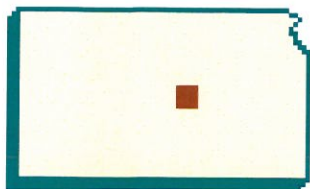


McPherson County



K-State Research & Extension
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620-241-1523 FAX 620-241-3407
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April 2019



Living Well

Jana McKinney
County Extension Agent
Family & Consumer Science



What is Home Health?

Mark your calendar for Wednesday, April 24 to attend an educational session presented by Sandy Pontious, Home Health nurse and advocate! Sandy will be presenting two sessions, covering the same information.

4:30 p.m. OR 6:30 p.m.

Both Sessions will be offered at the McPherson County Extension Office Meeting room. These sessions are free, will last approximately an hour including time to ask questions.

Home health care is a wide range of health care services that can be given in your home for an illness or injury. Home health care is usually less expensive, more convenient, and just as effective as care you get in a hospital or skilled nursing facility (SNF).

And, Medicare will cover these services. YOU or your loved one may not be ready for Home Health; but there may be a time when you wish you knew more about your options! Please, come learn. It will be beneficial! We promise.



Stay Strong, Stay Healthy



Stay Strong Stay Health – Level 1 and Level 2 (NEW)
Stay Strong, Stay Healthy (SSSH) is an evidenced based eight-week program for older adults that meets the recommendation for healthy muscle strength. The program's goal is to improve health and quality of life.

The program's goal is to improve health and quality of life. The hour long sessions meet twice each week. They include warm-up exercises, strengthening exercises with or without weights, and cool-down stretches. Participants are also encouraged to do the exercises on their own once more during the week. Over the eight weeks, participants learn the exercises and begin to improve strength and balance.

We are currently planning for classes to be held starting in May. One class will meet on Monday and Wednesday mornings at 9 a.m., and a second class will be held on Tuesday and Thursday afternoon at 2:30 p.m. We are offering a Level 2 class as well, you must have completed a Level 1 class to advance to Level 2, and your doctor must authorize your participation as well. Level 2 does involve getting on the floor for some of the exercises, Level 1 does not. Please call 620.241.1523 if you are interested in signing up.

It is a \$20 class fee. All weights and materials are provided for you. Men and women are welcome!



“Walk. Run. Dance. Play. What’s your move?”

Move Your Way is a physical activity campaign from the

U.S. Department of Health and Human Services to promote the recommendations from the Physical Activity Guidelines for Americans.

The Move Your Way tools, videos, and fact sheets have tips that make it easier to get a little more active. And small changes can add up to big health benefits!

Physical activity can make daily life better. So get more active — and start feeling better right away!

Boost your mood
Sharpen your focus
Reduce your stress
Improve your sleep

No matter who you are, you can find safe, fun ways to get active— to move your way

Walk Kansas is underway! It started March 17 - May 11. If you missed getting registered and still want to participate – you can, no problem. You are a bit behind, but it’s a great way to encourage you and your teammates to exercise! Check it out at www.walkkansas.org. Use the My WalkKansas tab to get your team registered.



Do you struggle with making good food choices? Healthy eating can happen with one step at a time. It can be simple! The U.S. Department of Agriculture has released a new

initiative to help consumers meet their health goals. It is called **Start Simple with MyPlate**. Focus on whole fruits. Add fruit to a bowl of cereal for breakfast or grab one for an easy snack. Don’t forget that canned and frozen fruits are great choices when your favorite fresh fruit is not available. Vary your veggies and think colorfully! Dark green, red, orange, yellow and other colorful veggies add lots of good nutrients to any meal or snack. Prepare extra veggies for a side dish or to use in soup or pasta. Make half your grains whole grains. This message still holds true! Choose 100% whole grain bread, pasta, crackers, or cereal. Vary your protein routine. Meat, poultry, fish, seafood, legumes are beneficial. Don’t forget to serve veggies and whole grains with your protein choice! Low-fat or fat-free dairy foods compliment any meal.

Be a role model for kids to show dairy foods are healthy! Learn more at www.choosemyplate.gov/startsimple-myplate.

What Is Stroke?

Stroke is a brain attack. A stroke is as serious as a heart attack. Stroke is the leading cause of adult disability in the United States. Most people who experience a stroke survive. Strokes affect people of all ages. The chances of experiencing a stroke increase with age. Lifestyle changes can reduce the chances of having a stroke. High blood pressure increases the chances of having a stroke.

Warning Signs: Stroke is a brain attack. If someone is experiencing any of these symptoms, call 911 immediately!

