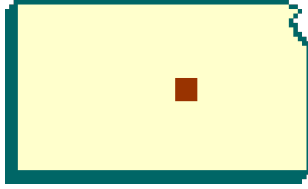


McPherson County



K-State Research & Extension
600 West Woodside, McPherson KS 67460
620-241-1523 FAX 620-241-3407
www.mcpherson.ksu.edu

February 2018



Living Well

Jana McKinney
County Extension Agent
Family & Consumer Science



Keeping the Farm IN the Family....March 20, 2018

Do you wish to honor your family while building and transitioning the family business? If your answer is yes, then you have important decisions to make and actions to take. In this informative and interactive conference, we'll learn lessons from researchers and leaders across the state of Kansas. Attendees will leave with new knowledge and strategies to grow their business and secure farm assets for future generations to come.

More information to come, check the Ag Section of the newsletter, Shad has included more information on this event!

Insurance Basics Friday, February 9, 2018 10:00 a.m.

Do you know the difference between a Discount Health Plan vs Health Insurance?

Friday, February 9 at 10 a.m., Clark Schultz, Assistant Kansas Insurance Commissioner will be in McPherson at the McPherson County Extension Office to give an educational program on Insurance. He will be covering more information on health insurance and the options available.

Health Insurance is a constantly changing environment. While there aren't any easy answers, it helps to understand the options that are available to you and to have a better understanding of the terms associated with insurance. This is a free program offering. Clark will give a presentation followed by time for questions and answers.

Join Walk Kansas 2018 – Celebrate Healthy Living March 18 - May 12



Walk Kansas is an 8 week healthy lifestyle challenge. Gather your team of six people by March 16. Register online at www.walkkansas.org or you can get a packet from the McPherson County Extension Office after February 15.

There are three different paths to take this year. Start your journey toward a healthier life! More information to come soon. If want more details, please contact Jana at 620-241-1523 or email jmckinne@ksu.edu The cost this year is \$8. There are also options to purchase t-shirts as a team.

Are you a Veteran? Thank you for your service! Rebecca Sharpton is the contact person for our county to help you with your questions regarding Veteran Benefits! She is a wonderful resource. It is important to make an appointment to get your questions answered; you can reach her at 785-823.2862. This is through the Kansas Commission on Veterans' Affairs Office.



REBECCA SHARPTON
VETERANS SERVICES REPRESENTATIVE

1502 E. Iron Ave., Suite B
Salina, KS 67401
kcva.ks.gov

Phone: (785) 823-2862
Fax: (785) 452-9304
rebecca.sharpton@ks.gov

Rebecca will be at the Bank Building on Marlin street on the 2nd Tuesday of each month in the morning. She is on the 2nd floor in the conference room. It is a first come first served basis and appointments typically take 30 minutes each. She is also in Lindsborg on the 2nd Tuesday of each month in the afternoon at the City Building, Conference Room.

Money Moment: Family and Finances



Financial problems are usually behavior problems rather than money problems. We spend to experience the feeling associated with an object or service. Nothing is worth risking a relationship. One of the quickest ways to destroy a relationship is allowing a love of things to take a higher precedence over a love of each other.

If a family develops warm, loving relationships with each other, the “need” to acquire material items is considerably reduced. Financial freedom is more often the result of decreased spending than of increased income.

Find ways to cut expenses, such as decreasing the amount of cash you carry, and never making a large purchase without discussion.

In April, McPherson County Extension Office will be offering a program called Money Talk: A Financial Guide. If you are interested in participating in this class, please let me know as I will be pre-ordering books at \$18.50 for the workbook (which is a special reduced price). The workbook is targeted to women; however, I believe that couples need to be familiar with the finances.

Topics include Financial Basics, Insurance Basics, Investing Basics, Investing for Retirement, and Planning for Future Life Events.

