



Cottonwood Extension District K-State Research & Extension News

Cottonwood Extension District #17

Spring Edition 2019

Great Bend Office

1800 12th Street
Great Bend, KS 67530
Phone: 620-793-1910
Fax: 620-793-1913

Hays Office

601 Main Street, Suite A
Hays, KS 67601
Phone: 785-628-9430
Fax: 785-621-2002



www.cottonwood.ksu.edu

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

www.ksre.ksu.edu



What's Happening

- April 10-12—[Great Bend Farm and Ranch Expo](#)
- April 18—[105 Annual Beef Roundup-Ag Research Center Auditorium-Hays](#)
- April 27—[Tractor Safety Course-Hill City](#)
- April 30—Real World 101-FHSU Student Union– 7pm
- May 1—Heart of Kansas 4-H Camp Registrations Due to Local Ext. Office
- May 1—[ServSafe Food Handlers Workshop in Great Bend](#)
- May 7—[ServSafe Food Handlers Workshop in Ness City](#)
- May 9—[ServSafe Food Handlers Workshop in Ellis](#)
- May 15—[Walk Kansas Celebration-Great Bend](#)
- May 16—[Walk Kansas Celebration-Hays](#)
- May 16—[Tractor Safety \(part 1\) Great Bend](#)
- May 18—[Tractor Safety \(part 2\) Great Bend](#)
- May 21-22—3-2-1 Blast Off-Ellis Rec 1-5:00pm
- May 23—3-2-1 Blast Off-Hays Rec 1-5:30pm
- May 23—[Ellis County Wheat Plot Field Day](#)
- May 30—[Barton County Wheat Plot Field Day](#)
- June 6—Leadership Day Camp-Hays
- June 20—Photo Day Camp-Hays
- July 2—Drone Day Camp-Hays
- July 10-14—Barton County Fair-Great Bend
- July 14-20—Ellis County Fair-Hays
- August 13—[ServSafe Food Handlers Workshop in Hays](#)

Additional Articles in this issue include:

- [Cottonwood District Staff Changes](#)
- [Welcome Berny!](#)
- [K-State looking for Farmers to Participate in Agriculture Research](#)
- [What's Happening in 4-H...Space Tech, Day Camps and More](#)
- [Start Simple with MyPlate](#)
- [Importance of Strength Training](#)
- [Important Measures to Take](#)
- [Blueberry Blast Smoothie](#)

Cottonwood Extension District Announces Staffing Changes

Several transitions will occur in the Cottonwood Extension District in the weeks ahead. The first change is that Berny Unruh, who has directed the 4-H and Youth program in Barton County the past 15 years, will switch her program area to cover the Family and Community Wellness programming in the Hays office. Her first day in Hays was Monday, March 25th. We had a welcome event for Berny on the 25th, and enjoyed getting to meet many of our Extension supporters from Ellis County. A farewell reception hosted by Barton County 4-H'ers was held on March 31st, in Great Bend to allow 4-H families to wish Berny well in her new position.

We'll be having interviews soon to fill both the 4-H and Youth position in the Great Bend office and the Cottonwood District Horticulture Agent position. Watch for an announcement of our new team members within the month.

We are in the process of hiring summer interns in both the Hays and Great Bend offices. It is nice to have some extra help in our offices when we are preparing for County Fair events and other summer 4-H and Youth activities. Plus, the interns get a feel for the important work an Extension Educator does and find out if they may want to pursue Extension as a future career.

Cottonwood District Agents are busy with spring programming. Take a look at the rest of the newsletter and join us for as many of the learning opportunities that your schedule allows. Remember, K-State Research and Extension is Knowledge for Life.

Donna Krug, Cottonwood District Director

Welcome Berny

Thank you for the warm welcome to Cottonwood Extension District – Hays office. I am looking forward to working with you in the areas of Family and Community Wellness. Several have asked me where the job title came from or why our title was changed from Family and Consumer Sciences agent?

