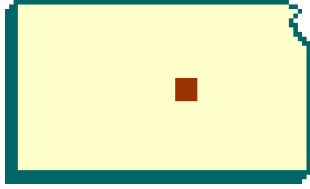


McPherson County



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SEPTEMBER 2018



Living Well

Jana McKinney
County Extension Agent
Family & Consumer Science



Did you know....Convenient Access to Kansas Vital Records Through New Mobile App

iKan is made available through PayIt, a Midwest based technology firm specializing in the simplification of government transactions across the country, including taxes, utilities, court records, and more as part of their cloud based platform. PayIt has provided the myKTag app for the Kansas Turnpike since 2014.

Once a Vital Statistics record is requested using iKan, depending on the delivery method selected, the requestor will be notified by text when the record is available for pick up or have it delivered within seven to 10 business days. Cost for a record and the processing fee through the app is \$20. To download the app, search "iKan State of Kansas" on your iPhone and Android devices.

Family Day: September 24 - Make Plans To Eat Together As A Family

Need an excuse to start eating together as a family? September 24 is your chance – change the family routine to include eating together at least once a day as a family! Family Day encourages parents to frequently eat dinner with their kids and be involved in their children's lives. The conversations that go hand-in-hand with dinner help parents learn more about their kids' lives and help them to better understand the challenges their kids face.

Family Day is celebrated on the fourth Monday in September.

The benefits of frequent family dinners are:

- At 70 percent lower risk for substance abuse
- Half as likely to try cigarettes or marijuana
- One third less likely to try alcohol
- Half as likely to get drunk monthly



Kids who frequently eat dinner with their families will also have better grades and confide in their parents. It is never too early to start the family dinner tradition. Begin making family dinners a regular feature of your daily routine today!

Medicare Supplemental Plans — “A Plan is a Plan is a Plan”

Many people with Medicare are calling, indicating that an insurance sales person is telling them that the Plan F is going to go away. What the sales person should be saying is that the Plan F will no longer be sold to new people turning 65 and getting Medicare. If you have a Plan F, you will be able to keep it – but new people will not be able to purchase a Plan F. This happens in January, 2020.

The Medicare Supplemental Plans are standardized. This means, the name of the company is not important. The benefit provided is the same for all people that purchase a specific Supplemental Plan. That is where the saying comes in, “A Plan is a Plan is a Plan.” It doesn’t matter what company you purchase it from – the coverage is exactly the same – the PRICE is not. You can pay more for your Supplemental Plan is you want to; but your benefit will not be any different.

If you have a Plan F, you will be grandfathered in; meaning that your plan will continue to exist. This happened in 2010 to people with Plans H, I, J and E. New people in Medicare cannot purchase these plans, but the coverage still exists for those that have those plans.

Two challenges exist when trying to change the Medicare Supplemental Plans:

1. The insurance company does NOT have to accept you. When you first came in, you have guaranteed issue, meaning the insurance company had to take you. Now, the insurance company gets to ask you 10 to 12 questions and they can say no.
2. If new people turning 65 coming in to Medicare, purchasing a Supplemental Plan cannot buy a Plan F, that means the rates are likely to go up based on the pool of people. Insurance companies do have to inform the Kansas Insurance Commissioner why the rates need to be increased and approved.

Do not ever drop your current Supplemental Plan until you have a new Plan in place, in writing. You cannot have two Supplemental Plans.

You may be able to switch Plans and save money. Again, be careful, ask questions and if you are concerned, please feel free to contact Jana McKinney, a certified SHICK counselor at the McPherson County Extension Office, 620-241-1523.

Part D - Prescription Drug Plan Medicare Beneficiary Open Season October 15 - December 7, 2018

Medicare beneficiaries will be receiving an Annual Notice of Change letter in late September. Please take the time to read this letter. It is a letter from your current Part D Prescription Drug Plan provider explaining the changes in premium you will pay for 2019 as well as any changes in the Drug Formulary, which outlines how your medication is covered.

If you would like help shopping the Part D Medicare Prescription Drug Plans, please contact Jana at 620-241-1523 to set up an appointment. It can be a money saving opportunity to make a change in your Part D plan. The appointments generally take less than 30 minutes, and you have the information you need to stay with your current plan, or change.

When you come for your appointment, please bring your Medicare card, a list of the medicines you take and the dosage amount. You will need to call for an appointment.

