

K-State Research and Extension

Extension Connection

APRIL 2020

Notes from the 4-H Agent

I hope you all are finding ways to cope with the challenges and changes associated with the COVID-19 Virus. The pandemic has forced us to find new ways to do school, work, and 4-H. The State 4-H office is working diligently to determine how to handle future 4-H activities and projects. As new decisions are made, we will keep you informed.

As a reminder, the goal of 4-H is to develop citizenship, leadership, responsibility, and life skills for youth through positive youth development. Positive youth development occurs when youth and adults engage in activities that build these important life skills. Whether the activity is participating in the livestock project, community service project or serving as an officer, valuable life skills are gained, and that is what is important in the 4-H organization. During these uncertain times, we need to remain positive and go forth with our 4-H projects. Since we are required to stay home, you may find you have some extra time on your hands. I encourage you to use this time to engage and practice your 4-H projects.

As always, if you have questions, please feel free to email or call.

“Make the Best Better”

Jennifer LaSalle

Family and Community Wellness/4-H Agent



Due to the Governor's state-wide order to stay home, Finney County Extension Office is closed. We are committed to continue helping our community. You can still reach us through email or at 620-287-5931 or 620-272-6812.

Please go to our Facebook page and complete the survey “Extension Resource Survey”. We are still passionate about helping our community. This survey will give us a better understanding of the need for our community.

Club Reports

The monthly meeting of the Happy Hustlers 4-H Club was held March 1st at the Community Congregational Church at 5:30pm. Foods project members prepared the potato bar meal including broccoli & cheese, chili, sour cream, and bacon. Salad and a variety of yummy deserts completed the meal. After the meal, the meeting was called to order. Roll call, name your favorite thing about Spring, was answered by sixteen members. Reports of officers were given. Leader Karen Murrell reminded everyone to “like” the Finney County Extension facebook page. She also informed the club of all the important upcoming livestock dates and provided information about 4-H summer camps, and Discovery Days. Guest Rylan Laudan talked to the club about livestock judging and invited everyone to participate. For the program, Tristan Clark shared his illustrated talk about Iris Folding. Beth Koksall provided the health tip and talked to the club about Walk Kansas happening March 15-May 9. Teams of 4 are encouraged to sign up. For recreation the club played Hot Potato. The song leaders led the club in singing Happy Birthday to the members with March birthdays. The next meeting will be held on April 5th at 5:30pm.

Reporter, Tristan Clark

In order to meet the club seal requirements for publishing club reports, we will be publishing them in the Extension Connection. Your club is encouraged to continue to submit them to the Telegram and submit them to the Extension Office via email to steph66@ksu.edu.

The Wide Awake 4-H Club meeting was held March 9th at 7:00pm on March 9th. Minutes were read by Christine Lightner and were approved by the members. Treasurers report was given. Reporters report was turned in by Jaylee Speer. The parliamentary tip was presented by Trell Baker. Leader’s report: handed out the membership cards, livestock judging was last week it is to be held Tuesday nights from 5:00pm to 7:00pm. Poultry Judging May 2nd in Coffey County. Hibleers Goat Sell is March 20th. March 28th goat and pig and sheep sale Finney County Fairgrounds. By May 17th animals need to be in your possession and tagged. Beef tagging date is March 28th 8-11:00am Every club member must attend 4 meetings before you do anything in the Fair. Committee reports by Lauren Lightner. There was no old or new business. The devotions by Christine Lightner, read verses in the bible. The song was led by Macy Hands and Cort Baker’s parents. The project talks were Jade Ardery on sheep, and Emma Lightner on performing arts. Recreations was led by Lauren Lightner and Jade Ardery. The next meeting is April 13th. All mentioned events are pending at this time.

Jaylee Speer
Wide Awake Reporter

Extension Bulletin Board

Schedule for clubs to decorate the Extension bulletin board is as follows:

May	Wide Awake
June	Happy Hustlers

Livestock Tagging

Please continue to watch your email and our Facebook page. Once decisions and guidelines are determined, we will notify you.



4-H Camps

As of now, camps are still planning to occur. If camps are cancelled, you will receive a full refund.

Camp Lakeside	June 10th & 11th
Rock Springs	June 13th-16th

Camp Lakeside registration is an online application as well as Lakeside counselor applications and the link is available on our website.

If you would like to be a camp counselor for Rock Springs, applications are due April 10th. We will then schedule an interview with you before submitting application to the State office. Counselor applications are available on our website. You will also need to complete VIP on 4-H Online to be a counselor.



Applications for Rock Springs and counselors can be emailed or you can drop it off at the Extension Office and put in the outside drop box.



Youth for the Quality Care of Animals (YQCA) is a national multi-species quality assurance program for youth ages 8 to 21 with a focus on three core pillars: food safety, animal well-being, and character development.

YQCA includes information for youth showing the following food animals:

- Pigs
- Beef Cattle
- Dairy Cattle
- Sheep
- Goats
- Market Rabbits
- Poultry

YQCA is required to participate in the Finney County Fair. YQCA certification will be offered on the following dates:

At this time, we are recommending that 4-H'ers obtain their YQCA certification online. YQCA is offering a coupon for the online certification and the instructions for obtaining that are attached. Once the ban has been lifted, we will look at having face-to-face instruction for those who still need certification.