- ▶ Sudden numbness or weakness in the face, arm or leg; especially if only on one side of the body only.
- ▶ Sudden confusion, trouble speaking, trouble understanding.
- Sudden trouble seeing with one or both eyes.
- ▶ Sudden trouble walking; dizziness; loss of balance or coordination.
- ▶ Sudden severe headache with no known cause.

Stroke risk factors include age, gender, race, family history, previous event, high blood pressure, cardiovascular disease, diabetes, smoking, and obesity and physical inactivity.

Skunk Deodorant Recipe

Occasionally, we, or one of our pets, has the unfortunate opportunity to meet up with the wrong end of a furbearer known as the striped skunk. We hope it only happens once! . As a result of this critter’s chemical defense, we or anything in the area ends up with the worst smelling, clinging, objectionable odor. A chemist from the Midwest by the name of Paul Krebaum, has developed a safe, fast, and cheap recipe for removing skunk odor.

Here it is: 1 quart of 3% hydrogen peroxide
1/4 cup of baking soda (sodium bicarbonate)
1 tsp of liquid soap

By mixing the above together in a plastic bucket and washing the infected object, including man or beast, but keeping the solution away from eyes, noses, and mouths -- the skunk odor should immediately disappear!

Source: Courtesy of Pennsylvania Game Commission Instructor’s Newsletter

National Festival of Breads June 8, 2019

Hilton Garden Inn, Manhattan Kansas
website: nationalfestivalofbreads.com

- Bread baking workshops 8:00 am - 3:00 pm
- Door prizes
- Bread Sampling
- BBQ workshops
- Watch as 8 contestants bake off to find the best bread in America!



Admission Free with donation of canned good at the door.

Etiquette 101: Responding to an Invitation

Let's explore a bit more about the proper etiquette rules for responding to an invitation.

Every invitation requires a response

According to etiquette experts, every social invitation that you receive requires a response. The exception to the rule is the invitation that asks you to pay money to attend, such as a benefit, a fund-raiser or an auction. Every other invitation should receive a response from you within a week. This will aid in planning the event and help to put the hostess's mind at ease.

Formal written invitations

If no reply card is enclosed, a formal invitation will include response instructions in the lower-left corner. If there is a phone number, you may call to accept or decline the invitation. If only an address is given, you must write your response. Passing the host on the street or in the office hallway and saying, "I can't be there" doesn't count. You should still respond according to the instructions on the invitation.

Informal invitations

To respond to an informal invitation that arrived in writing, or via email or phone, you may respond in the same manner in which it was issued. However, if you must send your regrets, the best choice is to send a personal hand-written note or call, explaining why you're unable to attend.

A quick note about gifts

The etiquette books seem to agree that if you accept a social invitation to an event associated with gift-giving, you should send a gift ahead of time or deliver it to the event personally. If you are unable to attend, you are not obligated to give a gift, according to the experts. However, you may certainly choose to send a gift by mail or with someone else if you wish to observe the occasion and cannot attend. Even if you choose not to send a gift, it may be thoughtful to send a greeting card to express your best wishes for the happy occasion.

Perpetual Pet Care Program

Have you thought about what would happen to your furry loved ones when you are no longer able to provide daily care for them?

One option is to look into Kansas State University's Perpetual Pet Care Program. Established in 1996, it is a comprehensive program designed to provide animals with loving and safe homes once an owner is no longer able to provide daily care.

For more information about this great program, visit their website:

<http://www.vet.k-state.edu/development/programs/perpetual-pet-care/>

What to Keep and What to Throw Away

In general, you should hold on to receipts related to tax-deductible expenses or papers dealing with warranties.

Throw out now:

Old phone, utility, and supermarket receipts

Keep for 1 year:

Canceled checks (except those you need for tax returns), store receipts and credit card statements (in case you need to return an item, for taxes, or for insurance purposes if an item gets lost or stolen)

Keep for 3 years or longer:

Credit and debit card receipts, loan or mortgage agreements, warranties, insurance policies, tax returns, and year-end transaction statements from investments

Keep and always store separately

Birth certificates, adoption or naturalization papers, marriage records, divorce decrees and settlements, and college transcripts

Be Prepared!

With the devastation that we have already witnessed in 2019 from the natural disasters. Are you prepared? As with any goal or resolution, breaking it down into manageable actions is a key to success. Start with one thing. If your home or office were affected by a disaster, would you have an accurate record of what you lost? Would you easily know who to report it to and how to reach them?

