## **McPherson County**

K-STATE RESEARCH AND EXTENSION NEWS December 2024/January 2025

Thelma The Thanksgiving Cactus Blooms"

Photo Credit: KSRE McPherson County
Lauralee Muers

## 4-H YOUTH DEVELOPMENT

SHYANNE JONES
COUNTY EXTENSION AGENT
4-H YOUTH DEVELOPMENT

### December 2024/ January 2025

- 12/13 Registration for 4-H Day w/ Womens Basketball due \*See below
- 12/15 Regional Record Book Intent to Run Due \*See paragraph below
- 12/20 Shyanne's last day
- 1/3 Library Display Comes back to Office
- 1/3 Regional Record Books due to office\*See paragraph below
- 1/25 Kansas 4-H Dog Judges Training \*See state site for registration
- 1/31 Fair Themes due to office
- 2/6 Council, 7pm @ Extension Office
- 2/22 Club Days @ Chisolm Trail Middle, Newton
- 2/22-23 Horse Panorama at Rock Springs Registration coming soon
- February TBA Shooting Sports Leader Training and Updates

### Get Published

Have project news or reports of fun 4-H happenings? Please email or bring in any articles to Lauralee at Lhelm@ksu.edu by January 24th to get them into the Newsletter.

### Check your projects!

Thanks to a nationwide 4-H Online glitch, a bunch of random projects got dropped. They have all since been re-instated, but you'll have to re-enroll in those projects. We do not have a list of which projects got dropped because they didn't all get dropped or re-added at the same time, so PLEASE just check your enrolled projects and add the ones you need. Like, right now, whatever device you're reading this on just slide over to 4-H Online and check.

To edit your enrolled projects you have to go to the "Projects" tab on the left hand side of the screen, and then hit "Edit." You cannot edit from your home profile page.







Profile

Events

4-H

Enrollment

About You

Activities

Animals

Awards

Clubs

Consents

Groups

Health

Invoice

Projects Questions

Quest

### **ALPHA of CLOVIA Leadership House**

Is now recruiting for Spring 2025/Fall 2025 member class! This cooperative living facility in Manhattan recruits students to live in shared community to reduce cost of living. View their website for more information: https://www.alphaofclovia.org/about/

### **CLUB LEADERS:**

As Shyanne emailed you about, Trips and Awards is hosting a club leader meeting on January 14th of an evening at the extension office.



Donated items may be dropped off at Home State Bank and Trust's Main or Euclid Street Locations OR The McPherson County Extension Office.

\*Donations being accepted From Thanksgiving until Christmas

### Great Items To Donate:

- Mittens/Gloves
- Socks
- Coats
- Hats
- Scarves
- Monetary Donations

Donations distributed in McPherson County

### **REGIONAL RECORD BOOKS:**

The following items must be turned in for a complete Regional Project Award submission in the following order:

- 1. Check Sheet
- 2. Personal Information Page
- 3. Cover Letter
- 4. Resume
- 5. Project Report Form

Please do not include: • 4-H Permanent

Records • Plastic page sleeves

### **INTENT TO SUBMIT DUE DECEMBER 15th**

### **NEW PROJECT ALERT!**

Hey, pals! Do you have an interest in animal science? Biosecurity? Food animal production safety? You should enroll in Veterinary Science! Available to enroll in 4-H Online now, and McPherson County 4-H Fair will also add a division for it next summer. View the state fair book to get a feel for the rules and regulations of making a display to feature your project.

<u>Example projects:</u> How to tag a calf, how to restrain a dog for injections, how to calculate medicine dosages, gathering information about specific diseases, "My Horse Got an Eye Ulcer and Here's How we treated it," etc.

### While you're working ahead.....

Because we know everyone is working super hard on 2025 fair projects make sure that you are referring to your fair book while you do them! STEM projects require photos of project progression, displays have size restraints, all sorts of fun things that you should find out while you make the project instead of the night before the fair.

### K-State Junior Producer Days By Lexie Hayes

Junior producer days are hosted to provide educational material and hands-on experiences for youth, parents, leaders, extension agents, and ag teachers. Various speakers share information on topics such as selection, nutrition, showmanship, fitting, reproduction, feeding, and disease control. Talks, demonstrations, hands-on activities, and door prizes are present at all events. Beef and Sheep days are hosted in even years and Swine and Meat Goat days are hosted in odd years. Specific dates and program topics are typically released in mid-fall each year. Education materials from previous events are located under the "Education Materials and Resources" tab.