Please see following pages for more information on YQCA.



Way to Go!!



Special thanks to Jaylee Speers and Wide Awake 4-H Club for donating paper goods to Benincasa. Thank you Jaylee and your fellow 4-Hers!!.



Please take notice that at the regular monthly meeting of the Finney County Fair Board on Monday, November 11th, the board voted to make a change/addition to the requirements of 4-H'ers at the fair, as follows:

It has been agreed that the attendance for 4-H is mandatory and they must attend 4 meetings per year to be eligible to participate in the fair.

This change/addition to the requirements is to become effective beginning with the 2020 County Fair (the October 1, 2019 through September 30, 2020 4-H Year). All attendance requirements must be verified by the 4-H Club Leaders.

Note: If they do not meet attendance requirement, this will NOT disqualify youth from participating at the fair, they can participate as open class.

Poultry Testing

Per a February 5, 2020, Memo from Kansas Animal Health Commissioner Dr. Justin Smith to Kansas Extension Agents and Poultry Exhibitors:

Due to continuation of the nationwide shortage of antigen needed to conduct pullorum-typhoid testing in poultry, the Kansas Department of Agriculture Division of Animal Health is waiving certain poultry testing requirements for 2020. As a result, Kansas poultry owners do not need to test their exhibition birds for the pullorum disease while the waiver is in effect.

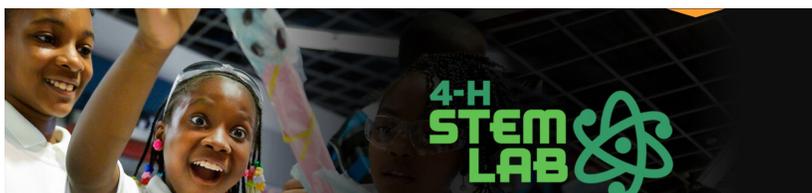
Although we still consider pullorum-typhoid testing important in maintaining pullorum-clean poultry within Kansas, pullorum disease is rare. Due to this low risk of spread of pullorum disease, and the fact that the antigen for testing will not be available, KDA is waiving the requirement for pullorum-typhoid testing until January 2, 2021

VERY IMPORTANT ANNOUNCEMENT!

Need something to do?

Try one of these projects...or all!

- Pillow case <http://www.allpeoplequilt.com/millionpillowcases/instructions/RollItUp.pdf>
- Draw string bag <https://www.thehappyscraps.com/2014/08/30-minute-draw-string-bag-tutorial.html>
- 4-H STEM Lab <https://4-h.org/parents/stem-agriculture/youth-stem-activities/>



Happy Easter!



★ JOIN US JUNE 10TH & 11TH AT ★

Wild West 4-H Camp Lakeside

What Will You Do?
Hike, Swim, Raft, Fish, S'mores, build lifelong friendships & more!
Camper Age (on Jan 1): 7-9 years of age
Counselor Age (on Jan 1): 14-18 years of age

FEE: \$80, INCLUDES MEALS, ACTIVITIES & T-SHIRT
2020 CAMP LAKESIDE REGISTRATION FORM CAN BE FOUND:
[HTTPS://FORMS.GLE/5KRLHES1HGFSH3WD6](https://forms.gle/5KRLHES1HGFSH3WD6)

★ Please take payment to your local Extension Office by May 1st, 2020! ★

K-STATE Research and Extension
4-H GROWS HERE

2020 FINNEY COUNTY FAIR

Great American Photo Contest "Stormy Weather"
Friends of Sandage Bison Range "Seasons at the Refuge"
Friends of Lee Richardson Zoo Photo Contest "CATS"

For more information on each contest, contact the Extension Office at 272-3670. Photos must have been created after the close of the 2019 Fair.

CORNER

FACS

I hope this newsletter finds you all safe and doing well during these strange times. Because of the COVID-19 pandemic, I felt it necessary to share with you several articles from K-State Research and Extension. I hope these articles will be helpful in dealing with this crisis.

Helping Children through Tough Times

The publication "**Disasters: Children's Responses and Helping Them Recover**" includes information that can help communities recognize the negative effects that tough times have on the mental well-being of children. It also includes signs to look for in children and how to emerge in a positive direction from times of crisis. You can find this publication at this website.

<https://bookstore.ksre.ksu.edu/pubs/MF3196.pdf>

Here are some suggestions from Bradford Wiles and Elizabeth Kiss, K-State Extension Specialist, on how parents can help children cope during hard times.

- Reassure the child that you are still together and that you will be there to help as long as you can.
- Return to pre-disaster routines to the extent possible, including bedtime, bath time, meal time and waking up times.
- Make sure you are taking care of yourself. It can be difficult to take care of a child if you are not feeling well.
- Talk with your child about your feelings.
- Encourage children to draw, write or tell stories about their experiences. Talking about how the disaster or tough time has changed them can be beneficial.