Check out K-State Research & Extension Facebook page to see more. Prepare KS! Typically occurs in September; however, the information is on the Facebook page if you didn't have time in September to "get prepared". We have seen the devastation, let's hope it doesn't happen to us; but let's be realistic and get ourselves prepared in case it does!

Get Financially Prepared: Take Steps Ahead of Disaster A fact sheet from the K-State Resource and Extension Family Resource Management Program Focus Team is available at the McPherson County Extension Office, 600 W Woodside or call 620.241.1523.



Partnerships with Community Officials



*“Extension in the future must have the vision and the commitment to do for the nation’s health what it did for American agriculture.”
(Henning, Buchholz, Steele, Ramaswamy, 2014)*

K-State Research & Extension Agents Shad Marston and Jana McKinney were awarded a Culture of Health grant with the goal to address Mental Health and Awareness. In the next several months (3year period), in McPherson County we will be striving to create a better understanding of mental health through education that can help prevent and treat mental illness.

Be watching for more information and opportunities to be involved. Thirty-three counties received grants through the Culture of Health initiative! We will be using a variety of methods to provide basic helpful information regarding mental health. You will see it in our newsletter, on Facebook, and learn avenues to increase your knowledge and understand that mental health is a disease like cancer or diabetes, and you are ENCOURAGED to ask for help!

Let’s create a better tomorrow

Healthy citizens are the backbone of a thriving community. K-State Research and Extension is developing partnerships with community health organizations to identify and prioritize the specific health needs in our community.

As the outreach arm of Kansas State University, K-State Research and Extension is dedicated to working with community partners toward common goals. When we combine our resources, we all win and can make a larger impact on the health and wellness in our community.

However, we cannot do it alone. As a community leader, your support and commitment to prioritize healthy communities is vital to the success of building a culture of health for the families in our community.

- Let’s participate in community health conversations and programs.
- Let’s work together to recognize and prioritize community health initiatives.
- Let’s financially support coordinated programs.

12 Tools for Your Wellness Toolbox in Times of Farm Stress

<p>Exercise 20 minutes or more daily (walk, swim, ride a bike, etc.). Physical activity enhances feeling good.</p>	<p>Physical</p>	<p>Get a medical checkup with a local health-care provider. Stress can cause or add to physical challenges.</p>	<p>3</p>	<p>Mental</p>	<p>4</p> <p>Take regular five- to 10-minute breaks in your day to relax and recharge. Doing this multiple times a day renews your energy.</p>
<p>Write down three things that you are grateful for daily. Conscious gratitude calms your mood.</p>	<p>Emotional/Spiritual</p>	<p>5</p> <p>Share concerns with a counselor or other professional. A listening ear helps lift your burdens.</p>	<p>6</p>	<p>Personal/Relational</p>	<p>7</p> <p>8</p> <p>Take 15 minutes each day for uninterrupted conversation with a spouse or family member. A few minutes of planning reduces stress and helps you stay focused.</p> <p>Get involved or stay connected with a friend or group of friends. Doing this multiple times a day renews your energy.</p>
<p>9</p> <p>Discuss needs of the farm operation but do not let them occupy all other aspects of life. Plan other daily work tasks to shift your focus.</p>	<p>Work/Professional</p>	<p>10</p> <p>Seek constructive feedback on your farm operation and ways to grow or improve. Others can share ideas or assist in new ways.</p>	<p>11</p>	<p>Financial/Practical</p>	<p>12</p> <p>Create a family budget and seek to live within your means. This helps give you a sense of financial control.</p> <p>Select three healthy habits you will try to practice daily. Start today!</p>



Ag News

Shad Marston
County Extension Agent
Agriculture and Natural Resources

Wheat Info

After spending a day last week, touring our county on the annual Wheat Tillage tour, one can easily see the differences in growth and maturity of this year's wheat crop. I'm sure a lot of our producers have many concerns about their wheat crop. I have put together information that will hopefully answer questions farmers might have about Stripe Rust, first Hollow Stem update, and finishing with topdressing with Chloride and Sulfur. Thanks to specialist for this up-to-date information.