### 2025 Junior Swine Producer Day

Date: Saturday, March 1 Cost: \$20/person

Registration Deadline: February 5

Location: Stanley Stout Center, Manhattan, KS

### 2025 Junior Meat Goat Producer Day

Date: Saturday, March 22

Cost: \$20/person

Registration Deadline: February 26

Location: Stanley Stout Center, Manhattan, KS

\*There will be an optional tour of the KSU Sheep & Meat Goat Center on the Friday night prior to junior meat goat producer day, as well as after the program concludes on Saturday.

Register:

https://commerce.cashnet.com/cashnetg/static/storefront/KSUASIND/catalog

- \*All attendees, including youth and adults, must register.
- \*\*Only those who register by the appropriate deadline will receive a t-shirt.
- \*\*\*Late registration cost \$25/person.
- \*\*\*\*Participation is limited to the first 400 people to register, on a first come, first serve basis.
- \*\*\*\*\*No refunds.

There will be an optional, instructor-led YQCA class offered at the end of each junior producer day program. Interested families will need to indicate their intension to stay for the training during the registration process. Registration for the YQCA class is separate and independent from junior days. Families will need to login to their <u>YQCA account</u> to sign their kids up for the class, as well as pay the \$3.00 fee, for them to receive their certificate after completing the course.

### **Citizenship In Action**

What: Would you like to have more influence in laws and rules that affect your life? Then you'll want to go to Kansas 4-H Citizenship in Action! This two day event is sponsored by the State 4-H Youth Leadership Council. The purpose of the event is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the capitol building, but will also show them how they can affect the legislative process.

When: February 16-17, 2025

Where: Topeka KS - Hotel Topeka at City Center (formerly Capitol Plaza)

Who: Youth 13-18 years old by January 1 of the current year

Registration: Coming Soon!

Registration Deadline: January 26, 2024

BANQUET will be Sunday evening, if you are asking your legislators to join, please email dsratlif@ksu.edu by Feb 5 with any additional attendees. The cost is \$35 for additional attendees.

### **Planning Ahead....**

Match Week is March 3-7, 2025 and holds incredible opportunity for McPherson County 4-H. During that time, McPherson County Community Foundation will match donations made to our endowment fund. Here's how contributions are received:

- Cash or Checks to our 4-H Endowment Fund (made to MCCF with the 4-H Club name and "Match Week" in the memo line) can be brought to the Community Foundation (1233 N. Main, McPherson) from 9:00 am-4:00 pm each day for contactless delivery or can be mailed, being postmarked no later than March 5, 2025. Donations may also be made with credit card. Mcphersonfoundation.org (click on the donate button). All donations are tax deductible.
- Checks may be mailed to the Extension Office (600 W. Woodside, McPherson, KS 67460) made out to "MCCF" with the name of the club and Match Week in the memo line. Checks must be postmarked by March 1st.
- Checks may be delivered to the extension office during business hours.

Matching funds will be given to our organization based on a proportional basis. For example, if \$300,000 is raised and our organization received 10% of the total donations, we will receive \$10,000 matching funds.

\*Remember that this event takes the place of "Development Fund Drive"

### 4-H Club Day

Don't forget to be preparing for our 2025 Multi- County 4-H Club Day! This will be held Saturday,

February 22, 2025 in Newton at Chisholm Middle School. Check out <a href="https://www.mcpherson.k-state.edu/4-h/events/index.html">h/events/index.html</a> for Club Day Guidelines (with new helpful links) and the registration links! Due

March 15!

**Kansas 4-H Camp** registration opens November 15! From now until December 31, 2024, 4-H families can register early and receive a 10% discount on any session of summer camp at Rock Springs Ranch. To register, visit **www.rockspringsranch4hcamp.org**.

### Join us for our 4-H Day with the K-State Women's Basketball Team! By Macy Hyneck

The Kansas Association of Extension 4-H Agents (KAE4-HA) is excited to inform you that the annual "4-H Day with the K-State Women's Basketball Team" has been scheduled for Saturday, January 4th at 4PM. Join us as the Wildcat women take on the Red Raiders of Texas Tech!

For \$25, each attendee will receive a ticket to the game, an awesome game day t-shirt, and a \$10 meal voucher to use at the main concession stands. A ticket/voucher option with no t-shirt is available for \$15.

