Livestock Tagging

SMALL ANIMAL TAGGING

We are following the guidelines given to us from the State 4-H office and the Finney County Fairgrounds. With all this craziness, this will be the only date to tag animals, so it is very important you mark this date on your calendar.

Tagging Procedure:

- Small animal tagging involves swine, sheep, goats, and bucket calves
- Small animal tagging will be Saturday, May 16 on the north side of the grandstand arena at the Fairgrounds. We will be dividing the families according to your last name. It is very important we follow this as we need to keep the numbers to a minimum.
  - Families A-J: 8:00-10:30 am
  - Families K-W: 10:30 am-12:30 pm
- Please enter from the East entrance north of the Extension Office on 9th Street. There will be someone directing traffic when you enter the gate. You will drive to the west end and turn back east. There will be stations for each species in front of the corrals.
- Please only have one person from your family leave the vehicle. We need to practice social distancing. Please remain in vehicle until it is your turn.
- If you are nominating your animal for State Fair and KJLS, the nomination forms and envelopes can be picked up at the Extension Office in the tub outside the front door. Nomination forms are due June 15, 2020 for the Kansas State Fair and KJLS.
- Have your nomination forms filled out and ready to be signed by the Extension Agent. I will sign the forms on this day.

If you have any questions, please contact me at jlasalle@ksu.edu or 620-287-5931.

Thanks and look forwarding seeing you all and your animal.

Jennifer LaSalle
Finney County Family and Community Wellness/4-H Agent
Note from the 4-H Agent

As we continue to deal with the COVID-19 pandemic, we still continue to face challenges and uncertainties. One of those challenges and uncertainties is the county fair. **The fair will continue as planned.** YAY!!. We all are aware that things change rapidly with this pandemic. Please, please keep informed by reading your emails and watching Facebook posts. If you have questions about the fair, please call the Extension Office or me.

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.

I hope you have found time to work and perfect your 4-H projects. Maybe you have had more time to work with your animals, practice your photography, or develop your baking skills. Whatever your project may be, remember, you are learning some great life skills and that is the true meaning of 4-H.

*Jennifer LaSalle*

**Club Reports**

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.

**Dates to Remember**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>May 16</td>
<td>Small Animal Tagging</td>
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<tr>
<td>May 18</td>
<td>4-H Council via zoom @ 7pm</td>
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<tr>
<td>June 15</td>
<td>Livestock Nominations (Goats/Sheep/Swine/Breeding Beef)</td>
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**Extension Bulletin Board**

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

<table>
<thead>
<tr>
<th>Month</th>
<th>Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>May</td>
<td>Wide Awake</td>
</tr>
<tr>
<td>June</td>
<td>Happy Hustlers</td>
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**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!**

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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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. At this time, we are recommending that 4-H’ers obtain their YQCA certification online. Once the ban has been lifted, we will look at having face-to-face instruction for those who still need certification.

Be sure to get a copy of the certificate to the Extension Office via email (steph66@ksu.edu) or drop a copy off.
The 4-H Ambassadors are here to help the youth in our community. They are creating videos and activities for the cloverbuds and videos to help the 4-H members prepare their projects for the fair. Check out our Facebook page at, Finney County K-State Research and Extension, to view their work.

Thanks Ambassadors!

Ambassadors are: Katie Mongeau, Audrey Norquest, Cole Lehman, Morgan Hammond, Austin Elam, Lauren Gigot, Baylee Hutcheson, and Emma Lightner

Do you want to earn some extra money? How about becoming a county fair foods judge? If you are interested, please go to this site and watch the training. https://www.rrc.k-state.edu/judging/index.html. If you would like to judge any project at the fair, please let our Extension Office know. Your service will be helping the youth in our community.

Discovery Days—2020 A Vision for the Future

Discovery Days is going Virtual!

The Kansas 4-H Discovery Days event will be available virtually for 2020. Sessions will be offered live on the mornings of May 27th, 28th, and 29th. Participants will have the opportunity to engage with recorded content in the afternoons or whenever they are able. Keeping with the spirit of Discovery Days, participants will also have opportunities to listen to key note speakers, take part in peer-to-peer small group breakout sessions, and do service learning projects.

ALL sessions will be recorded and can be viewed at later times.