K-State Research & Extension Annual Wheat Plot Tour

Friday, May 17th

- 9:00 am Patrick Plot
Marquette on Highway 4
- 12:00 pm *Lunch - a free BBQ, sponsored by MKC will be held in Moundridge at Black Kettle Park (east side)*
- 1:00 pm Galle Plot
*Cherokee Road & 22nd Ave
2 North, 1/4 East, of Moundridge*
- 4:00 pm Schroeder Plot
*4th and Cheyenne Road
4 West and 1 North on Inman*

❖Refreshments provided by MKC

SPEAKERS:

- ^ *Romulo Lollato, Asst. Professor
Extension Specialist, Wheat & Forages*
- ^ *Stewart R. Duncan, Professor,
Extension Specialist, Crops & Soils*
- ^ *Erick DeWolf, Professor, Plant Pathology*
- ^ *Allan Fritz, Professor, Wheat Breeding*



Master Gardeners & Friends of McPherson Educational Meeting

April 25, 2019 — 6:00 p.m.
McPherson County Extension Office



Presenters: Ariel Whitely Knoll
Shawnee County Horticulture Agent

Topic: Herbs and Planning A Vegetable\Herb Garden

The public is cordially invited to attend to gain helpful hints for planning and preparing a lovely flower garden this Spring.

Outlook For Stripe Rust in the 2019 Kansas Wheat Crop

Recent research at Kansas State University shows how weather conditions in Texas appear to play a critical role in the development of regional outbreaks of the disease. Stripe rust often survives the winter in southern Texas, and wet conditions in this region increase the risk of stripe rust problems throughout the Great Plains.

Moreover, dry conditions in this region often suppress the risk of outbreaks. The research documents how the timing of this moisture is also important with moisture levels the preceding fall (primarily October to December) and early spring (February) being most influential.

This is consistent with observations from Dr. Amir Ibrahim and Dr. Clark Neely, researchers from Texas A&M University, who reported active stripe rust and leaf rust in Texas this year. The last report (March 18, 2019) indicated that stripe rust was slowing some with lesions caused by the fungus "drying up" in research plots just west of San Antonio. They noted that leaf rust was still very active at this same location. Let's keep an eye on the disease situation and see what develops this year.

First Hollow Stem Update

Cattle should be removed from wheat pastures when the crop reaches first hollow stem (FHS). Grazing past this stage can severely affect wheat yields (for a full explanation, please refer to a previous eUpdate article “Optimal time to remove cattle from wheat pastures: First hollow stem”).

In order to screen for FHS during this important time in the growing season, the K-State Extension Wheat and Forages crew measures FHS on a weekly basis in 36 different commonly grown wheat varieties in Kansas. The varieties are in a September-sown replicated trial at the South Central Experiment Field near Hutchinson. Ten stems are split open per variety per replication for a total of 40 stems monitored per variety. As of March 18, 2019, none of the varieties had yet reached first hollow stem but all varieties had started to show minor stem elongation.



Thus, we will report first hollow stem during the next few weeks again until all varieties are past this stage. Additionally, first hollow stem is generally achieved within a few days from when the stem starts to elongate, so we advise producers to closely monitor their wheat pastures at this time. Producers should use this information as a guide, but it is extremely important to monitor FHS from an ungrazed portion of each individual wheat pasture to take the decision of removing cattle from wheat pastures.

Chloride As A Topdressing Nutrient For Wheat

Chloride (Cl) is a highly mobile nutrient in soils and topdressing is typically a good time for application, especially in regions with sufficient precipitation or with coarse-textured soils are prone to leaching.

One of the main benefits from good Cl nutrition is the improvement in overall disease resistance in wheat. Wheat response to Cl is usually expressed in improved color, suppression of fungal diseases, and increased yield. It is difficult to predict whether Cl would significantly increase wheat yields unless there has been a recent soil test analysis for this nutrient. Chloride fertilization based on soil testing is becoming more common in Kansas.

As with nitrate and sulfate, Cl soil testing is recommended using a 0-24 inch profile sample. Based on current data, the probability of a response to Cl in dryland wheat production in northeast and central Kansas seems higher than in western Kansas.

The interpretation of the Cl test and corresponding fertilizer recommendations for wheat are given in the table below. Chloride fertilizer is recommended when the soil test is below 6 ppm, or 45 pounds soil chloride in the 24-inch sample depth. Dry or liquid fertilizer sources are all plant available immediately. Potassium chloride (potash) and ammonium chloride are commonly available and widely used fertilizer products, though other products such as calcium, magnesium, and sodium chloride can also be used and are equal in terms of plant availability.

Table 1. Soil test chloride interpretations for wheat in Kansas

	Soil Chloride in a 0-24 inch sample		Chloride Recommended
	(lbs\acre)	(ppm)	(lbs Cl\acre)
Category			
Low	<30	<4	20
Medium	30-45	4-6	10
High	>45	>6	0

Deficiencies were most likely to be found on fields with no history of potash (KCl) applications. Recent studies showed that there are variety differences in response to Cl and are likely associated with the tolerance of that variety to fungal diseases.

