Finney County 4-H Club Days

Finney County Club Days was on Saturday, February 8th, 2019 at the Horace Good Middle School. Following are results from the day:

**Readings—Jr**
- Abigail Elam: Top Blue
- Rustin Sperry: Red
- Andrew Morales: Red
- Carlie Obregon: Blue Alt.
- Jimmy Lobmeyer: Red
- Abigail Morales: Blue
- Kealie Bryant: Blue
- Katie Lobmeyer: Red
- Braeden Boyd: Blue
- Makay Hammond: Blue
- Jarica Hutcheson: Blue
- Gentry Hands: Blue Alt.
- Emma Lightner: Top Blue

**Project Talk**
- Lauren Lightner: Red
- Braeden Boyd: Red
- Kennan Murrell: White
- Perry Horton: White

**Illustrated Talk—Jr**
- Kolter Kilgore: White
- Abigail Morales: White
- Andrew Morales: White

**Demonstration—Jr**
- Lauren Lightner: Top Blue
- Macy Hands: Top Blue

**Public Speaking**
- Katie Mongeau: Top Blue

**Show & Tell (7&8)**
- Benjamin Price: Blue

**Cloverbud Show & Tell**
- Paxton Alexander

**Model Meeting**
- Happy Hustlers: Top Blue

**Digital Presentation—Sr**
- Austin Elam: White

**Digital Presentation—Jr**
- Karson Sullivan: Top Blue

**Instrumental Solo—Jr**
- Austin Elam (Piano): Top Blue
- Dylan Burch: Blue Alt
- Kennan Murrell: Blue
- Annalise York (Piano): Top Blue
- Abigail Elam (Piano): Blue Alt
- Emma Lightner: Top Blue
- Aleah Eatmon: Top Blue

**Vocal Solo—Jr**
- Benjamin Price: Blue Alt
- Aleah Eatmon: Top Blue
- Annalise York: Red

**Illustrated Talk—Sr**
- Tristan Clark: Red
- Baylee Hutcheson: Top Blue
- Kiley Kilgore: White
- Cole Lehman: Red
- Aaron Morales: Top Blue

**Extemporaneous Speech**
- Audrey Norquest: Top Blue
- Austin Elam: Top Blue

**Instrumental Solo—Sr**
- Morgan Hammond: Top Blue

Top Blue finalists will compete at Regionals in Dodge City on March 7, 2020.
Dates to Remember

2/12    Extension Council Board Mtg
2/14    Valentine’s Day
2/17    Extension Office Closed—President’s Day
2/21    Sewing Camp 1pm-5pm
3/11    Extension Council Board Mtg
3/17    St. Patrick’s Day
3/21    Windy Plains Rabbit Club Show
3/28    Beef weigh-in/tagging
         Small Animal tagging
         Finney Co Pig/Sheep sale

Club Reports

The January 2020 meeting of the Wide Awake 4-H Club was called to order at 7pm at Plymell Elementary School. Roll call was name something you did on Christmas Break. Trell Baker gave a parliamentarian tip. Cole Lehman gave devotion. Current event by Madelyn Waggoner. Song lead by Cort Baker. After reports of officers, leaders reported to sigh up for K-State programs online, Feb * is Club days. Sign up by Jan 27. Honor Flight bake sale sign up sheet was available. Our club earned $350 for working concession stands and $50 for window painting. Record books were passed out. Leaders announced that ANYONE who wants to put an entry in the fair must attend at least 4 meetings. Finn Whitham gave a talk on photography and Aaron Morales gave a talk on rabbits. After recreation, meeting was adjourned. Next meeting is Feb 10, 2020.

Jaylee Speer—Reporter Wide Awake 4-H Club

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.

Office Hours

Normal office hours are:

Monday-Friday 8am to 5pm

Lunch Hours are:

Jennifer 12pm-1pm
Stephanie 1pm-pm

However, since there is only 2 of us in the office, there may be times that the office is closed. If you need to stop by the office, we suggest calling and making sure one of us will be in the office. Thank you for your patience and understanding.
**Club Reports**

By Morgan Hammond- Reporter

The Sherlock Strivers 4-H Club met Sunday, January 5th at Hard Rock Lanes in Garden City. A round of bowling took place before the meeting. Roll call was answered by answering How many animals do you have? We had 28 members and 16 adults, 1 guest and 3 leaders present.

In old business members were reminded that livestock qualifications started over in October. December’s community service project of filling stockings with food to give to elementary school principals to hand out to families that need a little extra help during the Christmas break was done. The members were asked if they enjoyed the Christmas parade.

Under new business, we discussed Community Service projects for January. The honor flight will be held on January 18th from 11:00-3:00. They are asking 4-H members to donate items for their bake sale. February 8th will be 4-H Club Days. This will be held at Horace Good Middle School. Members are encouraged to participate. Adison George will be putting together a club skit. Members were made aware of the fair board change about meeting attendance. All 4-H members must attend at least 4 meetings to be able to show in 4-H classes at the fair.

