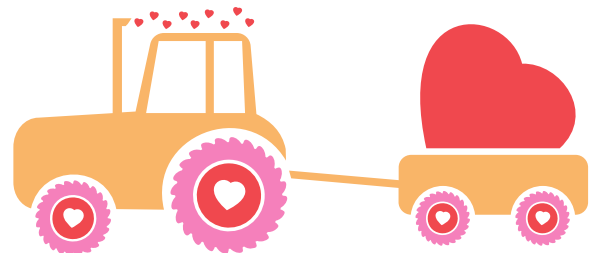
☎ 620-272-3692

ANTHONY REARDON
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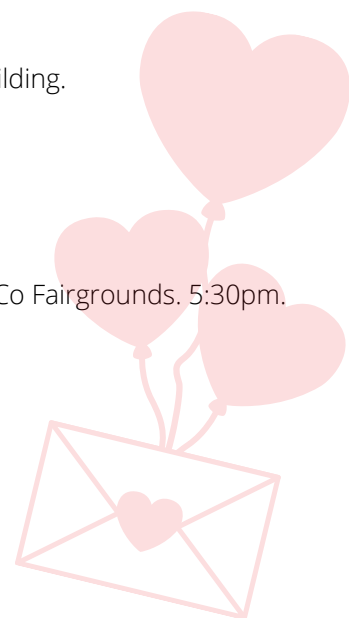
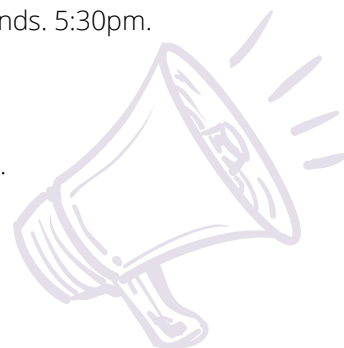
CAROL ANN CROUCH
JANET HARKNESS
COZETTA O'DEA
KAY HARKNESS



WEST PLAINS DISTRICT

DATES TO KNOW: FEBRUARY 2022

- **February 1st:** Livestock Judging Practice. FiCo. Extension Office. 6:00pm
- **February 2nd:** Risk Management Skills for Ks Women in Ag: Farm Bill Programs. FiCo Fairgrounds. 5:30pm.
- **February 2nd:** K-State Garden Hour Webinar: Starting Seeds Indoors. 12:00pm.
- **February 3rd:** Adult Quilting Class. Scott County Extension Office. 6:00-8:00pm.
- **February 4th:** 4-H Sewing Day
- **February 6th:** 4-H Dog Obedience Practice. Scott County. William Carpenter Building. 2:00pm.
- **February 7th:** Meets Judging Practice. GCCC. 7:00pm.
- **February 7th:** 4-H Sewing Day
- **February 8th:** Principles of Landscape Design. FiCo. Extension Office. 7:00pm.
- **February 8th:** Livestock Judging Practice. Scott Co. Wm. Carpenter Building. 6:00pm.
- **February 9th:** Living Well Wednesday 12:15pm-1:00pm on Zoom
- **February 10th:** Adult Quilting Class. Scott County Extension Office. 6:00-8:00pm.
- **February 12th:** 4-H County and District Club Days **for Scott & Finney. In Scott City.** United Methodist Church. 9:00am.
- **February 14th:** Meets Judging Practice. GCCC. 7:00pm.
- **February 15th:** Livestock Judging Practice. FiCo. Extension Office. 6:00pm.
- **February 17th:** 4-H Volunteer Get-Together & Visual Arts Training. Finney County 4-H Building.
- **February 18th:** 4-H Sewing Day
- **February 21st: Offices Closed for President's Day**
- **February 21st:** Arts and Crafts Day. Scott Co.
- **February 21st:** Meets Judging Practice. GCCC. 7:00pm.
- **February 23rd:** Living Well Wednesday 12:15pm-1:00pm on Zoom
- **February 23rd:** Risk Management Skills for Ks Women in Ag: Beef Cow/Calf Risk Mgmt. FiCo Fairgrounds. 5:30pm.
- **February 24th:** Arts & Crafts Night. Finney County. 6:30pm.
- **February 26th:** Regional Club Days. Syracuse High School.
- **February 28th:** Photography Club. Scott County. William Carpenter Building. 7:00pm.
- **February 28th:** Meets Judging Practice. GCCC. 7:00pm.