Register at: http://tinyurl.com/4HDaywiththeCats2025 by December 13th.

### Questions? Contact Macy Hynek, River Valley 4-H Agent, at mhynek@ksu.edu.

A 4-H Online email will be sent to all 4-H Families enrolled. However, anyone willing to help us promote this event would be greatly appreciated. We will also be posting it on the Kansas 4-H Facebook page if you would like to share it!

### Go Cats!

# Family & Community Wellness

CHUCK LAUGHLIN
COUNTY EXTENSION AGENT
FAMILY & COMMUNITY WELLNESS



Watch for weekly email, Facebook, and website updates for when the 2025 My Hometown calendar arrives!

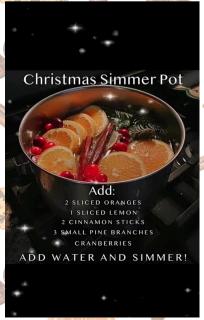


Cooking up holiday aroma.

Quick and easy gifts for the holidays or to liven up the home.



Stovetop potpourri - Add 2 cups of water



### **Teach & Taste – December**



Join us December 11th at 6:30 PM! Register at: https://tinyurl.com/TandTDec24

### Teach & Taste - January 2024

January 8th, 2025, 6:30 PM! We are still hammering out some details! Stay tuned!



To Be Announced

### **Grant Writing Workshop**

Grants are a vital piece in your community's funding puzzle...and you can do it.

February 27, 2025 9:30 am to 3:30 pm

600 W. Woodside McPherson, KS 67460 Registration Fee \$60

What you will learn:

- Sources of data for community needs.
- Where to find grants.
- Elements of a great grant proposal.
- · Practicing the grant elements.

Presented by: Nancy Daniels Community Vitality Specialist K-State Research and Extension

Use the QR Code to register, or for more information:

Chuck Laughlin claughlin@ksu.edu 620-241-1523

Make checks payable to:

KSRE McPherson County

Registration Deadline: February 24, 2025



Brought to you in partnership with the McPhersor County Community Foundation, and the McPhersor





**K-STATE** 

participants. If you have special requirements due to a physical, vision, or hearing disability, contact egistration contact Chuok Lauphin. (020) 2241-1523 or clauphin@ksu adu. Kansas State University A gricultural Experiment Station and Cooperative Extension Service 6-State Research and Extension is an equal opportunity provider and employer.

## '<u>Fluffy Popcorn' has become a popular snack, but is it safe to eat?</u>

Social media has been abuzz with a popular popcorn snack that uses a box of dry cake mix for flavor to make it fluffy, but Kansas State University food scientist has a cautionary message for those who indulge.

"Dry cake mix, or any raw flour product, can cause foodborne illness because it has not been thoroughly heated to 160 degrees Fahrenheit for safe consumption," said Blakeslee, who also is coordinator of the university's Rapid Response Center for Food Science.

Blakeslee notes that there have been several foodborne illness outbreaks in the U.S. that have been traced back to raw flour that cause E. coli or Salmonella infections. According to the Washington D.C.-based Food Safety News, the U.S. Food and Drug Administration reports at least 168 cases and 20 hospitalizations in recent years due to consumers eating raw flour products. During milling of grain into flour, there is no heat treatment for most brands of flour available to consumers.

Fluffy Popcorn – as it has popularly been called – can be cooked to 160 F to reduce the safety risk due to eating raw flour, but the resulting effect on the popcorn may be less than what the consumer would want to eat.

Blakeslee said consumers also should remember that eating raw cookie dough, licking the mixing beaters or fingers, and other forms of consuming raw flour should be avoided.

"After handling any raw dough or batter, always wash your hands to prevent cross contamination with other foods," she said.

Raw flour products or dough "may be a fun treat for kids," Blakeslee added, "but keep in mind that children, older adults and immune-compromised individuals are especially vulnerable to foodborne illnesses. You don't want to spoil the party."

### <u>Tips for Freezing Pie</u> by Karen Blakeslee

Save some meal prep time this holiday season by freezing pie ahead of the holiday meal. There are options to make baking easier. Here are many tips from Penn State University Extension.

