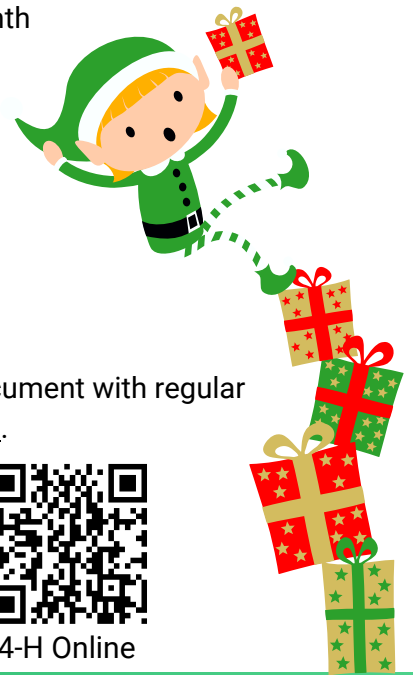




# POST ROCK DISTRICT 4-H NEWSLETTER DECEMBER 2023

## EVENTS AND DEADLINES AT A GLANCE

- Dec. 1: State 4-H Shirt Order last day
- Dec. 16: Smith Co. Alumni Banquet & Achievement Awards
- Dec. 14: Shooting Sports fee deadline
- Dec. 22-Jan. 1: Post Rock District Extension Offices will be closed
- Dec. 29: Volunteer Registration and Screening deadline
- Dec. 31: Early Bird Registration for Rock Springs 4-H Camp ends
- Jan. 13: K-State 4-H Day at Wildcat Women's Basketball, Manhattan
- Jan. 14, 21, 28: Winter Archery Practices, Jewell Co. Fairgrounds
- Jan. 15: Fair Judges Training, Hays
- Jan. 20: Post Rock District 4-H Quiz Bowl, Mankato
- Jan. 26-28: Dog Show Judges Training, Leavenworth County Fairgrounds
- Jan. 27: Horse Panorama, Salina
- Feb. 4, 18: Winter Archery Practices, Jewell Co. Fairgrounds, 2nd month
- Feb. 10: 4-H Day #1, Beloit
- Mar. 2: Jr. Beef Producer Day, Manhattan
- Mar. 4: 4-H Day #2, Smith Center
- Mar. 16: Jr. Sheep Producer Day, Manhattan
- Mar. 23: Super Saturday, Hays
- Mar. 23-24: K-State Alpha of Clovia Hospitality Weekend
- Apr. 12: Horse Show Judge Seminar, Colby



## KANSAS 4-H MASTER CALENDAR

Kansas 4-H has a state and regional events master calendar. It is a living document with regular additions. Access the latest version at [www.kansas4-h.org/events-activities/](http://www.kansas4-h.org/events-activities/).



Post Rock 4-H



Kansas 4-H



4-H Online



**Nora Rhoades**  
Youth Development Agent  
nrhoades@ksu.edu



**Tonia Underwood**  
4-H Program Coordinator  
tiunderw@ksu.edu



**Melody Saxton**  
4-H Program Coordinator  
mjsaxton@ksu.edu



**Kim Naber**  
4-H Program Coordinator  
kimm@ksu.edu



**Risa Overmiller**  
4-H Program Coordinator  
overmiller@ksu.edu



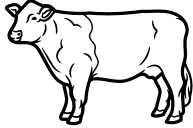
# JEWELL COUNTY 4-H

## POST ROCK DISTRICT NEWSLETTER

Tonia Underwood, 4-H Program Coordinator  
(785) 378-3174 tiunderw@ksu.edu



### Jewell County Beef Weigh-in



Beef weigh-in is on Sunday, February 18, 3:00 p.m. at the Sale Barn in Mankato.

### 4-H Council Meeting

The next Jewell County 4-H Council Meeting is Monday, December 4 at the Mankato Courthouse starting at 7:00 p.m.