**Ask the
Agent**

If you have any questions, concerns, or topics that you would like me to address, please feel free to contact me via e-mail at jlalalle@ksu.edu or call the Finney County Extension Office at

Plan Meals before shopping during a quarantine.

In these crazy times of the COVID-19 pandemic, it may be hard to continue with our normal routines. If one of those normal routines is a quick trip to the grocery store, then it's time to re-think those trips. Shopping with a plan is very important now more than ever. Sandy Procter, a nutrition specialist with K-State Research and Extension, offers a few tips for planning meals and shopping with a plan.

- **Buy items in bulk.** Instead of buying grab-and-go breakfast bars, buy a box of bulk oatmeal instead. You can provide a lot of servings at once, and it's often less expensive.
- **Start with the basics,** such as sugar, flour or other items that help you make food from scratch. "Quick meals are maybe not as important right now as much as having enough variety on hand to make flexibility a key part of menu planning," Procter said.
- **Buy shelf-stable foods.** Fresh produce is great, but to avoid multiple trips to the store during the week, be sure to buy canned goods too. "Foods that are in cans or frozen are packed at their peak of nutritional value, so we know that those are healthy foods," Procter said. "Use the fresh items first, then incorporate those that will keep longer."
- **Include kids in meal planning.** "They will probably have some good ideas, and there are lessons that can be shared, too," Procter said. It's one of those times that we will think back on and you'll appreciate having the time to hang out with the kids and teaching them to cook."

Also, when grocery shopping during this pandemic, be mindful of others and don't hoard goods, buy only what you need.

For more information on meal planning read this publication "Healthy Cooking Styles"

<https://bookstore.ksre.ksu.edu/pubs/MF3350.pdf>



Move More, Sit Less: Tips for staying active while at home

Even though there is a state wide order to stay at home, there isn't a state wide order to become sedentary. Now more than ever, it is important to "Get Up and Move". Research shows physical activity is a good way to release stress and anxiety and deal with boredom and depression. With the COVID-19 pandemic you may find yourself with more stress and anxiety which could led to depression. Read this publication from K-State Research and Extension, titled *Move More, Sit Less*, outlines activities that can be done at home, <https://bookstore.ksre.ksu.edu/pubs/MF3376.pdf>

More tips for being active around the home can be found in another publication from K-State Research and Extension, titled *Let's Live a Little: Physical Activity for Fun and Fitness*. <https://bookstore.ksre.ksu.edu/pubs/MF3090.pdf>

If you want to try yoga, "Yoga with Adriene" YOUTUBE, are great videos to get started.

Find a physical activity you enjoy and Get Up and Move.



Spring

Recipes of the Month

Try making some of these kid friendly healthy snacks. They are simple enough for kids to make by themselves or together as a family. What a great way to spend time together as a family.

Easy Pizza Toast

Easy pizza toast is the ultimate after school snack for kids (and grown-ups will love it too). Use any toppings of your choice in this 5-minute treat.

Servings 4

Calories 175kcal

Author: Alida Ryder



Ingredients

- 4-8 slices bread of your choice toasted
- 1 cup Pizza sauce
- 1-2 cups grated mozzarella
- salami/ toppings of your choice
- 1 teaspoon oregano

Instructions

Remember to wash hands!

1. Pre-heat the grill of your oven.
2. Place the toast on a baking sheet and add a generous spoonful of pizza sauce. Spread with the back of the spoon to the corners.
3. Top with a handful of grated mozzarella followed by the toppings of your choice.
4. Sprinkle over a little oregano.
5. Place in the oven and allow to cook until the cheese has melted.
6. Remove from the oven and allow to cool for a few minutes before serving.

Nutrition

Calories: 175kcal | Carbohydrates: 18g | Protein: 9g | Fat: 7g | Saturated Fat: 3g | Cholesterol: 22mg | Sodium: 641mg | Potassium: 274mg | Fiber: 2g | Sugar: 4g | Vitamin A: 455IU | Vitamin C: 4.3mg | Calcium: 196mg | Iron: 1.9mg

Easy Pizza Toast <https://simply-delicious-food.com/easy-pizza-toast/>

Kids' Tool Kit

Large mixing bowl
Zip-type bag
Rubber spatula
Spoon
Measuring cups

Peanut Butter Balls

Mix, roll, shake and enjoy!

Ingredients:

- ¼ cup peanut butter (creamy or chunky)
- ¼ cup honey
- ½ cup nonfat dry milk
- 1/4 cup quick or old fashioned oats
- ¾ cup crisp rice cereal (save ½ cup to crush)

Directions

Remember to wash your hands!

1. In a large mixing bowl, combine peanut butter, and ¼ cup of the rice cereal.
2. Shape into 1-inch balls
3. Put the remaining ½ cup rice cereal in a large zip-type bag and crush with hands.
4. Place balls in bag and shake until balls are covered with cereal.
5. Store in covered container in the refrigerator.



