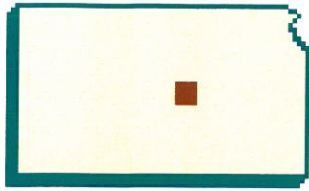


McPherson County



K-State Research & Extension
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July-August 2019



Living Well

Jana McKinney
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Master Health Volunteer

K-State Research & Extension is working to launch a new program very similar to the Master Food Volunteer and Master Gardener Volunteer programs. This would involve 40 hours of training and in return, give back to the community. Cost and final details are still being finalized; along with the curriculum. However, McPherson County could be in on the ground floor of this exciting new program offering. If you would be interested in learning more or serving as a Master Health Volunteer (MHV), would you please contact Jana at 620-241-1523 or email jmckinne@ksu.edu

Dining with Diabetes is a K-State Research and Extension health and wellness program that consist of a series of four classes that includes learning, demonstrations, physical activity and tasting healthy foods. The program's focus is to help individuals learn strategies to lessen the health risks of diabetes.

Program Objectives:

- > Increase knowledge about healthy foods
- > Present healthy versions of familiar foods and taste testing of recipes
- > Demonstrate new cooking techniques
- > Provide basic information regarding diabetes and nutrition
- > Provide opportunities for sharing and learning from one another and from diabetes health professionals



Dining with Diabetes is a national extension program provided to Kansans by K-State Research and Extension Family and Consumer Sciences professionals and community health partners. The program is a series of four 2-hour classes that are held once a week. Classes consist of a presentation on diabetes self-care or healthful food choices; a five to ten minute low-impact physical activity; presentations on tasty, healthy familiar foods, sampling foods, and demonstrations of cooking techniques using artificial sweeteners, reduced-fat foods, herbs, and spices.

Who can participate? The program is designed for people with diabetes and their family members, caregivers, and support persons.

The program will be offered at the McPherson County Extension Office on July 10, 11, 16 and 17th at 6:30 p.m. Please be sure to RSVP at the Extension Office by calling 620.241.1523 or email jmckinne@ksu.edu There is a \$20 program fee to help with material costs. Scholarships may be available.

Ticks Are Thick This Year!

No matter what you learned from grandpa or your camp counselor, petroleum jelly and irritants don't help remove ticks. Neither do lit cigarettes or other heat sources.



Whether to "unscrew" embedded ticks by twisting clockwise or counterclockwise has long been a subject for argument and debate. But both are bits of folklore that increase the odds for problems.

Research has found the safest way to remove the little bloodsuckers is to grip them as close to their head as possible – preferably using tweezers or forceps at your skin level. Then gently and relentlessly pull straight away from your skin. Ticks will usually relax their hold within just a few seconds.

Be aware, if you have a tick bite and a target sore shows, please contact your Dr immediately.

Food Preservation

The practice of preserving food has existed for thousands of years. Because food starts to spoil as soon as it is harvested, preservation methods helped keep the food for longer periods of time. This allowed ancient people to live in one place for longer periods of time.

Today, food preservation has transformed from a rural practice of being self-sufficient to a practice of preserving for fun. Gardening is a popular activity and farmer's markets are sprouting in many communities. Abundant fresh vegetables and fruits motivate consumers to save summer tastes for other times of the year.

Water boils at lower temperature as altitude increases. In Kansas, the altitude changes from around 700 feet above sea level in eastern Kansas to just over 4,000 feet in western Kansas. McPherson County is about 1250 feet – so if you are preserving food, you may need to make a slight adjustment.

If you need more information on Food Preservation there are some choices for you:

www.rrc.ksu.edu - click on Food Science and Home Preservation

www.ksre.ksu.edu - put in Food Preservation

We have lots of free publications that will give you the most recent recommendations. If you are going to go to the work to preserve the food, please make sure it will be the correct way!

We do have several copies of the preferred reference manual "So Easy to Preserve" written by The University of Georgia Cooperative Extension Service for \$15.00. It covers all ways to preserve food and is a research-backed reference.

Helping Kids Learn to Handle Money

Summer is the season we send our kids to camp or to spend the afternoon at the pool on their own. It's easy for little people to lose or misplace their cash because they're not experienced at keeping track of it yet.

