

# WEST PLAINS DISTRICT

EXTENSION NEWSLETTER



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

LUNCH HOURS EXCLUDED AND SUBJECT TO CHANGE

## FINNEY

☎ 620-272-3670

ANTHONY REARDON  
JENNIFER LASALLE  
RENEE TUTTLE  
TABITHA WHITTEN

## SCOTT

☎ 620-872-2930

CAROL ANN CROUCH  
JANET HARKNESS  
COZETTA O'DEA  
KAY HARKNESS

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# WEST PLAINS DISTRICT

## DATES ON GOING:

- **January 4th- December 6th:** K-State Garden Hour Webinar Series. 12:00pm-1:00pm

## DATES TO KNOW: JANUARY 2023

- **January 2nd:** West Plains District Offices closed in observance of New Year's Day
- **January 3rd-4th:** Scott County 4-H Photography Trip around Scott Lake.
- **January 4th:** K-State Garden Hour Webinar-Gardening Myths and Misconceptions. Noon-1:00pm
- **January 5th:** Advance Care Directives. Finney County Extension Office. Noon-1:00pm.
- **January 6th:** Advance Care Directives. Scott County Extension Office. Noon-1:00pm.
- **January 15th:** Wild West District Horse Bowl/Hippology Contest. First Christian Church, Hugoton, KS. 1:00pm-4:00pm
- **January 16th:** Scott County 4-H Rocketry/STEM Club Meeting. Extension Office. 4:00pm-5:00pm.
- **January 17th:** 4-H Record Books heading to Regional Judging Due to Extension Office by 5:00pm
- **January 18th, 25th, February 1st, & 8th:** The Power of Negotiation & Communication: Land Leasing Strategies for Midwestern Ag Women. William Carpenter 4-H Building. 5:30pm-8:30pm
- **January 18th:** New Year New You. Via Zoom. Every Wednesday- 6 Week Class. 6:30pm-7:30pm
- **January 19th:** 4-H Regional Record Book Judging. KSRE Regional Center. Garden City.
- **January 23rd:** Finney County 4-H Foundation Annual Meeting. Extension Office.
- **January 28th:** 4-H Horse Panorama. Rock Springs 4-H Ranch.
- **January 30th:** Walk with Ease. Location TBD. 4:30pm-5:30pm

## DATES TO KNOW: FEBRUARY 2023

- **February 1st:** K-State Garden Hour Webinar. More Plants from Your Plants- Intro to Plant Propagation. Noon-1:00pm
- **February 11th:** District Club Days. Garden City. Horace Goode Auditorium. 8:00am
- **February 24-25th:** 4-H Ambassador and Communication Training Event. Rock Springs 4-H Ranch.



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact two weeks prior to the start of the event at 620-272-3670. Requests received after the two week prior limit will be honored when it is feasible to do so.



FROM THE DESK  
OF THE *Director*

**Happy New Year from the staff here at West Plains Extension District.**

CAROL ANN CROUCH  
DISTRICT DIRECTOR  
FAMILY & CONSUMER SCIENCE  
CCROUCH@KSU.EDU

As we begin the new year, we have many opportunities for 2023 that many of you might be interested in. **We strive to offer timely relevant programs that will help our communities.**

If you need meal planning or need help with exercising or yard care, we can help. If you need to know more about mental health and stress, we can help with that.

Do you need help in Ag related transitions or getting your applicators licenses, we can help with that.

Youth development? That is our specialty. **Give us a call and let us know how we can help you in the new year.**

If we don't have the answers or solutions to help you, we can always try to find someone who can, with resources of over 105 offices across the state of Kansas and 200+ agents, we normally can find you your answers.

Check out our monthly newsletters to find out what is happening each month in the district.

# UPCOMING PROGRAMS



*Carol Ann* 





# Advance Care Directives

January 5, 2023  
Finney Co. Extension Office  
501, S. 9th Street  
Noon-1pm  
RSVP 620-272-3670

January 6, 2023  
Scott County Extension Office  
210 W. 4<sup>th</sup> Street  
Noon-1pm  
RSVP 620-872-2930

## Advance Care Directives

You don't have to be "old" to fill out your Advance Directives which are the papers that tell how you want to be cared for or your wishes at the end of your life. This isn't something that we want to procrastinate on. We don't know what will happen with our health or when our life will end.

