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Radon Training

No fee required for this public session.

11 March 2020 | 12:00 p.m.—1:00 p.m. MT

Goodland Public Library
To register call Sunflower Extension District #6 at 785-890-4880 or 785-852-4285

Youth Tractor Safety Training

This required course is designed for 14 and 15 yr old youth who are to be employed on a farm for someone other than their parent or legal guardian.

28 March 2020 | 8:30 a.m.- 5 p.m. CT

Cheyenne County 4-H Building, St. Francis
A cost of $25 is required for each attendee to cover materials. Lunch will be provided. Registration and fee are due by March 23.
Please register at: https://tinyurl.com/youthtractorsafety
Please send and make checks payable to:
Sunflower Extension District
PO Box 667, St. Francis, KS 67756
(785) 332-3171
Planning Your Wheat Topdressing and Weed Control

It’s that time of year that we need to be thinking about wheat needs...for both fertility and weed control. The weed-and-feed system is pretty popular in our area for a number of reasons. You only have to make one pass over the field and that saves time and money.

Let’s first discuss the fertility portion. To get the most yield for your nitrogen application, it needs to be in the root zone prior to jointing. The number of spikelets (mesh) and number of kernels are set when the wheat is jointing. At the jointing stage, the first node (joint) will be visible at the base of the wheat plant. The growing point is best seen when you cut open the wheat stem and look inside (Figure 1).

It is important to note that the nitrogen needs to be in the root zone prior to jointing, not just applied to the field. To get the nitrogen in the root zone, it needs to be applied early enough for a rain to move the nitrogen into the soil or the nitrogen needs to be applied below the soil surface (like with a coulter machine).

Many times I get questions about the type of nitrogen that should be applied. Numerous trials by K-State over the years have shown that both UAN solution and dry urea are equally effective. In no-till situations, there may be a slight advantage to applying dry urea since some of it will fall to the soil surface and be less affected by immobilization than broadcast liquid UAN, which tends to get hung up on surface residues.

In addition, controlled-release products such as polyurethane coated urea (ESN) might be considered on very sandy soils prone to leaching. Generally a 50:50 blend of standard urea and the coated urea will provide some N immediately to support tillering and head development, and also continue to release some N in later stages of development. This would work best in settings with high loss potential.

For nitrogen rates, K-State recommends 2.4 pounds of nitrogen for each bushel of wheat. Now, don’t panic because that is the total nitrogen in the soil, not the amount to apply. This 2.4 lb/bu includes credits for profile N, previous crop, tillage system, and organic matter. If you don’t know how much nitrogen that you have the soil profile, it’s not too late to soil sample. Profile N soil test can be taken in late winter/very early spring, before the wheat greens up. While it won’t be as accurate as when sampled in the fall, it can still point out fields or areas in fields with high levels of available nitrate N. Unfortunately it is not reliable in measuring recently applied N.

For the weed control, spring herbicide applications can be effective for winter annual broadleaf weed control. However, timing and weather conditions are critical to achieve good control. Spring applications generally are most effective on winter annual broadleaf weeds soon after green-up when weeds are still in the rosette stage of growth, and during periods of mild weather. Once weeds begin to bolt and wheat starts to develop more canopy, herbicide performance often decreases dramatically.

Another important consideration with herbicide application timing is crop tolerance at different application timings. For example, 2,4-D should not be applied in the fall or until wheat is fully tillered in the spring. On the other hand, any herbicide containing dicamba can be applied after wheat has two leaves, but should not be applied once the wheat gets close to jointing in the spring. Herbicides containing dicamba include Banvel, Clarity, Rave, Pulsar, Agility SG, and several generic dicamba products. Dicamba is one of the most effective herbicides for kochia control, but if the wheat is starting to joint, it shouldn’t be applied. At that point, Starane Ultra or other herbicides containing fluroxypyr would be a safer option and could still provide good kochia control. Most other broadleaf herbicides in wheat can be sprayed from the time that wheat starts tillering until the early jointing stages of growth, but the label should always be consulted to confirm the recommended treatment stages before application.