DATES TO KNOW: MARCH 2022

- **March 1st:** Kansas State 4-H Scholarship Deadline.
<https://bit.ly/3K9a12p>
- **March 2nd:** K-State Garden Hour Webinar: Landscape Design 101. 12:00pm.
- **March 5th:** Junior Beef Producers Day, K-State.
- **March 8th:** Entomology Lesson/Art Contest. Scott County. William Carpenter Building. 6:00pm.
- **March 9th:** Entomology Lesson/Art Contest. Finney County. 4-H Building. 6:00pm.
- **March 9th:** Living Well Wednesday 12:15pm-1:00pm on Zoom.
- **March 12th:** Tree and Shrub Pruning Workshop. Finney County Extension Office. 9:00am.
- **March 12th:** Tree and Shrub Pruning Workshop. Scott County. William Carpenter Building. 1:00pm.
- **March 16th:** 4-H Fun Day, Day Camp. Finney County. 1:00pm-5:00pm.
- **March 17th:** 4-H Fun Day, Day Camp. Scott County. 1:00pm-5:00pm.
- **March 19th:** Junior Sheep Producers Day, K-State
- **March 25th-27th:** Level 1 Shooting Sports Instructor Training, All Disciplines. Rock Springs Ranch.

Save the Date!

4-H FUN DAY

Day Camps

Ages 7 - 12

March 16th: Garden City

March 17th: Scott City

1 PM - 5 PM

Look for more details coming soon!

The poster features a green background with a pattern of clovers and leaves. A yellow brushstroke highlights the 'Save the Date!' text. There are two 4-H clover logos on the poster.



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FROM THE DESK OF THE *Director*

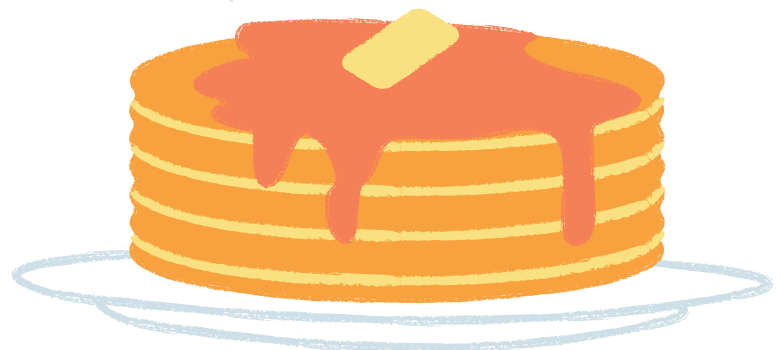
Hello everyone! Welcome to our February edition of the West Plains Extension Newsletter. January has been busy, and February will be even busier. As you will be able to tell by reading our newsletter, there are **several programs that will be going on** within the district this month. We hope that you will all take time to attend them if they are of interest to you.

February is **American heart month**. This is a time to think about your heart health. Currently, **hypertension** is very much on the forefront. With many of the various anxiety and mental health issues that so many are experiencing with Covid and all that it brings with it, people are finding their **blood pressure** is higher than what it needs to be. Please be aware of your health and don't wait to seek treatment if you feel as if something isn't normal.

February is also **Hot Breakfast Month** with the week of Feb. 13-Feb. 19 known as **Pancake Week** (I promise, I am not making this up). Pancake Day is also known as Shrove Tuesday or Fat Tuesday or just plain Pancake Tuesday. It was a meal that many made before giving up eggs, milk and fat products as they began fasting for Lent, and the tradition has stuck. So, if you see a Pancake Feed hosted by a local school or church group, **consider participating**. It's a way that they raise money for their various needs.



Carol Ann



**EXTRA!
EXTRA!**

READ ALL ABOUT IT!



Be sure to check out our West Plains Extension Updates in both the **Scott County Record** and now in **The Garden City Telegram!** Want to learn more about a particular subject? Let us know so that we can feature it in our next article!

"KINDNESS DOESN'T HAVE TO COST YOU"

RANDOM ACTS OF KINDNESS WEEK

Kind people are the best kind of people. This February let's discuss something that is fun to do and make a marked difference to someone. **Random Acts of Kindness Week is Feb. 13-19** and can be one of the best weeks you will ever have. Random Acts of Kindness Day is actually Feb. 17, 2022. I read somewhere that the **"The work to create a kinder world never ends"**. So true. Think back to the last time you gave a bit of kindness with no expectation to receive something in return. **How did that make you feel?** I love to buy a veteran a meal when I see them. I always want to **thank them** for their service, and I want them to know that I **appreciate** their service.