## Don't Be a Statistic!

As long as you are able, you have the right to be:

- informed
  - decide your medical treatment.
  - Speak for yourself
  - Appoint someone to be your voice
- Unless you have these documents in place, decisions can be made on your behalf that don't align with your wishes. Sadly, less than one in four American adults have advance directives in place. Don't be a statistic!

## Why do we need them?

Do you worry about the medical care you would receive if you became ill and were unable to speak for yourself? By stating your health care preferences in writing before a health crisis occurs, you can ensure that you will receive the type or degree of care that you want. There are many different and unique documents to help you plan for your future. This class will give you valuable information and resources to plan for your future needs.

Now is the time!  
Get your End of Life Decisions in Place.

**K-STATE**  
Research and Extension

West Plains District  
Scott County

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



ANTHONY  
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# K-STATE GARDEN HOUR

It may be winter but learning about plants has no seasons! We hope you'll take a moment to register for the **2023 Season of the K-State Garden Hour Webinar Series**.

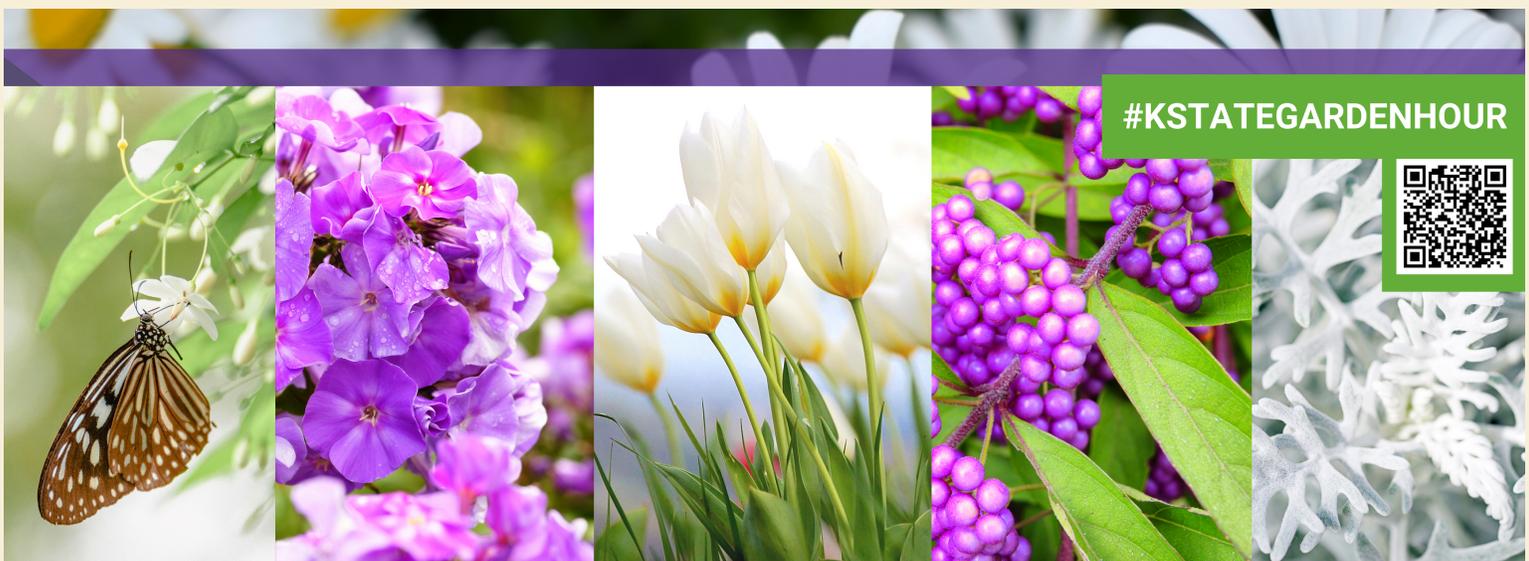
As in 2022, our free webinars will be at noon Central Standard Time on the first Wednesday of the month. That means **we're starting on January 4th!**

When you register, you'll be notified of upcoming webinar events and when the recording and handouts are available on the website (<http://ksre-learn.com/KStateGardenHour>).



