Write the letter of the correct match next to number.

1. ______  Keith VanSkike  
2. ______  2009  
3. ______  Agent Specializations  
4. ______  PDC  
5. ______  Patsy Maddy  
6. ______  Norton, Oberlin, Hoxie  
7. ______  Cold Stress  
8. ______  Walk Kansas  
9. ______  2011  
10. ______  www.twincreeks.ksu.edu  
11. ______  Educators  
12. ______  Julianne Shoup  
13. ______  Extension 5 Grand Challenges  
14. ______  Cold Hardening  
15. ______  healthcare.gov  
16. ______  Volunteers  
17. ______  5 C’s for Positive Youth Development  
18. ______  4-H  
19. ______  Norton, Decatur, Sheridan  
20. ______  Estate Planning  
21. ______  “gig economy”

A. Largest National Youth Organization  
B. Sheridan County joined Twin Creeks Extension District  
C. Global Food Systems, Water, Health, Developing Tomorrow’s Leaders, Community Vitality  
D. Agronomy, Natural Resources, Family Resource Management, 4-H Youth Development  
E. Norton and Decatur formed Twin Creeks Extension District  
F. Competence, Confidence, Connection, Character, Caring  
G. Twin Creeks District Counties  
H. Winter Concern for Cattle  
I. Planning for the Future  
J. Promotes Activity and Better Health  
K. Program Development Committee  
L. Current Career Landscape  
M. Location of Twin Creeks Extension Offices  
N. 4-H Youth Development Agent  
O. Essential to 4–H Program Success  
P. Online Health Insurance Marketplace  
Q. Occurs in Winter Wheat Crop  
R. Family and Consumer Sciences Agent  
S. Ag and Natural Resources Agent  
T. Twin Creeks District Website  
U. Extension Agents
Horticulture and Livestock

Keep Poinsettias Blooming

December is prime time for poinsettias, and researchers at Kansas State University, Virginia State University, and others, have conducted trials of poinsettia cultivars to rate plants on growth characteristics and the development of bracts (the colorful leaves that seem to be the plant’s flowers). Horticulturists recommend that holiday plants be placed near windows to benefit from sunny winter days, but they must be protected from drafts and cold air. Winter care recommendations include adding lukewarm water when the soil is dry to the touch. Soil should be kept moist, not soggy, so plants don’t wilt.

LIVESTOCK

Cold Stress: What is Cold to a Cow?

Justin Waggoner
Beef Systems Specialist

As we all know there is no typical weather pattern in Kansas. We experienced a mild fall this year and thus far winter has been interesting in the Sunflower State with record high temperatures followed by brutally cold and windy days. The downside is that we don't know what might happen in the New Year, as we approach what are typically the coldest months of the year. Most cattle producers know and appreciate that cold weather increases nutrient requirements. However, the obvious questions that come to mind are "What is cold to a cow?" and "What increases (energy, protein, etc.) and by how much?"

Cattle are most comfortable within the thermo-neutral zone when temperatures are neither too warm nor too cold. During the winter months cattle experience cold stress anytime the effective ambient temperature, which takes into account wind chill, humidity, etc., drops below the lower critical temperature. The lower critical temperature is influenced by both environmental and animal factors including hair coat and tissue insulation (body condition). The following table lists the estimated lower critical temperatures of cattle in good body condition with different hair coats. In wet conditions cattle can begin experiencing cold stress at 59°F, which would be a relatively mild winter day. However, if cattle have time to develop a sufficient winter coat the estimated lower critical temperature under dry conditions is 18°F.

