

# Kansas 4-H Journal

The Family Magazine

October 1985





4-H'ers judge home economics at the Kansas State Fair.

## Home economics judges learn decision making

Learn about differences in nails. What kind of siding should you put on your house? How can you stay slim and still maintain a balanced diet? What should you consider when selecting draperies?

4-H'ers who participate in the home economics judging contest learn the answers to these questions and more.

Youths come from almost every county in the state to compete in the contest annually held at the Kansas State Fair. This year 100 counties were represented.

Youths judge because of tradition, because it's fun, and because it's a way of meeting people across the state.

Thirteen-year-old Harper County 4-H'er Kara Thomas began judging home economics in her county five years ago because her mother, a former 4-H'er, said it was a fun activity.

Kara, too, enjoyed participating in the contest and has competed annually. This year she qualified for the state fair home economics judging team.

Kara said the state fair contest was much more difficult than county judging, but she enjoyed meeting other girls and guys from across the state.

Her teammate, 14-year-old Jenni Bringer, also enjoyed meeting new people. Home economics is a learning experience, too, Jenni says. Jenni has learned about different clothing materials.

At 17, Rooks County 4-H'er Julie Odle is an old hand at home economics judging. She has judged home economics since she joined 4-H 11 years ago and participated in the state contest five years.

"I like it," Julie says, "You learn a lot of things — how to arrange furniture in

a room, how to coordinate room colors, about spices."

Judging also teaches concentration and how to make quick decisions, she says.

The state fair contest consists of nine classes, and groups have 10 minutes to judge each class.

Julie and her teammates Laurie McLaughlin, 15, and Debbie Sander, 15, qualified for the state contest by having the highest scores in their county after competing in three district and county home economics events.

To prepare for the state fair contest, they studied material about classes sent out from the state 4-H office.

This year's contest was held on the first weekend of the fair. The contest consisted of placings in nine classes and written reasons.

The Saline County team of Laura Deckert, Wendy Albrecht and LoAnn Quinn garnered the top spot. Placing second was the Labette County team of Sue Weil, Beccy Swanwick and Christie Allen, and in the third spot was the Johnson County team of Alisha Cromer, Debbie Wernsman and Missy Munroe.

The Butler County team was fourth; Reno County, fifth; Russell County, sixth; Doniphan and Sedgwick, tied for seventh; Scott, eighth; and Phillips, ninth.

High individual was Nancy Gephardt, Reno. Second high individual was Laura Deckert, Saline; third, Michelle Claasen, Butler; fourth, Vicki Schertz, Logan; fifth, Melissa Hobrock, Osborne; sixth, Jennifer Kopp, Doniphan; seventh, Julie Ohmes, Finney; eighth, Sue Weil, Labette; ninth, Linda Schmitt, Scott.

## Scholarships offered for dog conference

Dogs will be the major topic of conversation at Rock Springs Ranch 4-H Center Nov. 15 and 16 when the annual 4-H dog conference meets.

An incentive to attend the conference for leaders across the state are scholarships which will be awarded to the first 50 applicants. Provided by Pizza Hut, scholarships will cover the enrollment fee.

Steve Fisher, state 4-H specialist, hopes leaders will return home and share their knowledge with other dog project leaders in the county.

"In this way, we'll take training to the local people," he says.

A smorgasbord of activities which broaden the in-depth sessions on obedience and showmanship should attract both youths and adults to the 1985 conference, Fisher says.

Sessions for youths will include "How to Give a Dog a Bath." A state fair judge will speak about what he's looking for when judging showmanship and obedience classes, and leaders will share creative ideas concerning fund raising, training and leadership.

Careers in the dog and pet industry will be discussed as well as ideas for games using dogs, dog judging contests and how dog owners can share their pets with older people in nursing homes.

The popular dog quiz bowl in which county teams of four test their knowledge about dogs is Saturday evening. Dr. Marvin Samuelson of the Kansas State University Veterinary Science Department, will speak Sunday morning on the human-animal bond.

Registration fee is \$20 for youths; \$23 for adults. For additional information, contact the county Extension office.

## Kerns wins Schmidt award

James Kerns, a 10-year member of the Willing Workers club of Osage County, is the winner of the Daniel J. Schmidt Memorial Award. The award goes to the runner-up state 4-H swine winner.

Jim, who says swine is his favorite project, carries the sow and litter, breeding gilt and market swine phases.

The Daniel Schmidt award was established by Mr. and Mrs. Merle Schmidt, Rt. 1, Chapman, in memory of their son, who was killed in an automobile accident. Dan was a member of the Jolly Jayhawkers 4-H Club.



# Kansas 4-H Journal

Volume XXXI, No. 9  
October 1985

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Single subscriptions are \$4 per year. Group  
subscriptions are available upon request.

Kansas 4-H Journal is published  
10 times a year by  
**KANSAS 4-H FOUNDATION, INC.**

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Use of the 4-H name and symbol approved by  
the Secretary of Agriculture of the United States,  
January 23, 1951, under the provisions of the laws  
as reenacted by Sec. 707 of the Act of June 25,  
1948, Public Law No. 772 80th Congress (10 USC  
797).



Riley County Ambassador Karl Kandt tells youngsters at Fair Fun Day about the 4-H horticulture project. For more information about Fair Fun Day, see page 19.

## 4-H is . . .

4-H is a pastime, an experience, a  
pleasure.

And when you grow old, it is  
something you'll treasure.

The meetings, the projects, Rock  
Springs and the fair,

Will always be with you to remember  
and share.

The struggles with the records will  
bring a great moan,

But think how they'll help you when  
you're out on your own!

Your parents and leaders without  
hesitation,

Have helped with the projects and club  
presentations.

In the leadership game you've been a  
strong player,

It might just pay off when you become  
mayor.

May this be a poem, a reminder, a  
letter,

That 4-H needs your help to make the  
best better!

Lisa Leuthold  
Ashland Boosters  
Riley County

## Tips on organizing clubs

by C.R. Salmon  
Assistant Director  
Extension 4-H-Youth

As we begin a new Kansas 4-H year,  
local club leaders and members will be  
finalizing new goals and activities. An ap-  
propriate question in some situations is  
should we organize a new club in our  
community or county?

During the past few years our youth  
population in Kansas has decreased and  
indications are this trend will continue for  
the next three to five years. To offset this  
population decline, we must strengthen  
our programming efforts for local clubs  
and develop a systematic procedure for  
organizing new units in the community  
and county. We must be aggressive in  
our effort to expand and maintain clubs.

"New clubs", if organized successfully,  
usually bring enthusiasm and new life to  
a county or community 4-H program.  
New clubs will provide 4-H opportunities  
for additional youth in unreached parts

of your county or community. A new  
club may increase the effectiveness of an  
organized club which has become too  
large or does not have sufficient leader-  
ship to provide opportunities for in-  
dividual 4-H members.