K-State Research and Extension has always had as a primary mission to help build healthy communities, families and individuals. So, the title Family and Community Wellness fits very well. I believe that if we work on making healthy living choices and help build healthy relationships that in the end we will also have strong healthy communities. We can do this through education with research based programming and other events and activities that will provide experiential learning opportunities.

Some of the K-State educational programs that I have a real interest in are the Walk Kansas Program, Stay Strong Stay Healthy (an evidenced based eight-week program for older adults that meets the recommendation for healthy muscle strength) and Better Brains for Babies (a collaboration of state and local, public and private organizations dedicated to promoting awareness and education about the importance of brain development in the healthy growth and development of infants and young children in Georgia. K-State Research and Extension is partnering with the University of Georgia Extension).

Our Program Development Committees will be the first group to help strategize and find ways to reach all audiences. Extension programs happen only with the help of many volunteers, so I look forward to meeting with other community organizations and professionals in the future.





Agriculture

Alicia Boor & Stacy Campbell

Great Bend Farm and Ranch Expo April 10-12, 2019

The Great Bend Farm and Ranch Expo is coming out to the Expo grounds April 10th-12th.

The 3-day event will have programs, vendors, and a chance to meet up and see what's new in farming and ranching. Together, with K-State Research and Extension, we will be giving informative lunch time programs, so come out, grab a good lunch, and listen to the various specialists discuss what is new in their fields of study.



On Wednesday, April 10th from 10:30 to noon, join KSRE along with the Great Bend Coop at the Research Plot tour. The plot is located north of the Expo grounds at Barton County Road and 50 AVE. Romulo Lollato, K-State Research and Extension's Wheat and Forage Specialist will be present to discuss his 5 research projects that includes around 500 plots. He will discuss his current research on site that includes: different wheat varieties and how they respond to different management practices, growth regulators, seed treatments, seeding rates, and others. He will also be available to answer any questions that producers have about the 2019 wheat crop.

April 11th at noon will be a Farm Bill update by Monte Vandever, Southwest Area Extension Agricultural Economist for Kansas Farm Management. Monte grew up on a farm in south-central Kansas with wheat and cow-calf enterprises. He received B.S. and M.S. degrees in agricultural economics from Kansas State University and a Ph.D. in ag economics from Purdue University. His program will highlight PLC and ARC programs and what you will need to know with the new Farm Bill.

On April 12th at noon, Mary Knapp will be at Expo 3 to talk about the K-State Mesonet, weather patterns, and forecasting the upcoming growing season. As part of the Weather Data Library and as service climatologist, Mary Knapp occupies a unique position in the Department of Agronomy. She is responsible for answering questions on climate and weather matters. She also maintains the web site that provides a constant update and complete archive of weather-related data for Kansas. Her program will cover an update on current conditions, and outlooks for the summer. She will also address the why, and the uncertainty associated with the outlooks.

Whatever your interests are when it comes to farming, there is a subject and specialist that can help you with information. Our specialists are happy to come out and share the latest information and research to help you be able to succeed at your farm. Join us during the lunch hour at the Great Bend Farm and Ranch show April 10th through the 12th for all of K-State Research and Extension's programming.

K-State looking for farmers to participate in agricultural research

On-farm studies can help producers solve some of their challenges

MANHATTAN, Kan. – Some of the best agricultural innovations happen every day right in farmer's fields.

That's one reason why a Kansas State University scientist is putting out a call to the state's producers who may want to participate in university-managed research.

"One of the most relevant goals of on-farm research is to take all of the pieces of information that we as researchers learn at K-State and try to connect that research with farmers," said Ignacio Ciampitti, a farming systems specialist with K-State Research and Extension. "Specifically the end goal is to work with farmers, discuss ideas, get questions from them, and try to get real time solutions."