### Volunteers Needed for Quiz Bowl

Save the date for the Post Rock District 4-H Quiz Bowl on January 20 in Mankato throughout the morning. Adult volunteers are needed to help with the competition rooms. Please let Tonia know what volunteers from your club can help.

### Teresa on Leave in December

Teresa will be out of the office the entire month of December on planned leave. Remember to email Tonia, tiunderw@ksu.edu, your questions because Teresa will not be checking any email until 2024. Nora and Tonia will maintain regular office hours as much as possible, yet it is a good idea to call ahead just to double check we are here before you drive to town.



Thank you 4-H Council for sponsoring the clover letter! This is a great way for members to display 4-H pins that have been earned!



### 2023 Achievement Celebration

#### Mankato Eager Beavers



#### Prairie Shooters



#### Webber Wide Awake



#### Jewell County 4-H King





# LINCOLN COUNTY 4-H

## POST ROCK DISTRICT NEWSLETTER

Melody Saxton, 4-H Program Coordinator  
(785) 524-4432      mjsaxton@ksu.edu



### HAPPY HOLIDAYS!

In honor of the holidays, the Lincoln office will be closed December 22nd through January 1st. Melody will still be available by cell phone or appointment. She will also be at the 4-H Council meeting on the 29th. Please don't hesitate to call if you need her assistance.

### CONGRATULATIONS

Congratulations to everyone who completed their Achievement Pin applications and their Project Record books. It was an amazing year with 44 Achievement Pins given out and 56 record books completed and judged. Completing both applications and record books requires time and commitment by not only the 4-H member but the adults in their lives. Thank you for a successful year!

### FAIR PLANNING

Although it seems a long way away, fair planning has begun in the Lincoln office. If you want to voice your opinion about prizes, something that did not work, something that did work really well, or if you just want to get involved, now is the time to speak out. We are looking for help in all areas, especially superintendents to help the judges. Call Melody with your ideas or how you would like to help. It is the perfect time!

### 4-H COUNCIL

The next 4-H Council meeting is Friday, December 29th at Noon at the Lincoln Senior Center.



### MISSED OFFICER TRAINING? WE CAN HELP

If you missed Officer Training but would like a little extra help learning your position, please call the office. We can provide additional training for those who want it.



# MITCHELL COUNTY 4-H

## POST ROCK DISTRICT NEWSLETTER

Tonia Underwood, 4-H Program Coordinator  
(785) 378-3174      tiunderw@ksu.edu



### Tonia's Office Hours

Tonia will be in the Beloit Office on limited hours during the month of December. Please call ahead to check her schedule or to make an appointment.



### Save the Date for Fair!

Mitchell County Fair dates are  
July 25 - 27, 2024.

### What is Post Rock District 4-H Day?

Post Rock District 4-H Day is an annual competitive event where 4-H youth can showcase their talents in music, drama, dance, reading, and public speaking. 4-H members have the opportunity to participate in a club, individual, and/or team activities. Youth have fun, develop self-confidence, and further their communication skills when they participate. Make plans to participate in Post Rock District 4-H Day in Beloit on February 10 or in Smith Center on March 4!

### Mitchell County Beef Weigh-in



Mitchell County Beef Weigh-in is on Wednesday, February 7, 2024 at Solomon Valley Veterinary Hospital from 4:00 - 6:00 p.m.



### 4-H Council Meeting

Mitchell County 4-H Council will meet at First Bank Beloit Meeting Room on Monday, January 22 at 7:00 p.m.

### Christmas Break Creativity

Christmas Break for many youth is a break from the stress and early morning wake-up calls. It's fun to look forward to sleeping in, seeing friends and family, enjoying hobbies, and generally resting. Do you know that breaks increase productivity and creativity? Christmas Break is a great time to start thinking and working on your 4-H projects!



### Youth For the Quality Care of Animals (YQCA)

Blaire Todd will be leading an in-person YQCA training in Beloit on Saturday, February 10 at the Beloit Methodist Church. It will begin at the end of 4-H Day.

To sign up, members need to log in to their YQCA account, go to "enrolled trainings", and select the one labeled "Beloit 4-H Day Training". Online, participants will be able to enroll, pay for the course, and take the required pre-test before the in-person training.