As you organize a new club, remember  
these hints. Try to organize 4-H clubs so  
they fit into the ongoing 4-H program of  
the county. In order to maintain en-  
thusiasm, new 4-H'ers must have oppor-  
tunities to actively participate in 4-H ac-  
tivities immediately after the club is  
organized. Young people are not in-  
terested in waiting until next year to get  
started.

Select a time when adequate profes-  
sional and volunteer staff are available to  
do a good organizational job. A new 4-H  
club will soon collapse if it does not have  
a strong organizational base, or if you or

(Continued to page 8)



# Yeast breads is exciting project



*Lisa Altenbernd tells a fellow 4-H'er about one of her baked items.*

by Joan Istas

Enroll in the yeast breads project. It's fun, exciting and challenging, Lisa Altenbernd kept telling members of the Meadowlark 4-H Club of Douglas County.

Lisa's promotion paid off. Two 4-H'ers enrolled in the project the first year she was a junior leader in yeast breads, and last year she taught six youths about yeast breads.

Lisa likes to begin project meetings right after school is out in the spring and schedules them every two weeks until the county fair. At the first meeting, the 4-H'ers look at recipes that will make good county fair products.

When the youths bake items at project meetings, they come prepared either with the ingredients or the item in progress.

Continually they evaluate their product. Why does the bread have holes in it? What have they done wrong if the bread cracks?

They experiment with different flours in baking breads and talk about projects and activities related to breads. Have they considered home economics judging? It's one more way they can use the knowledge they've learned in their foods project.

The color of the ribbon they receive at the county fair isn't important. "I just want you to do the best you can," Lisa tells project members.

Still, she beams when a 4-H'er comes up to her at the county fair and says, "I got a state purple, and it's all because of your recipe."

Lisa is well qualified as a breads instructor. She has enrolled in foods every year since she joined 4-H seven years ago and in breads five years.

Among the different kinds of bread she has made are French, braided, cheese, sourdough, egg and white. Her favorite is honey whole wheat bread.

"Honey whole wheat bread is really good. It has a foolproof recipe," Lisa says.

All bread takes time to make, and Lisa likes to stir up a big batch when baking bread. Probably the most time consuming of the breads she makes is sourdough in which the dough is fed and ferments over a six day period. The flavor of sourdough bread makes it all worthwhile, Lisa says.

With every loaf of bread Lisa makes, she experiences a thrill. "There's kind of a risk involved; it might not come out," she says.

Experience in bread making reduces that factor, but sometimes even experience doesn't guarantee a good product. Lisa vividly remembers the year she stayed up until 3 in the morning baking her county fair products. The evening was hot and humid, and the weather seemed to affect her baking. The coffee cake just wouldn't hold together and even burned.

She received red and white ribbons on her bread products at the Douglas County Fair.

"I should have baked the day before the county fair, not the night before," Lisa says.

Though she has baked products for church bazaars, she primarily makes bread for friends and family members. It's their praise of her products that keeps her baking. Often the bread doesn't make it home before it is consumed. Too, she admits, "I love eating bread."

Though Lisa is enrolled in finance and political science at Kansas State University, she remains in 4-H. She has goals she'd like to complete this year. She hopes to teach more people about bread making and continue with the foods, citizenship and leadership projects. She has served as club president the past two years and now would like to be song leader.

Successes in 4-H have given Lisa confidence. A shy child, she has become an adept speaker by giving repeated demonstrations and project talks. Today she even appears on radio programs.

"I just like speaking before groups. It's the greatest thing. I feel I accomplish so much," she says.

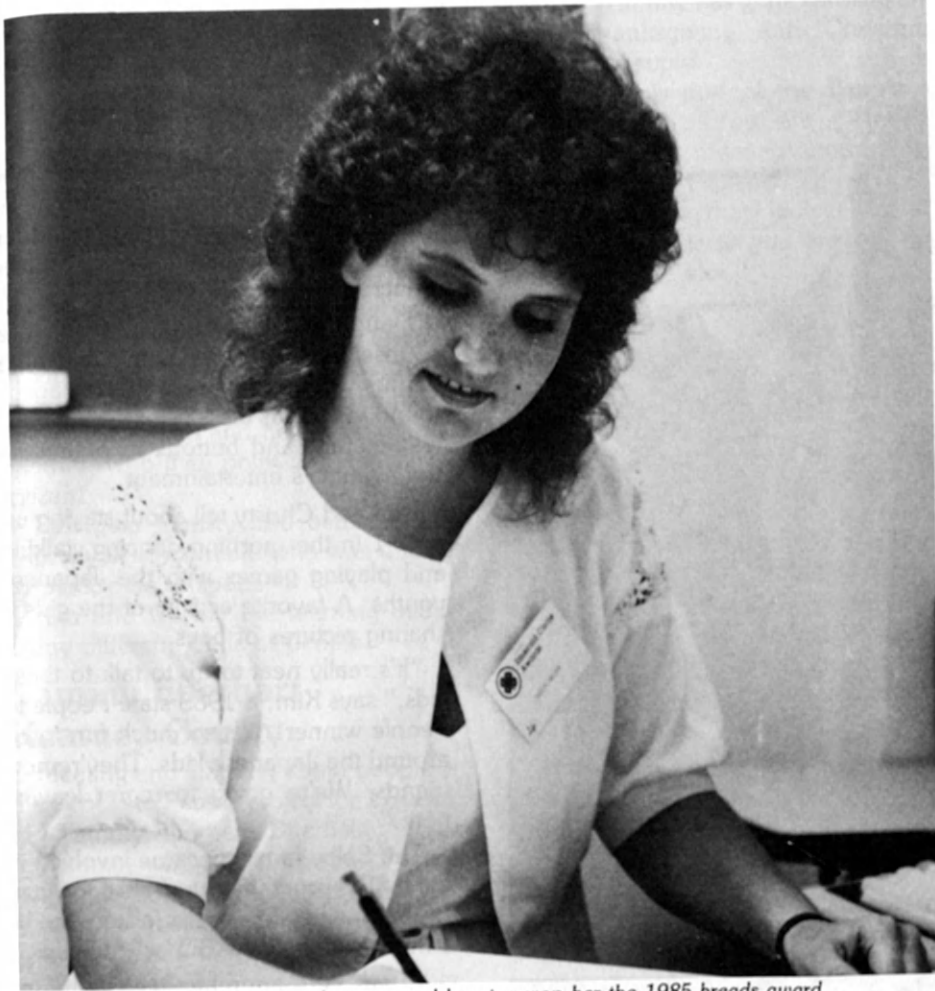
In 4-H Lisa developed close relationships with adults and kids of all ages. Her 4-H community and leadership experiences helped her obtain college scholarships.