Ciampitti said that happens best when K-State researchers can conduct trials in Kansas farmer's fields, during the growing season, and under a variety of conditions.

"One of the challenges we face as researchers is we work in small plots to investigate crop management practices, such as seeding rates in corn," he said. "But when you're trying to get the outcomes of this research to the farm, there is separation many times when farmers are looking for relevant data to their specific field operation."

K-State's Department of Agronomy is offering farmers an opportunity to have university researchers conduct upcoming studies on their farms. Ciampitti said farmers can [fill out a simple form online](#), and then will be contacted for further information.

"We are here to help and we are looking for those that want to test new technologies and new practices," Ciampitti said. He noted that farmers who participate in university research decide what topic needs to be studied on their farm.

"That's the beauty of the project," Ciampitti said. "We sit down with the farmer, and find out what their questions are. So, for example, they may have a question about whether they are utilizing the right seeding rate, or should they cut back or add more seeds. We can tackle these projects thanks to the support provided by Kansas Corn and Kansas Soybean on implementing on-farm research studies across Kansas.

"Our goal is to get information to the farmers, and that farmers understand that many of the recommendations and practices are site-specific; they change with each field."

For more information on the K-State On-Farm Project, producers may contact their local extension agent, or call Ciampitti at 785-532-6940.



Wheat Plot Tours

Annual Ellis County Wheat Plot Field Day

Wheat growers make plans to attend the Cottonwood District - Ellis County Wheat Variety Plot Field Day on Thursday, May 23rd beginning at 6:00 p.m.

This year's demonstration plot has 15 varieties planted side by side. Come hear what Extension specialist have to say about each variety. There is always something in the plot to see and learn from, whether it is about the individual varieties, insects or diseases that are sometimes spotted in the plot.

Once again the plot was planted by L & N Farm. Directions from I-70 take the Victoria exit 168 go 2.5miles N. on Cathedral Ave./HWY. 255, turn W. onto Fairground Rd. go 1.5 mile.

From Catharine go ½ E., turn S. onto 310, go 1 mile and turn E. onto Fairground Rd., go 1.5 miles.

As always thanks to the sponsorship of businesses. A tasty free meal and refreshments will immediately follow the field day in Victoria at the city park, beside the swimming pool on Iron Street.

All interested people are invited to attend. No RSVP necessary. In case of inclement weather, it will be held at the Knights of Columbus Hall in Victoria, 503 Main Street.

Annual Barton County Wheat Plot Field Day

Mark your calendar for the Barton County Wheat Variety Plot Field Day on Thursday, May 30 beginning at 8:30 a.m.

There are 17 varieties of wheat planted side by side. Everyone is invited to come hear about each varieties strengths and weaknesses from Extension specialist. There is always something in the plot to see and learn from, whether it is about the individual varieties, insects or diseases that are sometimes spotted in the plot.

Again this year the plot cooperater is Terry Reif. Location of the field day—from Hoisington go N. on blacktop to Susank; at Susank go 4 miles E. on the blacktop 190 NE Rd., turn S. onto NE 40th Ave. and go ½ mile, on W. side of the road.

All interested people are invited to attend. RSVP not required but appreciated by Tuesday, May 28th call the Great Bend office at 620-793-1910 or email Brenda bwalton@ksu.edu

The 105th annual Roundup will be held Thursday, April 18, 2019. The Roundup will be held in the Auditorium at the KSU Agricultural Research Center – Hays. Registration will open at 9:00 a.m. (CST), with the program beginning at 10:00 a.m (CST).

9:00 Registration, commercial trade show, and rolls and refreshments

10:00 Welcome – Dr. John Jaeger, Beef Cattle Scientist

10:10 New Insights into Subseasonal, Seasonal, and Interannual Variability of Weather and Climate Extremes in the Great Plains – Dr. Jeffrey Basara, University of Oklahoma, Director, Kessler Atmospheric and Ecological Field Station and Director of Research, Oklahoma Climatological Survey

11:05 Bovine anaplasmosis - What we know/ What we want to know – Dr. Kathryn Reif, KSU Center of Excellence for VectorBorne Diseases.