Recommendations For Topdressing Wheat With Sulfur

Traditionally, sulfur (S) deficiency was most common on high-yielding crops grown on irrigated sandy soils that are low in organic matter and subject to leaching. However, due to reduced S additions from the atmosphere (there is less S in the air now) and continued crop removal, an increasing number of finer-textured soils have shown S deficiency. In recent years, sulfur deficiency in wheat has become common in many areas of Kansas, particularly in no-till wheat where cooler soil temperatures can slow S mineralization in the soil. Classic S deficiency symptoms, confirmed by soil and plant analysis, have been observed in many no-till wheat fields during periods of rapid growth in the spring. These observed deficiencies generally occur during periods of rapid growth prior to jointing or during stem elongation.

Sulfur deficiency in growing crops is often mistaken for nitrogen (N) deficiency. However, unlike N deficiency where the older leaves show firing and yellowing, with S deficiency, the pale yellow symptoms of S deficiency often appear first on the younger or uppermost leaves. Wheat plants with S deficiency often eventually become uniformly chlorotic. The patchy S-deficient areas of the field are often found on hilltops or sideslopes where erosion has occurred and soil organic matter is reduced, or where leaching is more pronounced. In terraced or leveled fields, wheat in areas where topsoil was removed or significant cuts were made, also commonly shows symptoms.

The majority of S in soil is present in organic forms (requires mineralization to become plant available) in surface soils and as sulfate (SO_4^{2-}), an inorganic form and plant available. Sulfate is relatively soluble, so it tends to leach down from the surface soil into the subsoil. In many of our Kansas soils it will accumulate in the B horizon (subsoil) in two forms:

- Some sulfate will be sorbed to clay surfaces and coatings similar to the processes whereby phosphates are sorbed, though sulfate will not be sorbed as strongly.
- Sulfate will also be present in the subsoil of many Kansas soils as gypsum.

A soil test for available sulfate in the soil profile is available. For proper interpretation of this test, soil organic matter, soil texture, the crop to be grown, and the expected yield level all need to be considered. Since sulfate is mobile, sampling to a 24-inch depth is important. Accurate estimates of S needs cannot be made from a surface sample alone. However, due to the relatively high demand for S during the rapid vegetative growth phase of wheat and relatively shallow rooting by the wheat crop at this time, the S measured in the deeper subsoil by the test may not be available to wheat in the early spring, especially where soils are still cold.

Sulfur deficiency in wheat has been showing up early in the spring, shortly after green-up, before organic S is mineralized from soil organic matter, and before wheat roots can grow into the subsoil to utilize sulfate accumulated there. Deficiencies of S are often difficult to identify because the paling in crop color is not always obvious. Wheat plants lacking S also may be stunted, thin-stemmed, and spindly. In the case of wheat and other cereal grains, maturity is delayed. Due to the slower growth and lack of good tillering, winter annual weed competition is also enhanced.

Many fields in north central and northeast Kansas now have an established history of S deficiency for wheat. In this situation, rather than waiting for symptoms to appear in the spring, farmers may want to consider a winter topdress application of S as a preventive measure.

There are many S-containing fertilizer materials. Several dry materials are available that can be blended with dry phosphorus or nitrogen fertilizers for winter/spring topdressing. Some of these products are best used in preplant applications, however.

- Elemental S (typically 90-95 percent S) is a dry material marketed by several manufacturers. Before it becomes available for plant uptake, elemental S must first be oxidized by soil microorganisms to sulfate- S and this can be a slow process when surface-applied. As a result, this material is well suited for preplant applications only. Elemental S is not suited for corrective applications to S-deficient wheat in the spring.
- Ammonium sulfate, (21-0-0-24S) is a dry material that is a good source of both N and available S. It has high acid-forming potential, however, and soil pH should be monitored. Ammonium sulfate is a good source to consider for both preplant or topdressing to correct existing sulfur deficiencies.
- Gypsum (analysis varies) is calcium sulfate, and is commonly available in a hydrated form containing 18.6 percent S. This material is commonly available in a granulated form that can be blended with other materials. Since it is a sulfate source, it would be immediately available, and is another good source for spring topdressing.
- New N-P-S products, such as Microessentials, 40-Rock, and others, are ammonium phosphate materials formulated with sulfur, and in some cases micronutrients such as zinc. In most of these products the sulfur is present as a combination of elemental-S and sulfate-S.

There are also liquid sources of sulfur fertilizers available.