How can we help youngsters become more skilled at handling money on their own? Author Janet Bodnar asked parents for the best advice their own parents ever gave them on how to avoid losing their money or being cheated. Her useful information is published in the book *Raising Money Smart Kids*, Dearborn Publishing, 2005. Here's a summary of the top tips:

1. Always stuff your dollar bills deep in your pocket so they don't fall out when you reach in for a coin. Better yet, stuff them into a wallet or change purse, which you're less likely to pull out by mistake.
2. When buying several small things or ordering at a fast-food restaurant, round off the prices to estimate your total. That way you can be sure you have enough money and you'll know you've been overcharged if the clerk goofs.
3. Don't break the big bills. If your purchase comes to \$7, pay with two ones and a five instead of a \$10 bill. Once big bills are broken, you have a tendency to spend the money faster.
4. Always pay the pennies. If the price comes to \$3.63 and you have a \$5 bill and a handful of change, pay the three cents so you don't get more pennies in change.
5. Ditto above, but with paper money. Suppose your purchase comes to \$11 and you have a \$20 and several ones. Give the clerk \$21 so that you get a \$10 bill in change. It's less cumbersome and follows tip 3 to save the larger bills.
6. If you have to use a big bill to pay for a small purchase, say to the clerk, "Here's a twenty," so there's no confusion. A good salesclerk should keep the bill out of the cash register until you get your change, but saying it out loud will help you both remember what you gave to pay the bill.
7. Don't take all your money to camp, on vacation or to the mall. Take along only as much as you need for each outing. That way you don't risk losing your life savings or frittering it away on small purchases.
8. If you ask someone else to hold your money, make sure it's in a separate wallet or coin purse. Loose bills and coins have a habit of getting mixed up and can cause confusion or hard feelings.



The Basic of Traumatic Brain Injury (TBI) or Concussion

Our society is certainly sports oriented! It is important to be aware of TBI's/Concussions and what it means for the individual that suffers the injury as well as family members that are providing care.

The brain is a highly complex organ that controls all aspects of the human body and personality. Walking, talking, breathing, and the way a person acts, feels, and thinks are all directed by the brain. A traumatic brain injury (TBI) changes the way the brain functions. Individuals may require months or years to recover, and may work continuously to meet and overcome the challenges from the injury. Some will have changes that will last for a lifetime. Someone who experiences a TBI is called a "survivor."

What is a traumatic brain injury? Traumatic brain injury is defined as an alteration in brain function caused by an external force. There are two key types: one is a bump, blow, or jolt to the head, and the second type is a penetrating injury. A bump, blow, or jolt to the head can cause violent head motions that injure the brain. An example is if you were to hit your head on the windshield during a car accident. Even a simple fall can cause a jolt to the brain that disrupts how it normally functions. The second type is described as a penetrating injury, such as from a gunshot wound, or from a piece of shrapnel that enters the skull and brain. These types of injury cause a pathway of damage.

TBI affects people of every age. High-risk groups include children (0 to 4 years), adolescents (15 to 19 years of age), and older adults (65 years and older). About 20 percent of service members returning from deployment report probable TBI.

K-State Research and Extension has great information available free of charge on Traumatic Brain Injury (TBI) and also a website that helps identify resources for those that have suffered a TBI. www.tbioptions.ksu.edu

Sunscreen..... All sunscreen labels carry a sun protection factor or SPF number. A product's SPF is like a multiplying factor. For example, by applying an SPF 10 sunscreen, those who normally would be OK in the sun for 10 minutes can stay out in the sun for 100 minutes.

The general rule has been: The more easily you burn, the higher SPF number you should apply. If you're also applying an insect repellent, however, you should be applying a product with a higher SPF than you normally would use on its own.

Sunscreen is necessary even on cloudy days. Many product labels will recommend reapplying sunscreen every two hours, plus after swimming, sweating or towel drying.



Clutter Getting To You? Me Too!

- > Stop procrastinating. Just get started! You will be glad you did and feel great about open space!
- > No excuses. The clutter is not going to go away. Just start, somewhere!
- > Use it or lose it. If an item is not useful or does not enhance your life in some way, move it out.
- > Learn to let go. As our lives change, needs change. However, somehow clutter accumulates with no regard for the changes in our lives. Clutter takes up valuable space.
- > Be a giver. Give things away if they are not being used. Friends, relatives and charities all appreciate a giving person.
- > Set limits. Limit the amount of space you are willing to allocate to clutter. Just because one space fills up does not mean that you should find or buy more space.
- > Use the in/out inventory rule. If something new comes in, something old goes out. Apply this rule to everything– from clothes and toys to books, magazines and other clutter.
- > Less is more. Less clutter means more time, money and energy for yourself.
- > Keep everything in its place. Find a place for everything and keep it there!
- > Compromise. Compromise when managing your clutter. Do not let perfectionism keep you from organizing, or keep someone from helping. Functioning effectively is more important than functioning perfectly.