Food Safety is so very important. We easily take it for granted.



While many students participate in the school lunch program, many others bring lunch from home. So packing it properly is important for best quality and safety.

- > Keep everything clean – hands, surfaces, utensils, washing produce, and more.
- > Keep hot foods hot – use an insulated container to keep hot foods hot. Fill it with hot water to heat the container, empty, then fill with piping hot food.
- > Keep cold foods cold – Many insulated lunch bags can keep cold foods cold with the help of a couple frozen gel packs or a frozen juice box.
- > Toss the trash – Throw away disposable packaging. Also throw away any leftovers that require refrigeration.
- > Plan ahead – Prepare lunches the night before to save time. Keep cold foods in the refrigerator. Then pack the lunch just before leaving home.



Don't just hope for a cure. Help us find one! alz.org/TrialMatch

Learn more about clinical studies and explore the 250+ opportunities to help advance Alzheimer's research. 1.800.272.3900

alz.org/10signs

alzheimer's  association

THE BRAINS BEHIND SAVING YOURS.™

Stay Strong, Stay Healthy



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. Participants strength train two times a week for 8 weeks with a pre- and post-assessment to see if the program made a difference. Two successions have already been held, one in Galva and one in Moundridge.

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. Participants help guide the time of day and the days the program is offered.

If you are interested in having this program offered in your area, please contact Jana McKinney. We may have the opportunity to have two certified instructors in McPherson County, so we can have two programs happening at the same time.

Weights are provided. Cost is \$20 per person.

Becoming More Mindful

Consider meditation

Let yourself become full aware of your own breath to help focus on the current moment.
Cultivate an open, present state of mind through your interactions with others at home and work.

Implement mindfulness activities in your daily routines

For instance, when you are outside, focus on your surroundings including what you see, hear, smell, and feel.

Eat mindfully

Consider what your body is telling you.
Eat the amount you need rather than over filling.
Eat healthy foods.
Consider where your foods come from.

Sleep mindfully

Be sure to get enough and good quality sleep. This can help you throughout the day.

—source: Psychology Today

Relationship Tip

Coping with stress often begins with healthy communication and conflict resolution. Here are some tips to maintain positive relationships during busy times of the year:

- > Avoid accusatory statements so that the listener is more willing to respond positively.
- > When stress levels rise, practice calming techniques such as time-outs, soft voices, humor, or smiling.
- > Avoid hot-button topics and focus on keeping the conversation light and cordial.
- > Accept your differences and work towards a compromise. While conflict can be stressful, forgiveness can strengthen your family and your relationship

Source: National Resource Center for Healthy Marriage and Families

Take the Challenge Prepare Kansas Starts September 1

It's 6:00 – You're at home – Your spouse is out of town – You're watching the news – A storm is brewing 30 miles away – And it's building – Then the tornado sirens sound! Head to the basement with some bottled water, snacks and close-toed shoes, and your set right? Wrong!

Just one flood, fire, earthquake, or tornado can wipe out a lifetime of savings. This program will teach steps to take to help protect your family finances from unexpected events of nature; walking you through the steps of creating household inventory, checking your insurance coverage, and preparing a grab-and-go box.

September is National Preparedness Month and K-State Research and Extension will be issuing PrepareKansas challenges via social media. Follow K-State Research and Extension on Facebook to learn more, take the challenge, and share how you are preparing your home and workplace ahead of financial disaster.



Ag News

Shad Marston
County Extension Agent
Agriculture and Natural Resources

Making A Better Decision: Steps To Select Your Farm's Wheat Variety

The following information provides a step-by-step guideline, as well as relevant resources, to help producers make a better decision when selecting one or a few varieties to plant in their operation. Producers can use different tools and publications to study each variety's strengths and weaknesses, selecting varieties that best match their needs.

1. Select several varieties that are adapted to your region of the state.

Regardless whether you intend to plant one variety or several on your farm, it is important to start out with a list of several good candidate varieties. The final product of interest is grain yield and therefore, it is crucial to select varieties that have shown consistent performance and excellent yield record in the region. Varieties that worked well for you and your neighbors in the past should be considered, but also make sure and check yield results from nearby K-State variety performance tests and demonstration plots. When looking at these results is very important that results from more than a single year, and possibly more than a single nearby location, are taken into consideration.