- Ammonium thiosulfate, (12-0-0-26S) is the most popular S-containing product used in the fluid fertilizer industry, as it is compatible with N solutions and other complete liquid products.
- Potassium thiosulfate, (0-0-25-17S) is a clear liquid product that can be mixed with other liquid fertilizers.

Liquid and dry fertilizer sources can be applied in combination with N at topdressing this spring. However, it is important to consider the potential plant availability of each S fertilizer source for this wheat growing season.



Clover Corner

Lindsey Mueting
County Extension Agent
4-H Youth Development



K-STATE
Research and Extension



Happy Spring! I hope you are gearing up for a summer full of 4-H learning and fun! Summer camp registrations are in full swing, look for those opportunities in this Clover Corner and pay special attention to deadlines, they are quickly approaching! April is a busy month for livestock tagging, I hope you have each found your animals to learn about and care for this year! If you have any questions as you are thinking about 4-H projects and the events of the upcoming months, just let me know!

~Lindsey

Enrollment Deadline Approaching

In order to participate at the 4-H Fair, all enrollments must be 100% complete by May 1. Visit ks.4honline.com to create a family profile and enroll each youth! Remember that you are able to access your enrollment information at any time online. If you would like to add or drop a project for 2019, this must be done by May 1. All final project lists for 4-H fair exhibit eligibility will be printed on May 2. Please contact Lindsey with any questions!

4-H Council

The next meeting will be held April 4 at 7 PM. We still have a few clubs that we did not receive council member information for. Please call Terra and let her know who your council members are if you have not already. These are the people who receive meeting reminders, news and cancellations. Thanks!

4-H Calendar

April

- 1 Discovery Days Scholarship App Due
- 4-5 Beef Tagging (By Appt)
- 4 County 4-H Council
- 25 Swine Tagging
- 26 Counselor Applications Due
- 26 Sheep & Meat Goat tagging

May

- 1 Add/Drop Enrollment Deadline
- 1 Livestock Ids Due
- 6 Camp Registration closes
- 10 All Schools Day

In The News

If you have something you would like in the next Clover Corner (May) please email or bring the information to Lindsey by April 19. Project news, upcoming meetings and events or accomplishments can all be shared in this newsletter! Get published to keep others informed!

Club Day Results

Multi-County 4-H Club Day was held March 23 in Newton! Those participating from McPherson County did very well! Please ask your peers about the event and consider participating in 2020! The following individuals were awarded Multi-County Champion Awards:

Jase Beltz- LEB: Int Project Talk
 Mia Bower- SFS: Jr Reading
 Camden Kruse- LEB: Int Impromptu
 Conway Patrick-FF: Jr Demo/Illustrated Talk

Kassie Regehr-CC: Int Piano
 Int Demo/Illustrated Talk
 Josh Seeger-GO: Jr Project Talk
 Rachel Yenni-SV: Sr Impromptu

CONGRATULATIONS TO ALL!!!

National Volunteer Week

National Volunteer Week is April 7-13, 2019. During this time I would like to thank each and every volunteer who makes the 4-H program and extra opportunities for youth possible in McPherson County! I would like to challenge each of you to pick at least one volunteer and call or write to thank them for the time and hard work they give to our 4-H program!



SCHOLARSHIPS AVAILABLE

All McPherson County 4-H members are eligible for a scholarship to help with the cost of camp. (Mark yes during registration when asked if you have a scholarship code). You will then be asked to write a paragraph stating "Why you want to attend camp." Upon submitting, you will see a coupon code. Exit from the paragraph page and complete your camp registration with the coupon code. Members attending

regular camp will receive \$73 off the price of camp and Rookies will receive \$43. Thank you to the Tractor Supply Paper Clover Campaign for these extra funds to help with the cost of camp!

3rd-7th Graders

Four action-packed days await 4-H'ers ready for exploring Rock Springs 4-H Center, June 14-17. Meet new and old friends to enjoy swimming, canoeing, horseback riding and more when you sign up for 4-H camp.

Who can go? 4-H members and their friends who will be completing grades 3-7 may attend. The cost of camp is \$223 without the scholarship.

1st-2nd Graders- Rookie Camp

Come one come all 1st and 2nd graders for an overnight camp. We will again have two Rookie Camp sessions. Once registered you will be asked if either of the sessions (June 14-15 or June 16-17) will NOT work into your summer schedule. You will be notified once registration closes which session you will attend. We will make every effort to accommodate schedule requests, but no session is guaranteed. Each camper is only allowed to attend ONE session. Enjoy swimming, camp activities, crafts and more! The cost of camp will be \$108 without the scholarship.