# OSBORNE COUNTY 4-H

## POST ROCK DISTRICT NEWSLETTER

**Kim Naber, 4-H Program Coordinator**  
(785) 346-2521      kimn@ksu.edu



### GET INVOLVED ON A COUNTY-WIDE COMMITTEE

We are still looking for adult and 4-H member volunteers to step up and serve on our county wide committees.

The list of committees includes Food Stand, Awards & Recognition, Rules, Premium Auction and 4-H Building/Fair Grounds Improvement.  
<https://forms.gle/D9FgGzKEFhEBu4S16>



QR Code for Osborne County Committee Sign-up form

### SAVE THE DATE 2024 OSBORNE COUNTY FAIR July 24 - 28, 2024



### VISITING THE OSBORNE OFFICE

Kim's office hours are generally on Mondays and Tuesdays at the Extension Office. You can email her other days and she will do her best to assist you. Krista has taken on a new adventure, and we thank her for her service to Post Rock District. Brenda and Kim will strive to keep the Osborne Extension Office open during regular hours, yet it is a good idea to call in advance (785-346-2521) so we can best assist when you stop by the office!

### SUPPORT OSBORNE COUNTY 4-H TREE AT MCFADDEN TREE FOREST



Osborne County 4-H will be represented in the 2023 McFadden Tree Forest at the Osborne Public Library! Please stop by the library to vote for the 4-H decorated tree "12 Days of Fair". Vote by bringing canned food items which will be given to the local Food Pantry at the end of the month. For each item brought to the library, you will receive a ticket to be placed in a drawing for a gift basket. You can vote December 1 - 22.

### 2024 BEEF WEIGH-IN DATE



February 24, 2024  
9:00 a.m.  
Osborne Sale Barn

*More details in January newsletter*



### 4-H COUNCIL NEWS

There is no December Council meeting. Next Council meeting is Monday, January 22, 2024.

-  Rules Committee - 6:30 p.m.
-  4-H Council - 7:30 p.m.

### WELCOME NEW 4-H MEMBERS!

We welcome Kynzie Crossland, Levi and Reuben Kauffman, Jace Mans, Corbin, Karter and Stratton Mans!



# SMITH COUNTY 4-H

## POST ROCK DISTRICT NEWSLETTER

Risa Overmiller, 4-H Program Coordinator  
(785) 282-6823      overmiller@ksu.edu



**DECEMBER 3, 2023**

3:15 p.m. Christmas at Sun Porch

We will have 3 groups and split between the 3 buildings. We would love to have you come and visit the residents. We will play games, decorate cookies, and make window art for the residents.

County 4-H Christmas Party

When: Dec. 3, 2023 4:30 p.m.

Where : the Girl Scout House

Bring: a gift to exchange

Come enjoy a fun time

with each other.



Busy Bee's float in the Veteran's Day Parade!



KYLF 2023

### Important Dates:

- Dec. 3 4-H Council 2:00 p.m.  
Sun Porch 3:15 p.m.  
County 4-H Christmas get together Girl Scout House 4:30 p.m.
- Dec. 16 4-H Alumni Banquet 6:30 p.m.,  
Achievement Awards 7:00 p.m.
- Jan. 20 4-H Quiz Bowl in Mankato
- Feb. Valentine Cookie Sales
- Feb. 10 District 4-H Day - Beloit
- Mar. 4 District 4-H Day - Smith Center

### FIRST ANNUAL ALUMNI/4-H SUPPORTERS BANQUET



- WHO:** Anyone who is interested in helping to support Smith County 4-H.
- WHY:** To help current and future 4-H members with their fundraising efforts for fair awards, scholarships, camps, leadership, and in the future livelihood of Smith County 4-H.
- WHEN:** Saturday, December 16, 2023 at 6:30 p.m.  
We will be serving a pork chop supper.
- WHERE:** Smith Center Armory
- WHAT:** There will be entertainment, door prizes, silent auction items, and awards to celebrate the 4-H'ers accomplishments this past 4-H year.