4-H pays dividends, Lisa says.



Youth shares knowledge

# They baked 500 dinner rolls



Tricia Walton says better record keeping won her the 1985 breads award.

by Joan Istas

Make 500 dinner rolls! Who, us? 4-H'ers in Tricia Walton's breads class weren't sure they could handle a task that great.

But their teen leader was just as confident of their abilities as they were doubtful, and they did bake 500 dinner rolls for the annual Sedgwick County leaders banquet. It was a small matter that six eggs remained after they had stirred up the gigantic batch of ingredients Tricia had lettered on the poster.

No one but Tricia noticed the error. The girls even received compliments on the dinner rolls.

Tricia felt as good about the compliments as if they had been meant for her. After all, hadn't she taught the seven girls almost everything they know about yeast breads.

Teaching others about breadmaking is a highly rewarding task for the 1985 state breads award winner.

Since assuming the role of breads leader for the Goddard 4-H Club, she has taken project members on tours of the Kansas State University Grain Science Department and the American Institute of Baking. The girls have learned the fundamentals of breadmaking by making dinner rolls, cinnamon rolls, pretzels and white bread.

The Sedgwick County youth begins project meetings in November and last year had seven meetings.

Patience is an important quality for a 4-H leader, Tricia has found. "You have to repeat things over and over again," she says. "Kids are always getting in a hurry. But bread just won't be hurried."

A 12-year-old is not too young to take the breads project, she says. "The kids can do it — if they really want to."

Tricia taught adults about breadmaking at a breads clinic she organized for people in the Goddard com-

munity and surrounding area. Under her direction, the women made their own loaf of bread to take home.

"There's a feel to making bread," Tricia says. "You don't put in just so much flour. You add flour according to the touch and feel of the dough."

While the dough was rising and the bread baking, she demonstrated time saving tips that make breadmaking simpler. She often uses a quick rising yeast. Frozen dough also cuts breadmaking time.

Tricia enrolled in the 4-H breads project when she was 15 and was soon making breads and rolls for club bake sales. As her reputation as a breadmaker grew, people began to call days before the bake sale to reserve Tricia's cinnamon rolls. Then she began receiving requests to make rolls for dinners of 50, 75 and 200 people.

Her family wasn't about to be left out, either. Dad always complained if she baked bread without leaving a batch or two for him.

Each Christmas she bakes Swedish tea rings for the men in her family.

Tricia likes to experiment with different ingredients to see how they affect bread products. She has found that vegetables make bread light and fluffy. Wheat or rye flour produces a heavier product. Her favorite recipe for cinnamon rolls uses mashed potatoes.

The Sedgwick County youth tried to keep count of a year of breadmaking but lost count at the 1,667 baked item.

"I like to make bread a lot," she says. "I just like to start from nothing and make something. It's invigorating. When I'm upset I get rid of my frustrations by kneading the dough."

Tricia annually sets goals for herself. She tries to set small goals — goals that are attainable. By achieving these goals, she feels good about herself and gains confidence to tackle bigger goals.

Her goal now is to get into medicine. And someday when she has children, they will be in 4-H.

"I really, really like 4-H. It's definitely worthwhile," she says. "4-H has helped me to be a leader. I can almost spot a 4-H'er by the way they act."

# Youths learn about people around the world



Tammy Eberhart helps LABO youths at Rock Springs Ranch.



Jon and Barbara Selby and Kim and Christy annually help out at the LABO Camp at Rock Springs Ranch.

by Joan Istas

When the last days of July appear on the calendar, the Jon and Barbara Selby family automatically begins packing for the annual LABO Camp at Rock Springs Ranch.

Daughters Kim and Christy are counselors for the incoming Japanese youths, and Barbara and Jon can be found at various tasks from helping with leathercrafts and buttons to organizing the evening's entertainment.

Kim and Christy tell about staying up until 1 in the morning dancing, talking and playing games with the Japanese youths. A favorite activity of the girls is sharing pictures of boys.

"It's really neat to try to talk to these kids," says Kim, a 1985 state People to People winner. "It's so much fun to be around the Japanese kids. They're new friends. We're going to regret leaving here."

The Selby family became involved in the LABO program four years ago when Barbara and Jon were asked to be Johnson County LABO coordinators.

"I was very apprehensive; we didn't know any Japanese," Barbara recalls. Though her father had attended an international Boy Scout meeting in France as a youth, none of the immediate Selby family had been overseas.

Barbara believes the Lord watched over her shoulder that first year for Japanese youths were matched well with Johnson County families for their month's stay.

The Selbys also hosted their first Japanese youth Kuni Hata — that year. Kuni hadn't been with them long when they discovered that, like Kim and Christy, she was an identical twin. Her twin sister, Kumi, was staying with an Indiana family.

While visiting Kuni and Kumi in Japan, Kim and Christy met Junko Miru, whom they hosted last year.

Though sometimes the English spoken by the LABO youths is limited, communicating has not been a problem for the Selbys. Smiles, sign language and a mind that always searches for a synonymous word helps, Mrs. Selby says.

"I have learned a lot from the LABO program," she says.

"I think I have come to appreciate my heritage, my country and the fact that we have the freedom to pursue whatever we want to pursue in life.

"I'm better able to encourage my own children to take a step forward into the unknown."

Kim says the LABO program helped her forget her shyness, and helped her win the state People to People award.

The People to People project is not just an international project; it is dealing with many kinds of people, Kim says.

Kim and Christy are both enrolled in the project. They participate in Greenwood Meadowlarks club projects, have taken their mentally handicapped niece to Worlds of Fun and help their grandmother, who they point out is a senior citizen.

Last year Christy also befriended a critically ill schoolmate who was unable to participate in sports.

Kim and Christy are learning about many different kinds of people.

## Tammy Eberhart Kearney County

Meeting and learning about people is the People to People project for 17-year-old Tammy Eberhart, Deerfield.

Tammy, who is a 1985 state People to People awards winner, attributes her interest in other people to her father, a Kearney County farmer.

"Dad is really interested in other people and other countries. He always wants me to meet new people," Tammy says.

Anytime an IFYE or someone from another country comes to Kearney County, Tammy makes a point to meet them. She has met people from Sweden and Switzerland and participated in the LABO exchange.

The Eberharts hosted the young Japanese girl, Motoko, in 1982. Motoko soon became a part of the family to the extent that she nicknamed her host father, Hippo, after the hippo she saw at a Colorado zoo.

When Motoko left, she cried and so did the Eberharts.

"We didn't want her to leave," Tammy says.

"She left an empty spot in our lives for a long time," her mother Joyce adds.