There are **so many ways that you can promote kindness** that people will appreciate. Leave extra quarters at the laundry mat, make sure you leave a note that they are for someone who can use them so that they know that they were meant to be left. **Bake someone a treat, leave a surprise** for your mail carrier. **Be extra polite** on the road. **Pick up trash** around town when you see it, leave the wait staff extra in your **tip, start a conversation** with a stranger by complementing them, and my favorite, try a **judgement-free day**. Try to only send **positive messages**. **Shop from local** Mom and Pop stores or friends' online businesses. Eat at a local restaurant and let the owners know if you enjoyed your meal. You get the drift, **being kind doesn't have to cost** you anything, it just means that you are lifting others up in your attitude of positivity.

"How do we change the world? One random act of Kindness at a time" Mogan Freeman. **How can you change the world?**

With respect, caring, integrity, courage, responsibility, and inclusiveness, **kindness exists.**

NATIONAL SNACK MONTH

February is National Snack Month! I

wonder if that is because everyone is over January and National Diet Month.

Just teasing! It probably has more to do with **football and Valentine's Day**. If you are looking to make snacks for the big day, just remember to **keep cold foods cold and hot foods hot**. Keep cold foods between 33 degrees and 40 degrees and keep hot foods over 120 degrees Fahrenheit.

If you are wanting **fresh snacks**, bananas, grapefruits, oranges, pears, potatoes, sweet potatoes, yams, and winter squash are all **currently in season**.

For more information on **food safety** check out K-State Research and Extension Food Safety site at <https://www.ksre.k-state.edu/foodsafety/>.

Snack Ideas

- *Mixed nuts. Nuts are an ideal nutritious snack, providing the perfect balance of healthy fats, protein, and fiber!
- *Red bell pepper with guacamole
- *Greek yogurt with mixed berries
- *Apple slices with peanut butter
- *Cottage cheese and fruit
- *Celery sticks with cream cheese
- *Kale chips
- *Popcorn
- *Avocados
- *Grapes

DESIGNING WITH PURPOSE



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Winter weather finally making its way to western Kansas, the devout gardener might be feeling a bit antsy at the moment. Soon enough, you'll be trudging out the work boots and prepping your spring vegetable gardens. Even sooner, you'll be starting the seeds for said gardens. One task your days stuck indoors can accomplish is planning for your 2022 garden, **now is the perfect time to begin designing your landscape**, choosing your desired plants, and ordering the plants that might be difficult to find.

The first and primary factor that should be considered when designing a landscape is **accounting for the full-grown size of your plants and spacing accordingly**. Overcrowding is a common factor in the death of many landscape plants and, unfortunately, it is an easy mistake to make in a landscape's infancy. Newly planted, your landscape is likely going to include mere scions of what the plants will one day be. This, in turn, leaves ample space to be yet filled in. Resist the urge to fill in this space as it will be needed down the line. And while it may look good now, **overcrowding could spell disaster for your landscape later**.

You'll also want to take a **look at the location, the soil structure, and the drainage of the areas** that you intend to landscape. Is there irrigation nearby? If not, can you feasibly get regular irrigation to the area? Is the soil structure of an area one that retains water for exceedingly long times? Does the soil sieve water quickly? Is the area in a low spot that is likely to wash out or drown plants in the event of a heavy rainstorm? These, and more, are all questions that should be considered when designing a landscape. You know **your plants will need to be properly watered**, how are you going to achieve this?

Light being another primary factor in a planting's success, does your intended landscape have a canopy above it, or is it in the full, blaring, sun? Plants **need to be placed in their intended light**. When this requirement is neglected, improper light can, and likely will, spell their demise. Watch your landscape area at not just one time of day, but throughout the day. **How many hours of full direct sunlight does the area get?** This will determine what plants you can and should include in your landscape.

There is also the matter of curb appeal. A landscape **needs to be designed accounting for the "flow" of how it is going to be viewed**. Shorter plants up front so as to not be hidden, medium plants in the middle to show off and fill space, large plants in the back to add ambience, tone, and mood; this is where your artistic creativity is given the leisure to do what it likes. But **make sure that each plant has a purpose in its location**.

You've decided to place a plant "here"? Great. But **why here?** What is it accenting? Is the plant meant to be looked at individually? To be screening in the background? Filling in as a collective with other plants? **The "why" can quickly make or break a well-designed landscape**, especially when there is a lack of one.



Topics to be Covered Include:

- Elements of Design
- Creating Landscape Plans
- Design Practicality
- How to See Plans Through
- Q&A Session and Workshop
 - Bring photos of your landscapes!

Register Here!