Nutrition Facts

Amount Per Serving		Calories from Fat 35	
Calories 100			
		% Daily Value*	
Total Fat 3.5g			6%
• Saturated Fat .5g			4%
Cholesterol 0mg			0%
Sodium 80mg			3%
Total Carbohydrate 15g			5%
• Dietary Fiber 1g			3%
• Sugars 10g			
Protein 4g			
Vitamin A 0%		Vitamin C 2%	
Calcium 6%		Iron 2%	
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.			
	Calories - 2,000		2,500
Total Fat	< 65g		99g
Saturated Fat	< 25g		29g
Cholesterol	< 300mg		300mg
Sodium	< 2,400mg		2,400mg
Total Carbohydrate	30g		37g
Dietary Fiber	25g		39g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'

Kids' Tool Kit
 Measuring cups
 Measuring spoons
 Mixing bowl
 Cutting board
 Knife

Fruit Salsa

Ingredients:

- 1 cup diced strawberries
- 1 banana, diced
- 1 kiwi, peeled and diced
- 1 apple, cored and diced
- 2 tablespoons lemon juice
- ¼ cup sugar
- ¼ teaspoon nutmeg
- ½ teaspoon cinnamon



Directions

Remember to wash hands!

1. Wash fruit under running water
2. Combine fruits in a medium mixing bowl and add lemon juice
3. Stir in sugar, nutmeg and cinnamon. Mix well
4. Refrigerate until serving time.
5. Serve with cinnamon chips, graham crackers or vanilla wafers

Nutrition Facts	
Serving Size 1 cup (145g)	
Servings Per Container 4	
Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	14%
Sugars 26g	
Protein 1g	
Vitamin A 2%	Vitamin C 80%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 25g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	35g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

K-STATE RESEARCH & EXTENSION
 FAMILY NUTRITION PROGRAM



You Asked It!

Tips From the Rapid Response Center

KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE

**Do you have questions about food?
 Check out the Rapid Response
 Center @**

<https://www.rrc.k-state.edu>



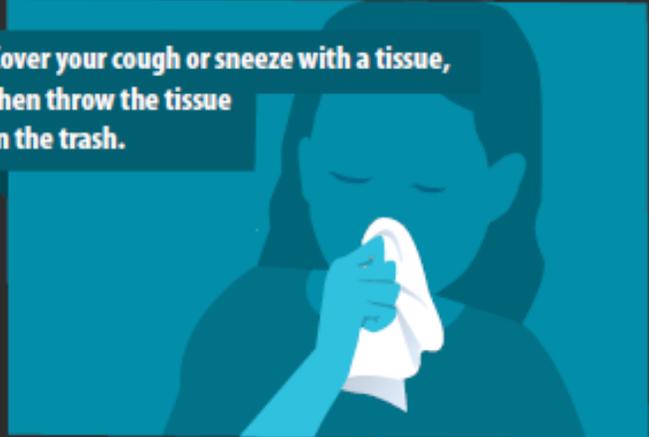
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory viruses like 2019 novel coronavirus.

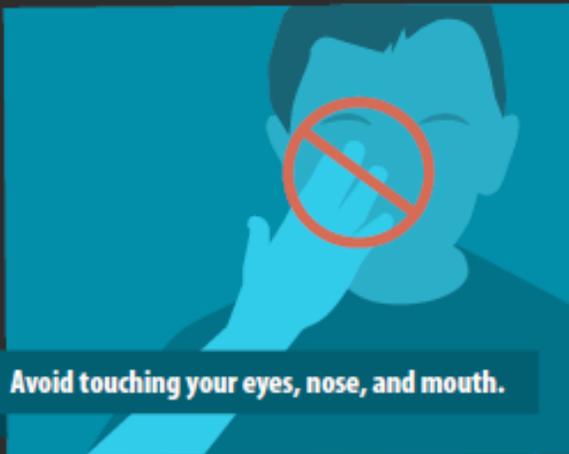
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



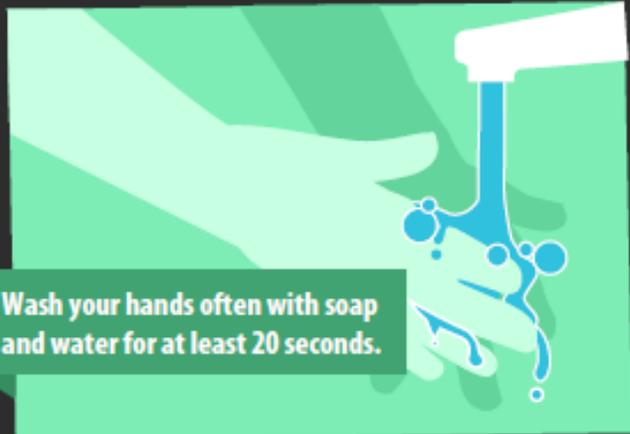
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/nCoV

The current outbreak of 2019 novel coronavirus (2019-nCoV) was first identified in China but has now spread internationally, impacting an increasing number of countries. Sustained community spread is occurring in China. Limited person-to-person spread, most associated with close contact with a patient with confirmed 2019-nCoV, has been seen outside of China. No community spread of 2019-nCoV has been identified in the United States at this time.