The best advice regarding crop safety with herbicide-fertilizer combinations and application timing is to follow the label guidelines. We generally see minimal crop injury and no yield loss from topdress fertilizer/residual herbicide applications during the winter months. However, these combinations can often cause considerable burn to the wheat if applied when the crop is actively growing and with warmer weather. The foliar burn is generally temporary in nature and the wheat usually will recover if good growing conditions persist, but the risk of serious injury increases after wheat starts to joint.
Breeding Soundness Exams

While many producers are focused on calving being in the midst of the season, breeding soundness exams (BSE) should not be overlooked at this time. Unfortunately breeding soundness exams are often seen as inconvenient, costly, and unnecessary. However, identifying just one bull who is unsatisfactory in the fertility department may result in many dollars saved by avoiding open females and late calves. These quick and economic exams should be completed on all bulls intended for use that season and will help identify which ones may not be up to the task in terms of semen quality and quantity, two indicators of bull fertility. A routine BSE includes a physical exam will involve an evaluation of structure, feet, legs, eyes, body condition and gait, which collectively should reveal a bull’s physical ability to travel and cover females. An exam of the reproductive organs will identify any abnormalities or degeneration, and the collection of semen to be tested for concentration, motility, and morphology should identify any potential issues of fertility.

These exams should be completed at least 60 to 90 days prior to the start of the breeding season. This timing is the result of the process of sperm production and the amount of time for a whole cycle of production to take place. Therefore, if a bull is determined to be lacking in terms of semen quantity or quality, there is enough time for the bull to potentially recover and be re-tested. If a bull fails another BSE after a recovery period is allowed, his infertility may be more permanent and removing him from the operation should be considered. It is also important to note there is commonly a difference between the testing procedure of young, virgin bulls and mature bulls. Young bulls should be checked for issues common to virgin males such as persistent frenulum and penile warts, while it is more important to assess mature bulls for musculoskeletal injury or degeneration. Mature bulls can commonly be failed during an exam for feet and leg issues causing lameness or a inability to mount females, penis or prepuce injury, or testicular degeneration. Awareness of issues common to both young and mature bulls can aid in the identification of such issues, however exams should be wide ranging in their evaluation.

While a BSE is a great management tool, there are limitations to the exam. The fertility determined at the time of testing is most valid at that moment, experiencing problems with health, nutrition, and injuries can happen before the start of breeding season causing a decrease in fertility. However, determining a bull’s fertility satisfactory prior to breeding season can provide some peace of mind to the producer that the bull should successfully perform. The procedure is best for identifying infertile bulls as it indicates the potential of a bull to cover females and cause conceptions. Unfortunately just because a bull’s fertility is determined satisfactory at the time of examination, it does not reveal the libido or mating ability of a bull. This stresses the importance of observing activity and behavior during breeding season to ensure bulls are detecting for heat and covering females.

Unfortunately, most routine exams do not include testing for reproductive diseases. This time however is a great opportunity to test bulls for such diseases. Speaking to your vet prior to the exam can give you an opportunity to ask for testing of specific diseases such as trichomoniasis, anaplasmosis, bovine viral diarrhea virus, and others. Identifying any diseased animals presents an opportunity to rid your herd of individuals who contribute to disease spread. These animals are likely to be less fertile or create infertility in the females they service. Staying informed of the disease status of breeding animals may prevent many expensive issues later.

Beyond fertility bulls should be managed in a fashion to ensure they are going into breeding season with every opportunity to succeed. Make sure bulls are in adequate body condition prior to the start of the breeding season, it is suggested they enter the season at a score of 6 to provide a sufficient energy reserve for the physical demands of breeding. Bulls can lose up to two body condition scores during the breeding season, thus starting out at an optimum condition may result in a thin bull when pulled off the cows. Over-conditioned bulls may also pose a problem due to effects scrotal fat can have on sperm production and motility. If bulls are found to be too fat, maintain a steady nutritional program to slowly reduce conditioning. Avoid any rapid weight loss as it could subsequently cause a decrease in testosterone and therefore a drop in sperm production. Subjecting bulls to a pre-breeding vaccine schedule, much like females is also important to prevent unwanted reproductive losses or decreased fertility. They should receive the same reproductive vaccines that females in the herd receive, with the exception of vaccination against brucellosis. Prior to turnout, bulls should also be dewormed and provided fly control when heavy fly populations are present.