REGISTRATION— All registration for camp will be done ONLINE again this year! This will include registration information, scholarship paragraph for 4-H members, health profile and payment by credit card or electronic check (E-Check saves camp money in processing fees!!!). You can find registration at:

<https://app.campdoc.com/register/ozsome>

CAMP REGISTRATION CLOSES MAY 6 @ 11:59 PM

Registration Notes:

If you are a current McPherson County 4-H Member mark YES when asked if you have a scholarship code. This will bring up more information on how to write a paragraph and receive your code!

You will be asked if you would like to add "Travel Protection" to your camp fee. This is a service offered by Camp Doc NOT by 4-H. We already provide extra insurance the entire time at camp plus travel if you are riding the bus. There is an option to simply decline this extra Travel Protection Offer.

After you complete registration you must still complete the CAMPER PROFILE for each camper. This includes personal and health info as well as T-Shirt size and roommate requests. PLEASE get this done ASAP after registration!!

Wanted: Camp Counselors

If you are currently an 8th grader or older...we need YOU! Camp Counselors are 8th through 12th graders (preference given to older youth). Camp will be June 14-17. Counselor applications are available online at <https://tinyurl.com/MPCounselor> Applications will be due **April 26**. All counselor applicants **must** attend the Counselor Training on June 13-14 at Rock Springs. There will be no cost for the camp counselors who are current 4-Hers! Thank you, Development Fund!!

CAMP HELP!

Bus transportation is a privilege for McPherson County and a very fun experience for our 4-H youth and friends! In order to make it work we need volunteers! We will need 2-3 adults to help on Friday, June 14 and Monday, June 17. Volunteers will help by riding the bus and driving the Extension Pick-Up. For more information please contact Lindsey at 620-241-1523 or Lmueting@ksu.edu

"4-H is for the Whole Herd" McPherson County 4-H Fair

The McPherson County 4-H Fair will be held July 26-29, 2019. YOU have decided on the 4-H Fair theme... now it is time for you to create what will be the cover of the 2019 fair book. Covers can be anything from hand drawn to computer generated, so everybody can participate!

Rules for the contest include:

- Cover must be 5.5"x8.5" portrait orientation
- The fair theme, McPherson 4-H Fair and dates must appear.
- Designs can be hand drawn, computer generated or both, use your imagination!
- The cover may include color

This contest is open to anyone, youth or adults. Two top entries will be selected and be awarded cash prizes of \$40 and \$20 for 1st and 2nd. Submit your cover by April 10 to the Extension Office.

American Legion Family Night

McPherson County 4-H will be the benefitting organization for the June 20 American Legion Family Night! Our responsibilities as 4-H families will be to sell tickets to the event and provide desserts. We will have tickets available after May 16. Tickets will be \$5 each which includes a hamburger, fries, dessert and drink! Please mark June 20 on your calendars to come eat supper to benefit 4-H! More info will be available after the April 4-H Council Meeting.

Discovery Days

Are You Ready for Discovery Days? Put May 29 - 31, 2019 on your calendar to be in Manhattan on the K-State campus. This year's theme is "Discover your Spotlight" Discovery Days offers classes and tours about 4-H projects, careers, hobbies, community service and more! You can also share your talents in the Talent Show. Are you ready to dance? Are you ready for some Call Hall ice cream? Are you ready for some great speakers and Discovery Days Night Live and all the other possibilities in your future? Join us now to enjoy this event this summer! Discovery Days is open to anyone 13 and older before January 1, 2019 and is held on the K-State Campus in Manhattan. For information visit:

<http://www.kansas4-h.org/events-activities/conferences-events/discovery-days/index.html>

Registration closes April 15. Don't forget that there are TWO full scholarships available for this event! Scholarship applications were emailed out and are available at the Extension Office. All 4-H members are invited to apply for this scholarship, selection preference will be given to first time attendees. Join the fun!!

**DISCOVER YOUR
SPOTLIGHT**
4-H DISCOVERY DAYS

Kansas Range Youth Camp- June 18-21, 2019 Camp Mennoscah, Murdock KS (in Kingman County)

If YOU are interested in plants, livestock, or wildlife, attend an educational event like no other in Kansas! This camp is open to upcoming high school sophomores, juniors and seniors. Two scholarships will be given in McPherson County. If you are interested contact the Extension Office for scholarship availability! Registration is due May 15, 2019. More information on camp can be found at <http://rangelands.org/kansas/kansas-range-youth-camp/>.