When Tammy visited Motoko at her home in Tokyo, she helped wash and dry clothes in the morning and air the mats they slept on. She saw many tourist sights, rode on the high speed Bullet train and met the governor.

This summer she was a counselor at

Rock Springs Ranch for incoming LABO youths.

"I was glad I could come. It's Japan all over again," she said.

As a People Pleasers 4-H Club member, Tammy has gone caroling and taken Thanksgiving and Christmas baskets to people.

This, too, is part of the People to People project. "You are giving to another person, meeting another person," Tammy explains. "People to People is anything that involves meeting new people because you are learning about someone else."

## Stacy Eaton Cowley County

Seventeen-year-old Stacy Eaton can almost say she's grown up in an international household. From the time she was a small child, she remembers her father bringing home people from Holland, Australia and other countries.

Her mother, who teaches English as a second language at Cowley County Community College, also brings students home. The Eatons have hosted an AFS from Norway and presently are hosting a 16-year-old LABO girl.

They have applied to host a LABO youth yearly since the program was started in Kansas. They were the only ones in Cowley County to do so, however, and, thus, were turned down. This year Cowley County hosted nine LABO youths.

"We have been keeping our heads buried in the dictionary," Stacy commented three days after Yukari Isomura

arrived at the Eaton home. Despite the differences in languages, Yukari was able to show Stacy how to use the new Japanese camera she had purchased.

"We're having a lot of fun," Stacy said.

This fall the Eatons will host an IFYE from the Phillipines.

By coming in contact with people from other countries, Stacy has learned about other cultures and customs and developed an interest in travel.

From the Norwegian Nartin Eidhanner, she learned a little bit of the Norwegian language and Christmas customs. Someday, she says, she'd like to visit her Norwegian brother in Norway.

When Stacy's 4-H club, the Theaker club, raised funds to help incoming Cambodians, Stacy learned about the dances of that country.

She has learned more about her own country by helping her club take cookies to shut-ins, collecting funds for Multiple Sclerosis, the Arthritis Foundation and the Salvation Army and participating in a tennis marathon for AFS.

Most importantly, Stacy has learned that though people's customs may differ, people pretty much are the same everywhere. "We all have the same problems," she says.

Stacy, who is a 1985 state People to People winner, encourages other youths to enroll in the project.

"I think it's an exciting project to get into. It's a lifetime of excitement. You learn so much about different people and countries.

"I've done lots of good things and had a fun time doing them."

## Creative cookery contest sparks interest of youths

Stevens County 4-H'ers are learning about nutrition and how to serve a meal in a contest that may be unique to that county in Kansas — Creative Cookery.

Begun four years ago by Stevens County Home Economist Janice Guerrero, the contest supplements the fair foods classes. Youths plan a meal, serve a dish from the menu and coordinate a table setting for a judge. Table setting consists of one service for the judge and the centerpiece.

Youngsters enrolled in the beginning foods phases may serve a fruit cup or brownies, while youths in more advanced phases might serve breads, a cherry pie or stir fry vegetables.

Twelve-year-old Steven Brenn, who has participated in the contest all four years, has advanced from making

brownies and biscuits to serving chicken crepes and arroz con pollo.

Steven says creative cookery is more fun than exhibiting in fair foods classes. "In creative cookery you get to let everybody taste your food. You get compliments, too," he says.

Creative cooks are judged on table setting, knowledge of nutrition and meal planning, the prepared dish and the menu. Does the menu have balance of color, flavor and nutritional value? Personal appearance of the exhibitor also is considered.

A special program and tasting session follow the judging. This year's program featured cake decorating and, as a result, cake decorating classes will be held for 4-H'ers next year.

A cookbook of all recipes served at the Creative Cookery contest is put together.





Annette Brown



Gayle Minor

## 4-H'ers gain poise by modeling

Twelve-year-old Riley County 4-H'er Annette Brown is learning about buymanship in the Clothing Carousel project.

This year Annette purchased a suspender skirt, white blouse and sweater vest for her project. She accessorized the outfit with wooden beads and shoes.

When shopping she looked for style and an outfit that could be worn both to school and church. She wanted a shirt with versatility that could be worn for dress or casual.

She selected colors that complement her by holding the garments up to her face.

Annette purchased the outfit using money she earned babysitting and working for her mother. Economics was an important consideration. The outfit, including shoes, cost \$60.

Annette modeled the outfit in the Riley County style show and the mini style revue held as part of the Art-In at the Kansas State Fair.

"I like modeling. I enjoy clothes and showing off in front of everybody," Annette says.

Annette remembers she was pretty jittery the first time she modeled but now finds it easy to appear in front of groups.

"Smile a lot when you model; walk straight," she says.

### She's the fashion revue winner

"I was thrilled; I was totally thrilled. I always wanted to go to Chicago, and this is my big chance," said 16-year-old Gayle Minor after being named the 1985 state 4-H fashion revue winner.

The announcement was made at the state fashion revue at the 4-H Encampment Building at the Kansas State Fair. Judging was based on records and performance in the fashion revue. Gayle will represent Kansas at the National 4-H Congress in Chicago.

"Modeling at the state style revue is very scary. You're modeling in front of a whole bunch of people you've never seen before," Gayle said.

Undoubtedly her experience at the state revue brought back memories of her first style revue performance.

"I was very nervous. I had a permanent smile on my face," she says.

Gayle has modeled often since. She participated in local and county fashion revues, modeled in the pageant that celebrated Stafford County's centennial and last year participated in the state fair mini style revue. This year was her first opportunity to model in the state revue.

"Keep your chin up when modeling," she says. "Know that you are proud of

what you are doing, and do the best that you can do."

Gayle made the garment she modeled. She received the wool material as a Christmas present and constructed the three piece outfit over a five month period.

It was an easy project to make, she says. "Wool is easy to work with. I had no fitting problems."

By making the garment instead of purchasing it, Gayle saved \$200.

The outfit is now her favorite garment. After all, it did win her a trip to Chicago.

A nine year 4-H'er, Gayle began sewing seven years ago to cut clothing costs.

Her mother taught her to sew, and Gayle remembers the trials of learning as well as the successes. She'll never forget the denim skirt on which she broke countless sewing machine needles. Probably her most difficult sewing project was her graduation dress.

"The material was the number one problem. It had a lot of lace, lots of gathers. It was just complicated," Gayle says.

Sewing is a hobby for Gayle. "I really like it a lot," she says.

## Organize clubs

(Continued from Page 3)

the expansion team runs out of time before the club is ready to function. Select an optimum time for the area where the club is to be formed. Decide on a time when other youth activities or organizations are at low points.

New local 4-H units must be flexible enough to meet the specific needs of different age groups or project interests and adjustable to involve single parent families, dual working families, or no parental support. We must use all possible formats and programming techniques to insure boys and girls are involved in an extended, in depth, educational experience. Best wishes with your new club plans.