In the coming days and weeks, we expect more confirmed cases in the United States, including some person-to-person spread. The goal of CDC's aggressive ongoing public health response is to prevent spread of 2019-nCoV in the United States.

What you should do

- **STAY INFORMED** – CDC is updating its website daily with the latest information and advice for the public. (www.cdc.gov/ncov)
- **REMEMBER TO TAKE EVERYDAY PREVENTIVE ACTIONS** that are always recommended to prevent the spread of respiratory viruses.
 - » Avoid close contact with sick people.
 - » While sick, limit contact with others as much as possible.
 - » Stay home if you are sick.
 - » Cover your nose and mouth when you cough or sneeze. Avoid touching your eyes, nose and mouth with unwashed hands; germs spread this way.
 - » Clean and disinfect surfaces and objects that may be contaminated with germs.
 - » Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub with at least 60% alcohol.
- **IF YOU FEEL SICK** with fever, cough, or difficulty breathing, and have traveled to China or were in close contact with someone with 2019-nCoV in the 14 days before you began to feel sick, seek medical care. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.

What you should not do

- **DO NOT** travel to China.
- **DO NOT** use facemasks. CDC does not recommend the use of facemasks for the **general U.S. public** to prevent the spread of 2019-nCoV.
- **DO NOT** show prejudice to people of Asian descent, because of fear of this new virus. Do not assume that someone of Asian descent is more likely to have 2019-nCoV.

All persons in the U.S.—including those of Asian descent—who have not traveled to China or been in contact with someone with a confirmed or suspected nCoV case in the last 14 days are at low risk of becoming sick.



MEMO

Date: March 26, 2020

To: YQCA Families

RE: YQCA Web Based Certification – Flash Sale!

In light of the recent COVID-19 pandemic, the YQCA Board is announcing a 25% flash sale on the web based certification. Here is how to take advantage of this opportunity.

1. Only offered during the month of April (April 1 – April 30), YQCA will be offering a 25% discount on web-based trainings, making them \$9.
 - a. Those wishing to take part in the flash sale will need to purchase \$9 web-based training coupons from YQCA. Coupon order forms are attached to this message or may be obtained by emailing sales@yqca.org. **THIS IS THE ONLY WAY TO RECEIVE THE DISCOUNTED PRICE.**
 - b. Once the order form and proof of payment is received, coupons will be issued and returned to the purchaser within 3-5 business days.
 - c. Coupons MUST be put towards a web-based training in the month of April.
2. Youth who have already paid for a YQCA instructor-led training (on a date that has not yet passed), may log into their account and cancel their registration.
 - a. If payment was received via credit card, their payment will be refunded.
 - b. If payment was received via coupon code, that coupon code will be active again. This coupon code does not expire and would be able to be used in future years.
 - c. To cancel a registered training
 1. Go to <https://yqca.learnrow.io> and login to the account.
 2. Select the course - you will have an option to "Cancel Registration". This will cancel the training and refund the payment/re-activate the coupon code.

We recognize those who have typically utilized the instructor-led training option may be unfamiliar with what users receive with their registration fee. We have identified those items below and ask that they be shared with instructors who are pointing their youth towards the web-based training.

- Each session purchased includes three modules – a knowledge builder, a skills lab, and a quiz.
 - The knowledge builder is where content is delivered, the skills lab provides an opportunity to apply the content, and the quiz tests knowledge. To receive a certification, an 80% must be achieved on the 10-question quiz.
 - These modules, completed in their entirety, will provide 2-3 hours of an experience for users.
- Features of the online modules include:
 - Characters at each age level to guide youth through the course
 - Free navigation within the course so youth can spend as much or as little time on a particular topic based upon their personal needs
 - Variety of learning opportunities to accommodate various learning styles and modalities
 - Audio button on each slide so youth can listen to audio rather than read the on-screen text



- Users may revisit modules anytime during their year of certification to repeat the modules purchased for additional learning opportunities.

If you have any questions about the items above or requests for YQCA, please do not hesitate to reach out to info@yqca.org.



YQCA Web-Based Training Flash Sale Coupon Order Form & Invoice

Date of Order: _____

Contact Person: _____

Contact Email: _____

Contact Phone: _____

Billing Address: _____

City: _____ State: _____ Zip: _____

FLASH SALE PRICE ONLY

Web-Based (\$9) Quantity: _____ Total Cost \$ _____

By signing below, you acknowledge that you have read, understand and agree to the [Coupon Terms and Conditions](#) listed on page 2 of this document.

Printed Name: _____

Organization Name (if applicable): _____

Title (if applicable): _____

Signature: _____

Step 1:

Email this order form and copy of the check or purchase order to sales@yqca.org.

Step 2:

Makes check payable to **YOUTH FOR THE QUALITY CARE OF ANIMALS, INC**
and mail to:
Youth for the Quality Care of Animals, Inc.
c/o Dinah Peebles, YQCA Treasurer
1776 NW 114th Street
Des Moines, Iowa 50325

Payment is due upon receipt of order when it arrives to YQCA treasurer

COUPON TERMS AND CONDITIONS

GENERAL TERMS

Coupons are issued by YOUTH FOR THE QUALITY CARE OF ANIMALS, INC, a South Dakota domestic nonprofit corporation (the "Issuer"), who is the sole obligor to Coupon owner. When you purchase, receive or redeem a Card, you agree that the laws of the State of South Dakota, without regard to principles of conflict of laws, will govern these Coupon terms and conditions. YOUTH FOR THE QUALITY CARE OF ANIMALS, INC reserves the right to change these terms and conditions from time to time in its discretion. All terms and conditions are applicable to the extent permitted by law.