## Would you like to see our 2023 lineup?! Here you go!

- January: Gardening Myths and Misconceptions
- **February: More Plants from Your Plants—Introduction to Vegetative Plant Propagation**
- March: Houseplants—Basics and Beyond
- **April: Growing to New Heights with Vertical Gardening**
- May: Drought-Tolerant Plants for a Challenging Kansas Landscape
- **June: Drought-Tolerant Lawns of Kansas—Warm Season Turfgrasses**
- July: Solutions to Your Top Garden Insect & Disease Problems
- **August: Integrating Native Plants Into Your Home Landscape**
- September: Seed Saving from Your Garden
- **October: Putting Your Garden to Bed—Winter Garden Prep**
- November: Topic to Be Determined
- **December: Beekeeping Basics—How To Start Your Own Colony**



# K-STATE GARDEN HOUR

Join K-State Research and Extension every first Wednesday of the month from 12:00 - 1:00 pm CST

# NEW YEARS RESOLUTIONS



JENNIFER LASALLE  
AGENT  
FAMILY AND COMMUNITY  
WELLNESS  
JLASALLE@KSU.EDU

January is the time we make those wonderful **New Years Resolutions**. We either promise to improve our attitude, spend less money, save more money, or spend more time with family.

**The most popular resolutions are to lose weight and get fit.**

The first week in January is "Diet Resolution Week". If this is your New Years Resolution keep these things in mind.



## PHYSICAL ACTIVITY



Getting adequate amounts of physical activity is important for good health, and is important for losing weight or maintaining healthy weight. Strong evidence supports that regular participation in physical activity helps people maintain a healthy weight and prevent excess weight gain. Further, physical activity, particularly when combined with reduced calorie intake, may aid weight loss and maintenance of weight loss. Decreasing time spent in sedentary behaviors also is important as well. Strong evidence shows that more screen time, particularly television viewing, is associated with overweight and obesity in children, adolescents, and adults. Substituting active pursuits for sedentary time can help people manage their weight and provides other health benefits.

**Need a program to help you become physically active? Join the "Walk with Ease" program. It starts January 30, 2023 at 4:30 pm-5:30 pm. For more information contact Jennifer LaSalle.**

## Losing Weight

There is no quick fix to lose weight. It is a long-term way of life that takes commitment, dedication, and patience. Don't get caught up in the "fad diets". You may lose weight, but it is not a long-term solution.

Getting started on your weight loss journey means changing your eating habits, getting enough physical activity, getting enough sleep and managing your stress.

Here are few things to keep in mind when starting you weight loss journey

1. Make a commitment
2. Take stock of where you are
3. Set realistic goals
4. Find Support
5. Check in to monitor your progress

**If you need that accountability, join the "New Year New You" class and learn some basic information and strategies on how to lose and maintain weight. This class will meet every Wednesday for 6 six weeks starting January 18 from 6:30 pm -7:30 pm via zoom. For more information, contact Jennifer LaSalle.**

# SLOW COOKERS, GREAT FOR PREPARING FAMILY MEALS

If your New Years Resolution was to save money by eating more meals at home, then this article is for you. Nutritious meals on a budget can be achieved easily by using a slow cooker or crock-pot. Yes, this 50 year old appliance is still as popular and useful today as it was back in 1970.

**The slow cooker has many benefits. It uses less electricity than an oven and is useful throughout the year.**

It's great in the winter months for cooking stews, soups and casseroles and great during the summer months as it does not heat up your kitchen. Because of the long low-cooking temperatures it helps tenderize less-expensive cuts of meat, saves time in meal preparation, and a variety of foods can be cooked in the slow cooker.

**Keep these things in mind when using a slow cooker**

- Consult the instructions that come with your slow cooker
- Vegetables cook slower than meat and poultry, so place the vegetables in the slow cooker first. Place the meat on top of the vegetables and top with liquid, such as broth, water or a sauce.
- Spray the inside of the cooker with nonstick cooking spray before using for easy clean up or use cooker liners.
- Fill the slow cooker no less than half full and no more than two-thirds full.
- Thaw frozen meat and poultry in the refrigerator before cooking it in the slow cooker.
- Keep the lid in place during cooking. Removing the lid slows cooking time
- Add grains at the end of the cooking process to prevent them from becoming mushy.
- Add milk, cheese, and cream during the last hour to prevent curdling.

**January is national slow cooking month.** So, get out that slow cooker and start preparing nutritional meals at home. By using your slow cooker it will save you time and money and maybe will be a New Years Resolution you keep.