Breeding soundness exams (BSE) are vital for identifying any bulls that do not have the potential to perform well during the breeding season. Evaluating their physical soundness as well as their semen quality will further assure that bulls are fertile and sound enough to cover females successfully. Bulls should be healthy, vaccinated, dewormed, and in good body condition to remain active throughout the season. Skipping a BSE could result in insufficient pregnancy rates and late calves due to unsatisfactory bull fertility.

For more information or resources regarding breeding soundness exams, please visit or call the Cheyenne County Extension Office (785)332-3171.
**March is National Nutrition Month**

Everyday choices influence the quality of life you experience. Before your feet even hit the floor you have already had to make several decisions. Many decisions made during the day are food-centered. You might think you just make three food decisions daily: Breakfast, lunch, and dinner. Think again. You choose how much or what kind of milk to pour on cereal, whether to have a second helping of lasagna, if you will eat that pastry or drink soda or coffee at the office, and on and on.

Over time poor eating habits can affect overall health status. There could be problems related to obesity or chronic diseases such as diabetes, heart disease, or arthritis and those don’t happen overnight. Making poor nutrition and exercise choices can even contribute to a generally poor emotional or mental outlook.

Food consumed first thing in the morning jump-starts metabolism and helps the body function better physically and mentally.

Make an effort to include fruit or vegetables with every meal or snack. They are naturally high in fiber, low in calories and provide a wide range of disease-fighting vitamins, minerals, and antioxidants. Some vegetables and many fruits are naturally sweet, so consuming more of these can actually tame a sweet tooth.

Eat whole foods instead of highly processed foods. Highly processed foods have added colorings, chemical flavor enhancers, and preservatives you cannot pronounce. Whole foods mean less sugar, fat, sodium, and chemicals, and they provide more fiber and natural nutrients.

Learn to enjoy feeling satisfied and light on your feet instead of stuffing yourself. Try laying your eating utensil down between bites or engage in conversation around the dinner table to help everyone slow down. When you routinely stop eating just as you begin to feel full and don’t take even one more bite, you can save as many as 500 calories a day, which means losing up to 50 pounds in a year. Now is the time to build healthy habits into your daily life.

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**Enjoy More Fruits and Vegetables**

Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal. Below are some great tips to help you enjoy more fruits and vegetables every day.

1. Try a variety of vegetables as a pizza topping. Try broccoli, green peppers, onions, spinach, tomatoes, mushrooms, maybe even zucchini. You never know what you might like.
2. If you like smoothies, try a low-fat milk, frozen strawberries, peaches and a banana for breakfast.
3. Try a veggie wrap with roasted vegetables, low-fat cheese rolled in a whole-wheat tortilla.
4. Instead of eating chips for a snack, try some crunchy vegetables with a low fat salad dressing.
5. Make kabobs packed with colorful vegetables and put them on the grill.
6. Try adding some color to your salads by adding carrots, grape tomatoes, or mandarin oranges.
7. Keep cut vegetables handy in the refrigerator for snacks, side dishes or for a box lunch.
8. Place colorful fruit on the table where everyone can easily grab and go.
9. Puree apples, berries, peaches or pears in a blender and use them on grilled meats or on pancakes.
10. Prepare an omelet and stuff with vegetables.
11. Make fruit a dessert, topped with low-fat yogurt.
12. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Top with low-fat dressing.
What skills are you developing?

**Communication**
Having great communication skills can make a big difference in life and work. In 4-H activities, you will have the opportunity to gain skills and confidence in public speaking, writing, visual communication, video, and media.

Skills: listening, observing, empathizing

**Leadership**
The 4-H leadership project brings out the best in youth; giving them an opportunity to learn about themselves and what they can do. They learn how to work with and lead others.