A few great resources to consult are:

- a. **K-State variety performance test:** Start searching by year, narrow down your search by region and finally by site. Choose the site(s) nearest to you and look for varieties that are consistently toward the top. Repeat the procedure for different years to check the consistency of the variety performance. Click the link above to access the K-State variety performance test results.
- b. **Colorado Wheat Variety Database:** This database encompasses replicated trial results from Colorado, Kansas, Oklahoma, and several other public state trials, so producers throughout the Plains can benefit. It is an excellent, easy-to-use resource that allows you to dig into data from single location, multiple locations, multiple years, and also allows for head-to-head variety comparisons. We suggest that users start by looking at "Single Location Trial Data", selecting the location nearest to you, and repeating this step for several years of data for that location. Check for varieties that tend to be consistently toward the top. Afterwards, look at "Multiple Location Trial Data," which will allow you to look at yields spanning a wider geographical region instead of a single location for one, two, three, or four years combined. Depending on region and number of years selected, you might be looking at more than 15 replicated trials combined. Thus, if a given variety remains a top yielding variety across all these replicated trials, it is a pretty good argument that you should at least look at that variety's characteristics and consider it in your farming operation. Finally, after selecting a few potential candidates based on their performance, we suggest that users click on "Head-to-head comparisons", so they can test whether those candidates performed statistically different over a wide range of environments. Click the link above to access the Colorado database.

2. Narrow down the number of varieties in your list to a few solid candidates.

After selecting several varieties that have shown good adaptability and stability in your region, the list needs to be narrowed down to the number of varieties you intend to plant. Ideally, at least two or three varieties (or a blend of two or more varieties) should be planted to spread the risk on your acres. Select varieties that are adapted and resistant/tolerant to the major concerns in your operation, but that have contrasting characteristics such as different maturities or disease resistance characteristics. This will help buffer the risk of a single event compromising production of the whole operation. Some factors to consider include:

- a. **Production system:** For producers who graze their wheat before taking it for grain (dual-purpose producers), selecting a variety with good forage yield: medium to late first hollow stem: Hessian fly, barley yellow dwarf, and wheat streak mosaic resistance; and good recovery from grazing is very important. Another consideration is whether the crop will be irrigated or dryland. Wheat varieties differ in their straw strength. There are a few varieties that should be restricted to dryland use, due to their below-average straw strength. A history of feral rye in the field would

suggest the need for a Clearfield variety and this plays an important role in variety selection. Double-cropping wheat following soybeans may require varieties with excellent tillering potential and possibly early- to medium-early maturity to compensate for the delayed development due to late planting. No-till producers in western Kansas might be looking for tall varieties with good straw production potential to help improve water retention in the soil, so this could also play a role in selecting a variety.

- b. **Tolerance to abiotic factors:** Depending on the region of the state where your farm is located, it will be subjected to different abiotic stresses. Acid soils are a major concern in south central, central, and north central Kansas, and varieties that have good low soil pH tolerance are warranted. Meanwhile, drought is a dominant factor in western Kansas, and varieties with better drought tolerance should be favored there. Varieties differ in their tolerance to abiotic stresses, and selecting a variety with better tolerance to the major limiting factor in your operation will allow the variety's potential to be more easily achieved.
- c. **Disease resistance:** Variety selection can help reduce the risk to many of the most common and damaging diseases in Kansas. Selecting a variety like SY Monument, Zenda, or LCS Chrome, which have good stripe rust and leaf rust resistance, can reduce the risk of severe disease problems and the need for foliar fungicide in the spring. Producers who are willing to spray a foliar fungicide have more variety options to choose from than those who are not. Some varieties have many very good characteristics and yield potential, but lack resistance to some major fungal diseases and thus require a fungicide to maintain their productivity. For example, Everest has many good characteristics, such as intermediate head scab resistance, some of the best barley yellow dwarf resistance available, and acid soil and Hessian fly tolerance; however, it is very susceptible to stripe rust. If a producer is willing to spray a foliar fungicide, Everest is still an excellent option. This is also true for varieties such as TAM 111, TAM 112, etc. Diseases such as leaf or stripe rust can be controlled with a foliar fungicide and producers have the option to budget for it in their operation. Meanwhile, other diseases require more of a systems management approach and cannot be controlled after they are established. These include virus diseases such as wheat streak mosaic and barley yellow dwarf, and can also include a fungal disease such as Fusarium head blight, which is not always successfully controlled with fungicide spraying. If these diseases are common concerns in your region, evaluate each variety's ratings against these constraints and selecting the ones that provide better levels of resistance.
- d. **Maturity:** Selecting several varieties with differing maturities is a great tool to spread risk as well as to optimize harvest timing. You don't want to have too many acres ready for harvest at once and then have to wait for harvest for lack of combine capacity. Early-maturing varieties will most likely have a yield advantage over later-maturing varieties in years such as 2012 when the grain filling period turns hot and dry. Also, from a historical perspective, early-maturing varieties have been more successful in the southern portion of the state, especially south central Kansas, due to the typical hot weather pattern toward the end of the growing season. On the other hand, medium-late maturing varieties will benefit from growing seasons with an extended grain-filling period, such as 2015, 2016, and 2017. It is important to keep in mind that recent years favored later-maturing varieties throughout the state. If we only look at the most recent years it will be tempting to plant later-maturing varieties, even in south central Kansas. However, nothing guarantees that the next growing season will be similar. At planting time, we don't know how the weather will turn out during grain fill. Therefore, spreading the risk in your operation by selecting varieties with differing maturities is always a good idea. In other words, you can plant a medium or medium-late maturing variety in south central Kansas, but keep it to a fraction of your acres.

