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Thomas County

K-State Research and Extension News

*Knowledge
for Life*

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Holiday Office Closings

Reminder: The Extension Office will be closed for Veteran's Day on Friday, November 10th. The Office will also be closed for Thanksgiving from Wednesday, November 22nd through Friday, November 24th, 2023.

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K-STATE
Research and Extension

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Upcoming Events

November

1st--K-State Garden Hour: Plants Gone Wild!- Controlling Invasive Plants - via Zoom
[Register here!](#)

1st--Living Well Wednesday: Teen Stress and Anxiety: How Worried Do Parents Need to Be?- via Zoom [Register here!](#)

10th--Kansas Landowner Conference- in Manhattan
[Register here!](#)



10th-11th--Kansas Rural Center Annual Food and Farm Conference- in Topeka
Theme: Urgency and Resilience: Cultivating a Thriving Future [Register here!](#)

13th--Local Food Roundtable- in Colby
[Register here!](#)

13th--Ways to Stretch Your Forage Resources- in Ottawa [Click here for information.](#)

14th—Central Kansas Beef Summit- in Beloit.
[Register here!](#)

16th--Calving School- in Jetmore
[Register here!](#)

16th--K-State Swine Day- in Manhattan
[Register here!](#)

28th--Tax Strategies for Midwestern Farm and Ranch Women- Online
Sessions 2 & 3 to be held Dec. 5th & Dec. 12th
[Register here!](#)



29th--Weed Control on Native Pastures- in Bird City Repeat session in Wakeeney on the 30th.
[Register here!](#)

29th-30th—Kansas Turf & Landscape Conference – in Manhattan. [Register here!](#)

December

5th—Crop Pest Management School— in Colby
Repeat session in Russell on Dec. 6th.
[Register here!](#)

5th--Virtual Kansas Local Food Roundtable
[Register here!](#)

5th & 7th--Online Grant Writing Workshop
[Register here!](#)

6th—K-State Garden Hour: Beekeeping Basics- How to Start Your Own Colony— via Zoom
[Register here!](#)

6th--Living Well Wednesday: Rapid Development of Baby Brains and Why it Matters- via Zoom
[Register here!](#)

7th--Virtual Kansas Local Food Roundtable
[Register here!](#)

January

4th--Calving School- in St. John



9th--Calving School- in Sublette

16th & 17th—Cover Your Acres— in Oberlin

17th-18th--Soil Health U- in Salina [Register here!](#)

22nd-24th--No-Till on the Plains- in Wichita
[Register here!](#)

24th-25th—FSMA Produce Safety Grower Training- 1-5pm online both days. This training is for produce growers in Kansas and Missouri and other regulatory or support personnel.
[Register here!](#)

February



14th-16th—Women Managing the Farm Conference- Held in Manhattan, the theme this year is “Rise”.
Registration coming soon!



Swine Profitability Conference— Hosted at the Stanley Stout Center in Manhattan, KS

Crop Talk Online Series— Stay tuned for more information!

Soil Fertility Schools— Stay tuned for more information!

For a complete listing of upcoming events, please visit our website: thomas.k-state.edu.

Spreading Cheer: K-State professor encourages happiness with flowers

Sheshukova promotes 'Petal it Forward' during national event

MANHATTAN, Kan. – It seemed like such a simple gesture.

But the two carnations – one pink and one red – that Mia Kingsley received from Irina Sheshukova recently were much more than that.

“It’s a well-known fact that flowers make people happy,” said Sheshukova, an instructor of floral design in Kansas State University’s Department of Horticulture and Natural Resources.

Sheshukova and a few of her students planted themselves near K-State’s student union Oct. 18 to spread cheer to passers-by during National Petal it Forward Day, promoted across the country by the Society of American Florists.

In addition to keeping a flower for herself, Kingsley was encouraged to give the other one to someone else. Spread the love, she was told.

“Random acts of kindness should be more common than they are,” said Kingsley, a K-State freshman from Olpe, Kansas. “It’s neat that we’re trying to encourage people by getting one (flower) and giving one. It’s so cool that something so small can make a big impact on people.”

Sheshukova said several research studies indicate the larger impact that flowers may have. [Researchers at Rutgers University](#) have shown scientifically that flowers have an immediate impact on happiness, a long-term positive impact on moods, and help to make intimate connections.

More recent studies in the [Journal of Environmental Horticulture](#) concluded that participants receiving plants experience such emotional and mental health benefits as:

- Reduced anxiety and stress.
- Decreased depression.
- Enhanced memory retention.
- Greater happiness and life satisfaction.
- Reduced effects of dementia.
- Improved self-esteem.

The physiological benefits include better sleep, decreased diabetes, enhanced immunity, improved digestion, decreased allergies, and more.

“The research is really interesting,” said Kenzie Liby, a K-State student and arts coach with K-State’s Union Program Council, which co-hosted the Oct. 18 event. “I learned last year that most men don’t receive flowers until their funeral. That’s a shocking fact to me. I feel like just little things we do for others here and there can change people’s lives.”