<https://bit.ly/3rFG3kN>

Presented by:

Anthony Reardon

Horticulture Agent
West Plains Extension

And Guest Presenter

Sara Gleason

Landscape Designer
Gleason Designs

Garden City

**Tuesday, February 8th
7:00pm
Fairgrounds
Extension Office
501 S. 9th Street**

K-STATE
Research and Extension
West Plains District

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact Anthony Reardon one week prior to the start of the event February 2, 2022 at 620-272-3670. Requests received after this date will be honored when it is feasible to do so.
Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.

DESIGNING CONT.

And then there are still **other classic aspects of design to pay attention to**. Colors of plants that **match or complement each other** create a cohesive portrait for the eyes. **Themes** to a landscape that are **shared amongst the plants**, such as a shade garden, a pollinator garden, an herb garden, etc. can lend a landscape interest in its **purpose**. Focal points, specifically meant to guide the eyes to a given spot, once again lend to **overall flow**. And even the **textures and forms** of plants add interest, diversifying a landscape and **breaking up monotony**.

While choosing your plants, **be sure they can fit within these design factors while also meeting survivability requirements**. Of course, the cold hardiness of your plants should always fall within the zone they are planted. And then it is time to order!

Ordering plants in the **early months of the year** gives you, and garden retailers, ample time to track the plants down, which can be especially handy if you are looking for a plant variety that **isn't commonly stocked**, or a plant that **isn't typically used** in the landscape. If you like including specialty bulbs or seeds in your landscape, this may be the **only time of year that you can order them** before they are out of stock. So, **learn** about your landscape area, **plan** for the success of plants in this area, **make sure** the plants have a purpose in their inclusion, and then **get them** ordered. Your time inside will be put to good use this winter season.

INSECT ART CONTEST

The Kansas State Pesticide Safety and IPM program is hosting an insect-themed art contest for Kansas 4-Her's and art students. This year the artwork needs to fit into the contest theme of "The Benefits of Insects." The goal is to explore why insects benefit us as a society and why they are important and create an art piece that captures that information.

Selected artwork will be used to promote why insects are important and to create other educational items. Artists that have art selected will receive a certificate and a prize to recognize their achievement. A winner will be selected from each of the outlined categories and one overall winner will be selected from those entries.

Age categories are as follows:

1. Kindergarten – 2nd grade (1st -3rd place)
2. 3rd grade – 5th grade (1st -3rd place)
3. 6th grade – 8th grade (1st -3rd place)
4. High School (1st -3rd place)



RULES:

- *Only one artwork per student per category.
- *A COMPLETED entry form must accompany all entries.
- *Drawing must be on flat paper. It's not that we want to limit the creativity but protruding parts will create challenges to get the artwork on the intended media.
- *Entries must be the original work of the entrant – no traced or copyright protected images.
- *Individual drawings and paintings must not be larger than "8.5 x 11". Original entries will not be returned.
- *Entries must feature an insect as the central point of focus that fits into one of categories above.
- *The title, artist's name, 4-H club or school, grade and county must appear on the back lower right corner of the art. (You can cut out and use the label provided on the entry form.)

Submission deadlines:

Entries should be postmarked by April 15, 2022.

Mail entries to: Frannie Miller

Pesticide Safety and IPM Program

600 West Woodside

McPherson, KS 67460

Scoring guidelines:

All entries will be judged according to their adherence to the contest theme and overall visual impact, originality, artistic skill, and effort level. We are looking for colorful and creative art that illustrates the importance of pollinators. Have fun!



PLEASE CONTACT THE EXTENSION OFFICE FOR ENTRY FORMS



JENNIFER LASALLE
AGENT
FAMILY AND COMMUNITY
WELLNESS
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FEBRUARY IS AMERICAN HEART MONTH

The American Heart Association designates **February as American Heart Month!** As Valentine's Day approaches, it is especially fitting that we consider how to help those we love keep their hearts and brain healthy and strong.

According to the CDC, **heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States.** One person dies every 36 seconds in the United States from cardiovascular disease and each year 1 in every 4 deaths is related to heart disease.

Americans who are at risk for heart disease are those with high blood pressure, high blood cholesterol, and smoking. Also, lifestyle choices can put people at higher risk for heart disease. These choices include being overweight, an unhealthy diet, lack of physical activity, and excessive alcohol use.

Protecting your heart, can protect your brain. Making lifestyle behavior changes can improve overall cardiovascular health, but it also benefits cognitive health. This is due to good blood flow from the heart to the brain. Failing brain function leads to problems with thinking, memory, concentration, energy level, and overall body health.

