Horticulture

Are you interested in growing your own vegetables but live in an apartment, have a shady back yard or have a physical limitation that prevents you from gardening in the ground?

Container vegetable gardening is a great way to grow your own vegetables on your window sill, patio, porch or even your front step.

Join us to learn how to grow your own tomatoes, corn, beans and potatoes in containers or raised beds! Please call our office at 316-9660 to register or go to this link so we have enough handouts and space for everyone! The class will be on March 10, 2022 at 6:30 PM.

Agriculture

Are you interested in learning more about the land value and trends across the State? The Kansas Agricultural Land Values and Trends publication is a joint venture between the Kansas Society of Professional Farm Managers and Rural Appraisers and the Kansas State University Agricultural Economics Department. Agricultural land sales data comes from the Kansas Property Valuation Department, submitted by county courthouses across the state. The latest edition has been released and can be found at: Kansas Land Values Book 2021 | AgManager.info

Family Consumer Sciences

Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. These are 10 warning signs or symptoms, don't ignore them. Schedule an appointment with your doctor.

1. Memory Loss disrupts daily life.
2. Challenges in following a plan, working with numbers, organizing grocery list.
3. Difficulty completing familiar tasks.
4. Confusion with Time or Place. Lose track of dates, seasons, passage of time.
5. Trouble understanding visual images and spatial relationships.
6. Problems with words in speaking or writing.
7. Misplacing things; losing ability to retrace steps. May put things in unusual places.
8. Decreased or Poor Judgment - Dealing with money; Pay less attention to grooming.
9. Withdrawal from Work or Social Activities.
10. Changes in Mood and Personality. Easily upset when out of comfort zone.

Go to this link and compare Warning Signs with examples of age-related memory loss.

If you need resources or have questions NOW, go to: www.alz.org. Talk with a Dementia Expert on the 24/7 Alzheimer’s Helpline: 800.272.3900; Make an appointment NOW with a physician to discuss your concerns.

4-H & Youth Development

This past holiday weekend, our 4-Her's had the opportunity to go to a 4-H event called Citizenship In Action (CIA) at the state capitol in Topeka; Youth had the opportunity to practice their leadership skills and learn how they can influence laws and rules that affect society at large. The purpose of the program is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the capitol building, but will also show them how they can affect the legislative process. They had a community conversation, deliberating on tough conversations that matter and found creative ways to attain common ground on Sunday afternoon. On Monday, youth got a chance to see the capitol, meet with their representatives and senators, and have a more behind the scenes understanding of the legislative process. We would like to extend a big THANK YOU to Butler County for allowing us to utilize a county vehicle to take our 4-Her’s up to Topeka!

It's not too late to sign up for 4-H, call our office at (316) 321-9660 to learn more!

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