By the end of the section, a participant will be able to establish financial goals that are S.M.A.R.T, conduct a Financial Checkup, and calculate their own Net Worth. This section also provides a dozen tips to improve one's financial fitness.

The valuable information and insight provided in this book are basically a crash course in everything one needs to know about personal finance.

Call 620-241-1523 by February 14 to reserve your copy of the workbook for class sessions that will be offered in April/May. Reserved books will be \$18.50. At the door prices will be \$28.00

Relationship Tip of the Month

SLEEP. Yes, that's the tip this month. We all know that getting enough sleep is vital to our well-being, including our interpersonal relationships.

Sleep impacts relationship quality: Sleep affects lots of different areas of function. One of them is emotional regulation. When we are sleep-deprived, we don't regulate our emotions well and can react to situations with less control. That reactivity without regulation can cause inappropriate responses to our intimate partners and work colleagues and put unnecessary strain on those relationships.



Relationship health impacts sleep quality: Healthy marriage provides partners with a sense of security. Among other positive impacts, healthy relationships improve sleep quality.

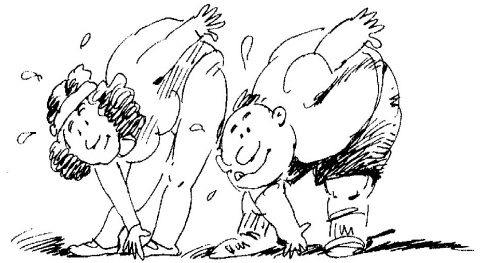
SLEEP. It's healthy for your relationship, and a healthy relationship helps you sleep. Pass it on!

Healthy Lifestyle Tips for Losing Weight and Keeping it off

Successful weight loss (losing weight and keeping it off for at least five years) is accomplished by making positive changes to both eating habits and physical activity patterns.

Ten Red Flags That Signal Bad Nutrition Advice

1. Recommendations that promise a quick fix
2. Dire warnings of dangers from a single product or regimen
3. Claims that sound too good to be true
4. Simplistic conclusions drawn from a complex study
5. Recommendations based on a single study
6. Dramatic statements that are refuted by reputable scientific organizations
7. Lists of “good” and “bad” foods
8. Recommendations made to help sell a product
9. Recommendations based on studies published without peer review
10. Recommendations from studies that ignore differences among individuals or groups



Get moving!

To establish a habit of regular physical activity, make simple, small changes. Try getting 30 minutes of physical activity most days of the week. Try a variety of different activities to ward off boredom, i.e. instead of meeting a friend for lunch, meet for a walk.

Eat a wide variety of foods

Variety is the spice of life! Eating a variety of foods helps provide vitamins, minerals, fiber, and phytochemicals, all of which may help reduce chronic disease risk. You don't need to give up favorite foods when trying to maintain or lose weight.

Tailor portion sizes

An important part of healthful eating is monitoring portion sizes. This can be especially challenging when eating in restaurants. When eating out, divide the meal and take half home for the next day, split a meal with a friend, or order an appetizer as your main course.

Quick Fixes

Experts caution against believing “miracle” weight-loss advertisements and products. The true secret to weight loss is reduced input of calories and increased output which burns calories. Eating a balanced diet and exercising for 30 minutes every day will equal healthy weight loss. There are a variety of products that claim to cause weight loss, but have not been proven to be healthy nor effective. Be cautious when looking for a quick fix to weight loss. If it sounds too good to be true, it probably is.

Food Safety Training



McPherson County Extension Office provides food safety training for employee level as well as managers. These training sessions are available on an as-needed basis. ServSafe curriculum is followed. Food Safety is very important and something we take for granted. So if your workplace, church or youth organization would like a training; contact Jana to set up a training.

Currently working to plan a Manager's session for February. This will be a one-day training. Cost is \$40 just for the test. Or if you need a book, some used copies are available for \$50 each, or you can order your own from Amazon (make sure it has an answer sheet) or I can order for you. There is an updated version, now using Version 8.