Resources:

Here are a few great resources to help you walk through each variety's characteristics as far as maturity, disease ratings, drought and soil pH tolerance, date of first hollow stem, and other agronomic characteristics. Some of these resources can be obtained online, while all are at the Extension office.

K-State Wheat variety Disease and Insect Ratings 2018: This comprehensive guide to wheat varieties will allow you to compare different varieties in their agronomic and disease resistance characteristics in detail. Many varieties are individually described, others are shown in a table format which allows for easy and fast comparison. Click on this link above, to access this handout.



Wheat Varieties for Kansas and the Great Plains 2019 by Layton Ehmke: This private-sector book is also an excellent, comprehensive source of information regarding different varieties and their characteristics. It provides detailed ranking of varieties by traits of interest, making it easy to use. It also has a good summary of several variety performance tests in the Great Plains. This book can be purchased for \$18.00 at the Extension Office.

K-State Wheat Variety Date of First Hollow Stem, Fall Forage Yield, and Grain Yield 2018: This new K-State publication compare several varieties in their fall forage production, date of first hollow stem, and grain yield under dual-purpose versus grain-only management in south central Kansas. It is a good resource for producers who graze their wheat before taking it for yield. Click on this link above, to access this handout.

Preparing for winter, Now???

When the temperatures start to drop, the work on the farm does not slow down. Now is the time to prepare your farm and livestock for the cold, winter temperatures ahead. Being prepared, getting items fixed before it gets cold and having a winter emergency plan will reduce the number of problems, sick animals and save you money in the long run. Planning for and providing the basic needs – food, water and shelter, will help keep your animals healthy over the winter months.

Utilizing different crop residues might be something to look into this year. What if you could save just a month's worth of hay this year? What if you rented stocks for \$.50 a head per day, compared to feeding prairie Hay round bales at \$150 per ton.? You do the math for 30 or more cows. Testing the quality of your feedstuff and formatting the proper ration can save you money and allows you to feed exactly what the livestock needs are.

Be thinking now how you are going to precondition your calves and how that fits into your weaning program. Vaccinating, deworming, castration and dehorning can all be done a month before or a month after weaning. Remember, wean calves as stress free as possible. We have many articles here in the Extension office that can inform you on ways to precondition and wean your calves. Following a plan can lead to increased sales and a decrease in problems.

Get your cows ready for winter. Pregnancy testing and deworming is a must and since you will need to run them thru a chute, be sure to replace ID tags and cut out any old fly control tags. At this same time, operations can split the cows in feeding groups will help maintain the proper body score of the different age groups of your cow herd.

Plan ahead for your livestock's winter water source. Ensuring an adequate and dependable supply of water will encourage optimal health and performance of livestock. You can't just rely on natural water sources, like in years past, because of the lowness of some of our farm ponds. You will need to make sure that fresh water is available several times a day. If you have automatic waters or tank heaters, be sure to test them to ensure they are working properly. Don't wait till the first cold spell to repair them. Follow the manufacturers' recommendations carefully to wiring problems and electric shocks. We still might need to do some additional winterizing to prevent your water sources from freezing such as insulating the pipes and faucets.