The next meeting will be February 9th at 6:00 at Holcomb Elementary School.

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**2020 Finney County Fair Photography Sweepstakes**

- Great American Photo Contest "Stormy Weather"
- Friends of Sandsage 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 272-3870. Photos must have been created after the close of the 2019 Fair.

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**42nd Annual Finney County Pig & Lamb Sale**

Saturday, March 28, 2020
Finney County Fairgrounds
Livestock Pavilion
Garden City, Kansas
Sale Starts at 8:00am
Attention to all Finney County 4-Hers

Come be part of a Community Service Project

SEWING FOR SERVICE

We need your help in sewing blankets and pillowcases for the Western Kansas Child Advocacy Center in Finney County.

The WKCAC mission is to heal the trauma of abuse to children and adults through prevention, support and services. Blankets and Pillowcases are given to the children to help them work through the trauma they are experiencing.

Come help the community while learning some basic sewing skills.

Join us

Friday, February 21, 2020
(No school for Garden and Holcomb)
1:00 pm-4:00 pm
4-H Building

Please call the Extension Office if you are planning to attend.
620-272-3670

Happy Valentine’s Day!

Show Goat Auction
By Hibler Goats
Friday,
March 20, 2020

Garden City Community College
Indoor Arena
495 S. Taylor Ave, Garden City, KS

Doors open at 5pm
Sales starts at 7pm
Meal provided

For more information contact:
Brad Hibler
402-366-9030
Rick Hibler
620-271-2506
**District & State 4-H Events**

If your 4-H’er is interested in attending a district or state 4-H event, please contact the Extension Office prior to registering. By doing so allows us to know who is interested in participating and whether or not we are able to provide transportation.

**VERY IMPORTANT ANNOUNCEMENT!**

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.

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**Livestock Tagging**

Dates have been set for livestock tagging!

**Beef weigh-in & tagging**
- March 28, 8am—11am

**Small animal**
- March 28, 8am—11am
- April 18, 8am—11am
- May 17, 11am—1pm

**Protocol for tagging:**
*It is encouraged that each livestock family make one of the county tagging dates. If you are unable to make those dates, you will need to call the Extension Office and make an appointment. One day notice is required. The Extension Agent will not be going to homes to tag animals.*

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**Extension Bulletin Board**

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

- March: Kourageous Kids
- April: Happy Hustlers
- May: Wide Awake

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**Spring Livestock Clinic**

Spring Livestock Clinic is Sunday, May 17th starting at 1:15pm with a practice show following clinic and an evening meal will be provided. Beef will show from trailer.
Walk Kansas 2020 will introduce you to nine shared lifestyle traits of the Blue Zones, places across the world where people live measurably longer and healthier lives. Walk Kansas is a team-based, 8-week healthy lifestyle challenge facilitated by K-State Research and Extension. Although physical activity is at the heart of this health initiative, the 2020 program will introduce you to healthful eating styles, help you form social connections that support healthy living, offer strategies to help lower your level of stress, help you focus on your sense of purpose, and more.

How can you join Walk Kansas in 2020?
- Recruit or join a team (6 people, with one person as captain). Find more information at walkkansas.org, on Facebook “Finney County K-State Research & Extension” and finney.k-state.edu.
- Cost to participate is $10 per person and includes access to the online tracker, a weekly newsletter, program resources, and local activities. A program T-shirt is extra.
- To participate, each person logs minutes of activity and reports daily/weekly. Cups of fruits/vegetables and water consumption can also be tracked.

Who can participate?
Anyone can! Walk Kansas is open to all. Technology allows participants to stay connected even if they don’t live close by. Teams can include coworkers, family members, neighbors, school classmates, members of civic or community organizations, faith-based groups and 4-H clubs ... all that matters is that team members agree to support and encourage one another.

Your health is so much more than a number on the scale. Join K-State Research and Extension’s Walk Kansas and learn how to live longer and better!
Cut the Clutter and Get Organized

Do you say, “This house is a mess” more than three times a week? Or do you move something every time you want to sit down? Have piles of paper all over the house? Have closets and drawers that are brimming? Spend lots of time looking for things? Do you frequently hear family member say “I can’t find it”? And do you tire of being the family’s chief picker-upper?

Does this sound like you? If so, it is time to take control of the clutter at your house.

Organization 101 was the topic for the January Knowledge at Noon program. Aimee Baker, Wichita County FCS Agent, presented some valuable information on getting organized. The following are some tips and tricks to help you stay organized throughout the year.