She adds: “There are a lot of reasons to always be kind to people, but not a lot of people do it. I think it’s important to take the time to go out and do it.”

Sheshukova said the approaching holiday season is another opportunity to make the season more bright for others.

“Nowadays, flowers are available throughout the year,” she said. “Flowers give a sense of connection to nature and emotional connection to each other. Flowers are sentimental gifts that help create memories and brighten any occasion or holiday.”

Sheshukova’s K-State classes draw about 80 students each semester, many of them she said from more stressful majors on campus seeking a release from hours of studies. Other students are more focused on the floral industry, taking advanced classes with an eye toward a career.

“I think a lot of people appreciate flowers,” Sheshukova said. “They’re beautiful and they smell good. I like the reactions of people when you give them a flower; I’ve had them tell me that I just made their day. We are trying to show the appreciation of flowers as well as the appreciation of giving and receiving flowers.”

Chloe Crooks, a K-State freshman from St. Joseph, Missouri, came with Kingsley to Sheshukova’s Petal it Forward event. Asked about the second flower she received, she said: “If I see someone who is a little bit down, I may give them a flower.”

More information on the benefits of flowers and other horticulture activities is [available online from K-State’s Department of Horticulture and Natural Resources](#).

By Pat Melgares, K-State Research and Extension news service

K-State floral design instructor Irina Sheshukova (right) hands two carnations to a college student during the 2023 National Petal it Forward day Oct. 18.



Mailing Food Gifts



Food gifts are a tasty treat for loved ones far away from home. Consider foods that are

healthy and easy to make.

- Non-perishable foods are best. You don't want to give the gift of foodborne illness!
- Choose firm and chewy cookies. Place them back-to-back and wrap with plastic wrap.
- Bar cookies ship well, but avoid recipes with cream cheese or other high amounts of dairy ingredients.
- Pack in a small box or tin. Place inside another box with packing material.

Learn more at www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/mail-order-food-safety

To ship internationally, check the www.usps.com/ website for shipping deadlines.

Don't Forget to Clean the Sink

We use the kitchen sink for food preparation and more. The possibility exists for foodborne illness-causing bacteria to hang out in the sink too. These bacteria could cross-contaminate your food and make you sick!

In USDA [recent study](#), participants prepared a breakfast meal with raw sausage, shell eggs, and a fruit salad made with cantaloupe they cut up. Among the surfaces tested, the most often contaminated after they finished preparing their meal was the kitchen sink, with 34% of sinks being contaminated.

Even scarier, 26% of the samples of cut-up cantaloupe from the fruit salad were

contaminated after breakfast prep. The bacteria in the sink or on your hands can cross-contaminate from the sink to other items, including those you normally eat raw...this means you'll be eating that bacteria too.

After using your sink to wash or prepare food, clean and sanitize your sink:

- 1) Use warm, soapy water to wash the sink. Wipe it clean with paper towels.
- 2) Use a sanitizer and let air dry. Sanitizers can be homemade (1 tablespoon of liquid chlorine bleach per gallon of water) or use a commercial sanitizer or sanitizing wipe.

Videos on Thanksgiving Food Safety

The USDA Food Safety YouTube channel has videos to help consumers prepare turkey safely for the holidays. The videos include:

Thanksgiving Food Safety

[Thawing Your Turkey](#)

[Cooking Your Turkey](#)

[Cross Contamination](#)

[Leftovers](#)

[Handwashing](#)

[Host Thanksgiving Like a Pro](#)

More videos can be found at <https://www.youtube.com/@USDAFoodSafety>

Tips on preparing and serving ham can be found at www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/meat/hams-and-food-safety





Join 4-H Today!

New 4-H Year Begins in October

October is a month of change in many ways. Fall has begun, weather is cooling down, the leaves are changing, and 4-H is not immune to its influence. October also marks the beginning of the new 4-H year and the opening of member enrollment. Where can youth and parents start if they are interested in enrolling in 4-H and want to learn more about what 4-H has to offer? The following are some questions and answers that can help any prospective members or parents learn more.

What is 4-H?

4-H is one of America's oldest and largest youth development organizations. It is a volunteer-led, informal education program administered through local county extension offices, state land-grant universities and the USDA. It features nearly 6 million members, rural, suburban, AND urban, throughout all 50 states and some foreign countries.

What does 4-H offer?

- Leadership opportunities for youth at the local and state level.
- Recognition for work and achievement through fairs, scholarships, awards, and more.
- Opportunity to participate in county, regional, state, and national events, including camps, educational programming, leadership positions, and conferences.
- Decision-making skills and opportunities through participation in club meetings, community service, and project work.

What makes 4-H different from other youth development organizations?

- **Self-determination** — Youth decide what projects they want to participate in, as well as how their clubs operate and support members and the community they live in. 4-H is the only youth development organization where members actually decide how it operates.
- **Experiential learning** — Members actively participate in their interest areas. Want to learn about insects? Start a bug collection in the

entomology project. Like to work with your hands? Build a rocket in rocketry or a table in woodworking projects. Learn to bake your favorite pie in foods and nutrition project. Interested in something that isn't an official project? No problem! Enter the Self-Determined project and come up with your own unique creation.

