

Extension Connection

FEBRUARY 2020

Regional 4-H Club Days

Many from our county competed at Regional Club Days in Dodge City on Saturday, March 7th. Following are their results:

Model Meeting:

Happy Hustlers Top Blue

Exemporaneous:

Audrey Norquest Purple
Austin Elam Blue

Sr. Instrument Solo:

Aaron Elam Blue

Club Skit:

Sherlock Strivers Blue

Jr. Instrumental Solo:

Annalise York Purple
Emma Lightner Purple

Jr. Reading:

Emma Lightner Purple
Abigail Elam Purple

Sr. Vocal Solo:

Morgan Hammond Purple

Sr. Reading:

Austin Elam Blue
Andrea Brown Purple

Jr. Vocal Solo:

Aleah Eatmon Blue

Jr. Demonstrations:

Macy Hands Blue
Lauren Lightner Purple

Public Speaking:

Katie Mongeau Purple

Jr. Digital Presentation:

Karson Sullivan Blue

Sr. Demonstrations:

Baylee Hutcheson Purple
Aaron Morales Purple

Extension Office Hours

Normal office hours are :

Monday-Friday 8am to 5pm

Lunch Hours are:

Jennifer 12pm-1pm

Stephanie 1pm-2pm

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

Dates to Remember

3/11	Extension Council Board Mtg
3/17	St. Patrick's Day
3/19	4-H Camp Day
3/21	Windy Plains Rabbit Club Show
3/23	Beacon Boosters club meeting
	Cloverbuds
	4-H Council Meeting
3/28	Beef weigh-in/tagging
	Small Animal tagging
	Finney Co Pig/Sheep sale

The Beacon Boosters held their January 27, 2020 Business Meeting at the Finney County 4-H Building. There were 7 4-Hers present. Recreation was led by Maggie Deal, the Program included a Reading by Jarica Hutcheson and an Illustrated Talk by Baylee Hutcheson, and Song Leader Kaylei Marez led the club in Happy Birthday to 4-Hers with a January birthday. 4-Hers were given Record Book information so they could set goals for this 4-H year.

The club voted to hold their February 4-H Meeting at Parrot Cove. This meeting will be February 27th at 3:00pm, followed by a swim party and supper at Parrot Cove.

Submitted by Jarica Hutcheson

The February 2020 Wide Awake 4-H club meeting was called to order at 7:00pm at Plymell Elementary School. The roll call was, "What is your favorite candy?" The minutes were read and approved. The reporters report was turned in. There was no treasurers report. Parliamentarian tip was presented by Trell Baker. Leaders report states club days congrats. Hibler Goat Sale March 20th. February 21 there will be a sewing for service. Lauren 4-H Council, said the fair theme will be 4-H best of the west. Help is needed with 4-H Olympics. Sign up for the 4-H camp. There is no old or new business. Jaylee Speer announced a community service project. Current event was led by Paxton White. The song Heads, Shoulders, Knees and Toes was led by Macy Hands and Cort Baker. Project talks were presented by Devin Doll in beef cattle, Madelyn Waggoner in horses, and Harvick Sowers in swine. Recreation leader Jill Schmeackle, Lauren Lightner and Jade Ardery. Meeting was adjourned. Next meeting will be March 9th.

Jaylee Speer
Reporter Wide Awake 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.

Club Reports

By Morgan Hammond- Reporter

The Sherlock Strivers 4-H Club met Sunday, February 9th at Holcomb Elementary School Cafeteria. Roll call was taken by answering if you would like flowers or chocolate for Valentine's Day. We had 25 members and 18 adults and 1 leader present. Council Member Makay Hammond gave the council report. She told about the 2020 fair theme and also talked about 4-H camps.

In old business members 4-H club day results were shared and we talked about the club's bulletin board at the Extension office.

Under new business, we discussed Community Service projects for March and April. Sewing for Service would take place again on Friday February 21st from 1-4 at the 4-h Building. Regional Club Days will be March 7th in Dodge City. Tagging dates, livestock sales and clinics were discussed. Parker Soukup did a project talk on model airplanes. February birthdays were celebrated and then the club adjourned and the club members worked on our February Community Service project. Members painted hearts to take to the Nursing home for Valentine's day led by Brayden Robinson.

The next meeting will be March 1st at 6:00 at Holcomb Elementary School.

By Morgan Hammond- Reporter

The Sherlock Strivers 4-H Club met Sunday, March 1st at Holcomb Elementary School Cafeteria. Roll call was taken by answering if you were a Leprechaun, what would your name be? We had 23 members and 15 adults and 3 leaders present.

Under new business, we discussed Community Service projects for March and April. For March we decided to send a thank you to someone that you feels needs to be thanked. The members were made aware that livestock judging would start up March 3rd from 5-7. Payton Soukup did a project talk about acrylic pour. Adison George told the club she would be holding a quilting class to make table runners sometime during spring break. March birthdays were celebrated

The next meeting will be April 7th at 6:00 at Holcomb Elementary School



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.