## Health begins with the family

The Sedgwick County Rolling Hills 4-H Club in its health club project stresses that health education begins with the family.

Most health activities are conducted at club meetings although some projects are done by families at home. The club project began with a survey of each family's lifestyle and what they are doing to stay healthy. Each family also has assembled a first aid kit to handle routine medical problems at home or while traveling.

The April meeting featured a series of workshops by people in health-related fields. Karen Wakefield, a local exercise teacher, demonstrated exercise routines; Dr. Ron Whitcomb, a Wichita dentist, spoke about good dental hygiene; a Wichita police officer, how to prevent children from being abducted; and Dr. Brad Waite, a physician, the common medical emergencies of heat stroke and exhaustion.

The club health project will continue through the end of the 4-H year.

--David Sartorius, reporter

## About the cover

The Kansas State Fair is a place for growth, learning and sharing. Franklin County 4-H'er Brett Dunlap shares some special moments with a young friend. Though only 3, this little guy thinks he's ready for the show ring and almost ready for 4-H.

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Matt Woydziak, Derek and Eric Martin and Thane Thompson make up the winning quiz bowl team for Ford County. J.H. Brands, in the background, coached the team.

## Ford County wins beef bowl

by Joan Istas

With the score in the beef quiz bowl tied 45-45, Ford County team members Thane Thompson, Eric and Derek Martin and Matt Woydziak were scared they weren't going to win the contest.

Appearing before a crowd of over 100 people added to their apprehension.

But the four youths answered three of the next four questions correctly to beat the opposing Rooks County team and went on to win the championship round against Brown County.

"We're surprised to be number one," said Derek following the contest. "We're relieved it's over, and we're each \$50 richer." (The championship team was awarded \$200.)

J.H. Brands, who coached the team, attributed the win to a lot of hard study by the youths — not only as a group but as individuals. Thane even studied in the car while traveling from Dodge City to Hutchinson.

"I think the beef bowl is very good. It's educational. The kids learn how to think under pressure and in front of a crowd," Brands said.

Derek and his twin brother, Eric, were primarily responsible for organizing the Ford County team. The brothers, who are enrolled in the 4-H beef project, competed in a beef bowl sponsored by a

breed association earlier this year. They enjoyed doing so and wanted to participate in the first 4-H beef quiz bowl at the Kansas State Fair.

They recruited Matt and Thane, also 4-H beef project members, and Ford County 4-H Agent Margaret Phillips asked J.H. Brands DVM to coach the team.

The four youths began studying for the contest about a month ago using the beef quiz bowl manual prepared by Kansas State University's Department of Animal Sciences.

Material consists of everything there is to know about cattle — their care, reproduction, feeding, prices, breeds and the meats industry.

Each round consisted of 16 questions addressed to the group and 16 questions asked of individual team members.

Nineteen teams from throughout the state participated in the contest.

Semi-final and final rounds were held in the Pride of Kansas building.

Ford and Rooks counties and Brown and Riley counties faced each other in the semi-final rounds. The Brown County team comprised of Janelle and Marisa Larson, Dan Mosier and Teresa Moynagh captured the second prize of \$100.

Most participants praised the contest as both a learning and fun experience.

## Elderly enjoy petting zoo

A horse in a nursing home? Oh, no! Oh, yes! Rabbits, kittens and puppies, too!

Sand Springs Rustlers of Dickinson County conducted a petting zoo for residents of Highland Nursing Home. Laura Sleichter brought her rabbits, and Kelly Foltz and Jenny Whitehair both took kittens. Mitzi Bankes brought a

puppy and her horse, Abby. Abby even walked into the building and onto the sun porch so residents could wheel their chairs beside her and pet her.

4-H'ers who brought animals said it was rewarding to see how much the residents enjoyed seeing and petting the animals.

Mitzi Bankes



Wendy Albrecht  
Saline  
Achievement

# 1985 STATE 4-H AWARD



Malonnie Davies  
Lyon  
Alumni



Jean Metzger  
Brown  
Alumni



Carol Tucker  
Pratt  
Alumni



Debbie Lyons  
Riley  
Beef



Nathan Hyde  
Ottawa  
Bees



Tom O'Bryan  
Bourbon  
Bicycle



Tricia Walton  
Sedgwick  
Breads



Michele Staatz  
Dickinson  
Dairy Foods



Patrick Hurley  
Douglas  
Dairy Production



Christy Kennedy  
Neosho  
Dairy Production



Connie Moll  
Johnson  
Dairy Production



Cindy Pankratz  
Marion  
Dairy Production



Michael Worm  
Jewell  
Dairy Production



Philip Benz  
Cloud  
Dog Care & Training



Darren Jackson  
Butler  
Fur Harvester



Terrill Ray  
Sedgwick  
Geology



Brian Mills  
Pratt  
Health



Susan Crim  
Wyandotte  
Home Environment



Laura Gradwohl  
Johnson  
Home Management



Scott Bankes  
Dickinson  
Horse



Kathy Hoffman  
Dickinson  
Horticulture

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Leavenworth  
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Rebecca Black  
Pratt  
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Barton  
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Todd Williams  
Crawford  
Conservation



Bernetta Coyan  
Bourbon  
Consumer Education



Brian Pine  
Douglas  
Crop Production  
& Management



David Myers  
Dickinson  
Dairy



Mike Koenig  
Johnson  
Electric



Eric Howe  
Sedgwick  
Entomology



Starla Evans  
Leavenworth  
Fashion Revue



Beth Schultz  
Russell  
Food-Nutrition



Lori Landgraf  
Finney  
Food Preservation



Melody Medlin  
Windisch Miami  
4-H Foundation Talk



Cyndi Haefner  
Pottawatomia  
Forestry



Lora Kilgore  
Neosho  
Leadership



Mark Dahlisten  
McPherson  
Livestock



Penny Price  
Lyon  
Meat Utilization



Carol Russell  
Johnson  
Meat Utilization



Stacy Eaton  
Cowley  
People to People



Tammy Eberhart  
Kearny  
People to People



Kim Selby  
Johnson  
People to People

# Garvey grain companies



Bill Jackson  
Pottawatomie  
Petroleum Power



Brett Dunlap  
Franklin  
Photography



Derek Martin  
Ford  
Poultry



Mike Winkler  
Leavenworth  
Poultry



Susan Graff  
Pratt  
Public Speaking



Pam Peterson  
Saline  
Rabbit



Susan Hill  
Cheyenne  
Recreation



Kurtis Carrico  
Mitchell  
Safety



Lisa Brandt  
Leavenworth  
Santa Fe  
Achievement



Becky Jones  
Chase  
Santa Fe  
Achievement



Maggie Myers  
Grant  
Santa Fe  
Achievement



Janet Phillips  
Jefferson  
Santa Fe  
Achievement



Sue Whipple  
Hodgeman  
Santa Fe  
Achievement



Melissa Wise  
Miami  
Santa Fe  
Achievement



Kelly Karr  
Lyon  
Sheep



Brian Hines  
Riley  
Swine



Ginny Swanson  
Wyandotte  
Veterinary Science



Pat Dugan  
Sedgwick  
Wheat Quality



Chris Felder  
Trego  
Wheat Quality



Larry Fowler  
Lyon  
Wheat Quality



Karla Sipes  
Stanton  
Wheat Quality



Matt Johnson  
Saline  
Wildlife and Fisheries



Lucille Robinson  
Butler  
Wildlife & Fisheries  
Leader



Cindy Larson  
Riley  
Wood Science

This recognition of state 4-H award winners is made possible by Garvey Grain, Inc.; Lincoln Grain, Inc.; and Garvey Elevators, Inc.