12:00 Lunch – An offering of Smokin' Co. BBQ wedding roast and sides – all compliments of Golden Plains Trucking, Carrico Implement, Big Creek Veterinary Service, Boehringer Ingelheim, and Elanco Animal Health

12:45 A Review of Limit Feeding: An old time feeding method that deserves attention in today's feeding and environment conditions – Dr. Dale Blasi, Beef Cattle Nutrition and Management Extension Specialist

1:40 Rangeland Wildfire: The Road to Recovery – Dr. Keith Harmony, Range Scientist

2:15 Effect of Intensive Early Stocking Cow/Calf pairs on cow performance – Dr. John Jaeger, Beef Cattle Scientist

3:00 Adjourn

For more information, contact John Jaeger, jrjaeger@ksu.edu, 785-625-3425 ext.211

Registration is available by contacting Milissa at 785-625-3425 ext.200 or milissa@ksu.edu.

Tractor/Farm Safety Course on April 27th-Hill City

K-State Research & Extension will be offering a Hazardous Occupation Safety Training for Agriculture or Tractor and Farm Safety Course on Saturday, April 27, 2019. This course will be held at Hill City High School in Hill City, Kansas. Class will start at 8:00 a.m. and conclude at approximately 5:00 p.m.



Local K-State Research & Extension Agents will teach this basic course covering farm and machinery safety, including proper tractor operation and maintenance, grain safety, implement use safety and more. The United States Department of Labor requires youth 14 – 15 years of age attend this safety training in order to work on a farm for someone other than their parents. However, there are several cases where youth may be required to take the training even though they are working on the “family farm.” For instance, if the parent is a partner or member of a farm corporation or if the youth is legally employed by grandparents, the law requires youth participate in the course. Any employer who plans to hire youth under 16 years of age must make sure they attend this tractor safety course.

If you plan to attend, please contact the Cottonwood District, 785-628-9430 or e-mail Theresa, tam3@ksu.edu to register by **April 24th**. A fee of \$15 is due to your local Extension Office at registration and will cover rent of the manual, refreshments, lunch, and other materials needed during training. You can purchase the manual for an additional \$15.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Twin Creeks Extension District, 785-877-5755.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.

Tractor Safety in Great Bend, KS

One of the most important programs I give is a hazardous occupation course for teenagers. Agriculture is a family-based business, and children are around dangerous situations from a very young age. One way to make a situation less dangerous is education, learning what the dangers may be and how to avoid putting yourself in a position that has a greater likelihood of getting hurt.

On May 16th from 6-8:30 pm and also May 18th from 8 am-5pm, Cottonwood Extension District in Great Bend will hold its annual Tractor Safety class for youth ages 13-18. This class is required for teens ages 14-16 that are planning to work on a farm other than their immediate relatives. It is encouraged for any youth that are going to be working around the farm or large machinery to also complete a tractor safety course. Farm accidents are the cause of 120,000 injuries a year and children are at a high danger when working on a farm or ranch. The 2-day course will cover the various risks that are on a farm as well as give young people the information they need to be safe when working. Cost is 15.00 and that covers the book, snacks and lunch on Saturday. Call the Extension office at 620-793-1910 to register for the class.

If you would like any more information about this opportunity for learning, please contact the Extension office for more information by calling 620-793-1910 or email me at aboor@ksu.edu.



4-H Youth Development



Susan Schlichting



Are you a teen who enjoys rocketry and drones? Or an adult who enjoyed working with rockets back in the day?? Have we got a deal for you!!