Food Handler's trainings are available for employee level and also qualifies participants to volunteer at The Lord's Diner in Wichita. These training take about 1 hour and can be scheduled by talking to Jana.

Traveling Abroad with Medicare?

Supplemental plans C, D, F, G, M and N offer some foreign travel emergency care, up to the plan limits (listed on the chart in the middle of the supplement shopper's guide). Some of the older plans also had this coverage. According to the Medicare website there is a \$250 deductible, then the plan pays 80% of the billed charges for certain medically necessary emergency care outside of the U.S. if it begins during the first 60 days of the trip. There is a lifetime limit of \$50,000. If you incur expenses, you will have to pay for the service then submit to the Supplemental plan company an itemized expense in English for reimbursement.

<https://www.medicare.gov/Pubs/pdf/11037-Medicare-Coverage-Outside-United-Stat.pdf>

Stay Strong, Stay Healthy



Stay Healthy, Stay Strong starts February 20

Stay Strong, Stay Healthy (SSSH) is an evidence-based, eight-week exercise program for older and sedentary, middle-aged adults. The hour long class meets twice each week, and includes strengthening exercises. Participants learn the exercises and begin to improve strength and balance. After eight weeks, participants are encouraged to continue this program at home or with a community group. Participants will help determine the class time. Three pieces of equipment are used: a chair, hand weights and adjustable ankle weights. Weights will be provided for class participants to use. If interested, please contact Jana at 620-241-1523 or email at jmckinne@ksu.edu This program is \$20.00 will be held in Galva.

The classes will be held on Tuesdays and Thursdays at 4 p.m. at the Galva Christian Church. **Registration is required in advance.** Forms are available at the Extension Office or from a TOPS member in Galva. This will be a fun way to exercise! It's never too late to increase your strength and flexibility. We will start slow and you can build at your own pace. Class lasts about 1 hour including warm-up and cool down.

Kitchen for Rent - Commercial Space for Licensed Individuals

Incubator kitchens, which are food facilities that have multiple users, can be a good resource for small food business startups. The overhead costs of using an incubator kitchen can be much lower than renovating, building, or renting a facility. Many incubator kitchens also have commercial equipment that might be cost prohibitive for a small startup. For “cottage food” (foods made at home for sale directly to the end consumer) businesses, the incubator kitchen provides a separation from personal use kitchens.

If you are a small business in need of a commercial kitchen, this resource is for you! Find other Kansas incubator kitchens available at:

<http://agriculture.ks.gov/docs/default-source/fsl--handouts/incubator-kitchen--vertical2017.pdf?sfvrsn=8>

Bread Sculptures at Kansas State Fair



“Find Your Fun” and have some fun with food! A new contest for county fairs and the State Fair has been developed by the Kansas Wheat Commission to bring out your creativity with bread sculptures. The Kansas Wheat Commission recommends having a county contest to send the winner on to the State Fair. But, individuals may still enter their item in the “Open Class” Bread Sculpture contest at the State Fair. Judges will consider creativity, originality, imagination, attention to detail, design, color, and instructions. For more information, the contest flyer can be found at <http://www.rrc.k-state.edu/judging/index.html> under “Foods & Nutrition.” For questions, please contact kswheat@kswheat.com or Nicole.Jaskoski@ks.gov



Ag News

Shad Marston
County Extension Agent
Agriculture and Natural Resources

February is here and we are still in need of some moisture here in all parts of McPherson County. This last week, I was able to go on the tillage tour as we charted information across our county on wheat conditions, conservation practices and pasture management. It was good to get out in the heartland of our county and see all the different practices our farmers use in their own operations. I'm not sure all the wheat planted in the fall is going to make it till harvest time. Our dry weather pattern has had an impact on our current wheat condition and will have to change for some of our wheat acreage to make it till June. I'm sure many farmers are waiting to see what happens in the next few months. Many farmers are exploring alternatives if the wheat does not show promise. Please use your local extension office to gain information on many of the additional practices a farmer can do to help the bottom line.