Cold stress increases maintenance energy requirements but does not impact protein, mineral or vitamin requirements. The general rule of thumb (for a cow in good body condition, BCS = 5 or greater) is to increase the energy density of the ration by 1% for each degree (Fahrenheit) below the lower critical temperature. The classic response to cold stress in confinement situations is an increase in voluntary intake. However, it has been documented that grazing beef cows may spend less time grazing as temperatures decline below freezing, which reduces forage intake (Adams et al., 1986) and makes the challenge of meeting the cow’s nutrient requirements even greater. In many cases feeding a greater amount of low-quality hay may not provide sufficient energy. Therefore providing additional energy by feeding a relatively higher-quality hay or grain may be required. More information on cold stress and nutrition may be found in "Beef Cow Nutrition Guide", Publication #C-735 which may be accessed online at http://www.ksre.ksu.edu/bookstore/pubs/C735.pdf.

### Estimated lower critical temperatures for beef cattle

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<tr>
<th>Coat Condition</th>
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<tr>
<td>Wet or summer coat</td>
<td>59°F</td>
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<tr>
<td>Dry fall coat</td>
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<td>Dry winter coat</td>
<td>32°F</td>
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<tr>
<td>Dry heavy winter coat</td>
<td>18°F</td>
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Upcoming Meeting

Veterinary Feed Directives

Twin Creeks Extension District will host a pair of meetings on February 10, 2016 to discuss the implementation of the new Veterinary Feed Directive (VFD) that will come into effect on January 1, 2017. The meetings will be held at two locations. The February 10th meeting will be held at the Sheridan County 4-H Building from 10:00 a.m. to 2:30 p.m. Dr. LewAnn Schneider, DVM from the State Board of Agriculture and Dr. Sandy Johnson, K-State’s Northwest Area Animal Scientist will be on hand talking about the new Feed Directives and a Beef Management Calendar. The FDA has taken this action (VFD) to promote the judicious use of medically important antimicrobial drugs in food animals. The goal is to work with the industry, to protect public health, by phasing out the use of medically important antimicrobials in food animals that enhance growth or improve feed efficiency, and to bring the uses of such drugs, to treat, control or prevent specific diseases, under the oversight of a licensed veterinarian.

Please join us February 10th or 11th for an informational meeting about Veterinary Feed Directives. Time will be set aside to answer your questions. We ask for a simple RSVP call to the location you plan to attend for a meal count. Norton: (785) 877-5755 or Hoxie (785) 675-3268.

Ag Technology Workshop

February 19th
11:30 a.m. – 1:00 p.m.
Sheridan County 4-H Building

With technology today there are more and more useful tools at the touch of a button or swipe of a phone. Come learn about Ag Apps with Ag Agent Tressie Mitzner from Graham County.

Please RSVP to (785) 675-3268.
Cold Hardening in Winter Wheat

Winter hardness or cold tolerance is a physiological process triggered by gradually cooling temperatures in the fall. During the process of cold acclimation, certain genes within winter wheat begin to initiate the production of “anti-freeze” type substances to protect the cell membranes. The process of cold acclimation within a sufficiently developed wheat seedling begins when soil temperatures at crown depth fall below about 50°F.

Photoperiod also plays a role in their process of cold hardening, with shorter days and longer nights helping initiate the process. Winter survival depends on the crown remaining alive, and the substances that produce cold acclimation are most needed within the crown. It takes about 4 to 6 weeks of soil temperatures below 50°F at the depth of the crown for winter wheat to fully cold harden. The colder the soil at the depth of the crown, the more quickly the plants will develop winter hardiness.

After the cold hardening process begins in the fall, wheat plants can rapidly un-harden when soil temperatures at the depth of the crown get above 50°F. But the plants will re-harden as crown temperatures cool below 50°F again. By the time winter begins, winter wheat will normally have reached its maximum level of cold hardiness.

Wheat in Kansas normally has its maximum level of winter hardness from mid-December to mid-January, unless there are high temperatures during that period. Even during the depths of winter, winter wheat is still respiring and roots may be growing as long as the ground is not frozen. It is not unusual to find a much more developed crown root system in early February than existed in early December.