REDEMPTION

Coupons are non-refundable and only redeemable for course activation on LearnGrow.io. Valid for one-time use.

RISK OF LOSS

Coupons will not be replaced or refunded if lost or stolen. The risk of loss and title for Coupons pass to the purchaser upon sale. We are not responsible if a Coupon is lost, stolen, destroyed or used without your permission.

RESALE

Issuer does not permit the resale of its Cards without our prior written consent.

COMPLIANCE WITH LAWS

By purchasing Coupons, you are certifying and representing to the Issuer and its affiliates, subsidiaries, sister and parent companies, including, without limitation YOUTH FOR THE QUALITY CARE OF ANIMALS, INC. (the "Issuer and Affiliates"), that the activities in connection with which the Coupons will be used will comply with these terms and conditions and all applicable laws, rules and regulations, and that the Coupons will not be used in any manner that is misleading, deceptive, unfair or otherwise harmful to Coupon users. In addition, you agree to defend and indemnify Issuer and Affiliates and their respective directors, managers and officers, from and against any claims, expenses or liabilities made against or incurred by any of them in connection with your use of the Coupons or violation of any of these terms and conditions. You agree to release Issuer and Affiliates and their respective directors, managers and officers from and against any and all claims, expenses or liabilities you have or may have against or incurred in connection with your use of the Coupons or violation of any of these terms and conditions.

OUR POLICIES

Issuer and Affiliates may provide Coupon purchasers with information about the redemption status of Cards. Coupons cannot be returned, resold, transferred for value,

redeemed for cash or applied to any other account, except to the extent required by law.

FRAUD

Issuer and Affiliates have the right to not accept Coupons and may request alternative forms of payment if Issuer or Affiliate believes such Coupons have been fraudulently obtained.

NO AFFILIATION WITH REGISTRATIONMAX, LLC THE PARENT COMPANY OF LEARNGROW.IO

Use of RegistrationMax's name, logo or trademarks (or those of any of its subsidiaries or affiliates) in connection with the purchase or use of Coupons is strictly prohibited. Furthermore, the use of Coupons in any manner that states or implies that any person, Website, business, product or service is endorsed or sponsored by, or otherwise affiliated with, RegistrationMax, Issuer or Affiliates is prohibited.

LIMITATION OF LIABILITY

Issuer and its Affiliates make no representations, warranties or conditions of any kind, express or implied, with respect to the Coupon, including, but not limited to, any implied warranty of merchantability, fitness for a particular purpose, title, or non-infringement, or any warranty arising by usage of trade, course of dealing or course of performance. Issuer does not represent or warrant that your Coupons will always be accessible or accepted. In the event that Issuer or its Affiliates are found liable to you, you shall only be entitled to recover actual and direct damages and such damages shall not exceed the equivalent value of your Coupon. Issuer and its Affiliates shall have no liability for any incidental, indirect or consequential damages (including without limitation loss of profit, revenue or use) arising out of or in any way connected with these terms and conditions, whether in contract, warranty, tort (including negligence, whether active, passive or imputed), product liability, strict liability or other theory, even if we or our authorized representatives have been advised of the possibility of such damages. In no event shall Issuer or its Affiliates have any liability for unauthorized access to, or alteration, theft or destruction of a Coupon through accident, misuse or fraudulent means or devices by you or any third party, or as a result of any delay or mistake resulting from any circumstances beyond our control. The laws of certain states or other jurisdiction do not allow limitations on implied warranties, or the exclusion or limitation of certain damages. If these laws apply, some or all of the above disclaimers, exclusions or limitations may not apply to you, and you may have rights in addition to those contained in this agreement. In such jurisdiction, our liability is limited to the greatest extent permitted by law.



Getting Your YQCA Certification

Creating And Logging Into A YQCA Account

Step 1: Go to <https://yqca.learngrow.io>

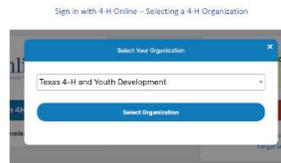
Step 2: Sign in with 4-H Online or FFA & Independent Account



4-H Online Steps

*This is for youth with an active 4-H Online account

1. Select a 4-H Organization
2. Login with 4-H Credentials



Sign in with 4-H Online - Selecting a Family Member
To create an account from a 4-H Online member record, the member's status must be active. If you are not sure of the status for each member, log in to your 4-H Online and view the status of each member on the member list screen. To check on the progress of member activation in 4-H Online, contact your county 4-H office.