Ag News

Shad Marston
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Summer is here, the temperatures are rising and the fairs are just around the corn, but it just doesn't seem like that to me. As you read this newsletter, local farmers (hopefully) will be in the wheat fields harvesting their crops, corn will be trying to catch up to its normal height and the edges of our hay fields will be soon lined with rows of round bales. One can never out guess what mother nature brings to the people that feed us. This past winter and spring has been one of the most challenging times for our livestock and grain producers. It is my wish that we would have just a normal summer and fall, but we know that probably won't happen. Please remember to be safe this harvest season and to give the farmers a little extra space as they are busy in the fields and on the roads here in central Kansas. Doing our part to be safe and to pay attention when driving, while we are out and about, can help ensure everyone's safety during this harvest season.



“PRE-PLANT WHEAT SCHOOL”

Monday, August 19 - 6:30 p.m. – Free BBQ
(Programs start at 7:15 p.m.)

First United Methodist Church
1200 East Kansas Avenue, McPherson Kansas

Call 620-241-1523 or email smarston@ksu.edu or tregehr@ksu.edu to sign up by Wednesday, August 14th

50th Rural Appreciation Picnic



The McPherson Chamber Agriculture Committee is making plans for the 50th Rural Appreciation Picnic scheduled for Friday, July 26, 5:30 p.m. to 7:00 p.m., 600 W. Woodside during the McPherson County 4-H Fair. The Ag Committee and volunteers will be on the grounds preparing freshly grilled hamburgers, Extra Kick Baked Beans, chips, ice tea, so follow your nose to the 4-H Grounds to enjoy an evening of not only great food, but tour the grounds, catch a few exhibits and shows, and check out the farm animals. You won't want to miss the 4-H Dessert Auction, happening after the Rural Appreciation Picnic.

Harvest Rules of the Road

- Don't assume the farmer knows you're there!
- Pass with extreme caution!
- When a farm vehicle pulls to the right side of the road it does not necessarily mean it is turning right or allowing you to pass!
- Be patient!
- Think of a slow moving vehicle emblem as a warning to adjust your speed!
- Pay Attention

What Producers Should Be Thinking About in August.....

BEEF – Tips by Dale Blasi, Extension Beef Specialist

August is when forages are maturing, weaning time is approaching, and weather dictates several key management decisions.

Breeding Season

- Given high feed price inputs, ruthlessly cull all unsound cows from the herd. Cull cows that do not conceive after three services by a fertile bull.
- Limit the breeding season. Remove bulls after 60 days with cows, 45 days with heifers
- These methods contribute to a more uniform calf crop, makes winter feed management easier and increases the success rate of next year's breeding season.

Cow Herd Nutrition

- Provide ample amounts of clean, fresh drinking water.
- Conduct an inventory of forage needs for the winter feeding period.
- Plan ahead and price availability of byproducts, such as wheat-middlings, dried distillers grains, etc. prior to typical seasonal price increases.

Herd Health

- If pinkeye is likely to be a problem, consider the following preventive and therapeutic measures.

Preventive

- Make sure the herd is receiving adequate vitamins and trace minerals in their diet.
- Consider vaccination for pinkeye and IBR (consult your local veterinarian).
- Control face flies.
- Clip pastures with tall, coarse grasses that may irritate eyes.

Therapy

- Administer an intramuscular injection of long-acting oxytetracycline when symptoms are first noticed.
- Shut out irritating sunlight by patching eye, shade, etc. Control flies. Consult our veterinarian.
- Consider revaccinating for the respiratory diseases in any animals that will be taken to livestock shows.
- Vaccinate suckling calves for IBR, BVD, PI3, BRSV, and possibly pasteurella at least three weeks prior to weaning.
- Revaccinate all calves for blackleg.
- Vaccinate replacement heifers for brucellosis (4 to 10 months of age).
- Monitor and treat footrot.