## WHAT'S POPPING, POPCORN

**Popcorn is a staple snack that has been around for thousands of years.** It is a popular snack when watching movies and sporting events. Popcorn taste great and is connected to good times and the people we love. When I think of popcorn my thoughts go to my mother. She loved popcorn and made it every Sunday night while I was growing up. When the Miss American pageant was on TV my mother made a special treat, caramel popcorn.

This fluffy snack makes a dramatic transformation when heated. Early Native Americans believed there was a spirit inside each kernel. When heated, the spirit got angry, burst out of its safe home, and left in an unhappy puff of steam. But, the science tells a different story. Popcorn is the only type of corn that pops. The hull is thin enough to allow it to pop open. Inside each kernel is a small amount of water. As the kernel heats up, the moisture expands and turns into steam. **When the temperature reaches 347°F, the pressure inside the kernel reaches 135 pounds per square inch, and it explodes.** A single kernel expands to 40-50 times its original size. My mother always made popcorn on the stove, (not in the microwave oven). When my youngest son observed popcorn made this way he said "WOW, grandma, it's magic".

**Popcorn is a healthful whole grain snack.** It does not spoil an appetite, it's low in calories, has no artificial additives, is sugar-free in its original state, contains energy producing carbohydrates, and is a good source of fiber. Popcorn is good any time of year. **But, the day to celebrate this crunchy snack is January 19. Learn more at [www.popcorn.org/](http://www.popcorn.org/).**



**RENEE TUTTLE**  
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**Don't forget to renew or test for applicator licenses this winter! Call the Extension Office for study materials and more information!**

## 2023 Kansas Corn Schools

January 12, 2023  
Western Location, Oakley  
Buffalo Bill Cultural Center



### Premier Sponsor



### Local Sponsor



- 8:30 a.m. Registration opens
- 9:00 a.m. Welcome - Kansas Corn
- 9:15 a.m. "Update on Corn Tillers, What is next", Dr. Correndo & Dr. Ciampitti, K-State University
- 10:00 a.m. "Corn Planting Date x Hybrids", Dr. Haag, K-State University
- 10:45 a.m. Break
- 11:00 a.m. Policy Achievements and Ambitions - Kansas Corn (Greg and Josh)
- 11:30 a.m. "2023 Corn Markets & Cost>Returns", Dr. Daniel O'Brien, K-State University
- 12:00 p.m. Lunch
- 1:00 p.m. Wrap up

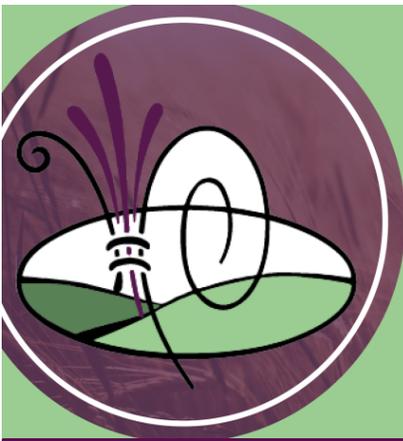
*Note: CCA and CEU credits will be applied for*

### Thank You to Our Local Sponsors

*Western Plains Energy LLC*

**Free to attend, but please register at [kscorn/schools](http://kscorn/schools) by January 6th**

**REGISTER TODAY FOR WINTER PROGRAMS!**



# GROW

Your Community | Your Operation | Your Tomorrow

**February 15-17, 2023**  
**Manhattan, KS**

[womenmanagingthefarm.com](http://womenmanagingthefarm.com)



Featuring Keynote Speakers:

- Brandi Buzzard- Small Talk, Meaningful Conversations**
  - Antonina Broyaka- War in Ukraine & Global Food Security**
  - Adrienne DeSutter- Sow Hope, Grow Hope**
- as well as many action-packed breakout sessions!

Pre-Conference sessions available--sign-up early as they can fill up!

- An Introduction to Quickbooks & Farm Recordkeeping**
- Advanced Quickbooks**
- Interactive Farm Safety**
- The Future of Drones on Your Farm**



**before Jan. 15, 2023!**

*Scholarships available!*

# The Power of Negotiation & Communication

*Land Leasing Strategies for Midwestern Ag Women*



**Lease  
Agreement  
Basics**



**Landlord/  
Tenant  
Relations**



**Negotiation/  
Communication  
Skills**



**Conservation  
Practices**

## **A 4-PART WORKSHOP FOR LANDOWNERS AND TENANTS**

2023: Jan. 18 | Jan. 25 | Feb. 1 | Feb. 8 5:30-8:30 p.m. CT

**William Carpenter 4-H Building**

609 Fairground Road • Scott City, Kansas 67871

**\$50 | REGISTER BY JAN. 13, 2023 AT**

**[www.agmanager.info/events](http://www.agmanager.info/events)**

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National Institute of Food and Agriculture  
U.S. DEPARTMENT OF AGRICULTURE