Tickets are available through Smith County 4-H members or at the Extension Office. Price is \$25 each or \$40 for a couple. All proceeds will go to helping Smith County 4-H.



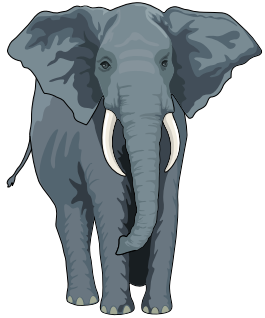
**THANK YOU FOR SUPPORTING  
SMITH COUNTY 4-H**



# POST ROCK DISTRICT 4-H NEWSLETTER

## STATE AND DISTRICT NEWS

### NCK LEAD IS JANUARY 6 AT CLOUD COUNTY CC

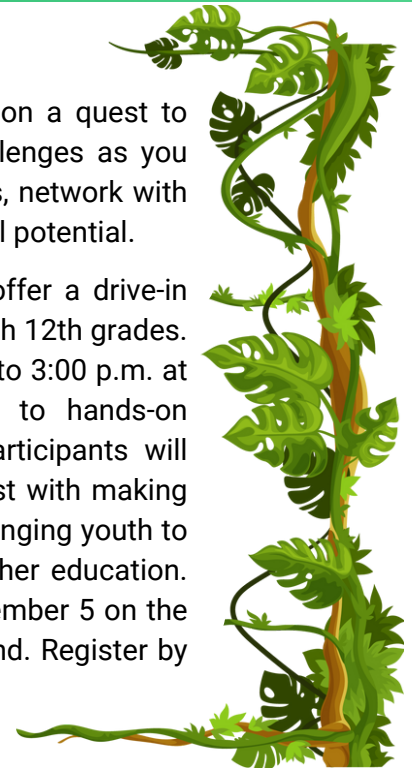


Registration due  
January 3!  
[bit.ly/NCKLEAD](https://bit.ly/NCKLEAD)



Welcome to the Jungle at NCK LEAD! Join fellow adventurers on a quest to master leadership! Complete career and college readiness challenges as you embark on your journey to make the best better. Explore campus, network with 4-H friends, and equip yourself to navigate life by reaching your full potential.

Post Rock District and River Valley District are teaming up to offer a drive-in personal development experience for youth currently in 6th through 12th grades. NCK LEAD will take place on Saturday, January 6 from 9:30 a.m. to 3:00 p.m. at Cloud County Community College in Concordia. In addition to hands-on workshops focused on leadership and career development, participants will engage with collegiate professionals to gain information to assist with making post-high school decisions and enjoy a tour of campus. Adults bringing youth to the event will have a chance to learn about financial aid for higher education. Lunch is provided. A full event schedule will be available by December 5 on the [event webpage](#). A fee of \$10 is due to Post Rock District to attend. Register by January 3 at [bit.ly/NCKLEAD](https://bit.ly/NCKLEAD).



### 4-H QUIZ BOWL JANUARY 20 IN MANKATO



Make plans to participate in 4-H Quiz Bowl. Post Rock District's annual 4-H Quiz Bowl will take place on Saturday, January 20 at Rock Hills High School in Mankato, beginning at 9:00 a.m. The 4-H Quiz Bowl provides an opportunity to learn more about the 4-H organization. While a quiz bowl is semi-competitive, the experience is designed to be a fun, educational opportunity for 4-H members! Registration, rules and a study guide will be available on the [Quiz Bowl event webpage](#). It is free to participate, but registration is needed by January 8.

Youth will participate in teams of four. There will be two age divisions, junior and senior. Team members must participate in the division of the oldest member. You do not have to be from the same club or county in Post Rock District. When you register, state what team you intend to be on. If you don't have a team yet, just sign up and we will combine youth into teams!



Registration due  
January 8!  
[bit.ly/4-HQuizBowl](https://bit.ly/4-HQuizBowl)



Study Guide will be  
available by  
December 11!