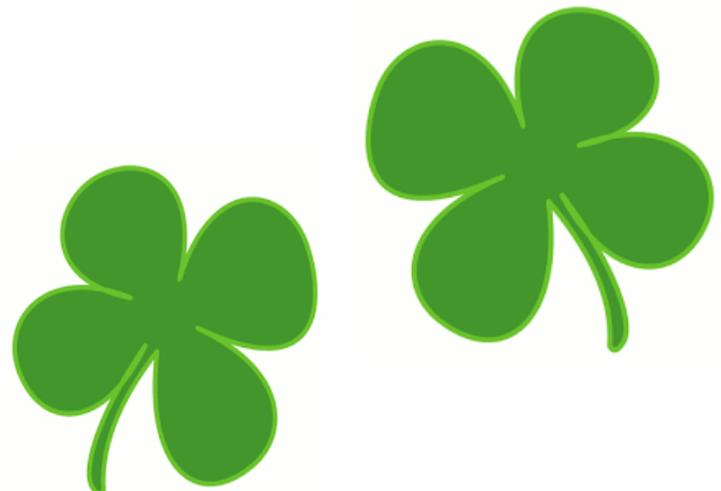
YQCA includes information for youth showing the following food animals:

- 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:

- March 23rd, 7-8pm at Holcomb High School
- March 28th, 5-6pm at Fairgrounds
- April 18th, 1-2pm at Fairgrounds

You must register online for the certification class you will be attending.



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

Saturday, March 28, 2020
**Finney County
Fairgrounds
Livestock Pavilion
Garden City, Kansas**

Sale Starts at 1:00pm

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

4-H Camps

Camp is just around the corner! Dates for camps are:

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

Camp Lakeside registration and counselor applications are available on our website.

If you would like to be a camp counselor for Rock Springs, applications are due April 1st. We will then schedule an interview with you before submitting application to the State office. Counselor

applications are available on our website or at the office. You will also need to complete VIP on 4-H Online to be a counselor.



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

K-STATE
Research and Extension



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

Take
Note

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.

Livestock Tagging

Dates have been set for livestock tagging!

Beef weigh-in & tagging

March 28, 8am—11am

Small animal

*March 28, AFTER Finney Co Sale

April 18, 8am—11am

May 17, 11am—1pm

*Tagging is for animals only bought at the Finney Co Sale

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.

Extension Bulletin Board

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

April	Happy Hustlers
May	Wide Awake

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.

CORNER

Blue Zones

FACTS

Have you ever heard of the “Blue Zones”? It’s not something from a science fiction novel nor is it some outer space place? It is places in the world where people live longer and healthier without medication or disabilities. In the Blue Zones it is common for people to live to 90 or even 100. This is at a rate 10 times greater than in the United States.

Journalist San Buettner partnered with National Geographic and thoroughly researched and identified five places in the world where people lived long productive lives. These places are Okinawa, Japan; Sardinia, Italy (Italian island); Loma Linda, California; Costa Rica’s Nicoya Peninsula; and an isolated Greek island, Ikaria; all dubbed as the “Blue Zones”.



Why do people in these areas live so long and so well? The answer is simple-lifestyle. Through Buettner’s thorough research, he found that the residents in all five areas had 9 common characteristics. These characteristics are called the Power 9. They are; down shift, know your purpose, plant slant, wine @ 5, family first, 80% rule, move naturally, right tribe, and belong. Let’s take a closer look at what these 9 characteristics involve.

1. **Down shift:** Living a life of low stress is one of the keys to longevity and good health. Research has proven that living a life constantly full of stress, anger and resentment has long-term, dramatic and negative impacts on health. Residents in the Blue Zones have routines to shed stress. This may be taking a nap, praying, or meditating.
2. **Know your Purpose:** “Why do I wake up in the morning”? Knowing your sense of purpose each day can add up to 7 years of your life.
3. **Plant Slant:** This refers to the diet. It is loaded with vegetables, fruits, fish and nuts and includes very little meat, sugar, fat and processed foods.
4. **Wine @ 5:** Dinking 1-2 glasses of red wine a day with good friends.
5. **Family First:** Invest time with family can add up to 6 years to your life. This means keeping aging parents and grandparents nearby or in the home, committing to a life partner, and investing time and love in your children.
6. **80% Rule:** This means eating mindfully and stopping when 80% full. Most residents in the Blue Zones eat their smallest meal in the late afternoon or early evening.



- 7. **Move Naturally:** In the Blue Zones you won't see treadmills or fitness centers because physical activity is built naturally into their daily living. People in these areas climb mountains and walk through hills, they work the land, and generally use their bodies to do all of their daily activities. Often, exercise is slow and relaxed, but ongoing.
- 8. **Right Tribe:** Surround yourself with people who support positive behaviors.
- 9. **Belong:** Belong to a faith-based community and attend services 4 times a month to add 4-14 years to your lifespan.

Move Naturally

Walk

Garden

Right Outlook

Downshift

Purpose

Eat Wisely

Wine @ 5

Plant Slant

80%Rule

Connect

Right Tribe

Incorporating these 9 characteristic into your life style can lead to a happier, healthier, and longer life.