Cow Calf School

McPherson County has a long tradition of putting on a well attended, fun filled evening with great food and fellowship along with education for the area cattlemen that attend the annual Cow-Calf school. Please plan to attend this year's event on Thursday, February 8 at the Evangelical Covenant Church at 102 S Washington Street, Lindsborg Kansas. Our evening will start with a meal at 6:00 p.m. by Scott's Catering and then move right into the program. Dr. Twig Marston of Hubbard feeds will be talking about effectively utilizing your feed sources in these challenging times. I'm sure if you know Twig, this will be an entertaining presentation. Also, we have Dr. A.J. Tarpoff coming to tell us ways of Managing the Calving Process and Health Considerations of Newborn Calves. We have a great list of sponsors this year that will allow us to keep the meal price at \$5.00. Sponsors will have the opportunity to have a booth and will answer any questions you may have about their products. Be sure to RSVP by email to tregehr@ksu.edu or calling the Extension Office at 241-1523, you won't want to miss it.



Farm Forum is February 13th

The 33rd Annual Farm Forum will be Tuesday, February 13th at 6:30 a.m. at Perkins Restaurant, 2111 E. Kansas Ave. Featured speaker is The Voice of the Plains – Duane Toews, Farm Director for KFRM 550 AM Radio. Other program highlights include recognizing the McPherson County 2017 Farm Family of the Year- Arlyss & Letha Schroeder of Inman and 2017 Friend of Agriculture- Mary Jane Lauer of Canton. The breakfast buffet is \$10/person and reservations are required by calling the Chamber at 620-241-3303 by Friday, February 9th. If you would like to make a financial donation to help with the overall Farm Forum expenses, let us know by February 9th so we can include you among the sponsors.

Dicamba Training\Certification

February 27, 2018 1:30pm
Extension Office Meeting Room.

As we embark on the 2018 growing season, producers should be aware that dicamba herbicides Engenia, FeXapan, and XtendiMax have been reclassified as Restricted Use Pesticides (RUPs). In order to purchase and apply these herbicides, you must be certified as a private or 1A (Agriculture Plant) commercial pesticide applicator. In addition, anyone planning to apply these herbicides this coming season will be required to attend dicamba or auxin specific applicator training. In Kansas, these trainings will be sponsored by K-State Research and Extension, as well as industry representatives from BASF, Dow/Dupont, and Monsanto. It will be the responsibility of the applicators to obtain this training before the application of these herbicides.

The purpose of these trainings is to cover the label changes and application requirements in detail and provide information on what you, as an applicator, need to do to meet these requirements. The labels for these herbicides include mandatory record keeping requirements, modified wind speed restrictions (3 to 10 miles per hour only), limited times of day that applications can be made (between sunrise and sunset), a revised list of sensitive crops and sensitive sites, buffer zone requirements, and revised sprayer cleaning procedures and documentation. Jeff Shoup of Monsanto will also be here to answer any of your herbicide questions.

Farm Succession
March 20, 2018
Meridan Center, Newton KS

Do you wish to honor your family while building and transitioning the family business? If your answer is yes, then you have important decisions to make and actions to take. In this informative and interactive conference, we'll learn lessons from researchers and leaders across the state of Kansas. Attendees will leave with new knowledge and strategies to grow their business and secure farm assets for future generations to come. Topics that will be covered by K-State Research and Extension specialist include Handling Farm Stress, Communication, Long Term care planning, estate planning along with covering Kansas new tax laws. Plan to attend, if you need more information please call Jana McKinney or myself at the Extension Office. This program is being sponsored by McPherson, Harvey and Marion counties.