3. Select a Family Member

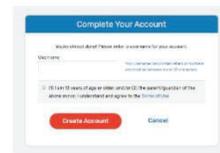
Member's status must be active. If

you're not sure of the member's status, log in to 4-H Online to view the status on the member screen. To check the progress of member activation in 4-H Online, contact your county 4-H office.

4. Enter a Username

After creating your account, you can still log in with your 4-H Online credentials. The username will be used if you decide to disconnect your account from 4-H Online.

Sign in with 4-H Online - Enter a Username
After creating your account, you will be able to log in with your 4-H Online credentials. The username will be used if you decide to disconnect your account from 4-H Online.



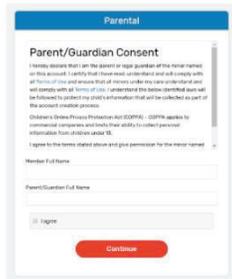
FFA & Independent Steps

1. Enter information for the individual whose name will appear on the certificate

A parent or guardian must create the account (in the child's name) for a member that is 12 or younger.

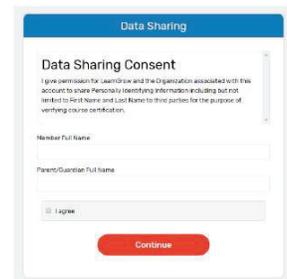
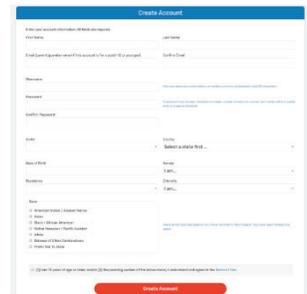
The email entered for a member that is 12 or younger must be that of a parent or guardian

2. Retrieve email from LearnGrow to confirm account



3. Have parent/guardian complete parental consent

4. Have parent/guardian consent to data sharing



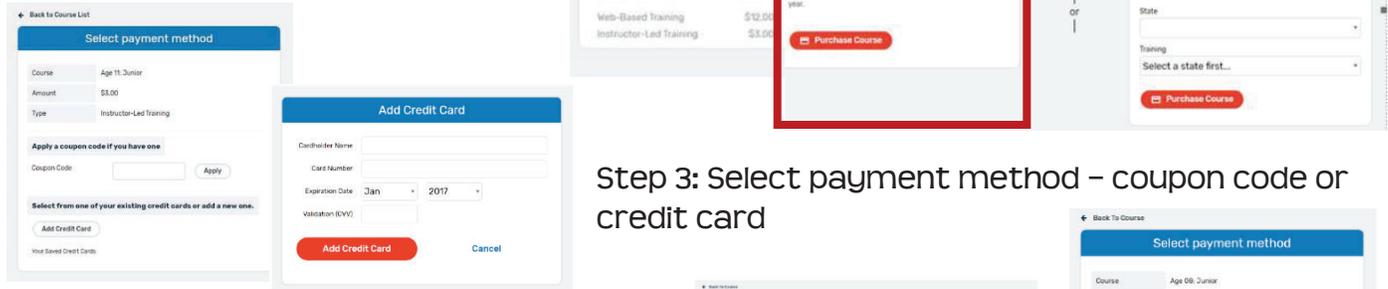


Getting Your YQCA Certification

Purchasing A Web-based Training

Step 1: Select a course

Step 2: Select “Purchase Course”

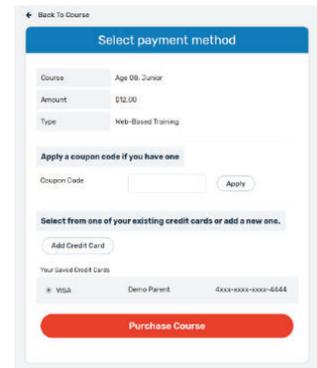
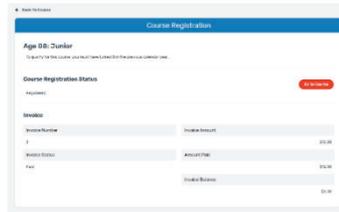


Step 3: Select payment method – coupon code or credit card

Step 4: Select “Purchase Course”

Step 5: View receipt

To print receipt, right click and select “Print”. Select printer to print, or PDF to save on your computer.



Step 6: Use the email sent after the course is purchased to access the pre-course survey

Completing A Web-based Training

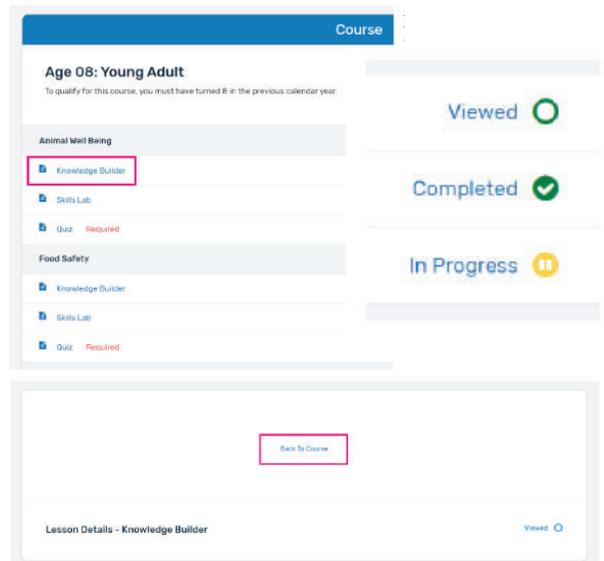
Must pass 3 quizzes - Animal Well-Being, Food Safety, and Life Skills

Select a Knowledge Builder and Skills Lab to gain knowledge and test your skill

Status will show throughout to track progress

Back to Course:

Will return user to menu page to select another Knowledge Builder, Skills Lab or Quiz





Getting Your YQCA Certification

Registration Cancellation

If the course has not yet started or the instructor-led training date passed, the registration can be cancelled.