Click here to Register https://kstate.qualtrics.com/jfe/form/SV_ezdhZoVtY044MDj

When: May 27 - May 29, 2020

Who: Youth who are 13-18 years old as of January 1 of 2020.
When Your Income Drops: Making Ends Meet

As another month of the COVID-19 pandemic continues many families may be experiencing a sudden drop in their income. Elizabeth Kiss, Family Resource Management specialist at Kansas State University, urges families to make a budget. She recommends to follow the “Five C’s” to help make ends meet.

They are control, claim, communicate, confer and change.

1. **Control**: Control as much of the situation as you can. Give yourself time to get over the initial shock, and then start making plans. Don’t blame yourself or anyone else. One way to cut down anxiety is to assure yourself you are doing the best you can with your family resources. Just set your mind to dealing with the situation. Recognize that your life will be different for a time. But, you and your family can still manage your financial affairs rather than have them manage you.

2. **Claim**: Claim benefits due to you. If the decrease in your income is from unemployment, you can start by applying for unemployment benefits. If the decrease in income is from a layoff, check with your employer to see if the company provides any unemployment compensation. Other resources that you could and should apply for are SNAP benefits (the Supplemental Nutrition Assistance Program, formerly known as food stamps) and the Temporary Assistance for Needy Families (TANF) program. If you are eligible for Medicare, check to see if you qualify for the Medicare Savings Program or extra help from Medicare to pay the costs of Medicare prescription drug coverage (Part D).

3. **Communicate**: Communicate with family members about the new limitations on your resources. No matter why your income is reduced, you will need to know how much money you have to work with. Be realistic. Include other family members in the discussion. Consider all of your options. Is there another earner already contributing to the family’s income? Can the contribution be increased? Can a non-employed family member earn income temporarily? Can you use a hobby or skill as a source of income? Once you know how much income will be coming in, make a list of your expected expenses. Be sure all family members participate in discussions about expenditures. Decide what the family needs next week, next month, and during the next two to three months. Delay buying items the family would like to have but are not absolute necessities. Discuss with family members the types of expenses you have. Expenses can be “fixed” or “flexible.” Flexible expenses are those that vary in amount and/ or timing. Flexible expenses are the first areas to look at when you begin cutting costs. For example, most clothing purchases can be postponed, at least for a while. Be creative and use your imagination on how to cut expenditures and survive. Fixed expenses are those that have a set amount and must be paid by a set date. These expenses, such as rent, mortgage payments, some utilities, installment debts, taxes, and insurance premiums, are difficult to adjust. You may be able to rearrange or renegotiate some fixed expenses by communicating with the creditor.

4. **Confer**: Confer with creditors. After communicating with family members, you will need to confer with your creditors. Be sure to read all of your credit contracts. Find out what happens if you miss a payment. Is there a grace period, a penalty for later payment, a repossession clause, or an accelerated payment clause (full amount is due immediately)? With this knowledge, contact creditors before they contact you. Whenever possible, confer with the person in charge. Creditors will be more likely to believe you and to help you if you make this contact early. When conferring with creditors, know how much money you can count on, what your fixed and flexible expenses will be, and how long you expect your income to be reduced. Present a reasonable plan for paying your debts. Then work out an agreement with each creditor that is acceptable to both of you.
You might find that you can make smaller payments for a period of time. When your income increases, go back to the regular payment schedule. Although this may increase the length and total amount of your debt, it will help ease the burden of a decreased income. Above all, don’t ignore bills and past due notices. In some instances, you may not be able to reach an agreement with all your creditors. It’s usually wise to pay creditors first who:

- are likely to garnish or attach your wages,
- impose a high finance charge,
- will repossess items,
- will cut off a basic service, such as utilities, or
- are owed a large amount.

It may be tempting to get new credit cards or to take out new loans as a way to temporarily make ends meet. Before taking that step, confer with creditors.

5. **Change**: Change your lifestyle. Making ends meet when your income drops often requires many changes and adjustments. Reducing expenses is a major change. Pay particular attention to transportation, food, household expenses, entertainment, recreation, and clothing.

Look for ways that you and family members can use time, energy, talents, and knowledge to reduce other expenses. Take better care of things you already have. Recycle clothing. Swap items and services with a friend or neighbor. Plant a garden or produce items normally purchased. Use community resources available to you such as SNAP, the Supplemental Nutrition Assistance Program (formerly known as food stamps), utility assistance, and health clinics. These suggestions will decrease the amount of money that must be spent on necessary items. They will not help you continue your normal style of living but they will help you through the hard times.