Skills: teamwork, communication, organization, goal management, decision-making, and problem solving

**Community Service**
Through its pledge of "hands to larger service," 4-H gives back to the community; encouraging members and adults to volunteer. Members benefit by being involved in community service. Clubs also benefit from planning and carrying out service projects.

Skills: Concern for others, cooperation, goal setting, responsible citizenship

**Livestock Projects**
In 4-H livestock projects youth learn about animal and veterinary science, as well as animal production practices.

Skills: responsibility, record-keeping, character

**Plant Science**
Plant science projects and experience allows members to explore soils, plants, crop production and more.

Skills: Wise use of resources, self-motivation

**Visual Arts**
Visual art activities allow young people to express their creative side while gaining valuable life skills and self-confidence.

Skills: self-discipline, planning and organizing, communication, self-esteem

**Photography**
The 4-H photography project provides members an opportunity to learn about photography equipment and become competent as they acquire knowledge and practice skills.

Skills: Learning to learn, planning/organization, communication, critical thinking, self-expression, creativity

**Food and Nutrition**
The food and nutrition project provides youth with information about physical activity, healthy eating, food preparation, and personal health.

Skills: disease prevention, decision making, problem solving, healthy lifestyle choices, self discipline, self-motivation

**Shooting Sports**
In the 4-H shooting sports project members learn how to handle firearms or bows responsibly for target practice and hunting while gaining respect for the natural environment.

Skills: decision-making, teamwork, problem-solving, critical thinking

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Check out more 4-H Life Skill Resources:
http://msu.dotcmscloud.com/resources/life_skills_resources

Your Project/s_________________________________________________________________

Skills you are developing ...
_____________________________________________________________________________
_____________________________________________________________________________
Congratulations to the Plum Creek 4-H Club for submitting the winning Fair theme for the 2020 Cheyenne County Fair

“Boots, Jeans and Cheyenne County Dreams”
August 5-8, 2020

Maurice Blume Memorial Award
Award: $75

Recipient Eligibility: Any or all four of the Cheyenne County 4-H clubs are eligible.

Criteria:
1. The 4-H club must participate in 4-H Days, and must successfully conduct a Model Meeting.
2. The 4-H club must have 80% participation in some aspect/entry of 4-H Days in addition to the Model Meeting. (This can be skits, music, demonstrations, project talks, etc.)

Northwest 4-H Judging is a statewide 4-H and FFA event will be held March 21, 2020 in Hays. Youth take part in Crops, Entomology, Horticulture, Life Skills, Livestock and Photography contests. There are also project workshops and a 4-H Volunteer Gathering. Don’t miss out on all of the great learning opportunities that Super Saturday has to offer!!
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- **March**
- **Cheyenne County**
- **Plum Creek Pleasant Hill**
- **Club Day Entries Due**
- **CCWI Banquet**
- **Jr. Sheep Day KSU**
- **Super Saturday–Hays**
- **Regional Club Day–Brewster**
- **Tractor Safety Training**
Important Dates

- March 2: State KAPs due to the office
- March 4: Level I & II Foods
- March 6: 4-H Days & Talent Night
- March 6: Creative Tables
- March 7: Beef Weigh In - 9 AM
- March 8: Ruleton Eager Beavers
- March 8: Prairie Dale
- March 9: Promotion Committee
- March 9: Regional registration due to extension
- March 11: Kids A Cookin'
- March 14: Sewing Day Camp
- March 15: Sunflower
- March 17: St. Patrick’s Day
- March 23: Country Clover
- March 27: Regional 4-H Day
- March 28: Tractor Safety - Cheyenne County
- December 31: New Years Eve
- January 1: Happy New Year/Office Closed

4-H Day & Talent Night & Creative Tables
Sherman County 4-H Days & Talent Night will be Friday, March 6, 2020, at the Harvest E-Free Church.

Project talks will begin at 5:30 PM, MST.

Talent 7:30 PM.

We will not be assigning scheduled times, sign in as you come.

Creative Tables set-up will begin as early as 4:45 - 5:15 PM.
Judging will be on a rotation.