If your livestock are accustomed to foraging throughout the warmer months, you will need to make plans for additional food sources in the winter. Animals need to eat more in cold weather to provide extra calories for heat energy. If weather is cold, windy and wet, livestock need extra energy just to keep warm. Minimize the waste of feeding round bales. Saving just a 1/4 to a 1/3 of each bale of hay this year might up us make it thru the long winter months and into the spring with our depleted hay supply.

When the wind picks up and the temperatures fall, livestock will need shelter. Many animals like cattle, horses, and sheep are content to live outdoors all year, but will need shelter from the wind and winter storms. Before it gets too cold, set up shelter or windbreak areas for animals kept outside. Wind breaks come in different forms such as barns, open sheds, tree groves, and even stacks of hay. Be sure to winterize the barn and any other buildings on the farm. Inspect the roof and make sure it is stable enough to hold the heavy weight of snow and ice. Before winter sets in, make sure your heaters are working properly and are located in spots with good ventilation.

It is important throughout winter to check on all of your livestock daily. Their needs may change as the temperatures fluctuate and they get further along in gestation. A well thought out winter plan for your operation will prepare you for unexpected emergencies and keep your livestock safe and sound through the winter months.



K-STATE
Research and Extension
Master Gardener

I want to take this time to say a BIG THANK You to all the Master Gardeners for their work in both the flower and vegetable gardens. If you have not visited these areas on the fairgrounds, you are really missing out on a wonderful display of horticulture ideas that our community members can use for examples to improve their own space or yard.

The Master Gardener program is a volunteer program in which K-State Research and Extension "trades" classroom training for volunteer time. If interested in becoming a Master Gardener please contact the Extension Office 620-241-1523 for more information.

Training consists of 40 to 50 hours of instruction in all aspects of horticulture. Instructors include state specialists from Kansas State University, local extension agents and local experts in specific subject matter.

After training is completed, volunteers donate an equivalent number of hours of service as was received in instruction. Service activities are coordinated by the local county extension agent. Though volunteer activities vary widely, all are educational, extension related and represent the interests of K-State Research and Extension.

Master Gardeners have become a vital part of the University's ability to provide accurate, up-to-date and research based information to our clientele.



Clover Corner

Lindsey Muetting
County Extension Agent
4-H Youth Development



The last month of the 4-H year... hard to believe it went by so quickly. Time to be looking at those record books, encouraging friends to try out 4-H and start looking towards a new year of goals! What would you like to see happen in McPherson 4-H? What could be improved? I encourage you to think outside the box and share your ideas! There are many opportunities for leadership in the county including County 4-H Council (2 youth and 2 adult reps from each club), Leadership Challenge, 4-H Fairboard, Jr Leaders, County-wide Committees and Project Leaders. I hope you are all having a great start to the new school year and as always, let me know if you have any questions!

~Lindsey

Help Judge Record Books

This year we are in charge of screening Pawnee County Record Books. These will be ready to begin looking at on Monday September 10. There will be a screening work night on September 19 from 5-8 PM. If you can stop by then, or any day after the 10th between 8-5, we would greatly appreciate your help. All books must be finished by Sept 24. Come learn from other members work!

Newsletter Deadline

Any information you would like included in the October edition of the 4-H Clover Corner needs to be emailed or given to Lindsey by September 14, 2018.

Fairboard Members Needed

Are you interested in the fair, how decisions are made and what goes on during fair week? Then consider applying to be a member of the fairboard. There are several spots open for youth and adults. Please consider applying and help make the fair even better. You can find the application online www.mcpherson.ksu.edu or at the Extension Office. Members do NOT need to be current 4-H parents or volunteers, just have an interest in being active in supporting the 4-H Fair! We do encourage at least one person affiliated with each club to apply for a fairboard position so we achieve a balanced group! Spread the word! Applications due Sept 28.