### REDUCED OFFICE HOURS IN DECEMBER

Post Rock District Offices will be closed December 22, 2023 through January 1, 2024. Our normal hours will resume on January 2. There will be very limited access to Post Rock District staff by email and phone during this time. Please plan ahead if you need support with your 4-H experience or if you need to visit the local Extension Office. We wish you a great December!

# POST ROCK DISTRICT 4-H NEWSLETTER

## STATE AND DISTRICT NEWS



Writing 4-H project goals should take place toward the beginning of the 4-H year rather than right before record books are due. Use the "[Setting 4-H Project Goals](#)" worksheet to guide the 4-H member as they write and set 4-H project goals for the year ahead. Once the young person has selected their 4-H projects, they should plan out what they would like to learn and accomplish. It is very helpful when this process is done with the guidance of an adult volunteer or junior teen leader. Setting measurable goals will help ensure that the 4-H member has a positive 4-H project learning experience. Goal setting is a great educational activity to incorporate into a club meeting!

### KSU WILDCAT BASKETBALL

The annual *4-H Day with Wildcat Women's Basketball* will be on Saturday, January 13, 2024 at K-State's Bramlage Coliseum in Manhattan. Join Kansas 4-H as the Wildcats take on the Texas Longhorns! Tipoff is at 1:00 p.m. Registration and cost details will be available soon. The event flier will be posted on the [Post Rock District 4-H Events webpage](#).



### 4-H CAMP EARLY BIRD REGISTRATION ENDS DECEMBER 31

Kansas 4-H Camp registration is officially open for the summer 2024 season! When you register before December 31 you will receive the 10% Early Bird discount. 4-H camp sessions are posted online at [www.rockspringsranch4hcamp.org](http://www.rockspringsranch4hcamp.org). There are over night camps for rising 3rd through 12th graders that include three-night or five-night sessions. There is a new two-night option for rising 1st through 3rd graders. Rock Springs Ranch even has Family Camp session opportunities! Another new opportunity this year is week-long specialty camps - a Ranch Camp and Shooting Sports Camp - where the camps are designed to further develop skills in campers' desired areas of growth. Interested participants will register directly with Rock Springs Ranch through the website. Before you register, contact your local Extension Office and your club leader. There may be club or county-level event scholarships available.

4-H Camp Counselor in Training (CIT) participants can receive a full-ride scholarship in 2024! This is the final year for the full-ride scholarship provided by a donor through Rock Springs Ranch/Kansas 4-H Foundation. Teens age 16 to 17- years, especially rising 12th graders, may participate. Participants will receive camper care training and counselor experience, in addition to "camp" time with peers.

### REGMAX 4-H EMAIL NOTICE

4-H Online's company has experienced a name change. Emails from 4-H Online, based on your enrollment and project selections, will now arrive in your inbox from RegMax 4-H. When you see this in your inbox, it is legitimate outreach from Kansas 4-H and Post Rock District regarding your 4-H participation.