Forage/Pasture Management

- Enhance grazing distribution with mineral mixture placement away from water sources.
- Observe pasture weed problems to aid in planning control methods needed next spring.
- Monitor grazing conditions and rotate pastures if possible and (or) practical.
- If pastures will run out in late summer, get ready to provide emergency feeds. Start supplemental feeding before pastures are gone to extend grazing.
- Harvest and store forages properly. Minimize waste by reducing spoilage.
- Sample harvested forages and have them analyzed for nitrate and nutrient composition.
- Plan for sufficient standing pasture for winter grazing needs.
- For stocker cattle and replacement heifers, supplement maturing grasses with an acceptable degradable intake protein/ionophore (feed additive) type supplement.

General Management

- Avoid unnecessary heat stress - Don't handle and/or truck cattle during the heat of the day.
- Repair, replace and improve facilities needed for all processing.
- Order supplies, vaccines, tags and other products needed at weaning time.
- Consider earlier than normal weaning, but have a marketing plan in place.

Post-Emergence Marestalk Control in Soybean Fields

Controlling marestalk or pigweeds post-emergence in soybeans is always easier when the weeds are small – less than 2 inches tall is preferable for good control. Once weeds get taller, they are often considerably more difficult to control. However, conditions are not always conducive to getting optimal post-emergence weed control. The wet weather in many areas this spring may cause weeds in some fields to get larger than you intended. The following are some suggestions for controlling these weeds post-emergence in soybeans.

Marestalk

Marestalk tend to be difficult to control even when the plants are small and in the rosette stage, but become even tougher when plants get more than 6 inches tall (Figure 1). That is why fall and early burndown treatments are critical to the long-term management of marestalk. Unfortunately, that doesn't always happen. In addition, some marestalk have developed glyphosate resistance in many areas. However, some marestalk populations are still susceptible to glyphosate, and even resistant plants are not completely immune to glyphosate.



Figure 1. Growth stages of marestalk from seedling, rosette, to bolting state. Photos by Dallas Peterson, K-State Research and Extension.

If Xtend soybeans are planted, Xtendimax, FeXapan, or Engenia should be some of the most effective herbicides for post-emergence control of marestalk in soybeans. Remember that Xtendimax, FeXapan and Engenia can only be applied to Xtend soybeans.

If Liberty Link soybeans were planted, Liberty (glufosinate) also is fairly effective for marestalk control, but requires higher spray volumes and good coverage for best results. The addition of ammonium sulfate is essential to optimize Liberty performance. It is important to remember that Liberty can only be applied post-emergence on Liberty Link soybeans.

The most effective herbicide treatment for controlling marestalk in Roundup Ready soybeans is probably a tank-mix of glyphosate plus FirstRate. The combination of the two herbicides seems to work better than either herbicide alone, even on resistant plants. It is important to use the full labeled rates of glyphosate and recommended adjuvants, including ammonium sulfate, to optimize control and help minimize the risk of developing more resistance. Other tank-mixes to consider with glyphosate for controlling marestalk would include Classic and Synchrony herbicides. Unfortunately, some marestalk may also be ALS resistant, in which case FirstRate, Classic, and Synchrony would also be fairly ineffective. This just further emphasizes the importance of early spring weed control.

August Garden Calendar

Vegetables and Fruits

- * Water about 1 inch per week
- * Plant a fall garden, beets, carrots, beans, and turnips for autumn harvest
- * Plant transplants of broccoli, cauliflower, cabbage for fall production
- * Harvest crops on a regular basis for season long production
- * Ease fruit loads on branches by propping with wooden supports
- * Net ripening fruit to protect from hungry birds
- * Fertilize strawberry bed for added flower bud development
- * Turn compost pile and add water when dry

Flowers

- * Apply 1 to 1 ½ inches of water per week to gardens
- * Divide irises and daylilies during this dormant period
- * Make last application of fertilizer to roses by mid month
- * Control black spot and other rose diseases
- * Fertilize mums, hardy asters, and other fall blooming perennials
- * Deadhead annuals to encourage late season blossoms
- * Cut back and fertilize annuals to produce new growth and fall blooms
- * Sow hollyhocks, poppies, and larkspur for spring blooms
- * Prepare for fall bulb planting by making orders or researching varieties
- * Take cuttings from geraniums and begonias for wintering indoors