## JANET HARKNESS

AGENT

4-H & YOUTH

DEVELOPEMENT

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# 4-H DISTRICT ROUNDUP

The **Wild West District youth are hosting a Horse Bowl/Hippology Contest, Sunday, January 15th at 1-4 pm** at the First Christian Church in Hugoton. This will be a learning contest so if you would like to come see what the contests are all about, this is your opportunity. You do not need to be in the horse project to participate. Please RSVP to Judy Parsons at [judy78@ksu.edu](mailto:judy78@ksu.edu) by January 11th so that we have enough materials for everyone. There is no cost for this event.

**The 2023 4-H Horse Panorama is scheduled for January 28, 2023**, at K-State Salina. In-person and virtual contests are available to Kansas 4-H members enrolled in the Horse or Horseless Horse project including Horse Bowl, Hippology, presentations, photography, design and more.

The 2023 4-H Horse Panorama registration will be completed through Qualtrics at the link provided on the 4-H Horse Panorama website (<https://www.kansas4-h.org/events-activities/conferences-events/horse/horse-panorama.html>). **Registration is due January 10, 2023.**

**Virtual contests for 2023 will be Photography, Logo Design, Ad Layout, Poster, PowerPoint and Model Horse. Exhibits must be submitted via Qualtrics by 11:59pm, January 20, 2023.**

Participants in virtual contests need not be present at Horse Panorama to participate in the virtual contests. Members participating only in virtual contests will not be charged a registration fee. More information about the virtual contest can be found on the Panorama event webpage.

## Updates to Kansas 4-H Horse Project

Beginning with the 2023 4-H Program Year Kansas 4-H Horse Project Members, who are currently enrolled in the 4-H Horse Project are eligible to compete at the Kansas State Fair 4-H Horse Show if:

**1.) The horse is properly identified for the Kansas 4-H Horse Project** either by a) registering the horse with a breed association in the 4-H'ers or an immediate family member's name by June 1 of the current 4-H program year, or b) identifying with a Kansas 4-H Horse ID Form signed by the local Extension Agent by June 1 of the current 4-H program year. The 4-H member must have a copy of the 4-H Horse ID form signed by the local agent or a copy of the horse's registration papers on file with their local Extension Office by June 1 of the current 4-H program year.

**2.) Exhibit a properly identified horse at a horse show in a class group and be qualified to exhibit in any class included in that group.** The horse show need not be a "4-H" show. Shows may include: open shows, circuits, local associations (SCSHA, etc), breed/discipline associations (AQHA, APHA, NRHA etc.). Qualification for each group is based on one horse/rider combination. Exception: If a 4-Her qualifies more than one mare/gelding in the same halter class. In this case, another 4-Her can show the second horse in the appropriate halter class at the State Fair.

Group 1 Halter, Showmanship

Group 2 Hunter Under Saddle, Hunt Seat Equitation, Hunter Hack, Saddleseat Pleasure, Saddleseat Equitation

Group 3 Western Pleasure, Western Horsemanship, Trail,

Group 4 Ranch Rail, Ranch Pattern, Ranch Trail, Reining

Group 5 Barrels, Poles, Flags

**3.) Complete the Kansas 4-H Equine Webinar Safety Episode with quiz annually before completing the State Fair Entry.**

Complete online entry information for the Kansas State 4-H Horse Show via ShoWorks by August 1 of the current program year.

Exhibitors will be limited to entering only those classes in which they qualified for a particular horse.

Exhibitors should be prepared to show proof of exhibition via signed affidavit by show management.

The qualification period will be from October 1- August 1 of the current 4-H program year.



## Youth-Only Rabbit Show

SPONSORED BY HASKELL COUNTY 4-H RABBIT CLUB  
SATANTA COMMUNITY BUILDING, SATANTA, KANSAS

January 28, 2023

Lots of Prizes, including  
BIS: Show Grooming Stand; Reserve: Travel Cage



Registration 8:30-9:30 a.m.