The Kansas 4-H SpaceTech Action Team, Kansas 4-H Youth Development is partnering with KSU Polytechnic in

Salina to offer a special Kansas 4-H SpaceTech training on Saturday, April 27, at the KSU Polytechnic Campus, College Center Conference Center, 2310 Centennial Road, Salina, KS 67401. Participants will get to attend two in-depth entry level workshops repeated in the afternoon: rocketry and unmanned aerial systems (drones).

The training is open to 4-H members (12-19-years-old), parents, volunteer 4-H leaders, Extension staff, and educators working with youth who are interested in 4-H rocketry and unmanned aerial systems project areas. Registration is limited to 30 participants. **This training is designed as a train-the-trainer program so participants can go back home and teach youth about these project areas.**

To find the information on the Kansas 4-H web site, visit: <https://www.kansas4-h.org/events-activities/volunteer-trainings/spacetech/index.html>. **Registration closes April 15, 2019 or sooner if they reach their limits, so act NOW!** The registration fee of \$25.00 includes lunch, breaks, two workshops, workshop materials and training team costs. Registration fees are non-refundable unless KSRE cancels the workshop due to low numbers. For more information contact dwaldren@ksu.edu or call 785-462-6281.



Summer is Around the Corner . . . and so is County Fair!!

It won't be long now and we'll be gearing up for those awesome County Fairs! We are seeking volunteers to help with the fair in both Hays and Great Bend. If you'd like to join the team and help make these community celebrations special give the local Extension Office in Hays (785-628-9430) and Great Bend (620-793-1910) a call. Let us know how you'd like to help!

Summer Day Camps

If you have kids or grandkids who might be interested in a day camp opportunity, we have several exciting opportunities coming this summer. Thanks to the Dane G. Hansen Foundation for hiring summer interns who will help plan and carry out Drone day camps and Leadership day camps in our area of the state. Watch our website and facebook page for more information on these early in the summer after the interns get started in their positions. We will also offer Rocketry day camp and a Photo day camp this summer, too. Sign up for those through the Hays Rec website at haysrec.org.

Submitted by Susan Schlichting



Family & Consumer Science

Donna Krug & Berny Unruh

Walk KS update for the Cottonwood

District

The 2019 Walk KS campaign is in full swing. Thank goodness for warmer temperatures – it is finally starting to feel like spring! The Cottonwood District has forty teams participating this year! It is neat to see several worksites promoting the Walk KS program this year.



The weekly newsletters that are available for Walk KS participants are filled with great articles and always have a fun recipe included. To celebrate the Walk KS program, we are hosting events in both Barton and Ellis Counties.

- **The Great Bend celebration is set for Wednesday, May 15th from noon to 1 p.m. at the Great Bend Recreation Commission Activity Center, located at 2715 18th Street.**
- **The Hays celebration will be Thursday, May 16th from 12:10 to 1:00 p.m. at the Extension office in Hays, located at 601 Main Street.**

All registered Walk KS participants will be treated to a healthy lunch for no charge. Door prizes will be given. Non-Walk KS team members may attend for a \$5 fee payable to the Cottonwood Extension District. We would appreciate a phone call to the Cottonwood Extension Office by Friday, May 10th to make your reservation for the free luncheon. The Great Bend office number is: 602-793-1910 and the Hays office number is: (785) 628-9430.

ServSafe Food Handlers Workshops are Set

There are several opportunities in the months ahead to sharpen your skills as a food handler. The ServSafe Food Handlers workshop will be held on the following dates/times/locations:

- Wednesday, May 1st, 1:30 -4:30 p.m. at the Great Bend Extension Office Meeting Room, 1800 12th Street.
- Tuesday, May 7th, 1:30 – 4:30 p.m. in Ness City
- Thursday, May 9th, 1:30 – 4:30 p.m. in Ellis
- Tuesday, August 13th, 1:30 – 4:30 p.m., at the Hays Extension Office Meeting Room, 601 Main

All classes will be taught by Donna Krug, Cottonwood Extension District Agent. There is a \$15 for each participant (payable to the Cottonwood Extension District) which covers class materials and a snack. You may contact Donna at: (620)793-1910 or dkrug@ksu.edu for more information or to register.