Lawns

- * Water bluegrass one to two times, per week, applying a total of about 1 ½ inches of water
- * Water tall fescue one to two times, per week, applying a total of 1 inch of water
- * Apply last application of fertilizer to zoysia by mid month
- * Be on the look out for grubs and apply proper control methods
- * Start planning for fall renovation projects such as aerating and seeding
- * Check sharpness of mower blades and repair
- * Mow turf as needed depending on summer growth
- * Destroy unwanted zoysia and Bermuda
- * Take a soil test to determine a fertility program

Trees and Shrubs

- * Water young trees every 1 to 2 weeks by thoroughly soaking the root system
- * Prune and shape hedges
- * Check mulch layers and add if needed
- * Prune broken, dead or crossing limbs for healthier plants
- * Check young trees and shrubs for girdling wires, and ropes from planting
- * Avoid fertilizing ornamentals now so they harden off before winter
- * Hand remove bagworms

Houseplants

- * Water houseplants regularly and fertilize to promote growth
- * Check plants for insects such as scales, aphids, and spider mites
- * Wash plants to remove dust layers
- * Make cuttings and repot plants before summer sun slips away



Clover Corner

Lindsey Muetting
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K-STATE
Research and Extension



Discovery Days, Oz-Some 4-H Camp and Campference are all complete and were loads of fun! How does summer go by so fast? It is July which means... FAIR TIME! I hope each of you are having a good time learning about your projects.

Thank you to everyone who supported the American Legion Family Night Fundraiser. This event and funds earned make the 4-H program possible, so thank you for participating!

Don't forget to invite family, friends and supporters to the 4-H Fair... July 26-29!!! Fair books are complete! Be sure to read the general rules and each project department carefully for updates and continue to watch your email inbox for reminders about upcoming events! The fair is a HUGE task, but with the help of everyone we get it done and have a lot of fun! As always, please let me know if you have any questions or suggestions!

~Lindsey

Share Your Information

McPherson 4-H Fair- July 26-29

The Fairbook is done, plans are made and judges are hired! Remember to study each Department's rules for specific entry information. An electronic copy of the fairbook can be found on our website: www.mcpherson.ksu.edu, 4-H Youth Development, 4-H Fair. Plan to stick around the fairgrounds that weekend and participate or support your friends in all the activities planned!

Fair T-Shirts

Don't miss out on ordering your 2019 McPherson 4-H Fair T-Shirt! Orders must be placed by July 8 and shirts will be \$12 each. Plan on picking up orders at Fair Set-Up Day on July 23. Order forms were emailed to families and are available at the Extension Office.

McPherson County Fair- July 17-21

You should have received a copy of the McPherson County Fair book in the mail - if you have not - we have some at the Extension Office! Be sure to look at it closely and plan to enter! Entries are checked in on July 18 and there are lots of events throughout the weekend. This is an "extra" fair that we have in our county. Any 4-H member in the state is invited to participate. It is a great opportunity for our members to go through the judging process before our 4-H fair.

The next edition of the Clover Corner Newsletter will be September. Deadline to get your news, dates and fun information printed is August 15. Please type up and email or bring in your news and articles to Lindsey!

Fair Reminders!

Concession Stand - Club leaders will be receiving more information on shift times. Please stay tuned and be willing to help with this! Each club is asked to provide \$10 to help cover the cost of some items. This replaces bringing buns, pop or desserts.

Club Responsibilities - Each Club has been assigned tasks to help with during the 4-H Fair. The fair is a HUGE task, but if everyone works together it can run very smoothly! Please ask your leader what your club is assigned and sign-up for where you can help. You will have a concession stand shift and additional activity assignments!

Silent Auction - Each club is asked to bring at least a \$25 donation for each 15 members enrolled in your club! This is another excellent fundraiser to help us put on the fair and other 4-H events! Proceeds will go towards purchasing new tables for the 4-H Building.

Booths and Banners - Each club is strongly encouraged to enter either a booth (6'x6' area) or banner in the McPherson 4-H Fair. These are great advertisement and a welcome to visitors as they come to our fair. If you need ideas for these items, contact Lindsey. Prizes will be awarded!

4-H Council

The 4-H Council year will soon be coming to a close. We will meet on Thursday, August 1 at 6:30 at the McPherson Pizza Hut.

Record Book (KAPS)

Record books will be DUE to the office by September 30. More information on what is included in a complete record book and forms and information can be found on our website.