# Rural Life continues to help 4-H

When the Dickinson County 4-H program needs financial assistance, the county Extension office just calls on the Rural Life Association.

A service organization formed in 1946, this county-wide group has a long string of contributions to its record: donations to county AFS and IFYE's, \$150 college scholarships for member's children, purchase of bronze and clover pins for county 4-H'ers, financial help for those in the county who attend the Kansas City 4-H Conference, planting of trees at the county fairgrounds and donation of piano, podium and mike to Rock Springs Ranch.

"We give away half of what we make," says Frank Garten, a long-time Rural Life member.

Rural Life members raise funds by operating the concession stand at the county fair. A project for 35 years, every member helps out. The operation is a time of fellowship as well as work as almost everyone visits the concession stand sometime during the fair.

Rural Life originally was a state-wide association for 18 to 35-year-old 4-H alumni. As Dickinson County members reached 35, however, the county organization changed the age limit, and today ages vary from 20 to 65 years.

Anyone interested in rural living can be a member.

While other Rural Life Associations folded across the state, Dickinson County membership rose from 20 to almost 90 as a result of a membership drive. Rural Life offers fellowship and fun with picnics, cookouts, a Thanksgiving dinner, Christmas dance and Halloween party.

"It's cheap, good, clean fun," says Agnes Garten.

## Ambassador retreat features photography

Beginning photography will be featured at the second annual Ambassador/Advisor Fall Retreat Nov. 8-10 at Rock Springs Ranch.

Because individual instruction is an important part of the workshop, the retreat will be limited to the first 50 registrants.

Five instructors will be assigned to groups of no more than 10 people at the beginning of the retreat Friday evening. Photography sessions will include loading and unloading the camera, how to clean the camera, depth of field, mastering motion, composition and field activities involving taking pictures. Film will be developed and pictures critiqued during the retreat.

Those who attend must bring a single lens reflex 35mm camera in good working order. Cost for the three-day retreat is \$35. Registration deadline to the state 4-H office is Oct. 18.

To register or for additional details, contact the county Extension office.

## Youths gather for conference

About 600 youths from five states in the midwest will gather in Kansas City Nov. 21-23 for the Kansas City 4-H Conference.

Annually 250 to 260 fifteen- to nineteen-year-old Kansans attend the conference.

Method of selection of conference representatives varies from county to county, but generally the trip recognizes 4-H'ers in accomplishment and achievement. Scholarships are provided in most instances for youths to attend.

The conference provides 4-H'ers learning experiences for personal growth and development with emphasis on career exploration. Careers, coping with stress, building self-concept and coping with drugs and alcohol are among items discussed.

## Say

in the Kansas 4-H Journal To:

# Thanks

- Your host family
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- 4-H leaders
- Extension Agents
- Your community
- 4-H supporters
- Junior Leaders
- Your community
- Adopted grandparents
- Project leaders

4-H people have a lot to be thankful for. To help you say thank you to that special leader, agent, neighbor or friend who went that extra mile with you, the Kansas 4-H Journal will offer advertising space for thank yous in the November-December issue.

**Anyone** can place a thank you: 4-H'ers, parents, leaders, volunteers, clubs, county councils, agents, even Extension specialists. Be creative and have fun.

Cost is \$3.50 minimum for the first 15 words and 15 cents for each additional word. Funds must accompany the ad. Deadline for placing Thank you ads is Nov. 5.

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# Farm Bureau and 4-H: "Working Together"



For several decades, Farm Bureau has been a stalwart leader in the 4-H program's enhancement.

Scholarships, seminars and legislative action are just a few examples of Farm Bureau's commitment to the 4-H program and Kansas youth.

Farm Bureau knows that agriculture's future depends on the leadership development of Kansas youth, and we know that 4-H builds leaders.

**Kansas Farm Bureau, Inc.**

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## Pennies = \$s in fund drive

Johnson County 4-H'ers will be counting pennies when National 4-H Week ends Oct. 12.

Pennies are being collected by 4-H clubs in the county to start the Johnson County 4-H Foundation fund. The fund will provide scholarships for county camp, Discovery Days, Citizenship-Washington Focus and the Kansas City 4-H Conference. It will provide judging team support, leader training, recognition and handbooks and pay for the Kansas 4-H Journal and calendars for 4-H families.

County Ambassadors challenged each club to collect pennies in the race for a million pennies. Bags, sacks, jars, rolls, cans, bills and checks will be counted at the gala penny collection counting celebration the afternoon of Oct. 12. The club bringing in the most pennies will be awarded a grand prize.

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# Club members help cancer victim

Grants of \$150 and \$300 have been more than quadrupled by the Nearman 4-H Club of Wyandotte County to help a fellow 4-H'er who has cancer.

The grants were awarded through the Kansas 4-H Foundation from funds provided by Southwestern Bell, Topeka, and Pioneer Hybrid International, Inc., Lincoln, Neb.

Fourteen-year-old Sherry McLaughlin, a 6-year Nearman club member, was diagnosed in March of 1984 as having acute myeloid leukemia, a rare adult form of cancer that usually strikes people of 50 years or older.

Sherry was hospitalized for 79 days in 1984. She underwent chemotherapy and became one of the few cases in the U.S. to have her own healthy bone marrow taken from her. The bone marrow would be given to her if she had a relapse.

Sherry contracted hepatitis in October of 1984 and still has that disease. Though she has not had a relapse, the shelf life of the bone marrow is one year, and Sherry is scheduled for a second bone marrow harvest in December.

Cost of the harvest is \$16,000; the total procedure, \$65,000. None of the expenses for this procedure are covered by the McLaughlin's insurance company as this is considered experimental surgery. Nor do they qualify for other financial aid. Cancer Action, a Kansas City, Ks., organization, however, is the executor of a trust fund for Sherry.