### Freezing Pie Dough

- Pie dough can be rolled into circles and frozen flat on lined cardboard separated with pieces of freezer paper or foil.
- To freeze unbaked dough in pie pans, stack pie pans with two layers of freezer paper between them and place all in a freezer bag.
- Prick pastry that will be baked unfilled. Pricking a frozen pastry will cause it to break.
- · Do not prick pastry that will be filled before baking.
- To use frozen sheets of dough, thaw in the refrigerator before shaping to the pan.
- Pastry shaped in pans before freezing does not need to be thawed before baking.



Photo: KSRE

### **Freezing Shaped Pie Filling**

- Freezing a pie in a pie pan takes lots of space and ties up the use of that pan.
- Freeze the pre-measured fruit filling for one pie in a large freezer bag or foil-lined pan.
- Before adding the cooled filling, plastic wrap can be placed over the foil in the pie pan to avoid filling sticking to the foil.
- Dot with butter and sprinkle with cinnamon or nutmeg if desired.
- If freezing the filling in a freezer bag, squeeze out the air, then seal.
- Place the bag into the pie pan, shaping it to fit the pan, and freeze until solid.
- When the filling is frozen, remove it from the pan. This
  way, you can continue to use the pie pan and yet have
  everything mixed ahead to put into fresh pie dough.
- When you are ready to use the pie, unwrap and place the frozen filling in an unbaked pie shell, top, and bake. Allow an extra 20-25 minutes of baking time.

### Freezing Prepared Pie

- Unbaked pies have a fresher fruit flavor than ones baked before freezing.
- Freeze the filling and crust separately to prevent fruit juice from penetrating and softening the lower crust during freezing.
- It is easier to freeze pies before wrapping, whether baked or unbaked. Wrap them after they are frozen solid.
- Do not cut vents in the top crust of an unbaked pie before freezing.
- Cut vent holes in the upper crust just before baking.

### **Baking Frozen Pie**

- Bake frozen pies in the lower third of a preheated oven for 25 minutes at 425°F and then reduce the heat to 350°F and raise the pie to the center of the oven to finish baking.
- Some people prefer baking at 450°F for 15 to 20 minutes and then reducing heat to 375°F for 20 to 30 minutes or until the top crust is brown.
- Placing the pie on a cookie sheet or pie drip pan helps catch juices that might overflow.
- A baked pie that has been frozen can be served without reheating; thaw it in its wrapping in the refrigerator.

### It's Cookie Time!

by Karen Blakeslee

It's not just the raw eggs that cause food safety problems. All kinds of flour are raw and must be baked for safe consumption.

The holidays bring the joy of time with family and friends! One tradition is making cookies to share. It is important to handle cookie dough safely to not spoil holiday fun.

You may not realize it, but most flour is a raw food. And it hasn't been treated to kill any bacteria (germs) it may contain. Cooking and baking is what kills any bacteria in flour, as well as in raw eggs that are often used with it.

To stay safe, don't eat or taste raw (uncooked) flour, dough or batter. Also, don't let children use raw dough for crafts or "play clay." Even if children don't eat the dough, they may put their hands in their mouth after handling it.

Many cookies are shaped with your hands. Resist the temptation to lick your fingers or sample the cookie dough! Risks from eating raw eggs and now uncooked flour, can increase your risk of getting a foodborne illness. Regardless of the brand or source of flour or eggs, the risk of foodborne illness is present when consumed raw.

Be sure hard surfaces to roll out cookie dough are clean and sanitized before and after dough has been in contact with the surface.

As always, wash your hands before and after handling cookie dough or any raw foods. Follow recipe instructions for baking cookies at proper temperatures and specified times.

Learn more from the Centers for Disease Control and Prevention: <a href="https://www.cdc.gov/food-safety/foods/no-raw-dough.html">https://www.cdc.gov/food-safety/foods/no-raw-dough.html</a>

### Mailing Holiday Food Gifts

### by Karen Blakeslee

- Receiving a care package with food during the holidays can bring a taste of home and comfort. But, it is important the food arrives safe. Here are some tips to keep in mind.
- Ship in a sturdy box with packing to prevent breakage.
- Perishable foods must be packed with a cold source, i.e., frozen gel packs or dry ice.
- When using dry ice:
  - Don't touch the dry ice with bare hands.
  - Don't let it come in direct contact with food.
  - Warn the recipient of its use by writing "Contains Dry Ice" on the outside of the box.