Only record books that have been screened by your leader or record book committee will be accepted at the office. *We will not accept books in the office that have not gone through your club! PLEASE CHECK with your clubs to see when your club's deadline is for record books being due.*

Lindsey is more than happy to meet with any family or club wanting to learn more about completing or improving record books. We also have many very talented 4-H'ers who have gone on to be State project winners for their KAP. The resources are plenty and the task is not nearly as bad as it seems! Plan to complete at least one KAP this year!

HORTICULTURE - The State 4-H Horticulture Judging Contest will be held Saturday, August 17, 2019 on the campus of Kansas State University, Manhattan. Registration deadline is due August 9, 2019 to the State 4-H Office. For more information go to the following link www.kansas4-h.org/events-activities/contests/horticulture-judging/index.html

ALL LIVESTOCK - If you are any livestock exhibitor planning to show at the 4-H Fair, KJLS or the Kansas State Fair you will need to have a current YQCA certificate. If you need certified please contact the Extension Office for help with this certification.

4-H Calendar

July

- 4 Office Closed, Independence Day
- 15 Deadline for Livestock at Kansas State Fair
- 17-21 McPherson County Fair - CANTON
- 18 Fair Space Reservation DUE
- 23 4-H Fair Set-Up
- 26-29 McPherson County 4-H Fair
- 30 4-H Fair Clean-Up, Lunch Party and Celebration

August

- 1 Family of the Year Nominations DUE
- 1 Entry Deadline for Horse at Kansas State Fair
- 1 4-H Council, 6:30 p.m. at Pizza Hut
- 5 State Fair Entries DUE
- 15 Entry Deadline for Kansas Junior Livestock Show

Family Of The Year

Each year every club has the opportunity to nominate a family for the "Family of the Year" award. We have lots of deserving families that volunteer a lot of time and energy to the McPherson County 4-H program and to their club. So it is time to recognize those efforts. So at your next club meeting consider which family you would like to nominate for this award. Award nominations for clubs are due on August 1 to the Extension Office. At the August Meeting of 4-H Council, we will announce the nominations and then council members will take it back to their clubs for a vote before voting as a 4-H Council. So get your nominations ready, nomination forms are available at www.mcpherson.ksu.edu. Remember there are other awards nominations as well later in the fall as we get ready for Achievement Banquet.

Kansas State Fair Entries

Entries for the Kansas State Fair are due:
4-H/FFA Beef, Sheep, Swine - July 15
Horse - August 1
All others - August 6

If you have an exhibit qualify for the State Fair (from 4-H Fair only - The County Fair in Canton is NOT a state fair qualifying fair with the exception of certain animal projects that can qualify at multiple shows), *it is your responsibility to fill out the entry form at the Extension Office before August 5.*

To qualify for the State Fair:

1. 4-H member must be 9 years of age before January 1, 2019.
AND
2. Your 4-H Fair Exhibit* must have received a purple ribbon.

*Not all projects are eligible for the State Fair. See your 4-H Fair book for details. The Extension Office has a copy of the Kansas State Fair 4-H Rules as well, or they can be found online at <http://www.kansas4-h.org/p.aspx?tabid=46>

Kansas State Fair Gate Tickets

Youth participant (ages 5-18) gate tickets for the Kansas State Fair can be purchased through the Extension Office. *Free tickets will not be given out from our office.* If you will be participating in the state fair - you will need to purchase a gate ticket. These tickets must be ordered and paid for by **Friday, August 2!** Other advanced tickets are also available. If you are volunteering at the state fair - you will receive a free gate admission ticket from the State 4-H Office that you will pick up from our office closer to the state fair time.

State Livestock Entries



Entries for 4-H Beef, Sheep and Swine for the Kansas State Fair are due July 15, 2019! Forms are available online at kansasstatefair.com. Livestock must have been nominated by the May 1 or June 15 deadlines. Don't delay! Get them in early!

Kansas Junior Livestock Show is September 27-29, 2019 in Hutchinson. Premium book and schedule information will be available online at www.kjls.org. This is for Beef, Sheep, Swine and Meat Goats.



K-State Research & Extension
McPherson County
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McPherson KS 67460

RETURN SERVICE REQUESTED

AGENT CONTACT INFORMATION

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Radio: Wednesday, 7:25 a.m.

Lindsey M. Mueeting
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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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