First, start with a positive attitude. Cleaning is a chore, but having a positive approach will encourage family members to join in on the fun. Next, develop a plan as a family. Choose a convenient time for everyone to discuss plans for clutter control. Take small steps. Becoming organized can be overwhelming. Set aside several Saturday mornings to work as a family on big cleanups. In each room, start at one spot and work clockwise around the room until you reach your starting point. Last, work in one room or area at a time and sort your things into boxes or totes labeled keep, donate, throw away and maybe.

The keep box or tote is for items for use at another time. Sort like items together and label each tote. Don’t just store things to hide things. The donate box or tote are for items you don’t want anymore. This could be the beginnings of your next yard or garage sale or give them to secondhand stores. The throw away box or tote are for items that are broken, ripped, worn or stained. This box or tote could also be a trash can or trash bag. If you are indecisive, then you need a maybe box or tote. Allow yourself to have one MAYBE box or tote. Go through this box one more time and sort items into the other boxes or totes.

If you are going to use totes, make sure to measure your space for your totes and then measure your totes at the store. Using clear totes makes it easy to see what is stored in them. Do not bulge totes and make sure the lid fits on securely.

Maintaining a clutter-free home can be daunting. Following these tips can be helpful.

1. Everyone needs to do a little bit every day.
2. It is everyone’s “job” to keep items picked up and put away.
3. Tasks need to be appropriate for family members’ ages and abilities.
4. Share your ideas and expectations of what is expected and acceptable.

When youth and adults help with household work, they learn to carry out tasks, accept responsibility, and help others. They may develop a sense of “can do”, which builds self-confidence.

Sources of Clutter

Newspapers and magazines
Mail
Bills, receipts
Books and papers
Toys and games

Hobby materials
Cleaning supplies
Tools and hardware
Outer wear: hats, gloves, boots and shoes
Laundry and ironing.
ORGANIZING YOUR CLOSET

Ten Things to Get Rid of Now!!

1. Anything with a stain, hole, or tear.
2. Clothing or accessories you like, but look funny on you.
3. Purses you no longer use.
4. Outdated clothing or accessories.
5. Ratty weekend clothes
6. Clothing that does not fit.
7. Worn shoes.
8. Anything of a lower quality than your regular wardrobe.
9. Dead lingerie.
10. The good coat that won’t fit over your other clothes.

Remember to don’t get rid of something just because the list says to. Evaluate the object if there’s any question. This is a process, don’t get frustrated.

“Follow your intuition and all will be well”

-Marie Kondo

Denise Dias
Sedgwick County Agent
Recipe of the Month

Chocolate Covered Strawberries are a Valentine’s Day classic. This Valentine’s Day Chocolate Covered Strawberries recipe is an easy way to make this romantic and pretty treat at home.

Valentine’s Day Chocolate Dipped Strawberries

Serves: 12

Ingredients

- 1 dozen strawberries
- ¼ cup semi-sweet chocolate chips or Wilton dark cocoa melts
- ¼ cup Wilton bright white chocolate melts
- ¼ cup bright pink chocolate melts
- ¼ cup pink chocolate melts
- Assorted sprinkles

Instructions

1. Line a baking sheet with wax or parchment paper and set aside.
2. Rinse strawberries and dry completely. Place in refrigerator to chill for 30 minutes.
3. In a small microwave safe bowl, microwave the semi-sweet chocolate chips for 45 seconds. Stir until completely melted and smooth.
4. Dip 3 strawberries into the melted chocolate, covering completely except for the stem. Place on the lined baking sheet. Before the chocolate hardens, add sprinkles, if desired. Set aside any remaining melted chocolate for later use.
5. In a small microwave safe bowl, microwave the white chocolate melts for 45 seconds. Stir until completely melted and smooth.
6. Dip 3 strawberries into the melted white chocolate and place on the baking sheet. Add sprinkles, if desired. Drizzle with remaining semi sweet chocolate, if desired. Set aside any remaining white chocolate for later use.
7. In a small microwave safe bowl, microwave the bright pink chocolate melts for 45 seconds. Stir until melted and smooth.
8. Dip three strawberries into the melted bright pink chocolate and place on the baking sheet. Decorate the strawberries with chocolate or white chocolate drizzle and sprinkles. Set aside the leftover melted bright pink chocolate for later.
9. In a small microwave safe bowl, microwave the pink chocolate melts for 45 seconds. Stir until melted.
10. Dip the remaining strawberries into the melted pink chocolate and place on the baking sheet. Decorate the strawberries with semi sweet, white or bright pink chocolate drizzle and sprinkles.
11. Place the chocolate coated strawberries in the refrigerator for 30 minutes to allow the chocolates to harden.
12. Store in an airtight container, in a single layer, in the refrigerator up to 3 days until ready to serve.

ENJOY!!

Recipe found at lifeloveliz.com

Do you have questions about food? Check out the Rapid Response Center @ https://www.rrc.k-state.edu