Tractor Safety Operator's Course
Saturday, March 10 — 9:00 a.m. –5:00 p.m.
Reno County Extension Office
2 West 10th Avenue, South Hutchinson KS 67505

PURPOSE OF COURSE & TEST:

To provide teenagers with a fuller appreciation and awareness of needed safety practices around tractors and farm machinery. As well as provide 14 & 15 year old youth an opportunity to receive a tractor operator's permit, required by the Child Labor Regulations in regard to agricultural hazardous occupations before they can be employed to operate a tractor.

WHO MAY PARTICIPATE:

14 & 15 year olds. Those completing the course and test will receive an operator's certificate upon completion. Those who are 16 or older do not need an operator's certificate, but are welcomed and encouraged to attend.

COST:

\$25.00 - made payable to the McPherson County Extension Council

ENROLLMENT:

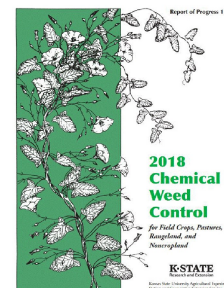
All participants will need to complete a registration form in order to participate. Youth must pre-register and pick up their manual prior to the class. Registration forms can be filled out or picked up at the Extension Office when picking up the manual.

Sponsored by Reno and McPherson County Extension Councils. For more information contact Shad Marston 620.241.1523 or Darren Busick 620.662.2371.

K-State 2018 Chemical Weed Control Guide
now available online

The new 2018 Chemical Weed Control guide is available online at
<https://www.bookstore.ksre.ksu.edu/pubs/chemweedguide.pdf>

The Extension Office has this publication available to pick-up as well.





The **Sunflower Supreme Replacement Heifer Program** is a joint effort between K-State Research and Extension and the Kansas Department of Agriculture to provide research-based best management protocols for beef cattle producers. This program is for Kansas producers who want to improve their management techniques and marketability of heifers or in this case, “Replacement Heifers”.

With the reduction in total cows numbers occurring in the United States, cattle producers who offer a value-added product have the opportunity to be at the fore-front of filling this void in cow numbers.

The purpose of this program is to provide cattle producers “best management” guidelines for replacement heifers and provide educational opportunities for improvement in revenue, reproductive success, and longevity within their cattle operation.

Producers involved in this program will work with their veterinarian, local extension agent, and livestock markets to generate a quality product for sale.

The primary areas of emphasis in this program include:

- * Vaccination and health guidelines
- * Reproductive management tools to improve breeding success
- * Evaluation of sires to minimize calving difficulty
- * Marketing opportunities
- * Data collection and management for improved herd records

Contact me at the office or go to <http://sunflowersupreme.org/> for guidelines and requirements of the Sunflower Supreme Replacement Heifer Program.

Update on Possible Impacts of January's Cold Temperatures to the Kansas Wheat Crop

The extent of possible winter damage to the developing wheat crop due to low temperatures will depend on several variables including:

- Crop development
- Extent and duration of low temperatures
- Soil temperature
- Soil moisture
- Snow cover

Minimum air temperatures and their duration are the leading factors in any possible winter injury. However, it is important to remember that the crown is protected by the soil during this stage, so factors other than air temperature also need to be considered. For instance, crown insulation by the soil (influenced by seed-to-soil contact at sowing and sowing depth), crown root development, above-ground crop development, soil temperature, soil moisture, snow residue, crop residue, and how well the crop acclimated during the fall, will all influence the crop’s response to below-freezing temperatures at this stage.

The effects of the cold temperatures could be magnified by dry soil conditions and poor fall development due to late sowing across the state; thus, the potential for winterkill exists, especially in north central Kansas where very cold temperatures were sustained for a long period of time. In this region, 2-inch soil temperatures reached single digits and might induce winterkill. However, for the remaining regions of the state, soil temperatures appear to have been maintained above single digits at 2-inch depth, which will help the crop withstand the winter. Snow cover may also have helped winter wheat survival. Fields where there was no snow cover were more exposed and may have sustained greater levels of damage.

