What Does it take to be ready when dangerous weather arrives at your door? Take this quiz to help measure your knowledge of severe weather preparedness.

1. You should include enough water in your disaster supply kit to last three days if you’re evacuated, and two weeks if you’re at home. How much should you include per person per day?
   A. Three gallons
   B. Three cups
   C. One quart
   D. One gallon

2. If you live in a wildfire-prone area, you should maintain a fire-resistant safety zone around your home to help decrease the risk of exposure to flames and heat. What’s the safety zone distance recommendation?
   A. 10 feet
   B. 30 to 100 feet
   C. 200 feet
   D. 3 to 10 yards

3. Tornadoes can happen any time of the day, but are most likely between:
   A. 3:00 p.m. - 9:00 p.m.
   B. 1:00 p.m. - 5:00 p.m.
   C. 1:00 a.m. - 7:00 a.m.
   D. 11:00 a.m. - 3:00 p.m.

4. A flash flood can occur without warning within several hours of an intense rain. How much water will cause a large vehicle or even a bus to float away?
   A. 1 foot of water
   B. 2 feet of water
   C. 4 feet of water
   D. 5 feet of water

5. Severe weather often knocks out power. If it does, you need to keep your refrigerator and freezer doors closed as much as you can. An unopened refrigerator will keep food cold for how long?
   A. About 4 hours
   B. About 24 hours
   C. About 1 hour
   D. About 12 hours

6. If you can hear thunder, you’re close enough to be in danger from lightning. In fact, you should stay inside at least how long after the last clap of thunder:
   A. 2 hours
   B. 10 minutes
   C. 30 minutes
   D. 1 hour

7. What steps should a family emergency plan include?
   A. How to get in touch with each other during an emergency.
   B. Where everyone will meet.
   C. How to remain in contact.
   D. All of the above.

8. A forecast issued by the National Weather Service saying that a specific weather related event is predicted to actually occur or is occurring is called a(n):
And so it goes…

In Kansas, new pine wilt infections are most visible from August to December. Trees wilt and die in a short period of time, from several weeks to a few months. In the first stages, the needles turn grey or green, then yellow and brown. The discoloration sometimes occurs branch by branch, sometimes all at once. With pine wilt, eventually the whole tree dies, within a few months. The brown needles stay on the tree for up to a year after the tree has died. Another key symptom is reduced resin. On a healthy tree, sticky resin bleeds from the site of a wound. In contrast, if a tree has pine wilt, the resin is often reduced or absent, and branches become dry or brittle. There is a website with color photos and descriptions at the following link:


There are images to compare and contrast pine wilt with other pine diseases at the following link:


With the other diseases (tip blight, needle blight) only parts of the tree turn brown. With pine wilt, the whole tree is brown and dead. If you aren’t sure if your tree has pine wilt or something else, contact your local K-State Research and Extension Office or the K-State Diagnostic Lab (clinic@ksu.edu).

If a tree has pine wilt, the tree should be cut down by April 1 to make sure there is time to destroy the wood by May 1, when the beetles start to some out. Cut the tree to the ground - don’t leave a stump. Chip or burn the wood immediately to destroy the beetles and nematodes. Don’t keep pine wood around for firewood.

Preventing Weeds in Flower Beds

Often mulch does a good enough job in perennial flower beds to prevent weeds but sometimes the mulch needs a little help. In annual beds, judicious hoeing will keep weeds down until the foliage forms a canopy that prevents weed germination. However, a lack of time may have you considering an easier way than hoeing or pulling weeds that come through mulch. Pre-emergence herbicides can help, though you should not expect 100% control. Pre-emergence herbicides do not keep the weed seed from germinating but kill the young plant as it starts to grow. It is necessary to water these products in (1/4 inch of water) so that the young weed roots will contact the herbicide. Be aware that most of these products are more effective on grassy weeds such as crabgrass rather than broad-leaves such as dandelions or spurge. These herbicides often have no effect on existing plants, so they must be applied before the weed seed germinates. Additionally, preventers do not last forever once applied to the soil. Microorganisms and natural processes begin to gradually break them down soon after they are applied. However, all should last long enough so that you get canopy cover before the herbicide wears off. Read the label for information on when to apply the product. Also, be sure the ornamental plants within the bed area are on the label before purchasing the product. See below for products we can use.