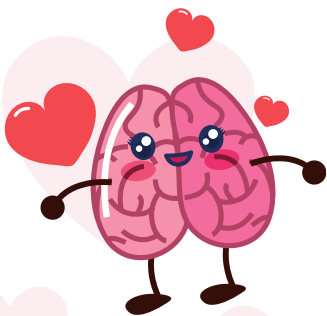
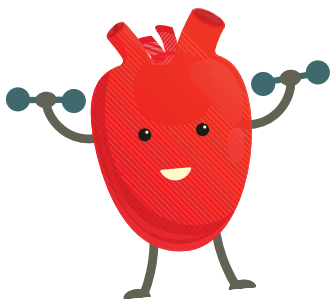
Exercise is so important and a simple 30-minute walk can help. The American Heart Association **recommends you get at least 150 minutes per week of moderate intensity aerobic activity or 75 minutes per week of vigorous aerobic activity,** or a combination of both.

Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary. It has been said that **"sitting is the new smoking"**, meaning, being sedentary can be just as harmful as smoking. Most adults spend half of their waking day sitting behind a desk, in front of a computer or television, behind the wheel, or riding in a car. While sitting is not a bad thing in itself, prolonged sitting is linked to increased risk of heart disease, Type 2 diabetes, and some types of cancer.

When we sit, the processes in our body that breakdown fats and sugars seem to stall. When you stand or move, muscle activity triggers these processes back into action. Any kind of movement, regularly throughout the day, can make a difference. **Start with a simple exercise plan by walking for 15 minutes a day until you can build up to 30 minutes a day.** A simple exercise plan could be walking to your mailbox, or down the street, or around your house. **Just get up and move!**

Be aware of how much you sit during an average day. Sometimes an hour goes by quickly if you are working on a project, reading and responding to email or on social media. **Make a point to move every hour.** Try standing whenever you talk on the phone, use a standing desk, stand and move during every TV commercial or hold walking meetings when you can.

Be proactive about your health. Know your numbers, such as blood pressure and cholesterol. Make simple lifestyle changes, they really don't take a lot of effort. **Know your risk, one person dies every 36 seconds in the United States from cardiovascular disease.** Talk to your family and include them in making lifestyle changes. **The best valentines gift you can give a love one is a healthy heart and brain.**





ROSES ARE RED, VIOLETS ARE BLUE, "CHOCOLATES" ARE SWEET, AND SO ARE YOU!



It's February and that means Valentine's Day is around the corner. What is the most popular Valentine's gift? **Chocolates**. Can eating chocolate really be good for your health? Since February is also American Heart Month, it's a great time to learn that **chocolate can be a healthy and enjoyable treat for heart health**.

Chocolate comes from the cacao tree. The pods of the cacao tree contain seeds. These seeds or beans are scooped from the pod and then is processed into chocolate. **Researchers believe that certain chocolates may play a role in a heart healthy diet because cacao beans contain a group of phytonutrients called flavanols.** Flavanols have many health benefits. They can lower blood pressure, improve blood flow to the brain and heart, prevent blood clots, and fight cell damage.

Flavanol content varies according to the form of chocolate. The higher the percent cocoa in chocolate, the greater the flavanol content. Dark chocolate that contains at least 70% cocoa is the most beneficial. Dark chocolate has the highest level of flavonoids, because it has gone through fewer processing steps.

Research also shows that **dark chocolate is loaded with organic compounds that are biologically active and function as antioxidants.** Antioxidants are important in that they cause your blood vessels to dilate and help to increase circulation. This in turn increases the amount of blood that travels throughout your body.

As you can see, dark chocolate has some healthy benefits, but this doesn't mean that you can consume all the dark chocolate you want. Dark chocolate stills contain some fat and sugar which results in calories. Include apples, tea, onion and cranberries into your heart healthy diet as they are also flavonoid-rich foods.

Moderation is the key. Dark chocolate, in small amounts, can be part of a healthful diet. ***On Valentine's Day, enjoy some dark chocolate and do your heart some good at the same time.***

As you have heard before, **the best exercise is the one you will actually do**, and exercise is one of the most effective tools for strengthening your heart muscle. **Aerobic and strengthening exercises are the most important.** Stretching exercises may not contribute directly to heart health, but flexibility is important because it helps you perform aerobic and strength exercises better. What is aerobic exercise? The term aerobic means "with oxygen," and your breathing and heart rate will increase during these activities. Any activity you do at a level where you can barely talk can be aerobic, such as walking, jogging, biking, swimming, rowing, dancing, in-line skating, using a stair-climber or elliptical machine, some team sports, and more. Doing these activities will improve circulation, and over time they can reduce your blood pressure and heart rate. Ideally, you should get **at least 30 minutes of aerobic activity at least five days a week. Strengthening exercises are also beneficial, especially for those who carry a lot of body fat.** These exercises create leaner muscle mass and can help reduce body fat. As you gain muscle, your body burns calories more easily.