It is difficult to truly assess the extent of the damage at this point. Thus, producers should not take any immediate action. While foliage damage will be apparent a few days after the cold event, the first apparent sign of freeze injury being leaf dieback and senescence, symptoms of winterkill will only be apparent at spring greenup. This is when the crop starts to take up water and nutrients for spring growth. Damaged leaves will appear burned back and dead, but that is not a problem as long as newly emerging leaves in the spring are green. Provided that the crown is not damaged, the wheat will recover from this foliar damage in the spring with possibly little yield loss. If damage to the crown occurred, the crop will not greenup in the spring or will greenup for a short period of time using existing resources, and perish shortly after. In any case, we will only be able to assess the true extent of the damage at spring greenup.



Clover Corner

Lindsey Friesen
County Extension Agent
4-H Youth Development



Happy February! More than 1/3 done with the 4-H year? Wow...hard to believe. Do you feel like you are well into your way of exploring and learning about your projects? Hopefully project meetings have begun within your club! If you are interested in hosting a county-wide project experience, let me know! Please don't forget to re-enroll at ks.4honline.com. Remember, projects can be dropped or added until May 1! There are a lot of important dates in this newsletter, so read carefully!
~Lindsey

February Dates

- 1 4-H Council
- 1 Development Fund Drive begins
- 17 4-H Club Days
- 18-19 Citizenship In Action

4-H Council

Council Representatives- Don't forget about the meeting on February 1 at 7 PM! Our Kick-Off meeting in January had fantastic turnout. Please make sure you have representation from your club! (2 youth, 2 adults) Find an alternate if you cannot make it!

Community Club Leaders

A Community Club Leader informational meeting will be held on Thursday, March 1 at 7:00 PM. This is the same day, but off month of council, so hopefully each club will be able to have at least one leader present. If there are specific topics you would like to learn about, discuss or share with others, please let Lindsey know!

Publish Your News

If you have news, dates or activities to share with other 4-H'ers, get them in the 4-H Clover Corner! Articles or dates you would like in the March publication need to be to Lindsey by February 15. Email them to FriesenL@ksu.edu

4-H Club Day

4-H Club Day registration is due by Feb 1. Please visit the following link if you still need to register: <https://tinyurl.com/2018MultiCo4HClubDayIndividual>. If you still need to register a group event, please call Lindsey for more information.

Be checking your email in the coming week for more schedule information and club assignments. We look forward to seeing you on Feb 17! REMEMBER- even if you did not register, still come support your fellow 4-H'ers, assist with tasks, complete pickle power or horticulture/photography judging!



4-H Development Fund



The annual 4-H Development Fund Drive for McPherson County gets underway in February! Each 4-H club has a list of possible donors to contact. There were several contacts last year that were never even made! It is vital that all contacts are made to help us reach our goals!! The Development Fund is an important part of the 4-H program. Contributions help in the following ways:

- Scholarships to 4-H Camp, Discovery Days, KYLF, National 4-H Congress, and High School Seniors
- Fair Premiums
- Educational materials and supplies
- Record Book Awards
- T-Shirts for all new members
- Donor Recognition
- Leader Trainings/Recognition
- Family Fun Events and other activities

4-H Camp

ATTENTION 3rd-7th GRADERS - Come join the fun at Rock Springs 4-H Center. Camp is June 13-16 for regular campers. Check-in will be approximately 2 PM at Rock Springs. Registration will begin in March so keep your eye open for website details. Cost of Camp will be \$223 for full time. There will also be an optional bus fee again this year. Because of extra Tractor Supply Paper Clover funds, the camp scholarship for any 4-H member attending regular camp will go up to \$60 this year! You must write a paragraph about why you want to attend camp and type it in during camp registration!