Nearman 4-H Club members have supported the trust fund with numerous fund-raising activities. A carnival raised \$1,400. But, then, it was no ordinary carnival. Club members begged, bargained and pleaded for new items stored in garages and closets in the community. Chances on a Cabbage Patch Kid earned \$200.

4-H'ers and mothers refolded and ironed 15,000 napkins to earn another \$200.

The latest project of selling green and white T-shirts at the Wyandotte County Fair raised \$1,300 for the Sherry McLaughlin fund and also promoted the 4-H program.

"You can't believe what it looked like to see all those T-shirts on the fairgrounds. The response from the community was fantastic," Betty Swanson, Nearman community leader says.

Club members sold 22 dozen T-shirts, chances on afghans and collected \$200 in donations in a 3 foot tall, 2 foot wide piggy bank.

"It really is a good project," Mrs. Swanson says. "It certainly has brought the club together."

## Heartworm kills

Check your dog regularly for heartworm; it could save his life, says Roxann Mullins of the Kanwaka 4-H Club in Douglas County. Roxann has learned about heartworms and preventative care in the dog project. Transmitted by mosquitos, heartworm disease endangers more dogs than ever before as it continues to spread across the United States. Controlling the spread of the disease has become a high priority among veterinarians and dog owners alike, she says.

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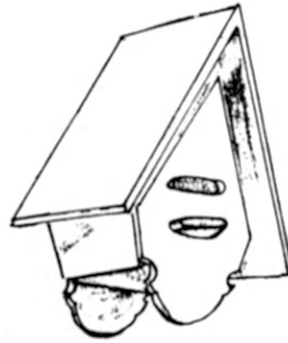
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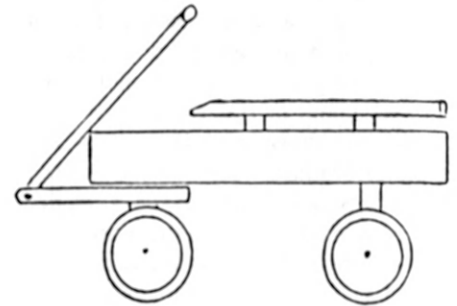
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# Youths like Photo Fun Day

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 Pedestal Desk  
 Plant Stand  
 Redwood Cart  
 Stereo Case  
 Spoon Rack  
 Toy Boat  
 Wooden Stool  
 Work Table  
 Tool Box

Photo Fun Day at the Kansas State Fair is fun, say 4-H'ers who participated in the event this year.

"I liked walking around and taking pictures," said Jason Nelson, a 10-year-old from Stafford County.

"I learned how to take and mount pictures. It's fun. I hope I do this again next year," said Harvey County 4-H'er Shannon Rudman.

For Ann Mickey, Sherman County, Photo Fun Day was part of a state fair family outing that also included riding the carnival rides, eating good food and attending the Willie Nelson concert.

Like Shannon and Jason, Ann said she enjoyed Photo Fun Day and learned to take better pictures.

A non-competitive event, Photo Fun Day brings 4-H'ers 11 years of age and under to the fair for a day of taking photographs. The event is billed as a

family activity and almost every youth is accompanied by a parent, grandparent, or other relative and, in some instances, the whole family comes.

The day begins with instruction on how to take good pictures. Then youths, accompanied by their families, trek the fairgrounds in search of photos that tell about the fair.

In the eye of the camera, an art-in performer becomes an artistic photograph; a family member resting on a bench, a special memory; and a girl peeling away pink cotton candy, a room hanging.

Film is processed and pictures printed in a few hours so 4-H'ers actually see their prints and select the best for exhibit.

Volunteers knowledgeable about photography help youths critique photos. And most youths return home more knowledgeable about photography.

## Photos selected for exhibit

Kansas 4-H'ers have had photos selected for exhibit at Rock Springs Ranch and the National 4-H Photo Exhibition.

Selected for display at Rock Springs Ranch are photos by Kendra Newcomer, Bourbon County; Angie Lambert, Butler; Molly Jordan, Dickinson; Kendall Meade, Douglas; Kim Bealmer, Brett Dunlap and Marlo Showalter, all of Franklin; Kara Hartzler and Amy Stubbs, both of Harvey; Mike Rice, Kearny; Joni

Davis, Kiowa; Rusty Schertz, Logan; Tyson Randall, Scott; Meega Miller, Shawnee; Brad Piroutek, Smith; Shawna Engel, Thomas; Brenda Andres, Wabaunsee; Darren Bott, Washington; and Nancy Andevich and Kim Bland, both of Wyandotte.

Photos selected for national exhibition were taken by Christy Merhoff, Kiowa; Rod Freund, Johnson County; Lisa Palmquist, Cloud; and Brian Beavers, Gray.

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NORTHEAST KANSAS  
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OTTAWA  
 Larry Rose

SOUTHEAST KANSAS  
 (Chanute)  
 Larry Rose

WICHITA  
 Brad Bennett



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# 4-H roundup

A free fireworks display was presented in Elk County July 4 by the Moline Shining Star club.

Club members shot off the fireworks at the conclusion of the Elk County Rodeo.

Funds for the fireworks were solicited by mailing form letters explaining the project to over 80 clubs and organizations in the county. A letter also was printed in the county paper telling of the free display.

—Darrin Clubine, reporter

Older 4-H members in Montgomery County recently sponsored an oral reasons clinic to help young livestock judges. Working through the 4-H Council Livestock Committee, instructors held four evening clinics to instruct members about presenting oral reasons.

Brian Swisher, Montgomery County agricultural agent, says livestock judging is strong in Montgomery County because older 4-H'ers help younger ones. Montgomery County consistently places well at the state fair livestock judging contest and last year placed seventh in the nation.

Twenty-one Elk County 4-H'ers from five clubs traveled by van to York County, Penn., in July, for an exchange trip. The youths lived with host families and learned about their lifestyles. Next year Elk County will host York County 4-H'ers.

4-H'ers raised money for the trip by serving farm sales, having bake sales, car washes and a dinner theater and selling tickets to the Elk County Rodeo. Containers also were set up around town for the collection and recycling of aluminum cans.

"It's a lot of work but also a lot of fun," says Darrin Clubine, Moline Shining Star club member.

In the People to People club project, members of the Montana Roadrunners of Labette County are learning that although people may be different ages, races, of different cultures and from other countries, they are much the same.

Club members gained an insight into the Indian culture and pioneer life when they visited the Wolaroc Museum in Bartlesville, Okla.

They learned about people in their community when they delivered food boxes to needy families at Christmas-time and arts and crafts members made tray favors for the sick and elderly at hospitals and nursing homes. Many members have pen pals from around the world.