Dimen (dithopyr)

•Hi-Yield Turf & Ornamental Weed and Grass Stopper
•Bonide Crabgrass & Weed Preventer
•Treflan (trifluralin)
•Hi-Yield Herbicide Granules Weed and Grass Preventer
•Miracle Gro Garden Weed Preventer
•Preen Weed Preventer
Grazing cattle on wheat in late winter/early spring always requires good management to maximize total returns from grain yield and cattle gains. There’s a fine line between getting more income from cattle grazing and leaving the cattle on wheat just a little too long so that grain yield is reduced.

Graze out may be more profitable this year than removing the cattle and harvesting the wheat for grain, so be sure to take total potential return into consideration.

After green up is underway and before the wheat has reached jointing, it is important to scout fields closely for signs of the “first hollow stem” (FHS) stage if you plan to harvest the wheat for grain. FHS occurs as the wheat switches from the vegetative stage to the reproductive stage of growth.

When the leaf sheaths become erect, the developing growing point, which is below the soil surface, will soon begin to form a tiny head. Although the head is quite small at this point, it has already established some important yield components. At this stage, the maximum potential number of spikelets is determined. Sufficient nitrogen (N) should already be available in the root zone at growth stage in order to affect the potential number of seeds per head.

Once the embryo head has developed, the first internode will begin to elongate pushing the head up through the leaf sheaths. This first internode will be hollow. This will be visible before you can actually feel the first node (joint, located just above the first internode). Prior to this stage the nodes are all formed but tightly packed together and hard to see.

FHS is the point at which a half-inch or so of hollow stem can first be identified above the root system and below the developing head. FHS occurs when the developing head is still below the soil surface, which means that producers have to dig plants out of the ground to do the examination.

To look for FHS, start by digging up some plants from fields that have not been grazed. Select the largest tillers to examine. Cut off the top of the plant, about an inch above the soil surface. Then slice the stem open from the crown area up. Look for the developing head, which will be very small. Next, see if you can find any hollow stem between the developing head and the crown area. If there is any separation between the growing point and crown, the wheat plant is at FHS. FHS will occur between a few days and a week or more prior to jointing, depending on temperatures. Usually in this area that can be about the 1st to 2nd week of April, depending on the year. If the wheat has reached FHS, cattle should be removed to prevent grain yield loss. Studies at Oklahoma State University have shown that grazing past first hollow stem decreases grain yield by as much as five percent per day or as little as one percent per day. Environmental conditions after cattle removal and the amount of green leaf area remaining on the wheat are among the factors that determine grain yield potential after grazing. Grain yield losses may be at the low end of this range for the first few days of grazing after FHS. Still, it is easy for producers to be late by a few days in removing livestock as they wait for obvious nodes and hollow stems to appear, and even the first few days can be significant.

Two things are observed when wheat is grazed too long: 1) fewer heads per acre because the primary tiller has been removed and 2) smaller and lighter heads than expected because leaf area has been removed. As cattle continue grazing, the wheat plant is stressed and begins to lose some of the tillers that would produce grain. A little later, if there is not enough photosyntheate, the plant begins aborting the lower spikelets (flowers where seed develops) or some of the florets on each head. Finally, if there is not enough photosyntheate during grain filling, the seed size will be reduced and if the stress is severe enough, some seed will abort.

Jim Shroyer, Crop Production Specialist Emeritus

Army cutworm alert on winter canola in Kansas; Scout wheat and alfalfa fields.

With the onset of warmer temperatures, wheat alfalfa winter canola has broken dormancy and army cutworms are now present in many fields across Kansas. Army cutworms have been found this week from South Central Kansas all the way south to near the Oklahoma border. Army cutworms were found Tuesday, March 10, in numbers as high as 6 per foot of row at the South Central Kansas Experiment Field. Agronomists travelling through southern Kansas also found army cutworm populations above ground as high as 15 per foot of row.

This is unusual because army cutworms behave nocturnally and typically spend the daylight hours below ground. Thus, when scouting it is critical to dig in the soil around individual canola plants to find the larvae. The larvae are greenish-gray and often curl up into a C-shape. Army cutworms feed aggressively and significant damage can occur in a short period of time. Canola plants can withstand some damage, but smaller plants are most susceptible. The larvae feed on the leaf tissue, leaving the plants with a fed-on appearance. When minor feeding is observed, you may find leaves severed from the plant and laying on the soil surface. Where infestations are high, army cutworms will remove all leave tissue leaving only the base of the stem. Farmers will often say “their crop is not greening up in spots.” Many times the worms are in the base of plants under 1” of soil.