1st and 2nd GRADERS - We have a special opportunity just for you... Rookie Camp! We will again be offering two sessions for this amazing camp this year!! When you register online you will be asked if there are any sessions that you cannot make work with your summer schedule. No session is guaranteed, but we will do our best to try to accommodate schedule conflicts. Session 1 will be June 13 (afternoon) to June 14 (evening) and Session 2 will be June 15 (morning) to June 16 (afternoon). Rookie campers will be able to ride the bus to camp for session one or home from camp for session two. The other transportation will be up to parents.



ATTENTION 8th-12th GRADERS - Counselors must be 8th grade and above (preference will be given to 9th grade and older). Applications are available in the Extension Office and due by April 26. Camp counselor training will be June 12-13 at Rock Springs. The counselor fee will be paid this year by the McPherson County 4-H Development Fund.

DISCOVERY DAY

Discovery Days will be held May 29- June 1, 2018. Registration forms will be available in early March and due in April. Discovery Days is open to anyone 13 and older before January 1, 2018 and is held on the K-State Campus in Manhattan. For information, please call the Extension Office or check the state website at www.kansas4-h.org.

Shooting Sports

- Archery:** April 5 thru June 28 – 6:30 pm Thursday at Smoky Valley
- Shotgun:** June 3rd at 4:00 pm at Double E until September 2
- Rifle:** starts February 12, 19, 26; March 5, 12, 19, 26; April 2, 9, 16, 23, 30; May 14, 21, 28
4-H Building 6:00-8:00

Fees will be discussed on first meeting of each class.

Kansas Jr Producer Days

Specie producer days are held to provide educational material and hands-on experiences for youth, parents, leaders, and extension agents. Various speakers share information on topics such as selection, nutrition, showmanship, fitting, reproduction, feeding, and disease control. Talks, demonstrations, hands-on activities, and door prizes are present at all events.

2018 Junior Sheep Producer Day

March 17, 2018

Weber Hall, Kansas State University, Manhattan, KS
Early Registrations Due: February 23, 2018

2018 Junior Meat Goat Producer Day

March 24, 2018

Weber Hall, Kansas State University, Manhattan, KS
Early Registrations Due: March 2, 2018

More information and registration can be found online at: <https://www.asi.k-state.edu/research-and-extension/youth-programs/ks-jr-producer/index.html>

Horticulture

Willie and the Beanstalk! Join this All University Open House Growing Contest! The challenge is to grow the largest soybean plant in a 47 day time span and document the effort! This contest is open to any 3 person teams of K-12 students in Kansas. McPherson Agriculture Agent, Shad Marston, is willing to help get you started in this event, contact him at smarston@ksu.edu. Growing would begin no earlier than Feb 26 in order to be ready for K-State Open House!

Tagging and Weigh Days

Plans are being made for spring tagging. Please watch your email for up to date information as it is finalized!

Dog

A Kick-off Meeting for all youth interested in the Dog project will be Tuesday, February 6 at 7 PM. We will meet at the Extension Office Meeting Room. We will begin looking at the year and planning meetings. No dogs will come to this first meeting. Hope to see you there!

Photography

Photography meetings have begun! Our next meeting will be Thursday, February 1. Emails have gone out to all enrolled Photo Members, if you have not received these or are still interested in signing up for the project, please call the Extension Office!

K-State Research & Extension
McPherson County
600 West Woodside
McPherson KS 67460

RETURN SERVICE REQUESTED

AGENT CONTACT INFORMATION

Jana McKinney
County Extension Agent
Family & Consumer Science

jmckinne@ksu.edu

Radio: Wednesday, 7:25 a.m.

Lindsey M. Friesen
County Extension Agent
4-H Youth Development

friesenl@ksu.edu

Radio: Thursday, 7:25 a.m.

Shad Marston
County Extension Agent
Agriculture and Natural Resources

smarston@ksu.edu

Radio: Friday, 7:25 a.m.



K-State Research and Extension is an equal opportunity provided and employer. K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact Lindsey Friesen at 620.241.1523.