Importance of Strength Training

Even though the Stay Strong Stay Healthy workshops won't be meeting for awhile, that doesn't mean strength training isn't important. Nothing could be further from the truth. Strength training has been scientifically proven to be safe and effective for both men and women at any age. While aerobic exercise, such as walking, jogging, or swimming, has many excellent health benefits – it maintains the heart and lungs and increases cardiovascular fitness and endurance – it does not make your muscles strong. Strength training does.

Strength training can be very effective in reducing the risk factors for many chronic conditions and diseases. Some of the health benefits of strength training include:

- | | |
|--|------------------------|
| Arthritis relief | Heathy state of mind |
| Restoration of balance and flexibility | Sleep improves |
| Helps maintain a healthy weight | Healthier heart tissue |
| Improved glucose control | |

Studies have shown that lifting weights two or three times a week increases strength by building muscle mass and bone density. Strength training, particularly in conjunction with regular aerobic exercise, can also have a profound impact on a person's mental and emotional health.

Source: *The Department of Health and Human Services. Centers for Disease Control and Prevention*

Thank you to Karen Blakeslee, coordinator of the Rapid Response Center (an Extension Agent resource for Food Science) for sharing the following article:



Start Simple with MyPlate

Do you struggle with making good food choices?

Healthy eating can happen with one step at a time. It can be simple!

The U.S. Department of Agriculture has released a new initiative to help consumers meet their health goals. It is called [Start Simple with MyPlate](#).

Focus on whole fruits. Add fruit to a bowl of cereal for breakfast or grab one for an easy snack. Don't forget that canned and frozen fruits are great choices when your favorite fresh fruit is not available.

Vary your veggies and think colorfully! Dark green, red, orange, yellow and other colorful veggies add lots of good nutrients to any meal or snack. Prepare extra veggies for a side dish or to use in soup or pasta.

Make half your grains whole grains. This message still holds true! Choose 100% whole grain bread, pasta, crackers, or cereal.

Vary your protein routine. Meat, poultry, fish, seafood, legumes are beneficial. Don't forget to serve veggies and whole grains with your protein choice!

Low-fat or fat-free dairy foods compliment any meal. Be a role model for kids to show dairy foods are healthy!

Learn more at www.choosemyplate.gov/start-simple-myplate. Check out the sample two-week menu plan! <https://www.choosemyplate.gov/budget-sample-two-week-menu>

Important Measures to Take

The spring severe weather and tornado season is a topic that we all wish we did not have to discuss. But basic training and discussion could save lives. Following are some measures to review with your children at home, your children away at college and even elderly parents who live alone.



- Take a few minutes with your family to develop a tornado emergency plan. Sketch a floor plan of where you live, or walk through each room and discuss where and how to seek shelter.
 - Show a second way to exit from each room or area. If you need special equipment, such as a rope ladder, mark where it is located.
 - Make sure everyone understands the siren warning system, if there's such a system in your area.
 - Mark where your first-aid kit and fire extinguishers are located.
 - Mark where the utility switches or valves are located so they can be turned off—if time permits—in an emergency.
 - Teach your family how to administer basic first aid, how to use a fire extinguisher, and how and when to turn off water, gas, and electricity in your home.
 - Learn the emergency dismissal policy for your child's school.
 - Make sure your children know—
 - o What a tornado is
 - o What tornado watches and warnings are
 - o What county they live in (warnings are issued by county)
- How to take shelter, whether at home or at school.