Insecticides labeled for army cutworm control are quite effective. Carefully read the label for proper application and any restrictions. As a reminder, if a final herbicide application is planned for the spring, it must be made before bolting or significant crop injury and yield loss can occur. Tank mixing an insecticide and herbicide is a good option. Producers should also be scouting winter wheat and alfalfa fields that are beginning to green up for army cutworms.
Full Circle... An Aging Expo

Full Circle... An Aging Expo will be taking place at the Colby Community College Student Union on April 24th from 9:15 am – 4:00 pm. This Aging Expo is a northwest area event hosted by K-State Research and Extension.

This year's theme is to Finish Well. Keynote speaker Ron Willis, the “Mr. Rogers of Mental Health” will be speaking on the impact grandparents can have on their families. Other speakers will include K-State professors and specialists. Dr. Charmane Kandt from Fort Hays Neuromuscular Wellness Center, Linsey Norton from the Alzheimer’s Association, and Planned Giving Officer, Doug Beech.

The Aging Expo is for aging individuals (that’s all of us), family members, caregivers, and professionals. One track of the expo is for the public and one is for professionals, such as Nurses, Social Workers, Dieticians and Administration Professionals, where they can earn CEUs.

For professionals the breakout sessions will cover Topics including Person Centered Care, Workplace Stress Management, PEAK 2 Medicaid System, Palliative Care, Depression & Aging, and Care Homes & Resident Choice.

The public track breakout sessions will cover a wide range of topics this year including Mobility as you age, Documenting Health History, Advance Directives, Charitable Estate Planning, Signs of Alzheimer’s, Reading with Directives, Charitable Estate Planning, Documenting Health History, Advance Directives, Mobility as you age, including Person Centered Care, Workplace Stress Management, PEAK 2 Medicaid System, Palliative Care, Depression & Aging, and Care Homes & Resident Choice.

Workplace Skills Computer Classes

Twin Creeks Extension will be offering computer classes to enhance workplace skills including Basic Computer Navigation, Filing Basics, Microsoft Word, Microsoft Publisher, Microsoft Power Point, and Microsoft Excel. These classes will not go in depth for Microsoft applications, but will touch on basics and skills applicable for the workplace. Locations and Times are TBD.

If you are interested in these classes please contact your local office.

Health Insurance and Taxes: Facing a Fine? What about next year?

Many people are aware that with the Affordable Care Act, there was a mandate for everyone to have health insurance—or pay the penalty at tax time.

As the deadline to file taxes approaches many may be facing the penalty for being uninsured in 2014.

If you were uninsured for most of 2014, you may be subject to a fine when you file your 2014 taxes. The fine is $95 or 1% of your income (whichever is higher).

If you are subject to the fine and didn’t know how the fine affected you, you may be eligible to get covered now.

This “special enrollment period” begins on March 15th and ends on April 30th. If you’re eligible and sign up by April 30th, you can get insurance and avoid the full fine on next year’s taxes too. The fine goes up next year to $325 or 2% of income, (whichever is higher).

You may also be eligible for a special enrollment period if...

- You got married recently
- You had a baby
- You’re adopting or placing a child up for adoption
- You’re losing current coverage
- You’re permanently moving outside your current plan’s coverage area
- You’re gaining citizenship
- You’re gaining or continuing status as a member of an Indian or Alaskan native tribe
- You’re leaving incarceration
- Another qualifying event has occurred!

Check the full list: https://www.healthcare.gov/coverage-outside-open-enrollment/special-enrollment-period/

To find out if you are eligible to enroll www.healthcare.gov Enrollment Assistance is available with Extension Agent Julianne Shoup, certified application counselor.

Estate Planning: Are you prepared?

Do you think you are prepared if the worst were to happen tomorrow? Many are afraid to think about it, but the best thing you can do is think about it now and get prepared.

103 people in the northwest area did just that when they participated in area workshops called "Preserving the Family with Estate Planning" in March. Just from those participant’s, their estates were estimated to be worth over 46.4 million dollars. Have you thought about how much your estate is worth? Or how much your family could loose without a good plan in place? Many times, families have more assets than they realize until they start the estate planning process.