Calendar of Events

September

- 3 Labor Day, Office Closed
- 4 Leadership Challenge Plan Evaluation Due
- 6 Bring State Fair Items to Office
- 7-16 Kansas State Fair, Hutchinson
- 19 Screen Pawnee County Record Books (5-8 PM)
- 24 Jr Leaders Kick-Off Event
- 28 Records Book Due Into Office, Must Be Screened At Club Level First
- 28 Club Seal Due, Along with other Various Club Forms and Awards to Office
- 28 Ambassador Applications Due

***** Remember- the 4-H Fair will be July 26-29, 2019! *****

October

- 3-14 Tractor Supply Paper Clover Event
- 4 4-H Council- 7 PM Extension Office
- 5-7 Kansas Junior Livestock Show- Hutch
- 7-13 National 4-H Week
- 13-14 484H Service Weekend
- 27 Officer Training & Family Event

Importance of Thank You's!

The Fair is complete and we are looking towards another 4-H year, but have all fair responsibilities been taken care of?! What about those Thank You notes?! Spending a few minutes to write a thank you note to your award sponsors, leaders and volunteers is a very important responsibility as a 4-H'er! Please note an email should have been received for a list compiled of individuals and businesses who donated items, money or time to make our fair a success. Please remember this is not all inclusive and there will be many others you can think of that have helped you in some way. Please take time to write 3-4 sentences about your time at the fair and thanking the sponsors for their support!

484H

What is 484H?!? 48 Hours for 4-H'ers to serve our communities and make an impact on the state!

According to The 4-H study of Positive Youth Development, 4-Hers are nearly 4 times more likely to make contributions to their communities. But just how much can they do? In one weekend this fall, 48-Hours of 4-H will challenge club members, adult leaders and 4-H alumni to explore their service capabilities and inspire the community around them by taking part in some type of service project during the weekend of October 13-14, 2018.

Please report your activity to the Extension Office if your family or club participates in a service event!

Time to Celebrate!

The annual McPherson County 4-H Achievement Banquet will be held on November 4, 2018. This will be at St. Joseph's Catholic Church beginning at 4:30 pm. Dinner will follow the awards ceremony. Look for more info about purchasing tickets in the October Clover Corner! Remember- everyone who returns a record book (KAP) will get a discounted ticket!

Officer Training and Family Event Saturday, October 27, 2018

This event will be in conjunction with Central Kansas District again this year and held in Lindsborg. We will be looking for leaders to help teach sessions! This event will be open to all family members, cloverbud age to adult! Fun and informative sessions will be available for all ages, with lots of friends from surrounding counties to learn with, so plan to attend! Final plans and registration will be available soon, watch your email and October Clover Corner!

Kansas Youth Leadership Forum... November 17-18

Come and build your leadership skills and potential through workshops, consulting groups, inspirational speakers and more. Available class sessions will be online soon! This is a 2 day event this year. <http://www.kansas4-h.org/events-activities/conferences-events/kansas-youth-leadership-forum/>
In addition, the 2018 State 4-H Youth Leadership Council will be elected at KYLF. Registration and info is online and will be due by October 15, 2018. KYLF is for all youth 14-18 years old before Jan 1, 2019.

Year End Information

It is that time of year.... Record Book Time!!! To conclude each 4-H year it is my hope that each 4-H member completes a record book. This allows for another great skill to be practiced as well as the chance for scholarships, prizes, awards and recognition for the 4-H year. Please take a look at the record information and work on completing at least one record! Don't let lack of experience or information to include scare you away! Dive into the forms and as you are going make goals for how to grow and improve next year. It will get easier with each completed record!!!

All record books, pin applications, special award applications and club summaries are due to the office on September 28. Club leaders must review and sign books and forms prior to this date, so check with them for their deadline!

All forms can be found online! www.mcpherson.ksu.edu, *4-H Youth Development, Awards and Recognition, Record Books*. You can choose to complete the applications on the computer (copy to another folder on your computer) or print out the applications and fill in by hand.

STORY TIPS: The first paragraph should be facts about you, your family, where you live and a list of your projects. The next portion (largest section) should discuss your involvement in the project for which you are completing the form. Next briefly discuss work in each of your other projects. Then discuss other leadership or community service and club activities you have done. Finally evaluate your year and mention your future plans. The majority of your KAP story should be focused on the project you are filling it out for!

As each of you are working hard on finishing up your yearly record books, don't forget to save the date for Achievement Night! We will celebrate all your accomplishments on Sunday, November 4 at 4:30 PM. Check out the October Clover Corner for more information.

