**Agriculture**

**2023 Chemical Weed Control Guidebook**

The 2023 Chemical Weed Control for Field Crops, Pastures, Rangeland and Noncropland is now available. Weed management decisions can be complex. This publication is designed to provide decision-makers with one resource to find the unbiased information needed to develop an herbicide program.

A copy of this Guidebook can be picked up in our office at no cost or be found online at: https://bookstore.ksre.ksu.edu/pubs/CHEMWEEDGUIDE.pdf

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**Family Consumer Sciences**

**Walk Kansas is Back in Butler County!**

One of my favorite programs offered by K-State Research and Extension is almost ready to kick-off, Walk Kansas. Walk Kansas is an eight-week walking program encouraging family members, schoolmates, co-workers, friends, and neighbors to come together as a team and set goals for health and fitness.

Walk Kansas is an adaptable program that holistically is about chronic disease prevention. Those participating will receive weekly newsletters, recipes, tips, and instructions. This year there is also the added opportunity to participate in the weekly webinar titled ‘Med’ rather than ‘meds’, a curriculum to help participants learn ways to potentially replace medications with healthy eating.

This program kicks off March 26th and runs through May 20th. Registration will begin March 1st. More information and registration details can be found online at https://www.walkkansas.org/ .

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**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.

This is a great example of the non-livestock opportunities that 4-H has to offer.

It's not too late to sign up for 4-H, call our office at (316) 321-9660 to learn more!
AN 8-WEEK HEALTHY LIFESTYLE CHALLENGE!

WALK KANSAS
March 26 – May 20, 2023

Gather your team of six or go solo this year. Register online at WalkKansas.org or by contacting your local K-State Research and Extension office.

Register by: March 22, 2023

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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