# POST ROCK DISTRICT 4-H NEWSLETTER

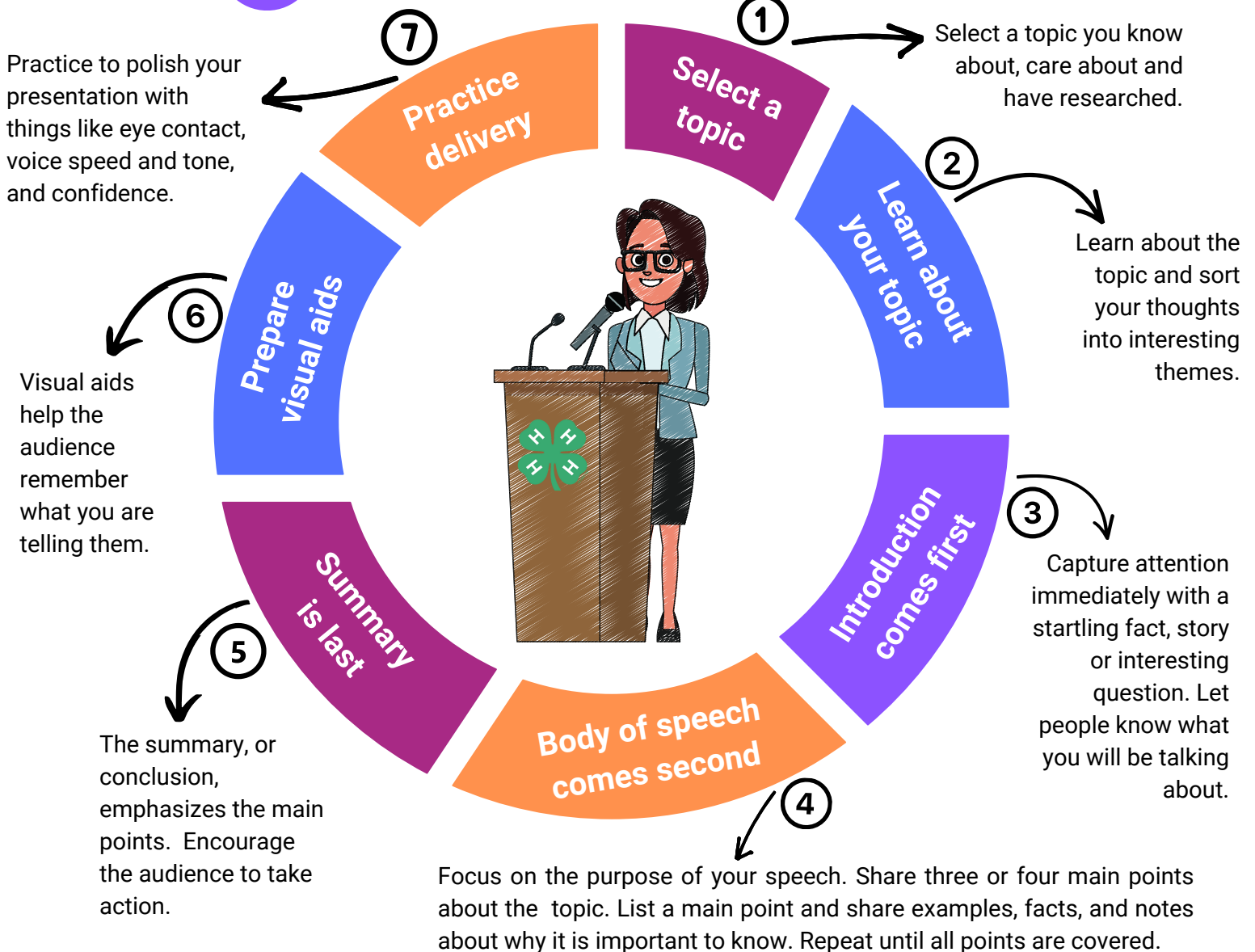
## STATE AND DISTRICT NEWS

### 4-H DAYS IN POST ROCK DISTRICT

Post Rock District 4-H Day registration will open January 10. The 2024 4-H Day Guide is available on our [4-H Day webpage](#). Plan ahead and practice your presentations during club meetings. Explore public speaking resources on the [Post Rock District's 4-H Communications webpage](#).

- **4-H Day #1:** Saturday, February 10 in Beloit beginning at 8:00 a.m.
- **4-H Day #2:** Monday, March 4 in Smith Center beginning at 4:00 p.m.

## 7 STEPS TO ORGANIZE A SPEECH



Learn more at [Kansas 4-H Public Speaking](https://bookstore.ksre.ksu.edu/pubs/4H983.pdf): <https://bookstore.ksre.ksu.edu/pubs/4H983.pdf>

# POST ROCK DISTRICT 4-H NEWSLETTER

## STATE AND DISTRICT NEWS

### SHOOTING SPORTS PROJECT FEE DUE BY DECEMBER 14

If you enrolled in a Shooting Sports project, it is time to pay your County 4-H Council the \$10.00 project participation fee. One amount is due regardless of number of disciplines enrolled in. The project fee supports the special requirements needed to maintain a 4-H Shooting Sports Program in the Post Rock District. If you do not submit your fee by December 14, you will be removed from Shooting Sports project enrollment. You will not be able to re-enroll in the project disciplines until the fee is paid.