The November club meeting will feature the People to People project. Members will answer roll call with a foreign language they would like to speak. Refreshments will be foreign foods prepared by foods project members. For the program, members will share letters, pictures and information about pen pals and the part of the world where they live.



The Leavenworth County Livewires Explorer group donated five dozen cans of soup to the Kansas City Ronald McDonald House as a service project. The group also swept the sidewalks and spruced up the screened porch. The Ronald McDonald House provides living quarters for parents and family members of children undergoing treatment of serious diseases in the Kansas City area. Families who stay at the house pay a minimal fee.

Over 700 first and second graders in Neosho County grew flowers for Mother's Day in a school enrichment project sponsored by the Neosho County Extension Service.

Flower seed was provided free, and teachers were given a guide book telling how to plant and grow flowers. Each child received a special 4-H member pin and their own booklet on how to care for the plant, tips on watering, light and diseases.

The school children began planting flower seed in March and by Mother's Day most had a flower to present to their mother, grandmother or another favorite person. Extra flowers were provided to those whose plants did not flower.

Cleaning up debris, assisting with the local Meals on Wheels program and the county-wide Day Camp all have been community service projects of the Republic Pioneers club of Republic County this year.

Sewing project members made cloth carriers for nursing home residents to store personal items, and the club donated the carriers to the nursing home.

The small town of Republic got a new look when Republic Pioneers picked up debris and placed flower boxes in the downtown area. All club Junior Leaders and many volunteer leaders helped make the county-wide 4-H Day Camp a success. About 140 children attended the camp.

Shawnee County 4-H'er Angie Hodges is Queen of the Villages Stampede Rodeo sanctioned by the International Pro Rodeo and United Rodeo Association. During her reign, she will represent the Villages, Inc. founded by Dr. Karl Menninger to provide homes for neglected, abused and abandoned children.

The contest consisted of rodeo ticket sales, an interview and a horsemanship pattern. Angie, a member of the Pleasant Hill 4-H Club, performed the pattern on her 4-H horse Prince.

The essence of 4-H is older members helping younger ones learn to do better as Dickinson County 4-H'ers Bev Meehan, Samantha Little and Scott Bankes demonstrated recently.

The Talmage Progressives and Sand Springs Rustlers members helped horse project leaders Judy Gantenbein and Linda Bankes teach 18 horse project members at a three day clinic.

Horsemanship, grooming and showmanship were taught. Safety was stressed at all times. A judging contest ended the three-day session.

Drive carefully, a new sign erected by the Brown County Willis All Stars 4-H Club advises. The sign commemorates Charles Homfeld, a former leader and 4-H supporter who was killed in an automobile accident. His grandsons Ken and Van Larson helped erect the sign.

---

## Contributions are welcome

Contributions for this page are welcome. Of special interest are fund raising ideas, stories that show giving, ideas for strengthening clubs and recruiting new 4-H members and innovative programs.

Material should include the name, address and phone number of the contributor and should be sent to the Kansas 4-H Journal, 116 Umberger, KSU, Manhattan, KS 66506.



*Youths learned that clowning is a 4-H project.*

## Fair Fun Day recruits 4-H'ers

"I'm going to join 4-H," announced a tow-headed 9-year-old after attending the Riley County Fair Fun Day.

In its third year, the day at the fair is one of fun and for sharing the Riley County 4-H program.

Registration forms for the fair activity are handed out during county camp at Rock Springs Ranch to all youths who attend that four day event. Annually some 250 Riley County youngsters attend county camp.

Fair Fun Day also is advertised in the local newspaper and with posters.

Youths in the second through the sixth grades are asked to pre-register two weeks before the event so plans can be made for meals, counselors and activities. The six Riley County Ambassadors run the day, and Junior Leaders are counselors.

Morning activities tell about projects 4-H has to offer. Youths learn about clowning while a 4-H clowning project member paints them a clown face. What are the basic four food groups? In Neat to Eat Snacks, youths learn about nutrition when they make a small pizza and eat nutritional snacks.

The petting zoo shows the great variety of animal projects offered in 4-H —

poultry, rabbits, beef, swine, sheep and goats. In crafts, they use seeds to spell out their name or to make a picture. And, of course, in horticulture they learn about plants.

Manhattan Optimists provide a meal, and the afternoon is spent seeing the fair and riding the carnival rides.

It's all part of 4-H, they're told.

The Riley County Extension Office later mails letters to parents of non-4-H participants inviting them to attend a club meeting in their area.

The day is one of recruiting and sharing 4-H with others, says Riley County 4-H Agent Carol Huneycutt.



*Snacks can be nutritious Ambassador Karen Kiser told Fun Day visitors.*



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# State Fair Electric Project Results

Congratulations to 4-H'ers whose projects qualified for state fair exhibits.  
 Ribbons awarded at the state fair included:

## PURPLE

- |               |           |                   |             |
|---------------|-----------|-------------------|-------------|
| Scott Truhlar | Ellsworth | Kevin Sebes       | Hodgeman    |
| Larry Whipple | Hodgeman  | Charmain Ellerman | Jefferson   |
| Mike Weddle   | Nemaha    | Chris Nichols     | Jefferson   |
| Scott Wilson  | Pawnee    | Mary Uhner        | Jefferson   |
| Reece Laurie  | Russell   | Chad Voelker      | Jefferson   |
|               |           | Mike Koenig       | Johnson     |
|               |           | Shawn Frevele     | Leavenworth |

## BLUE

- |                  |           |                   |              |
|------------------|-----------|-------------------|--------------|
| Craig Depenbusch | Cherokee  | Malinda Long      | Linn         |
| Gregg Clarkson   | Coffey    | Mike Meisinger    | Marion       |
| Chris Gruber     | Dickinson | Kit Rogers        | Meade        |
| Jason Laipple    | Doniphan  | Annette Ellis (2) | Morton       |
| Cory Hadl        | Douglas   | Richard Murphy    | Osborne      |
| Kendall Meade    | Elk       | Tim Rittenhouse   | Pawnee       |
| Chad Adamson     | Ellsworth | Angel Blume       | Pottawatomie |
| Anita Foran      | Ford      | Tina Blume        | Pottawatomie |
| Harold Bogner    | Ford      | Kevin Wilse       | Rush         |
| Daryl Henton     | Ford      | Daniel Krug       | Russell      |
| Mike Schmitt     | Ford      | Marc Machin       | Russell      |
| Jim Ed Compton   | Franklin  | Todd Conine       | Scott        |
| Jack Hobbs       | Greenwood | Brad Norman       | Scott        |
|                  |           | Bret Wilkes       | Scott        |
|                  |           | Kenneth Johnson   | Salina       |
|                  |           | Russell Falk      | Shawnee      |
|                  |           | Jeff Crouse       | Wyandotte    |

Watch This Page For Ideas on Farm and Home Electric Projects

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