Once winter wheat has reached the level of full cold hardiness, it will remain cold hardy as long as crown temperatures remain below about 32°F, assuming the plants had a good supply of energy going into the winter. If soil temperatures at the crown depth rise to 50°F or more for a prolonged period, there will be a gradual loss of cold hardness, even in the middle of winter. The warmer the crown temperature during the winter, the more quickly the plants will start losing their maximum level of cold hardness. Winter wheat can re-harden during the winter if it loses its full level of winter hardness, but will not regain its maximum level of winter hardness. Even at its maximum level of winter hardness, winter wheat can still be injured or even killed by cold temperatures if temperatures at the crown level reach single digits. As soil temperatures at the crown level rise to 50°F or more, usually in late winter or spring, winter wheat will gradually lose it’s winter hardness entirely.

Photoperiod also plays a role in this process. When the leaves switch from being postrate to upright, the plants will have completely de-hardened.

Feeding Alfalfa as a Protein Supplement

Feeding more alfalfa hay than cattle need gets expensive. Save money by feeding just enough alfalfa to provide the protein your animals need. Cattle often need extra protein when their winter diet is based on corn stalks, prairie hay, straw, or winter range.

The protein supplement you choose is important, both in its effectiveness and its cost. Many cheap protein sources contain mostly urea and other forms of non-protein nitrogen. These supplements may not be used very effectively when cattle are eating mostly low energy winter forages. Supplements containing mostly all-natural protein may be better.

All-natural protein feeds the microbes in the rumen so they can digest more fiber from your forage. And many times the cheapest natural sources of protein is alfalfa, even when hay price is high. Keep costs down by determining how much extra protein your cows actually need. Both a forage test for protein and a close estimate of how much your cows are actually eating are needed to be accurate. Then you can work with a local extension educator, a nutritionist, or use your own skills to calculate how much more protein is needed. Most winter forage diets need between one-half and one pound of extra protein per day. Since the forage test of your alfalfa will tell you how much protein it contains, you can calculate how much alfalfa to feed each day, or every other day, to keep cows healthy and productive. This could come from as little as 2 lbs. of hay when feeding very high protein alfalfa to cows needing only a little extra protein to as much as 8 to 10 lbs. when using low quality alfalfa for cows on a very low protein diet. It may not sound like a big difference, but when you feed just two or three lbs. each day per cow, the savings add up fast.

Test Before Feeding Corn Stalk Bales

Corn stalk bales will provide much needed feed this winter for many producers. If you’re one of them, be sure to feed them effectively. Baled corn stalks are going to provide a lot of feed this winter. But before you feed those bales, find out what they have to offer nutritionally. Sample and test your bales as soon as possible so when snow gets deep or other feeds run out you will know how to best feed your corn stalk bales. I’ve seen protein as low as 3 percent and as high as 7 percent.

Dry pregnant cows need 7 to 8 percent protein in their diet so high protein bales will need only a little protein to adequately care for the cows. But those 3 percent bales will need quite a bit of supplement to keep cows in good condition. Use a protein supplement that is nearly all natural and is mostly rumen degradable. Maintenance-level forage diets need degradable protein for the rumen microbes, but remember that urea and other non-protein nitrogen sources aren’t used as well. Many bales have pretty good TDN levels, nearly 60 percent. Cows fed these lower quality bales won’t do very well up until calving with just corn stalk bales and adequate protein supplement. However, stalks rained on before baling can be below 50 percent TDN. Cows fed these lower quality bales will need some extra energy, too. If your bales came from stressed stalks, like from drought or hail, also get a nitrate test to be sure they are safe. Good testing of corn stalk bales can help make them a nutritious and safe feed.
How do you address Bad Manners with children?

Manners are largely determined by culture, and bad manners offend many people. The child who burps, picks his or her nose, chews with their mouth open, or doesn’t use correct social conventions—like saying please and thank you—seems to be ignorant of society’s most basic rules. Bad manners can make your child appear less intelligent.