Youth 8 years old before January 1, 2024 can participate in 4-H Shooting Sports. Youth MUST be actively enrolled in Shooting Sports via 4-H Online to be able to attend any practice or activity. Contact Tonia Underwood, [tiunderw@ksu.edu](mailto:tiunderw@ksu.edu), our District's certified Shooting Sports Coordinator, to learn about practices with our certified instructors.

### WINTER ARCHERY PRACTICES

Indoor archery practices will be on January 14, 21, 28, and February 4, and 18 at the Jewell County Fairgrounds in Mankato. Stede Underwood, certified Kansas 4-H instructor, will facilitate the practices. He will run 2 groups this winter. Beginners practice will start at 2:00 p.m. More experienced archers (aka: youth that have been to a qualifier before) will practice at 3:00 p.m. For more information and to sign-up to attend, contact Tonia at [tiunderw@ksu.edu](mailto:tiunderw@ksu.edu) or 785-378-3174.

### YOUTH FOR THE QUALITY CARE OF ANIMALS (YQCA) CLASS OFFERINGS

Youth for the Quality Care of Animals (YQCA) is a national, multi-species youth livestock quality assurance program that covers food safety, animal well-being, and character development. It is a great learning experience for youth involved in any livestock project! The class is required to be completed annually by all Kansas State Fair Grand Drive and Kansas Junior Livestock Show participants. YQCA training can be completed online or by attending an in-person class. Your club or county can host an in-person training. Blaire Todd, Livestock Production Agent, or Risa Overmiller, 4-H Program Coordinator, can assist with your questions and getting an in-person class scheduled. Learn more about YQCA at [www.postrock.k-state.edu/4-h/yqca/](http://www.postrock.k-state.edu/4-h/yqca/).

To attend an in-person YQCA class, members need to log in to their YQCA account ([yqcaprogram.org](http://yqcaprogram.org)), go to "enrolled trainings", and select the class you plan to attend. You must pre-enroll, pay online, and you will need to take a pre-test online before attending the in-person training. Upcoming in-person classes are listed on our [Post Rock District's YQCA webpage](#) as planned.

### HORSE PANORAMA IN SALINA

The Kansas 4-H Horse Panorama will be January 27 at the K-State Salina Campus. The state experience is for 4-H members ages 9-18 and adult volunteers. Horse Panorama is a compilation of various contests related to the Horse Project. Contests include: quiz bowl, hippology, public speaking presentations, photography and educational posters. Details are on the [Horse Panorama website](#). Register by January 2.

# POST ROCK DISTRICT 4-H NEWSLETTER

## STATE AND DISTRICT NEWS

### 4-H AMBASSADOR OPPORTUNITY IN POST ROCK DISTRICT

4-H Ambassadors are 4-H members recognized for exceptional efforts to promote the Post Rock District 4-H program throughout their community, county, and beyond. 4-H Ambassadors increase visibility and enhance the image of Kansas 4-H and KSRE in the Post Rock District. Beginning this 2023-2024 year, a Post Rock District 4-H member can strive to achieve 4-H Ambassador recognition. Youth should be mature, responsible, and able to demonstrate the initiative needed to complete the requirements. Requirements as outlined on an application include setting up a 4-H promotional booth for the public, planning a 4-H educational experience, creating a branded 4-H marketing piece, presenting at a Post Rock District 4-H experience, gaining personal development by attending a 4-H event, speaking to a civic organization, entering a leadership/civic engagement exhibit at the fair, and organizing a community service project. Requirements must be met during the current 4-H year. Youth will submit the completed application at the end of the program year, and 4-H Ambassador recognition will be announced at achievement celebrations. Post Rock District will have a webpage with the application and more details posted by December 5. Visit [www.postrock.k-state.edu/4-h/awards-and-recognition](http://www.postrock.k-state.edu/4-h/awards-and-recognition). Direct questions to Nora at [nrhoades@ksu.edu](mailto:nrhoades@ksu.edu).