- Use permanent markers to label outside of the box. Use recommended packing tape.
- Label outside clearly; make sure address is complete and correct.
- Write "Keep Refrigerated" on outside of the box.
- Alert recipient of its expected arrival.
- Do not send to business addresses or where there will not be adequate refrigerator storage.
- Do not send packages at the end of the week. Send them at the beginning of the week so they do not sit in the post office or mailing facility over the weekend.
- Whenever possible, send foods that do not require refrigeration, e.g., hard salami, hard cheese, country
- For more information, go to the USDA Mail Order Food Safety website. Also, search shipping company websites for more information and best practices.

### Keep Your Pets Safe from Holiday Hazards by Karen Blakeslee

While you gather with family and friends for the holidays, don't forget your pets. Here are some tips from FDA Consumer Update, Keep Your Dogs and Cats Safe from Holiday Hazards, to give a stocking full of safe treats to your favorite pet:

- Spread out the pet treats so they don't gobble them up all at once.
- · Keep an eye on pets playing with tinsel, ribbons and bows. If eaten, they can cause serious stomach and intestinal damage.
- If making homemade play dough or salt-dough ornaments, these are not treats for your pets. High amounts of salt can be deadly.
- · Holiday plants like poinsettias, mistletoe, or holly are not tasty treats for pets. Keep them away from their reach.
- Table scraps can upset your pets stomach. Avoid giving them fat trimmings, turkey, chicken or meat bones, or skin from roasted turkey or chicken. These can cause illness and bones can get stuck in your pets esophagus, stomach, or trachea. Keep trash cans hidden so they don't try to grab a snack.
- Some human foods are not pet friendly. For example, some holiday treats contain xylitol. If your pet consumes this ingredient, it can cause lowering of blood sugar, decreased activity, weakness and even seizures. Chocolate can cause liver failure, bleeding disorders, and death. Keep pets away from alcohol.
- Snack bags may look like toys to pets. But if they get their noses inside the bags, they can get stuck and could lead to suffocation.

http://tinyurl.com/MCAddEvent





To schedule time with Chuck follow the link below or scan the QR code.

https://calendly.com/claughlin-ksu/meeting-with-chuck

### **County Connection E-News**

To register to receive updates on upcoming events, calendar updates, webinars, senior and military discounts available, county resource phone numbers, as well as tips and tricks to make life easier.





## AGRICULTURE & NATURAL RESOURCES

# SHAD MARSTON COUNTY EXTENSION AGENT AGRICULTURE AND NATURAL RESOURCES



December is one of my favorite months of the year. Not the cold weather it brings, but the happiness of being with family and friends for the Holiday season and the start of the new year. I'm sure we all have fond memories that take as back to the anticipation of Christmas and driving around looking at all the decorations in our neighborhoods. Once the Holidays are over, we here at the McPherson County Extension office have two exciting Ag programs that are coming up in the first two months of 2025. First, is the Farm Transition Ag series that we will be hosting here at the McPherson County Extension Office, starting January 21, 2025. This four-part Ag series offers strategies to evaluate and improve farm estate and transition plans. Secondly, will be the Annual McPherson County Cow/Calf School with a steak supper meal. This educational program will be held on February 13, 2025, at the 4-H Building in McPherson. Dr. Dan Thomson DVM will be our Keynote speaker. Some of you might know him from his show on RFTV "Doc Talk". Be sure to mark both programs down on your new calendars, because you will not want to miss these two important programs.

K-State Research & Extension
ANNUAL COW-CALF SCHOOL
Thursday, February 13, 2025
4-H Building
710 West Woodside, McPherson

RSVP by contacting our office at 620-241-1523, emailing tregehr@ksu.edu

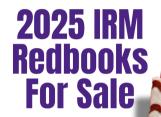
PROGRAM: https://kstate.qualtrics.com/jfe/form/SV\_9MFIT9kk3dkRazs

6:00 p.m. Steak Dinner \$15.00

6:45 p.m. Dr. Dan Thomson

Veterinarian, Managing Partner of Production Animal Consultation





Order your Redbooks now. \$8.00 per book. They make great stocking stuffers for your friends and/or special clients!

To order contact: Terra Regehr tregehr@ksu.edu 620-241-1523



We are hosting a workshop series for ag women & men in agriculture that offers strategies to evaluate and improve farm estate and transition plans. "Leaving a Lasting Legacy for Midwestern Farm Women and Men: A Succession Planning Series," will be held from 5:00 p.m. to 8:00 p.m. on Jan. 21, Jan. 28, Feb. 4 and Feb. 11, at the McPherson County Extension Office.