Parents have a responsibility to teach their children acceptable manners and social conventions. It’s important for parents to realize that good manners are not something you take on and off, like a party outfit, depending on the social situation. Manners are habit, a consistent part of each day. Of course, your child’s age will determine what are reasonable expectations.

Here are some suggestions for addressing bad manners:

1. Model the manners you expect your child to follow both at home and in public.
2. Remind older siblings of their responsibility to model good manners to younger children in the family.
3. At various stages of development, children react hysterically to burbs or farts and tend to egg each other on. While this behavior is normal, parents should indicate disapproval. Don’t laugh along with the children one day and become irritated the next.
4. Discuss obvious reasons for manners such as chewing with your mouth closed, using a tissue, waiting your turn in line, respecting the rights of others, talking quietly in public, or waiting your turn to speak.
5. Compliment your child when good manners are evident. For example, “I liked the way you held the door open for Grandpa!” or “Your table manners were excellent tonight at dinner.”
6. When your child exhibits bad manners, quietly and privately point out what the child did wrong. For example you might say, “Today when Billy was telling us about what happened in gym class you interrupted him twice.”
7. Ask the child to tell you how she or he thinks the offended person or persons might have felt. For example, “How do you think Billy felt when you interrupted him? How do you think those who were listening to his story felt?” In the case of a child who chews with his or her mouth open you might express your opinion, “I can’t enjoy my meal when I see someone chewing their food with their mouth open.”
8. Before an unusual social situation, like a planned trip, funeral or wedding, anticipate potential problems such as talking loudly in public and remind the child of the manners expected.
9. Be consistent in your expectations about manners. Don’t laugh when the child burps one time and frown the next.
10. Don’t contribute to your child’s bad manners. For example, a messy snack at the wrong time or a noisy toy in the wrong place invites trouble.
11. Establish a secret signal with which you can easily remind the child of a manners slip. For example, tapping your head to indicate it’s time to think about what you are doing or drawing an imaginary line to symbolize a boundary over which the child has stepped.
12. Make it clear that bad manners embarrass the child, the parents, and the observers.
13. If your child is demonstrating bad manners, quietly remove the child from the situation. Clearly point out the inappropriate behavior and do not rejoin the social setting until the child tells you she or he can act in an acceptable fashion.

This has been taken from Pass Along Papers: 52 Parent Handouts Read to Photocopy and Pass-Along!!!

Medicare Basics Classes

Are you turning 65 in the next 6 months? Or helping a family member about to go on to Medicare? Do the terms Part A, Part B, Part C, Part D, supplemental insurance, Medicare Advantage Plans and Medigap plans all seem like Greek to you?

Come learn about the basics of Medicare at a class taking place near you. Classes will be held from 5:00 pm to 6:30 pm. Locations TBD. RSVP to your local office by March 11th.

March 14th - Hoxie
March 15th - Oberlin
March 16th - Norton

Preserving the Family with Estate Planning

February 22nd / Hill City, KS / 6:00 pm—9:00 pm
February 23rd / Oberlin, KS / 9:00 am—4:00 pm
February 24th / Oakley, KS / 9:00 am—4:00 pm

Full day workshops include:
- Family Communication
- Asset Protection: Probate & Trusts
- Long Term Care Planning
- Farm Succession Planning
- Estate Planning Basics: Power of Attorneys & Advance Directives
- Q & A with attorneys and experts

Register by February 16th!
Evening session, $10/person, Full Day $20/person
Family discounts available with early registration.
Late registration fees apply.
To register online
go to www.northwest.ksu.edu under events

Finance & Family

Julianne Shoup
**Health and Nutrition**

**Making Turkey Leftovers Delicious!**

Do you have leftover turkey from the big holiday meals? Instead of the usual ways to do leftovers try some of these ideas. First, plan to use the leftover turkey you have refrigerated within three to four days. If it is going to be longer, freeze the leftovers in freezer bags for later use. Remember when reheating leftovers we should always reheat to 165°F.