Participants that day learned about Estate Planning 101, Farm Succession Planning, Family Communication, and Long Term Care Planning. One participant stated, “Today I garnered tools to use in planning for the succession of our farm as well as re-examining our estate plan.” Another said, "It was all great information especially since I was lost on how to begin planning.”
Health and Nutrition

Think Green When You Clean

To help prevent illness, keep your kitchen counters and sink clean and sanitized. But many commercial cleansers are toxic to the environment and decrease the quality of the air inside your home. Use “greener” cleaning products to reduce your exposure to toxic products, pad your bank account and improve your overall quality of life.

Cleaning Safety Tips

1) Store all cleaning solutions out of the reach of children.
2) Never use chlorine bleach with other cleaning agents.
3) When using harsh products, use rubber gloves to protect your skin and wear a mask to protect your lungs, so that you don't absorb the chemicals.
4) Rinse surfaces after using toxic substances.

Homemade Cleaning Products

You can easily make homemade cleansers that are less expensive and less harsh than commercial products. Follow these tips when making a homemade cleaning solution:

1) Put it into a clean spray bottle or another clean container with a tight seal. To help prevent accidents, avoid using recycled food or beverage containers.
2) Clearly label all containers with the date and the name of the product, such as “Baking Soda and Water Cleanser.”
3) Mix cleaning solutions in a well-ventilated area.
4) Mix a small amount and use it before making a new batch.

Three Easy-to-Make General Purpose Cleansers:

1) Mix 1/2 cup white vinegar with 1 cup water
2) Mix 1 tablespoon washing soda or Borax with 2 cups warm water
3) Mix 1 tablespoon ammonia, 1 tablespoon liquid detergent and 2 cups water.

A Disinfectant to Kill Germs:

Mix one capful (or almost 1 teaspoon) each of chlorine bleach and vinegar with 4 cups water.

Green Ways to Help Prevent Major Cleaning Problems and Odors:

1) Wipe up spills immediately
2) Keep a jar of baking soda in odor-producing areas, such as the refrigerator or freezer, and sprinkle some in the trash compactor and garbage cans
3) Pour pickle juice or vinegar down drains
4) Grind lemon or orange rinds in a food disposal. Then flush with hot water.

New Research on Diet and Cholesterol

Your genetics determines 80 percent of your blood cholesterol. The rest comes from the food you eat. This comes from new research that shows past dietary guidelines were wrong and have been wrong for decades. Saturated fat and trans fat have a direct influence on blood cholesterol levels. This is in foods such as meat, bacon, cheese and butter. One in four people who are genetically predisposed to high blood cholesterol may still have to limit their intake of high cholesterol foods. This includes eggs, shellfish, liver and others. As the Dietary Guidelines Advisory Committee works to update the dietary guidelines, remember to always follow your personal physician's recommendations. Learn more at www.healthfinder.gov/News/Article/696375/us-advisers-rethinkcholesterol-risk-from-foods-report.

The Thrill of the Hunt — Taken From Karen Blakeslee’s You Asked It! Newsletter

Easter is almost here! An annual tradition for many families is an Easter egg hunt. But take eggs-tra care if using real eggs. Keep all eggs, raw and cooked, refrigerated. Discard dirty or cracked eggs. Store eggs in the main compartment of the refrigerator, not the door. Hard boil eggs in a single layer of a saucepan. Add water to cover the eggs at least one inch. Cover, bring to a boil, then remove from heat. Let stand for about 20 minutes. Chill in cold water until cool enough to handle. Refrigerate until ready to use. Have fun coloring the eggs! Use food grade dyes, liquid food coloring, or fruit drink powders along with fun designs. Wait to hide the eggs until two hours before the big hunt. Once the eggs are gathered, put them back in the refrigerator until ready to eat. Hard boiled eggs in the shell should be used within one week. The week after Easter is egg salad week! Find recipes at www.incredibleeggs.org