To make it through hard times, your family will need to make informed decisions and work together to carry out these decisions. A family commitment to the five “Cs” — control, claim, communicate, confer, and change — will help you make ends meet and handle tough financial situations better.


Publications from Kansas State University are available at: bookstore.ksre.ksu.edu

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

As the weather warms up our thoughts may start to drift to the wonderful smells of food cooking on the grill. Is this you? Do you like to grill? If so, check out these recipes.

Recipes of the Month

Try a twist to grilling, Foil Dinners. Foil dinners can save time as you can make them ahead, freeze them, and its easy clean-up. Try these delicious recipes.

FOIL-PACK CHICKEN FAJITA DINNER

My Food and Family

Ingredients
1 1/2 cups instant white rice, uncooked
1 Tbsp. Taco Seasoning Mix
1 each green and red pepper, cut into strips
1 1/2 cup Cheddar Cheese

1 1/2 cups hot water
4 small boneless skinless chicken breasts (1 lb.)
1/2 cup Salsa

Instructions
1. Heat oven to 400 F or preheat grill
2. Spray foil sheet with cooking spray. Combine rice, hot water and taco seasoning mix; spoon evenly onto foil. Top with remaining ingredients.
3. Fold foil to make 4 packets. Place on baking sheet or on grill grates
4. Bake 30 to 35 min or until chicken is done (165 F) Cool 5 min. Cut slits in foil to release steam before carefully opening packets.

Calories 350 Calories From Fat 0 Total Fat 7g Saturated Fat 3.5g Trans Fat Og Cholesterol 75mg Sodium 540mg Total Carbohydrates 39g Dietary Fibers 3g Sugars 3g
Chicken and Vegetable Foil Packets Recipe

These Chicken and Vegetable Foil Packets are perfect for easy, healthy, weeknight dinners! Full of BBQ chicken, zucchini, carrots, and potatoes! Show Me the Yummy!

Servings: 2 people

Results and timings may vary when adjusting servings

<table>
<thead>
<tr>
<th>Prep Time</th>
<th>Cook time</th>
<th>Total Time</th>
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<tbody>
<tr>
<td>5 mins</td>
<td>50 mins.</td>
<td>55 mins</td>
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Ingredients

- 2 (8 oz) boneless skinless chicken breasts
- 2 small red potatoes cubed
- 2 small yukon gold potatoes cubed
- 1 cup baby carrots sliced in half lengthwise
- 1 zucchini sliced into 1/4 inch thick rounds
- 4 tablespoons Stubb's Bar-B-Q Spice Rub divided
- 1 tablespoon olive oil

Instructions

1. Rub each chicken breast with one tablespoon spice rub each. Set aside.
2. Prep veggies and toss with olive oil and two tablespoons spice rub.
3. Grab two large sheets of tin foil.
4. On each sheet, lay down half the veggies.
5. Top each with one chicken breast.
6. Loosely wrap, making sure that it's sealed completely.
7. Grab two more sheets of tin foil.
8. Seam side down, place the wrapped packets on another piece of foil and wrap again.

Grilling

1. Preheat grill for 10 minutes at medium high
2. Grill with the lid closed, rotating every five minutes and flipping halfway through, for about 25 minutes, or until chicken breasts are cooked and vegetables are tender.
3. Let rest for 5 minutes.
4. Serve with BBQ sauce and enjoy!

Oven Baked

1. Preheat oven to 450 degrees F.
2. Place packets on an unlined baking sheet and bake for 35-50 minutes.
3. Let rest for 5 minutes before serving with BBQ sauce!

Nutrition Facts Chicken and Vegetable Foil Packets Recipe Amount Per Serving Calories 648 Calories from Fat 135 % Daily Value* Total Fat 15g 23% Saturated Fat 3g 15% Cholesterol 145mg 48% Sodium 382mg 16% Potassium 2997mg 86% Total Carbohydrates 71g 24% Dietary Fiber 12g 48% Sugars 9g Protein 58g 116% Vitamin A 182.4% vitamin C 75.7% Calcium 20.2% Iron 62.2% ’ Percent Daily Values are based on a 2000 calorie diet.