THE BEST EXERCISE FOR YOUR HEART





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With spray season quickly approaching it is important to **be sure that your licenses are up to date**, that you have **completed any required continuing education credits**, and that you have **completed any necessary supplemental pesticide handling and application training requirements**.

With continual shifts in the market, so too are the shifts in required licensure and training; especially, for **dicamba** and **paraquat dichloride**. While training for both of these herbicides are facilitated by the manufacturers of the products, KSRE Integrated Pest Management & Pesticide Safety Education has put together the helpful information below to be sure that you have successfully completed all necessary requirements.

You can also visit the **Kansas Department of Agriculture Pesticide Applicator** website or call the extension office for more information.



FREQUENTLY ASKED QUESTIONS

DICAMBA

Do all dicamba product labels require the additional training? You are required to have additional label-required dicamba training when applying the restricted use dicamba products: Engenia, XtendiMax or Tavium with Vaporgrip.

Where can I get the training for 2022?

- **BASF:** engeniaherbicide.com/training.html (Webinar, Online Training, & Face-to-Face options)
- **Bayer:** <https://www.roundupreadyxtend.com/stewardship/Pages/default.aspx> (Online Training & Face-to-Face options)
- **Syngenta:** <https://www.syngenta-us.com/herbicides/tavium-application-stewardship>

Do I need to attend the training if I already did it in 2020 or 2021? The labels of these products state that prior to applying this product in the 2022 growing season, all applicators must complete dicamba or auxin-specific training on an annual basis, so even if you attended before, you will need to complete this training again in 2022.

Do I need to be certified to use these products? The new label states that these formulations are for retail sale and for use by certified applicators only. In the state of Kansas, that means that everyone purchasing and using these products has to either obtain a private applicator license (application to agricultural lands owned or operated by individual) or a commercial applicator license (applicators applying to other people's land for compensation). If you have been applying under someone else's license in the past, you will need to get your own license if you are applying these products.

My hired hand and I both have private applicator licenses. He will be doing all my spraying. I am taking the dicamba training, but does he also have to take the dicamba training? Yes, anyone who applies the RUP dicamba products must complete an approved dicamba training and hold either a private or commercial applicator license.

Do other states accept Kansas' state-approved RUP dicamba training? Oklahoma does not accept online or live webinar training provided by BASF. Colorado, Missouri and Nebraska will accept all trainings offered by Bayer, BASF, and Syngenta.



FREQUENTLY ASKED QUESTIONS CONTINUED

PARAQUAT

Do all paraquat dichloride product labels require additional training? All products featuring the active ingredient paraquat dichloride, such as Gramoxone, Firestorm, Helmquat and Parazone will require the additional training in order to apply these products. Remember, if the new training requirement is listed on the label of the product you are using, then you **MUST** complete the training.

Who is required to take this training? Any person who intends to use paraquat must be a certified applicator and is required to take the training.

How often am I required to receive the training? The training is required every three years. Check to make sure your training is current!

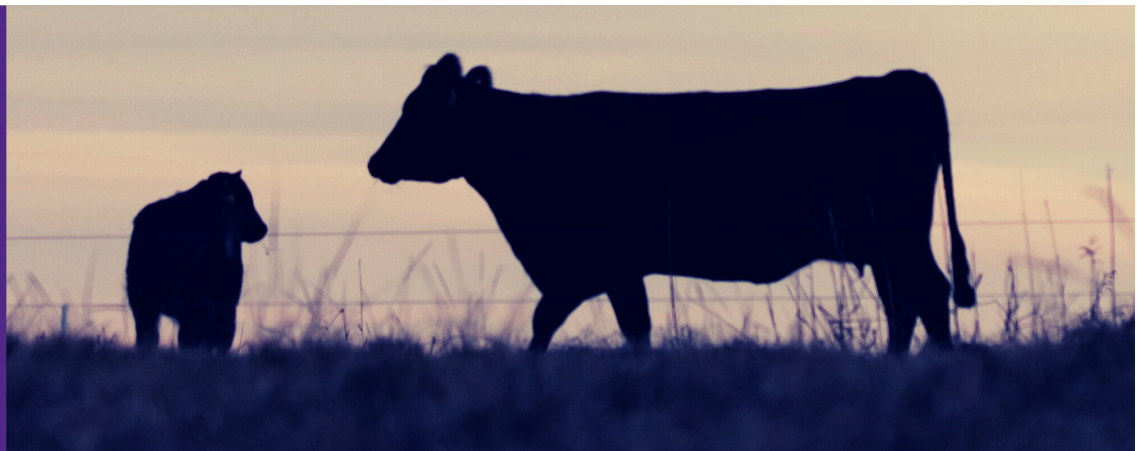
Do I need to be certified to use products containing paraquat dichloride? The newly labeled products state that "product must only be mixed, loaded or applied by a certified applicator who has successfully complete the paraquat-specific training before use. Application "under direct supervision" of a certified applicator is **NO LONGER** allowed. In the state of Kansas, this means that everyone purchasing and using these products has to either obtain a private applicator license or a commercial applicator license (see definitions above). If you have been applying under someone else's license in the past, you will need to get your own license before applying these products.