Below are some ideas and short recipes for using your leftover turkey meat:

- **Turkey Stir-Fry** - Cut up the turkey into small strips. Stir fry vegetables (fresh or frozen) your choice, until just tender and add the turkey pieces. Heat until 165°F or very hot. You can add herds, low-sodium soy sauce, Teriyaki, or Asian stir-fry sauce for flavor. (Quick meal in 15 minutes.)

- **Turkey Quesadillas** - Cut up turkey meat and add to lite cheese on a tortilla. Heat until very hot and tortilla is lightly brown.

- **Turkey Chow Mein** has been a favorite with my family. Cut up the leftover turkey and add to Chow Mein vegetables. Heat until 165°F. Serve over hot cooked brown rice.

- **Pizza** - Start with a flatbread or a pizza crust. Add some tomato or pesto sauce, cut-up turkey and lots of chopped up vegetables. Top with some low-fat cheese and pop in the oven until the cheese melts about 15 to 20 minutes.

**Turkey Mashed Potato Soup Recipe**

In a large saucepan or Dutch oven, sauté over medium to medium-high heat in 1 tablespoon extra-virgin olive oil: 1 chopped, sweet, yellow onion and 1 cup thinly sliced carrots until the onion is translucent and the carrots are tender-crisp, about 5 minutes. Add 1 quart (4 cups) low sodium chicken broth, 3 cups mashed potatoes, and 1 teaspoon dried thyme leaves; continue cooking and stir until broth is smooth. Add 2 cups chopped, cooked turkey; continue cooking on medium heat until mixture starts to simmer. Reduce heat to medium-low and continue to simmer, stirring occasionally, for about 10 minutes until mixture is heated through. Season to taste with salt and freshly ground black pepper.

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**Increasing Indoor ‘Active Time’**

You can have a lot of fun playing inside with a young grandchild when the weather outside is harsh, while also encouraging physical activity. Here are some ideas:

- Skip, march, sneak slowly, jump, slide your feet, tip-toe, crawl, walk sideways and backwards, and roll around in some of the rooms in your house.

- Circle your arms at your sides, pedal an imaginary bicycle, shrug your shoulders, reach up high, bend down low, twist at your waist, do swimming front and back strokes with your arms, and give yourselves big bear hugs.

- Play imagination games, such as:
  - Acting out songs and stories.
  - Guessing which imaginary huge letters of the alphabet or numbers he or she has drawn in the air — first “draw” with hands, then with feet.
  - Pretending to play different musical instruments.
  - Moving like animals — hop like a kangaroo, wiggle your nose like a rabbit, pounce like a cat, waddle like a duck, stomp like a bull, wave your arms like an elephant’s trunk, flap your arms like a bird, wiggle like a snake, gallop like a horse, jump like a frog, roll over like a pig in the mud, and swim like a dog.

- Moving like tree branches in the wind, stomping and clapping like thunder, waving your arms like a lightning bolt, spinning like a tornado, moving up and down like an ocean wave, twirling like a leaf in the breeze, turning yourselves into rainbows.

- Throw a few empty plastic bags in the air and try to catch them before they land.

- Toss a balloon or a soft toy back and forth to each other, or into a box.

- Turn on lively music and dance.

Source: Adapted from Get Moving Today Activity Calendar

www.healthychildcare.org/PDF/LetsMove20CalendarENGL

CalendarFULL.pdf
I got a degree in liberal arts in 2011 from a small private college, and unfortunately, I was completely unprepared for the job market. It was tough: I was one of the lucky ones who was able to survive on my own, managing not to have to return to my parents house after graduation (though I still relied on them financially for several years).