National 4-H Week

4-H...AWESOME! National 4-H Week is coming up, October 7-13. What will YOU do to celebrate? Maybe wear green for 4-H, hand out 4-H bookmarks, do a community service project or invite a friend to your 4-H meeting! Start thinking now of how you can show everyone how great 4-H is!

To celebrate National 4-H Week, think about entering the window display or poster contest! These are open to everyone. Contact Lindsey with questions or if you need space ideas.



WAYS TO PROMOTE!!!

There will be two contests for National 4-H Week this year!

1. Clubs or groups can enter a Window Display promoting 4-H. Think of where these might be located... store fronts, school entry way or display case, libraries, etc. These do not HAVE to be in a store window! Displays can be located in any public space within the county. Remember to get permission!
2. Individual Poster Contest. 4-H members can create a standard size poster promoting 4-H. Posters can have any theme the entrant would like. These need to be hung in a public place for the week!

Both contests will be judged for top awards! Entries will need to have short video (or picture for posters if you choose) that is posted to the McPherson County 4-H Facebook page or emailed to Lindsey. The video can be a simple phone capture, but should show the display/poster well and can include any other info you would like the judge to know. Videos must be under 2 minutes. Entries need to be in place with videos completed by October 10. Let us know what type of entry you have and where it is located when you email/post the video! Have fun and think outside the box... time to tell people how awesome 4-H is! Awards will be announced at Achievement Night!

Leadership Opportunities

JR LEADERS

If you are between the ages of 12 and 18 please consider being a part of Jr. Leaders. EVERYONE is invited!!! This is a super fun group whose members are leaders in 4-H and the community. We have fun, learn a lot, help others and grow together as a group through activities and trips.

Upcoming Events- Sept 24 we will plan to meet at 6:45 for a kick-off the year event. We will be talking about plans and activities for the year as well as our upcoming spring break ski trip!

Also, if you submitted a Leadership Challenge form this year, make sure to have your Evaluation complete and to the Extension Office no later than September 4. If you have any questions on this process, let Lindsey know!

BE AN AMBASSADOR!

Do you think 4-H is awesome?! Want to help spread the word to others and plan fun events? Think about applying to join a fun group of 4-H teens, the McPherson County 4-H Ambassadors! All Ambassadors are expected to help at a variety of county events, and present about the McPherson County 4-H program at local elementary schools and other venues. Ambassadors should be prepared to devote their time and talents to promote the 4-H program and be "the face of 4-H in McPherson County." More information and the application form is available on the county website. Applications for 2018 are due by Sept 28. Interviews will be scheduled in October with new Ambassadors beginning at the Achievement Banquet!

STATE LEADERSHIP OPPORTUNITIES

There are several opportunities to serve as a leader for Kansas 4-H. Applications for all of these groups and events can be found on the Kansas 4-H website, or contact Lindsey for more information.

4-H Youth Leadership Council- Apply to be on the group that helps run 4-H in Kansas. This group also plans awesome events such as: *CIA, KYLF, 484H and Campference!* – Due October 1

Discovery Days Task Force- Help plan and run Discovery Days 2019! – Due October 1

National 4-H Conference- Apply to attend this conference in Atlanta and come back to be a leader in Kansas 4-H!
– Due October 1



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

RETURN SERVICE REQUESTED

Life Line Screening Coming to McPherson

Life Line Screening, a leading provider of community-based preventive health screenings will be in our community on Wednesday, October 17, 2018 at McPherson 4-H Building. Ultrasound screenings to Identify risk factors for Cardiovascular disease include; **Carotid Artery** (plaque buildup-a leading cause of stroke), **Abdominal Aortic Aneurysm** (an enlargement or weak area in the main blood vessel that carries blood from the heart to the rest of the body), **Peripheral Arterial Disease** (hardening of the arteries in the legs), a **Heart Rhythm Screening** (an EKG to detect Atrial Fibrillation-irregular heartbeat) and an **Osteoporosis Risk Assessment** for men and women. Being proactive about your health by knowing your risks helps you and your doctor address problems early.

Register online TODAY at www.lifelinescreening.com/communitycircle and receive your “Community Circle” discount and your Preferred Appointment!

AGENT CONTACT INFORMATION

Jana McKinney
County Extension Agent
Family & Consumer Science
jmckinne@ksu.edu

Radio: Wednesday, 7:25 a.m.

Lindsey M. Mueting
County Extension Agent
4-H Youth Development
lmueting@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.



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