How can I complete the training requirements? The only training that meets the requirements is housed on the eXtension website and can be found by going to <http://usparaquattraining.com>. If you don't currently have an account, you will need to create one before it will allow you to take the training. For in-person training materials, please visit <https://npsec.us/paraquat>.

COW/CALF RISK MANAGEMENT WORKSHOP



FEB. 23, 2022
5:30 PM - 8:30 PM



REGISTER ONLINE BY VISITING
AGMANAGER.INFO/EVENTS



K-State Research and Extension recognizes the uncertainty that farmers and ranchers are experiencing due to fluctuating cattle and input prices. More than ever, risk management of the operation is critical to long-term sustainability.

This hands-on evening workshop will teach principles of **determining cost of production** for a cow/calf operation, **strategies for cattle marketing**, and **insurance products for price risk management**. Participants will work with a case farm to apply these topics to a real-world cattle operation. The goal is for participants to acquire risk management skills they can apply directly to their own operations.

Registration fee is \$15, payable at the local location that night.

4-H DISTRICT ROUNDUP



JANET HARKNESS

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4-H & YOUTH
DEVELOPEMENT
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Leadership, defined by Webster's as the **ability to lead other people**, is a cornerstone of our 4-H program. **Youth leaders** are a huge part of 4-H Ambassadors, 4-H Council, 4-H Clubs and 4-H projects. In 2022, West Plains 4-H is adding **another leadership opportunity with its teen school leadership program** through Bayer's Ag Innovators Experience (AIE).

Congratulations to Grady Gleason, Cally Cramer and Kayla George for being named to the **teen leadership team that is travelling to Champaign, Illinois, Feb 3-6, for training.** These youth will learn **how to teach this agriculture and careers curriculum**, train the trainer techniques for training additional team members from across Kansas, team and leadership skills, and all different aspects of agriculture. As part of the AIE program, a trip to Bayer in Kansas City, along with tours of eastern Kansas agriculture is **planned for the end of June.**

Each teen leader has **a goal of educating 50 youth, in grades 3-8, by the end of July.** Taking only 60 mins or less to complete, AIE teaches youth all about different aspects of animal and crop production using an escape room-style of teaching that is a **fast-paced, hands-on delivery that promotes teamwork among youth.** Be on the lookout for more information on how to add this exciting project to your 4-H Club, youth group, classroom, or after school program **by the end of February.**

We are still in need of teen leaders from West Plains 4-H for this program. If interested, please contact me to find out more!

-Janet 

**CONGRATULATIONS
WEST PLAINS 4-HERS**

**ADI GEORGE
-MEAT GOATS + FIBER ARTS**

**KAYLA GEORGE
-SWINE**

**ERIC SHAPLAND
-PHOTOGRAPHY**

Regional 4-H Record Book Finalists

Good luck in State Competition!

K-STATE
Research and Extension



4-H is going to the dogs!!

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

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

January 9 - Carpenter Building
February 6 - Carpenter Building
March 6 - Carpenter Building
March 27 - Carpenter Building

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



K-STATE
Research and Extension 

West Plains Club Days

4-H Public Presentations Competition

Saturday, February 12

United Methodist Church
Scott City

 More Information
Email Janet, jlp27@ksu.edu

REGISTER NOW



K-STATE
Research and Extension 

ACTIVITIES ROUNDUP

Finney County 4-Hers are already planning for the year ahead and busy with many activities! The 4-H Council met on January 24th in the Finney County 4-H building to discuss many 4-H topics coming down the pipeline. Emma Lightner detailed her trip to National 4-H Congress at this meeting, retelling all of the valuable knowledge she obtained. Also at the meeting, Hort. Agent Anthony detailed and received approval for two(!) upcoming 4-H gardening projects. Finney County Cloverbuds met on the 24th to learn about soil layers. Rylan Laudan explained all about steers on the 18th, helping 4-Hers as they get rolling with livestock judging.