Living a long and healthy life like those in the blue zones is not achieved through shortcuts and quick fixes. It is a way of life. It requires a constant, daily lifestyle of positive enrichment for the body and mind. Find ways to make healthy food taste good. Incorporate exercise and activity throughout your day as part of your daily routine. Surround yourself with others that share your interest in living a happy, meaningful life with less stress and place your priority on getting good sleep. There are lessons to be learned from the lifestyle characteristics of people living in blue zones. Try applying those to your own life as best you can.

Learn more about the Blue Zones and take the first step to a healthier lifestyle by registering for Walk Kansas.

Buettner D. The Blue Zones: Lessons From the World's Longest Lived. American Journal of Lifestyle Medicine, 2016, Jul 7



March 15-May 9

Start your journey toward a healthier life

Register for Walk Kansas

Register on-line at finney.k-state.edu

March 13 last day to register



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 jasalle@ksu.edu or call the Finney County Extension Office at (620) 272-3670

Recipe of the Month

This is a traditional Greek Recipe from the Ikarian Blue Zone.

GREEK SALAD



Ingredients:

4 medium sized tomatoes, cut into wedges
 1 English cucumber, cut in half and thinly sliced
 1 Large green bell pepper, cored and thinly sliced
 1 small red onion, peeled and thinly sliced
 1 cup Kalamata olives

3-4 tablespoons olive oil
 2 tablespoons red wine vinegar
 1 teaspoon dried oregano,
 pinch of sea salt (optional)

Instructions:

Combine the tomatoes, cucumber, bell pepper, red onion and olives in a large mixing bowl. Drizzle evenly with olive oil and red wine vinegar, and sprinkle with the oregano and a pinch of salt. Toss briefly. Then top with feta cheese. Finish the salad by drizzling a little extra olive oil and adding another pinch of oregano on top. Serves 4



Do you have questions about food?

Check out the Rapid Response

Center @

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

Knowledge at Noon

“Rethink Your Drink”

Thursday, April 9

12:00 pm-1:00 pm

Finney County Extension Office

★ 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 PHOTOGRAPHY SWEEPSTAKES

Great American Photo Contest "Stormy Weather"
Friends of Sand Sage 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.

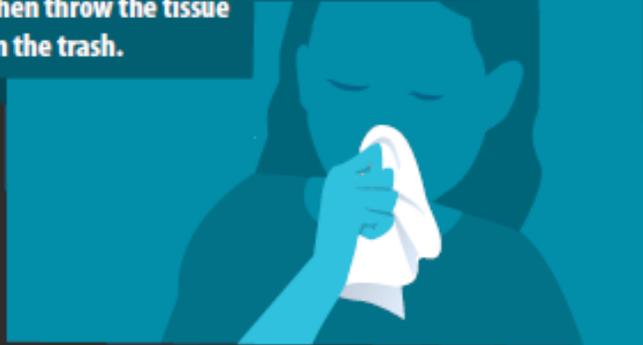
STOP THE SPREAD OF GERMS

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

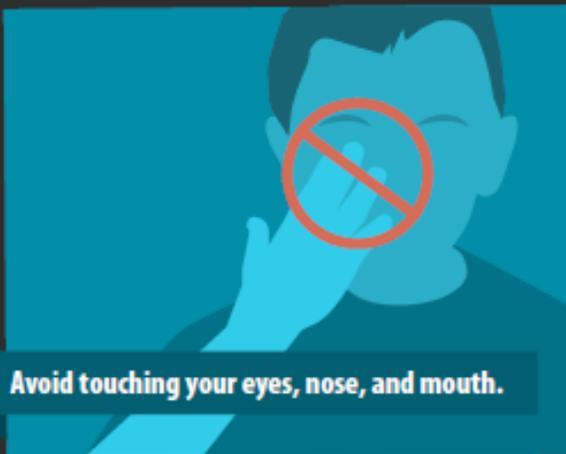
Avoid close contact with people who are sick.



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



Avoid touching your eyes, nose, and mouth.



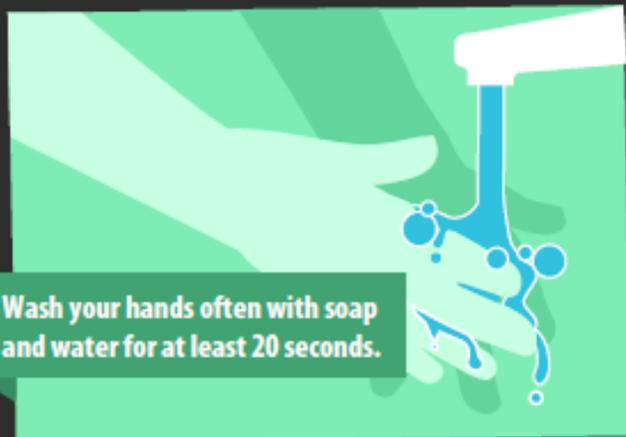
Clean and disinfect frequently touched objects and surfaces.



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.