Reduce Your Waist and Risk of Heart Disease

Pants getting tight in the waist? Did you know waist circumference is a better gauge of heart disease risk than body mass index (BMI)? When researchers compared people with the same BMI but different waist sizes, they found people with larger waists were more at risk. Measurements that signal you are at high risk for heart disease are a waist of 35 or more inches for women and 40 or more inches for men. To accurately measure your waist, wrap a measuring tape around your bare abdomen just above your belly button. Exhale and don't suck in your stomach or pull the tape real tight. Why is waist size so important? Generally, as your waist size increases so does the visceral fat you have in your body. Visceral fat surrounds your organs and having more increases your risk of heart disease. Visceral fat produces hormones and other factors which promote inflammation. Inflammation is a key player in the accumulation of cholesterol plaque inside your arteries. More plaque inside your arteries means higher risk of heart disease. You have probably heard that people who are pear-shaped (carry more weight in their hips and thighs) are less at risk for heart disease. Whereas, an apple-shaped (people who carry their weight in the abdominal area) are a greater risk. Why do some people acquire more visceral fat? For some it is genetic, ethnic, and gender related. Mutations in a particular gene can cause your body to produce more visceral fat than people without that gene. Groups of people with a higher propensity for abdominal fat include natives of India and South Asia. Black women and white men also have a tendency to accumulate more visceral fat. How do you shed visceral fat? Visceral fat is the first fat you lose when losing weight. If you lose 7% of your excess weight, it will help you lower your risk of heart disease. The best way to reduce visceral fat is to eat fewer carbohydrates and be more physically active. To cut back on foods rich in carbohydrates eat less bread, crackers, potatoes, pasta, rice, cakes, cookies, and candy. These foods trigger your body to produce more insulin which signals your body to store fat. For physical activity, a combination of strength training and aerobic movement is best. Participate in moderate-intensity exercise for at least 150 minutes a week. Brisk walking and strength training are good examples of activity. Exercises like sit-ups or other abdominal exercises are great, but won't help get rid of your belly. So, be physically active and cut back on carbohydrates to reduce your visceral fat and your waist measurement. This will help reduce your risk of heart disease, the number one killer of American women and men. Author: Pat Brinkman, Ohio State University Extension.

Julianne Shoup

State University Extension
Summer Camp Benefits

Mom and Dad, can I go to... “Every Story Has A Hero” 4-H Camp, Day Camp, Sports Camp, Cheerleading Camp, Scout Camp and Church Camp???? Almost every organization has some type of summer camp built into their program that incorporates fun activities, building relationships and leadership skills, and an educational aspect. A camping experience should encourage a camper’s personal growth as well as strengthening confidence levels of the camper and volunteer youth leaders.

So how do you determine which camping experience will be the most beneficial for your child? Visit with your child to get a good understanding of what they expect from their camping event. Chances will be that their greatest concern is spending time with friends and having fun! Along with the importance of your child’s desires will be the expectations from the parent. Most parents anticipate their child returning with more confidence and increased decision making skills and possibly increased knowledge associated with a specific camp.

Sending your child to camp requires advance preparation and planning to budget for expenses, schedule camp dates, and clothing requirements. Most camps will include fees for meals, lodging, and activities. Additional spending money for your child will be needed for snacks and souvenirs. It is important to visit with your child about the expenses involved in participating in a camp. Take time to set a budget for additional spending money. For a younger child, making choices about spending money is the beginning of decision making skills. They will need to decide whether they want to spend their money on snacks each day or choose to spend their money on a lasting souvenir to bring home as a reminder of their camping experience.

Summer schedules can be very hectic for parents in juggling activities for all members of their family. Youth may need to make choices about which activity is more important to them. The ability to make sound decisions using a priority process at a young age will carry over into your child’s adult life.

Depending on the type of camp your child chooses to attend, clothing requirements will vary. It is important for your child to understand that there may be restrictions on clothing choices. Parents need to ensure that clothing requirements are met for camp participation.

Many camping experiences incorporate the use of teen leaders as camp counselors. Lifelong friendships between campers and counselors can be built as teen leaders strengthen their leadership skills and build confidence knowing they are making a positive impact on the personal growth of another youth. As the counselor, campers are provided with the opportunity and freedom to think, plan, choose, and make decisions in a group setting.

Responsibilities of a camp counselor should not be taken lightly. Counselors have the ability to build self-esteem and nurture relationships among their camp group. Youth teen leaders that possess care and concern for their campers create lasting impressions as well as a positive, fun camping experience for their group.