4-H Campference 2019

4-H Campference is for youth ages 12- 14 (before January 1, 2019), and will be held June 23-26 at Rock Springs 4-H Center. Participants will experience the feel of a conference, while enjoying the 'camp' activities Rock Springs 4-H Center has to offer. This is a great transitional opportunity, as tweens go from being a camper to attending educational conferences. 4-H Campference will feature workshops about opportunities in the 4-H program and how to better interact with others.

Registration is open until full or May 15, whichever comes first. Register online <http://www.kansas4-h.org/events/> Register early as the space will fill on a first come basis and almost always has a wait list!



PROJECT NEWS

Beef - Beef tagging and weigh in will be by appointment this year. Available times will be April 4 from 3 pm to 6:30 pm and April 5 from 9 am to 1 pm. Please call or email Lindsey for a time. All market animals must be tagged. We can tag any breeding animals at this time as well.

Dog - Showmanship and Obedience members continue to meet for practices. This schedule was emailed to all enrolled members. Make sure you enroll in Dog on 4-H Online to receive all notification emails! Contact the Office with questions!

Entomology- This year's Kansas 4-H Insect Spectacular will be held Friday and Saturday June 21 & 22, 2019 at the Kansas Wetlands Education Center, northeast of Great Bend, KS on Hwy 156. Learn about collecting, storing, identifying, and pinning your insects for exhibit. All levels of experience are encouraged to attend.

Horse- Horse IDs need to be signed by Lindsey and have a copy made in the Office no later than May 1. Make sure you have the form updated October 2017!

District Horse Show will be Thursday, June 27 in Hutchinson. https://kstate.qualtrics.com/jfe/form/SV_bdTaBSHaFyv4bbv
This is the show to qualify for the Kansas State Fair. Participants must be 4-H age 9-18 and have completed Level 1 testing. If you need more information on Horse Testing please contact the Extension Office.

Check out the Horse Judging Camps offered at K-State this summer!
<https://www.asi.k-state.edu/research-and-extension/youth-programs/judging-camps.html>

Sheep/Meat Goats - Weigh-In and Tagging will take place in the Fairgrounds Block Bldg from 3:30 to 6:00 pm. on April 26. Please make arrangements to have all your market animals there that day to be tagged!

Shooting Sports - **Rifle:** 4-H Building on Monday nights from 6:00-8:00 p.m. - March 25, April 8, 22, May 6, 20, June 3, 17
Archery: Thursdays until end of June at 6:00 pm at Smokey Valley Shooting Sports, 2341 14th Ave., Lindsborg
Shotgun: will start June 9th every Sunday at 4:00 pm at Double E Ranch, 2038 15th Ave., McPherson

Swine - Swine tagging will take place on the 4-H Fairgrounds on April 25 from 4:30-7:30. Superintendents and staff will be available with tags and ID forms and will verify information as families tag their hogs.

Livestock ID's

Are due into the Office on May 1. Horse ID's require a signature from an agent and must have photos. (You must bring in the original ID for a signature, not a copy). So make sure you get these filled out and turned into the office sooner rather than later. Late ID's will not be accepted. This includes beef, sheep, swine, dairy, horse, dairy goat, and meat goat.

Exceptions to this are rabbit and poultry. Poultry do not have an ID form rather they will go through testing prior to the fair and receive bands to put on. Rabbit ID's are due June 1.

Youth Livestock Quality Assurance - REQUIRED

Youth for the Quality Care of Animals (YQCA) is a new national, multi-species youth livestock quality assurance program. This training will be required yearly for all Beef, Sheep, Swine and Goat exhibitors prior to the 4-H Fair. This is also required prior to nominating any animals for State Shows! We are working to plan some in person trainings (\$3) and there is an option to complete online (\$12). Visit <https://www.asi.k-state.edu/research-and-extension/youth-programs/YQCA.html> for more info! There will be an in person training on Thursday, April 4, 7 PM at the Herington Sale Barn. Watch for more upcoming sessions!

Multi-Species Livestock Seminar- Save the Date!

Save the date for Tuesday, May 28 (9am-3pm) for a Multi-Species Livestock Seminar held in Newton! More details will be available soon for this event! There will be sessions for everyone as well as a YQCA training!



K-State Research & Extension
McPherson County
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RETURN SERVICE REQUESTED

AGENT CONTACT INFORMATION

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Family & Consumer Science
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Radio: Wednesday, 7:25 a.m.

Lindsey M. Mueting
County Extension Agent
4-H Youth Development
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Radio: Thursday, 7:25 a.m.

Shad Marston
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Radio: Friday, 7:25 a.m.



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