Farm succession planning series for women in agriculture kicks off in January. A workshop series for women in agriculture will offer strategies to evaluate and improve farm estate and transition plans.

The workshops will also be hosted at 62 other sites across Kansas, Nebraska and Indiana. The series is being produced through a collaborative effort by extension programs at Kansas State University, the University of Nebraska-Lincoln and Purdue University.

Topics covered will include motivation for succession planning, communicating with family, the financial aspects of estate and transition plans, and the legal aspects of putting a plan in place. A keynote speaker will be simulcast to every workshop location during each meeting, with time for questions and a hands-on activity for participants. A meal will be provided on each date.

"Planning for what happens to your farm or ranch when you are gone can be daunting, but it's so important, so that the transition to the next generation goes smoothly," said Ashlee Westerhold, director of the Office of Farm and Ranch Transition out of the K-State Department of Ag Economics. "This series will help participants learn best practices and new strategies to help the transition and estate planning processes so they can take that back to their farm or ranch and help lead the way in creating or reevaluating their plans."

Westerhold said the program's structure is intended to strengthen networks of women in rural areas, which can provide opportunities for building trust and sharing information. "Connections are so important to rural women," she said. "We have seen the benefits that come from knowing your peers, having a place to share difficulties, and mitigate the isolation that so many of us in agriculture often feel." The registration fee for in-person attendance is \$60 before Jan. 12, which includes all four nights meals and educational materials. The fee increases to \$75 after Jan. 12, and a workbook is not guaranteed. A virtual option is available for \$75 for family members that may live out of state or cannot participate in an in-person site. More information and registration are available at **www.AgManager.info/events**.

This material is based upon work supported by USDA/NIFA under Award Number 2023-70027-40444.

### January Garden Calendar

### Vegetables and Fruits

- Pick up and discard fallen fruit before spring arrives.
- As nursery catalogs begin to arrive, look for plants with improved insect and disease resistance.
- Order fruit trees

### **Flowers**

- Peruse seed catalogs and prepare your seed order.
- Things you can start: For spring flowers, get unplanted spring bulbs in the ground as soon as possible.
  - Start seeds throughout the winter, depending on growing requirements.
  - Water fall planted perennials to prevent dry soil conditions.
- Watch for signs of frost heaving and cover tender roots.
- · Replace mulch layers.
- Check bulbs in storage for rot and decay. Discard damaged ones.
- Curl up with a good book and learn more about gardening.

#### Lawns

- Avoid walking on frozen lawns. It may injure the grass.
- Rake fallen leaves that pile up on the lawn to prevent suffocation of grass.
- Scatter snow instead of piling it up on the lawn next to drives and walks.

### **Trees and Shrubs**

- Snow and ice on limbs:
  - Gently brush heavy snow from tree and shrub limbs to reduce damage.
  - Allow ice to melt naturally from limbs. Do not use water to melt the ice or attempt to knock it off.

#### Pruning:

- Prune storm damaged limbs quickly to reduce damage and prevent tearing of the bark.
- Avoid the temptation to prune on warm winter day. You'll prevent further damage.
- Bring twigs of flowering trees and shrubs indoors to force blossoms.
- Water fall planted trees and shrubs when soil is dry but not frozen.
- Watch out for rabbit damage to the bark of trees and shrubs.

### Miscellaneous

- Clean and repair garden tools during the winter.
- Sand and seal tool handles to prevent splinters. Apply brightly colored paint to handles. It makes them easier to spot in the garden.
- Keep bird feeders and water supplies filled for the feathered friends.
- Evaluate the garden and make notes to assist in next year's planning.
- Take photos of the garden and analyze for year-round interest.



K-State Research & Extension McPherson County 600 W. Woodside McPherson, KS 67460

## **RETURN SERVICE REQUESTED**

## **AGENT CONTACT INFORMATION**

Shad Marston County Extension Agent Agriculture & Natural Resources

smarston@ksu.edu Radio Every Monday: 7:40 AM-96.7 KMPK 8:40 AM-98.9 KMCP Ad Astra Radio Station Shyanne Jones
County Extension Agent
4-H Youth Development
shyannejj@ksu.edu

Chuck Laughlin
County Extension Agent
Family & Community Wellness
<a href="mailto:claughlin@ksu.edu">claughlin@ksu.edu</a>