### OFFICER AND MEETING RESOURCES

There are a lot of helpful tools to boost skills and enhance the success of club and county-level officers and committee members. Members of all ages can benefit from developing important life skills that will help them be more engaged during business meetings. Did you know you can reach out to your 4-H Program Coordinator or 4-H Youth Development Agent to request a prepared activity for your officers to facilitate or request us to guest present at your 4-H club meeting about parliamentary procedure, time management, goal setting, and more!?!? If you are not able to find a resource needed, please reach out. We are happy to help, and we are always looking to expand the resources accessible on our [Post Rock District 4-H Officers webpage](#).

The resources include [Officer Worksheets](#). You can complete these as a self-study training. If you submit your completed worksheet to your local Post Rock District Extension Office, we will review it and provide feedback. Then, it can count as a district-level officer training.



### BEEF AND SHEEP JUNIOR PRODUCER DAYS IN MARCH

A Junior Producer Day is a one-day educational event at the K-State campus in Manhattan where families learn about the selection and management of youth livestock projects. Junior Beef Producer Day will be March 2 and Junior Sheep Producer Day will be March 16. Find registration and details on the [Kansas Youth Livestock Program](#) website.

# POST ROCK DISTRICT 4-H NEWSLETTER

## STATE AND DISTRICT NEWS

### **VOLUNTEER REGISTRATION AND SCREENING DUE BY DECEMBER 30**

Adults working with the 4-H program at the club, county, district, and state-level need to register and be screened as a Post Rock District 4-H Volunteer. This includes, but is not limited to: club leader, project leader, transporting youth (that are not your children) to 4-H activities, chaperone, signatory on any 4-H financial account, chair of a committee involving youth, and 4-H food stand manager. Before December 30, adults need to enroll/re-enroll in 4-H Online and complete all training steps (including the background check), or your status as a 4-H volunteer will be discontinued.

### **FAIR JUDGES TRAINING ON JANUARY 15 IN HAYS**

There will be a great opportunity for volunteers, project leaders, and youth to learn more about what it takes to be a judge at the county fair on Martin Luther King Jr. Day, Monday, January 15 at the Western Research Center in Hays. County fairs are only successful with great judges, so be thinking about who you know that would be a great asset to the 4-H and open class exhibition experience. Participants will learn about how to judge a variety of non-livestock projects and gain tips and tricks to interact with youth during the consultation process. Contact your 4-H Program Coordinator if interested so more details can be shared!

### **DOG SHOW JUDGE TRAINING AND CERTIFICATION**

The Kansas 4-H annual training and recertification for 4-H Dog show judges will be January 26 - 28, 2024 at the Leavenworth County fairgrounds. This is a 5-year certification. All 4-H dog shows must have a certified judge for members to qualify for the State Fair Dog Show. There is a reduced cost for project leaders and 4-H members who want to observe and learn more about the project, but not become a judge. Contact your 4-H Program Coordinator if interested.

### **HORSE SHOW JUDGE SEMINAR**

Kansas 4-H, the KSU Horse Judging Team and Colby Community College are excited to offer a 4-H Horse Show Judges Seminar on Friday, April 12, 2024 in Colby. This experience is open to potential 4-H Horse Show judges, volunteers and youth. Contact your 4-H Program Coordinator if interested.

### **K-STATE ALPHA OF CLOVIA**

Alpha of Clovia is the 4-H Cooperative Leadership House at Kansas State University in Manhattan. Girls exploring collegiate opportunities and housing options are invited to attend their hospitality weekend in the spring, March 23-24. Email [alphaofclovia@gmail.com](mailto:alphaofclovia@gmail.com) to learn more.

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact two weeks prior to the start of the event. Contact information for the Post Rock District is available at [postrock.ksu.edu](http://postrock.ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**  
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