Information regarding summer camping opportunities will soon be hitting your emails and mail boxes. Take time as a family to discuss the benefits of a camping experience for your youth and carefully review each opportunity to determine which event will be most beneficial for your child’s specific needs. Youth can be actively involved in the decision making process including planning and budgeting for their camping experience.

Get ready for a fun-filled, educational, life-changing, positive summer camping experience for your youth. Take time to check out all of the camp opportunities for your child and develop those decision making skills by making camping choices as a family.

Are Youth Afraid of the Future?

A group of outstanding student leaders were asked a simple question — “Are you afraid of the future?”

Every single one of them raised their hand and said yes. Their response is a reminder that courage is not merely about believing in yourself or your smarts or your giftedness. Something else is involved. Courage is a virtue that appears more rarely today than in the past. Courage is so important to cultivate today, because without it, students cannot truly lead. Winston Churchill said, “Courage is the first of human qualities because it is the one which guarantees all others.” So why is courage so difficult to build in young people today?

- Our world is more complex and confusing than ever. Right and wrong are fuzzy. Few situations seem black or white; there is a lot of gray. This makes us reluctant to speak out or act.
- Failure is a four-letter word today - no one wants to fail. Parents work to prevent failure in their children, while schools have inflated grades since 1970. Sadly, the fear of failure hinders courageous acts.
- In a world where we’re told to tolerate everything, kids shrink from taking a stand for fear they might offend someone. While the need for tolerance among perspectives is seen, obsession with it can dilute our courage to lead change.
- Social media can be a friend and an enemy of courage. We love to broadcast what we do - but because what we say online expands and remains there forever, it can suffocate a student’s courage to do or say something risky.
- Clarity enables a person to act courageously. When we see a problem and recognize a clear solution, it fosters courage. Without clarity, courage leaks. Resolve gets diluted. We hesitate to take a risk.

Only courage enables a leader to step out. If fact, the only measure of what we believe is what we do. If you want to know what people believe, don’t simply read what they write or ask what they think - just observe what they do. Life shrinks or expands in proportion to one’s courage.

Too many educators say an increasing number of students are afraid to step up and take a leadership position - as an advisor, a club leader, a student government officer, or a committee chairperson. Young people are frequently afraid to take a stand or invest their time.

Courage enables a person to: stand for what they believe is right; risk their reputation, re-election or popularity; take a risk, even if acting alone.

Adapted: Tim Elmore’s Growing Leaders

Contact your local Extension office in Norton, Decatur or Sheridan County.
1st—Safety Awareness: Babysitting Skills 6:00 p.m., Norton First United Methodist Church
5th—HAPPY EASTER!
8th—Safety Awareness: CPR/First Aid
13th—Adult Sewing Class, Hoxie 8:15 p.m.
15th—Safety Awareness: Fire Awareness with Smokey the Bear
17th—Registration deadline for Full Circle, and Aging Expo
22nd—Safety Awareness: Bicycle Safety
22nd—Junktober Gardening 101, Hoxie 4-H Building 7:00 p.m.
24th—Full Circle, an Aging Expo, Colby Community College, 9:45 a.m.
24th—Pre-Registration due for Hazardous Occupation Training
26th—Sheridan County Camp Grounds Fundraiser-Trap Shoot
28th—Junktober Gardening 101, Oberlin 4-H Building 7:00 p.m.

May
1st—4-H Add/Drop Projects Due
2nd—Hazardous Occupation Training, Graham County 4-H Building—Hill City - 8:00 a.m.
9th—Walk KS Ends
10th—HAPPY MOTHERS DAY!
11th—Adult Sewing Class, Hoxie 8:15 p.m.
19th—Life Line Screening, Norton 4-H Building
20th—Foods Judges Training, Colby 6:00 p.m. - 9:00 p.m. Call 785-460-4582 to register.
25th—Memorial Day, All Extension Offices Closed
30th—BBQ 101, Hays K-State Ag Research Center 8:00 a.m. - 4:00 p.m.

For information and to register go to:  http://www.asi.k-state.edu/barbecue101workshop.html

June
8th—Adult Sewing Class, Hoxie 8:15 p.m.
21st—HAPPY FATHERS DAY!
Check Us Out On Facebook:

K-State Research and Extension Twin Creeks District
Norton County 4-H
Decatur County 4-H
Sheridan County 4-H
Walk Kansas 2015 - Twin Creeks District

Website Information and Resources:
www.twincreeks.ksu.edu