Regional 4-H Day & Talent Night
Regional 4-H Club Day will be Friday, March 27, 2020, at 5PM, MST at the Brewster Public School in Brewster, Kansas.

Registration is due to the Extension Office no later than March 9, 2020.

ATTENTION!!!!
Small Animal Weigh-In will be on Monday, April 20, 2020, from 4:00 - 6:00 PM.

Enrollment in the project must be before the weigh-in, or your small animal project will show in open class.

All other project add or drop deadline is May 1, 2020, or your project will show in open class.

To “Truman Hooker” for his “Plant Science KAP” going on to state judging.

Discovery Days
Discovery Days Registration is from May 27-29th, 2020, at Kansas State University., Manhattan, KS.

Discovery Days is an excellent opportunity to find out about K-State, stay on a college campus, make new friends, and taking classes of interest.

4-H members ages 13 to 18 years of age as of January 1 are eligible to participate.

For more information on how to get in on this opportunity, visit the website at:
https://www.kansas4-h.org/events-activities/conferences-events/discovery-days/index.html

Registration opens March 1, 2020.
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<td>4-H Days &amp; Talent Night 5:30 PM Talks 7:30 PM Talent Creative Tables 5:30 - 7:30 PM Harvest E-Free Church</td>
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<td>Kids A Cookin’ 3:15 -4:45 PM 4-H Building</td>
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<td>Sewing Day Camp 9:00 -12:00 PM 4-H Building</td>
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**USD 352 School - Spring Break March 15-20**

Like us at:
**Dates to Remember**

**March**
- 2– State Record Books Due to State
- 2- Extension Board Meeting
- 9– 4-H Council Meeting—Wallace
- 16-20– Spring Break
- 23– County Club Days
- 27– Regional Club Days

**April**
- 6– 4-H Council Meeting
- 13– Extension Board Meeting
- 20– YQA Training—CAB
- 23– Camp Counselor/Campers Registrations Due
- 27– Small animal weigh-in

**May**
- 4– 4-H Council Meeting
- 11– Extension Board Meeting
- 25– Office Closed
- 27-29– Discovery Days
- 29– Fishing Clinic
- 31- Camp Counselor Training—Rock Springs

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**Discovery Days**

Discovery Days is from May 27-29, 2020 at Kansas State University. Discovery Days is a great opportunity to find out about K-State, stay on a college campus, make new friends and taking classes of interest. 4-H members ages 13 to 18 years of age are eligible to participate. For more information on how to get in on this opportunity, visit the website at www.kstre.ksu.edu. Follow the links at 4-H and Youth and click on events.

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**Small Animal weigh-in will be held April 27th from 4:00-7:00 pm @ the Fair Grounds.**

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**County Fair Dates this year are July 30th, 31st, & August 1st 2020**

Please let the office know of any ideas you may have for a fair theme.

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**4-H County Club Day**

March 23, 2020
at Wallace County High School

4:00 - 6:00 Demonstrations and Talks

6:00 - 8:00 Talent

I will be emailing out entry forms this year. If you don’t check your email, please stop by the office and pick up an entry form. Entry forms are due back to the office by March 18th.

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When: April 20 from 6:30-7:30 pm MT

Where: CAB

Who: Any youth 8 years of age and older who will be exhibiting a market or breeding animal in the KS State Fair Grand Drive or KJLS is required to obtain certification.

Fair Board has said this year that all members in Wallace County weren’t required to do this, only members that will be going on in a livestock project. So this year if you take it you will be in charge of paying yourself. New members are encouraged to take it as well.

Visit www.yqca.org and register/pay the fee for a class on week in advance.

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K-State Research and Extension is an equal opportunity provider and employer.
### March 2020

#### Wallace County

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- Daylight Savings Time
- Spring Break
- Michigan County
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- Extension Board Mtg
- Camp Counselor Days
- Tractor Safety
Sunflower Extension District #6
Goodland Office
813 Broadway, Room 301
Goodland, KS  67735

Sunflower Extension District #6 Offices
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