(No changes after 9:30; all rabbits must be checked in by 9:30)

Youth contests begin at 10 a.m. – Show begins after contests

Show Fees: \$4.00 per rabbit

ARBA Judge: Dr. William Bryan

Showmanship: TBA

### YOUTH CONTESTS!

Showmanship  
Judging Classes  
Breed ID  
Best Bunny Costume

### ALL AGES CONTEST!

Photography – Open to all ages! Photo must feature one or more rabbits, and must be 5x7 or 8x10, mounted on photoboard or poster board.

### Show Rules:

- ❖ This is a carrier show. All youth must furnish their own carriers.
  - ❖ You are responsible for your own messes. Leak-proof carriers are required.
  - ❖ The Haskell County 4-H Rabbit Club, Wild West Extension Council, the Haskell County Fair Board, and all volunteers are not responsible in case of accident or injury occurring to contestants or animals.
  - ❖ Only youth 18 and under are allowed to enter this show, with the exception of the Photography contest. You need not be a 4-H member.
  - ❖ This show will be judged in accordance with ARBA Standards of Perfection.
- Entry indicates acceptance of rules.
- ❖ All rabbits must be permanently and legibly tattooed in left ear.
  - ❖ Prizes will be awarded for Best of Breed and Best Opposite Breed for any recognized ARBA breed with five or more entries. Prizes will also be awarded for Best in Show, and Best Opposite in Show.
  - ❖ Prizes will be awarded in each youth competition, according to the following age groups: 7-9; 10-13; and 14-18. (Youth under 7 are welcome, and will be judged in the 7-9 category).
  - ❖ Show coordinators reserve the right to refuse participation to any youth.
  - ❖ Show order will be posted the day of the show.

For more Information, contact:  
Secretary Celeste Kunselman, (620) 428-2243, [vestaceleste@gmail.com](mailto:vestaceleste@gmail.com)  
Superintendent Charly Horinek, (620) 272-6016, [chorinek@gmail.com](mailto:chorinek@gmail.com)

Concessions available! Join us for a FUN day with bunnies!



Happy Hustlers and Sherlock Strivers participated in December's Christmas Parade in Finney County. Such a sight to see.



Wide Awake had their December meeting and Christmas Party. Let the games begin! Oh, what fun they had.



## FINNEY FLYERS

The November meeting for the Finney Flyers 4-H club was called to order on November 6, 2022 in the kitchen of the 4-H building by president Aleah Eatmon. There were 8 members present. The role call was "what's your favorite thanksgiving food?" the club planned to meet at the 3 parking lot to decorate the float for the veterans day parade. We also decided to bring Hats and gloves to the next meeting for the Emmaus House. The club partnered with the Wide Awake 4-H club to set up for the banquet held that Sunday. The club's next meeting is going to be held on December 4, 2022 in the 4-H building; the meeting was adjourned by president Eatmon. On Saturday November 12, 2022 the club met at the 3 parking lot, 7 members were in attendance each having brought a bag of candy to hand out. Aleah brought signs for the float, the club had a great time being together on the float. Club reporter Abigail Elam

## BEACON BOOSTERS

Beacon Booster's November meeting was held on November 28, 2022 at the Finney County 4-H Building. The club started the meeting by playing head, shoulder, knees, and cup. There were 13 members present. The club leaders did installation of the 2022-2023 club officers. The club was recognized at Fall Fest for participating in the giant pumpkin and untamed garden projects. The club voted to do a club skit in the county club days. The club celebrated November birthdays. Club member Brayden Robinson brought ice cream cake for his birthday. The next meeting of the Beacon Booster 4-H club will be the parent lead meeting. It will take place December 19, 2022 at 4 p.m. The club will meet at Sam's Club to do bell ringing for the Salvation Army. Following bell ringing, the club will meet at Hidden Trail Brewery for the meeting and holiday party. Reporter, Jake Knoll

## WIDE AWAKE

The Wide Awake 4-H December meeting was called to order on Sunday, December 11th at 6 pm, in the Grandstand Room at the Finney County Fair Grounds. 24 Members in attendance completed Roll Call stating their Favorite Thing about Christmas. November Meeting Minutes were approved as read. With no old business, new business included a report from Emma Lightner. Lightner stated the Wide Awake club was able to complete 14 Operation Christmas Boxes with donations given at the November meeting. Following the update, a motion was moved and approved to donate money to help cover some of the shipping costs for the boxes. The meeting was adjourned and the Club Christmas Party commenced. Respectfully Submitted by Brooke Basham