In the last few years, this conversation has come up many times with my friends. The experience most of Generation Y shares is that many of our colleges were not aware of the current job landscape when we were being instructed, so we left prepared for a job market that had all but evaporated five to ten years before. This is not to fault our collegiate institutions or our instructors. We are, rather, in the middle of an unprecedented shift in the area of career. When we recorded a podcast a few months ago with Brad Lominick (a leadership thinker and writer), he called the current career landscape a “gig economy”. Most successful creatives are not being hired with W-2s and benefits. Instead, these folks are being hired for a “gig” and then moving along to the next one. To support this shift, there are massive freelancing websites like Upwork and Fiverr that allow for gig workers to find paid work without needing to leave their living room. While some are forced into this work by unemployment of eradication of entire industries by technology, others are consciously choosing this life because of the freedom it affords them.

Four Pieces of Advice for Students

Here are a few things you need to know to help prepare your young adults for this new career world.

- If your child is interested in a “traditional” field like medicine, law, or education, not much about these career paths has changed. Perhaps the only thing to consider here is how the fields are changing. As an example, while the path for medicine has changed very little in recent years, the jobs available has. The medical field forecasts needing more and more Physician’s Assistants than MDs in future years.

Check this list of future Millennial job paths to see where your child’s idea for their future is lining up with open positions.

- Success in the “freelance” world requires the values and skills of entrepreneurship, even for non-entrepreneurs. Freelance workers are effectively selling themselves for every single project, so the skills they will need are those most often associated with that of an entrepreneur. Skills like sales, networking, task management, financial management, branding, marketing, and communication are a staple for any freelancer, even if their field of influence has nothing to do with these kinds of skills.

- Learning to multitask will be the greatest challenge for “1099 employees” of the future. Most freelancers are required to work on projects, while still drumming up new business once their current work is complete. On top of this, freelancers have to manage their own finances and keep track of taxes, deduction, healthcare, and savings for retirement all on their own.

- Your kids will likely have 2-4 jobs at the same time. Most of the careers of the future will not switch out 1 job for freelancing. The major shift is that each person’s day-to-day work will look differently from everyone else. I have friends who work part-time in the mornings, run a non-profit in the afternoons, and weekends, and Kickstart music or art projects online in their spare time.

Can I make a prediction here? These hybrid careers will be the new normal within a decade. Depending on what you do now, this may be harder or easier to imagine, but mark my words: this change is coming. Are you preparing your students and children for it?

Tim Elmore is a leading authority on how to understand the next generation and prepare tomorrow’s leaders today. This article gives “food for thought”.

Contact your local Extension office in Norton, Decatur or Sheridan County.
# February Calendar

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<td>Norton 4-H Bldg. 6:00 pm</td>
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# March Calendar

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<td>Medicare Basics Class Registration Deadline</td>
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<td>Daylight Savings Time Begins</td>
<td>Medicare Basics Hoxie 5:00 pm—6:30 pm</td>
<td>Medicare Basics Oberlin 5:00 pm—6:30 pm</td>
<td>Medicare Basics Norton 5:00 pm—6:30 pm</td>
<td>Happy St. Patrick’s Day!</td>
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<td>Walk Kansas Registration Deadline</td>
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Preserving the Family with Estate Planning

Save the date and register now!
February 22nd / Hill City, KS / 6:00 pm—9:00 pm (Abbreviated program)
February 23rd / Oberlin, KS / 9:00 am—4:00 pm
February 24th / Oakley, KS / 9:00 am—4:00 pm

Early Registration Deadline February 16th
$10 registration fee ($15 for late registration) for Hill City workshop.
$20 registration fee (Oberlin & Oakley) ($30 for late registration)
Family Discounts Available with Early Registration
Lunch and information packet will be provided.

To register online go to: www.northwest.ksu.edu under events
or call 785-671-3245

Workshop topics include:
- Motivation & Family Communication
- Estate Planning Basics: Wills, Advanced Directives & Power of Attorney
- Long Term Care Planning
- Farm Succession Planning
- Asset Protection: Probate & Trusts