Step 1: Select the course from the “Course List” page. In the bottom of the box, it will state the type of training instead of the training options and prices.

The screenshot shows a grid of course cards under the heading "Course List". Each card displays course details and pricing. The "Age 11: Junior" card is highlighted with a red box, and its status is "Registered".

Course	Age	Level	Web-Based Training	Instructor-Led Training
Age 08: Junior	08	Junior	\$12.00	\$3.00
Age 09: Junior	09	Junior	\$12.00	\$3.00
Age 10: Junior	10	Junior	\$12.00	\$3.00
Age 11: Junior	11	Junior	-	Instructor-Led Training
Age 12: Intermediate	12	Intermediate	\$12.00	\$3.00
Age 13: Intermediate	13	Intermediate	\$12.00	\$3.00

Step 2: Confirm the status says “Status: Registered”. If the status says “Complete” or “Failed”, it is too late to cancel the registration.

The screenshot shows the "Course" details page for "Age 11: Junior". The status "Status: Registered" is highlighted with a red box. Below the status, there is a "Cancel Registration" button.

Course
Age 11: Junior
Status: Registered
Now Registration Details

If you no longer wish to take this course, you can cancel your registration any time before starting your first lesson. [Cancel Registration](#)

When: Jun 26 2019 4:00 PM - 6:00 PM
Where: Black Hills Stock Show® Youth Day; Walter Taylor 4-H Building, Central States Fairgrounds, 6018 Center St., Rapid City, SD
Contact: Hilary Rouse, hrouse@sdstate.edu, 605-394-1722
Message: The time listed is in MST. The Youth for the Quality Care of Animals instructor led training is an annual certification program for ages 8 to 18 years old. This certification provides youth exposure to food safety, animal well-being, & life skills for seven species of livestock, including: beef & dairy cattle, sheep, goats, pigs, poultry, & rabbits. All 4-H members exhibiting livestock at a South Dakota 4-H event during the 2018-19 4-H year are required to attend one of these trainings.

Step 3: In the box that states, “If you no longer wish to take this course, you can cancel your registration any time before starting your first session”, select “Cancel Registration”.

Step 4: Confirm you are canceling the correct course and select “Cancel Registration”.

The screenshot shows the "Cancel Registration" confirmation page. The "Cancel Registration" button is highlighted with a red box.

Cancel Registration

Are you sure you want to cancel the registration for Age 11: Junior (Rapid City: Black Hills Stock Show® Youth Day; Walter Taylor 4-H Building, Central States Fairgrounds, Jun 26, 2019 4:00 PM - 6:00 PM)?

If there is a fee associated with this registration, it will be refunded.

[Cancel Registration](#) [Cancel](#)

Getting Your YQCA Certification

Printing Certification

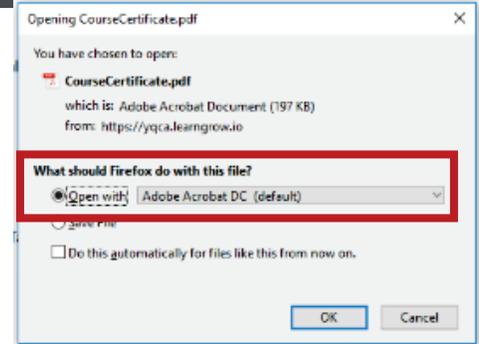
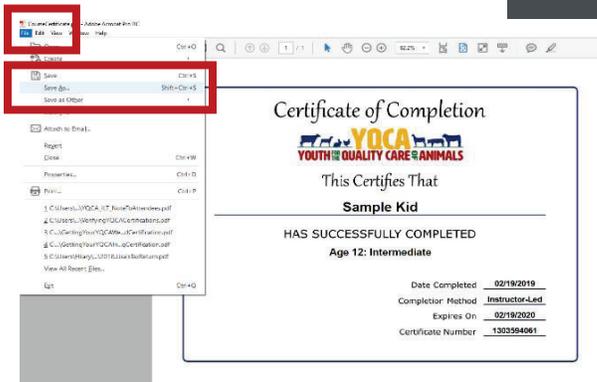
Step 1: Return to course menu screen to access certificate.



Certificate can be downloaded as a PDF to save locally and/or send electronically.

To print PDF, select printer icon and send to local printer.

Once downloaded, use one of the two approaches below to save the file to a designated location on your computer.



Step 2: Select "Take Survey" to access post-course survey.