Blueberry Blast Smoothie

Makes 2 servings

2 cups frozen unsweetened blueberries (do not thaw)

½ cup orange juice (calcium-fortified preferred)

¾ cup low-fat or nonfat vanilla yogurt

½ medium frozen banana

½ teaspoon vanilla extract

1. Wash hands with soap and water.
2. Place blueberries, orange juice, yogurt, banana, and vanilla into blender container.
3. Cover securely and blend for 30 to 35 seconds or until thick and smooth. For thinner smoothies, add more juice; for thicker smoothies, add more frozen fruit.
4. Pour into 2 glasses and serve immediately. Store leftovers in the refrigerator or freeze for a cool treat



Hazardous Occupations Safety Training in Agriculture

April 27, 2019

8 a.m. – 5 p.m.

Hill City High School

Hill City, KS

**\$15 for Manual Rental, Lunch,
& Refreshments**
(Additional \$15 to buy the manual)

You must bring:
Manual
Pen/Pencil
Willing Attitude!

**To Register, Contact Your Local
Extension Office by April 24, 2019:**

Cottonwood District

Ellis: 785-628-9430

Phillips-Rooks District

Phillips: 785-543-6845

Rooks: 785-425-6851

Golden Prairie District

Trego: 785-743-6361

Gove: 785-673-4805

Twin Creeks District

Norton: 785-877-5755

Decatur: 785-475-8121

Sheridan: 785-675-3268

Graham: 785-421-3411

This program will provide the trainee with the knowledge and information of tractor safety and farm hazards. A safety training is required by the U.S. Department of Labor for youth ages 14-15 who will be working on a farm for someone other than their parents. However, there are many cases where youth need certification even when working on the “family farm”. Certification will be presented to participants who meet all of the following:

- Attend the entire session
- Complete all assignments
- Successfully complete a tractor safety exam
- Safely demonstrate the ability to operate a tractor and all its controls according to safe operating procedures under the supervision of a parent or employer
- Youth ages 14-15 years (others will receive certification at the time they turn 14)

**FOR ALL YOUTH AGES 13-15
WHO WILL BE WORKING
ON A FARM**

K-STATE
Research and Extension



Hazardous Occupations Training

2019 Tractor Safety Class (2- session class)
Session #1: Thursday May 16th 6:00-8:30 PM
Straub International, Hwy 56 & Airport Rd.
Session # 2: Saturday May 18th 8:00 AM -5:00 PM
Barton Community College T-186
CNH Training Facility

Get legal! If you are 14-15 years old and planning to do farm work for someone other than a parent or legal guardian, you must take a Tractor Safety Course according to the U.S. Dept. of Labor requirements.



Requirements :

- 14-15 Years old (youth 13-18 are encouraged to attend)
- \$15 registration fee-lunch, snacks and materials are included in the fee
- Registration due by May 9th

For more information call 620-793-1910

*Please fill out below information and return to:
Cottonwood Extension District, Great Bend Office
1800 12th St, Great Bend, KS 67530*

Enrollee's Name _____ Age _____ DOB ____/____/____

Parent's Name _____

Address _____

Phone # Home _____ Cell _____

Enrollee's Social Security # _____

Employer's Name (if known) _____

Cottonwood Extension District Staff

Great Bend Office



Donna Krug
District Director
Family and Consumer Science
dkrug@ksu.edu



Alicia Boor
Agriculture and Natural Resources
aboor@ksu.edu

Hays Office

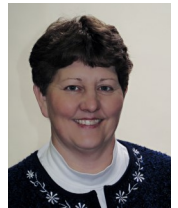
Stacy Campbell
Agriculture and Natural Resources
scampbell@ksu.edu



Susan Schlichting
4-H and Youth Development
sschlich@ksu.edu



Berny Unruh
Family Community Wellness
bunruh@ksu.edu



Keep up on all the latest programs and research resources by visiting
www.cottonwood.ksu.edu



Visit us on
Facebook

K-State Research and Extension - Cottonwood Extension District
Barton County Extension—Family and Consumer Sciences
Ellis County 4-H — It's Legit!
Barton County Extension Master Gardeners
Ellis County Extension Master Gardeners