SCOTT - 2/21
FINNEY - 2/24

**4-H
ARTS &
CRAFTS**

Cost - \$10 per youth





WIDE AWAKE

The December meeting of the Wide Awake 4H Club was called to order at 7pm December 14th at the Garden Bowl. In attendance, there were 17 members, 8 parents and 3 leaders. We voted that we would pay \$124.78 for the bowling party with the 4H account. Macy Hands moved that we make the motion. There were no other reports or project talks. The meeting was moved and adjourned. The January meeting of the Wide Awake 4H Club was called to order at 7pm at the 4H building. The roll call was, "What did you do over Christmas break"? There were 22 members, 9 parents, and 3 leaders. Jaylee Speer read the minutes. There were no reporter's report. The leaders report discussed the 4H days in Scott City at the first united church on February 14th. You can earn your pin by going to 4H days and doing different activities. It gives good public speaking opportunities. If you haven't enrolled in 4H, you need to do the ASAP. Record books need to be done. If you want to enroll in the play, you need to enroll beforehand. The parliamentarian tip was given by Katie Lobmeyer. Macy Hands shared the committee report. There was no devotion or current event. The song was led by Macy Hands. Project talks were by Emma Lightner on going to Atlanta with different 4Hers. Recreation was by Harvick Sowers and Jade Ardery. Jade Ardery moved that we adjourn the meeting. Meeting was adjourned.



KOURAGEOUS KIDS

Kourageous Kids 4-H meeting took place on Sunday December 12th at the 4-H building. 13 members were present. Awards from the achievement banquet were given to the members not present at the banquet. There was discussion about doing a play for 4-H Club Days. Members participated in chocolate bar gift exchange.



FINNEY FLYERS

The Finney Flyers meeting met Dec. 5th at the Garden Bowl. Nine members were present. Last months minutes were read. Aleah moved to approve the minutes. Motion was seconded. The treasurer report was given. We have a balance of \$2725.98. Aleah presented a bill of \$87.03 for the Veteran's Day parade. It was moved and seconded to pay the bill. Bills for the bowling party will be presented next month. Meeting was adjourned and members enjoyed bowling. The Finny Flyers meeting was called to order by Aleah at 4pm January 9th. Roll call of my favorite season was answered by 9 members and one leader. One member was absent due to illness. Minutes were read. Perry moved to approve the minutes as read. Motion passed. Kason gave the treasurer's report of \$2256.90. There was no reporter's report. Club Day will be February 12th in Scott city. Entries are due by January 25th. Kason gave a talk on notching pigs. Bethany told us how to make no bake energy balls. Perry told us how to make quiche and easy french toast. After recreation, Perry moved to adjourn the meeting. Kason seconded and motion passed. Next meeting is February 6th.



LAKE WIDE AWAKE

Our meeting on December 12, 2021, was attended by 18 members and 3 community leaders. Roll call was taken by sharing our favorite Christmas movie. We discussed writing goals for our projects. Landry gave a project talk on how to set the table for dinner. Bentley gave a project talk on the coffee table he is planning to build and the kind of wood he is planning to use. We have welcomed several new families to Lake Wide Awake. To all of our new members, we are so glad you have joined us! Our community service project in December was donations for residents at Park Lane Nursing Home. After our meeting was adjourned, we had our Club's Christmas party. Pizza was provided by the Club. We did a gift exchange of a sweet snack and a drink. Our recreation was the Saran Wrap Ball game. The Harkness and Mayo families each supplied a Saran Wrap ball for the game. We had a lot of fun!

Lake Wide Awake's community service project in October was donations for Operation Christmas Child boxes for a boy and a girl. Angie received notification that our boxes blessed children in Mexico.

In November, our community service project was donating items for Thanksgiving dinner to the Breadbasket. Also, Taulee delivered pumpkin decorations to Park Lane. Our members helped students at SCORE with a craft project in November. Shooting Sports hosted a Veteran's Supper on November 11, 2021. Taulee received many compliments on the great kids who volunteered. The event was a success because of the moms who prepared soup, the families who made desserts, and the volunteers who helped with the event.

Lake Wide Awake Club's community service project in December were donations to the residents of Park Lane Nursing Home.

ACTIVITIES ROUNDUP

January has been a busy month for Scott County 4-Hers! The month began with hot glue watercolor painting at the Scott Christian School, followed by crochet class on January 10th, and the Teen Educational Trip to Amarillo on January 15th-17th. In 2022 4-H National Shooting Sports Quiz Bowl news, 3 kids from Scott County participated this year. Wyatt Ricker placed first in Senior Individuals, Waylon Ricker placed 11th in Senior Individuals, and Avery Radke placed 25th in Junior Individuals.