- **Research-based support from local, state and national experts** — 4-H is administered in Kansas through K-State Research and Extension, giving 4-H members, volunteers, and leaders access to the latest data in research and youth development.

Why 4-H?

A better question might be "Why not 4-H?"

A recent study of 4-H members across Kansas showed some positive results in areas of decision making, leadership, communication, and citizenship.

- 95% are comfortable making their own decisions
- 89% don't succumb to peer pressure
- 96% reported they can make a difference through community service
- 95% reported an increased effort to allow everyone to have a voice.

Who wouldn't want youths to be better leaders, citizens, communicators, and make better decisions? So I ask again, why not 4-H?

Joining 4-H

If you, or someone you know, is interested in joining 4-H, contact the Thomas County K-State Research and Extension office at 785-460-4582.

You can also learn more about joining and the different clubs in Thomas County by going to our [website](#). Feel free to contact Club Leaders to get a feel for how you might fit into that club.

You can also Follow us on Facebook @Thomas County Extension/4-H.

Please note: 4-H Online Registration will be open for enrollment on October 1st. It has been updated to the 2.0 version. If you have any issues with re-enrollment please contact the office and we can assist you.





Achievement Banquet

The Achievement Banquet will be held on November 16th in the 4-H building at 6:30pm. This event will showcase the winners of the 2023 Fair and the achievements of 4-H members from this past year.



Dog Judge Training & Re-Certification

The 2024 Kansas 4-H Dog Judges Training and Recertification will be held in Leavenworth on January 26-28, 2024. If you are a parent or someone who wants to help our 4-H youth with the Dog Project, please consider taking the training. New judges are always needed. Registration deadline is January 15th.

Save the Date!

Add these dates to your calendar so you don't miss these fun and educational events! More information about these events will be coming soon.

- January 27th- Horse Panorama

Project Leader Training

A Kansas 4-H Volunteer Project Leader Training Series was held last fall. All sessions were recorded for future use. Topics include: Personal Development: Public Speaking; STEM: Rocketry; FCS: Textile Science; Animal Science: Livestock; Service Learning; Financial Literacy; and Ag & Natural Resources: Wildlife. You can find more information on the 4-H [website](#). You can find additional resources for various projects on the 4-H website or you can contact the Extension Office for assistance.



Shooting Sports Projects

4-H members who are enrolling in the various shooting sports disciplines must enroll via 4-H Online in a timely manner so they will receive full educational benefit of the sport. 4-H members must be 8 years old before Jan. 1 of 2024 to participate in shooting sports. The deadline to enroll in the BB, Air Pistol, and Air Rifle projects is coming soon. Stay tuned for more information.



Club Meetings in December

Please double-check with club leaders regarding the date and time of your monthly meeting in December. Many clubs are holding meetings along with other activities and they may be at a different time and/or location than usual.

Junior Producer Days

Junior producer days are held to provide educational material and hands-on experiences for youth, parents, leaders, and extension agents. Click [here](#) for the flyers, more information, and registration.

2024 Junior Beef Producer Day

Date: Saturday, March 2, 2024

Cost: \$20/person

Registration Deadline: February 12, 2024



2024 Junior Sheep Producer Day

Date: Saturday, March 16, 2024

Cost: \$20/person

Registration Deadline: February 26, 2024





Volunteers

It's that time again and we need your help!! The enrollment date for adult volunteers is the same as that for 4-H members, October 1st. Returning volunteers will need to re-enroll on 4-H Online and verify their information just like returning 4-H members. If you are a new volunteer, please contact the office so we can get the forms and instructions to you. Call Laurel or Joanna at (785) 460-4582 or email joannajohnson@ksu.edu.

****If you know someone who would be a great resource for our 4-H members to learn from, (friend, community member, etc.) please contact the office. We are always looking for new project leaders and volunteers.****

Club Attendance

For the 2023-2024 year, 4-H members wishing to participate in the livestock auction are required to attend 5 club meetings and complete the YQCA training between the months of August 2023 and July 2024. Members must attend meetings for the club they are enrolled in on 4-H Online. Business must be conducted at the meeting in order for the meeting to qualify for attendance. College students who enroll in 4-H for their final year must still attend 5 meetings and complete the YQCA training either in person or by technology such as Skype or Zoom.

Club members and leaders can check their attendance record by checking the BAND group. Club leaders or a designated club member should send attendance sign-in sheets to Joanna after each meeting to ensure timely record-keeping. Sign-in sheets can be dropped off at the office or emailed to joannajohnson@ksu.edu.

Schedules & Calendars

A new 4-H year began October 1, and with that our 4-H community club leaders and project program leaders are developing their schedule of events and activities. Please contact the Thomas County Extension Office at 785-460-4582 with the dates and locations of your meetings and events. Our office has a calendar posted on our website for your convenience. If you have a meeting or event you would like us to add, or if you make changes to regularly scheduled meetings, please let us know. This will help us keep an updated calendar and will help ensure you get the dates you need for the 4-H Building without scheduling conflicts.

This is a reminder that we get use of the building without a fee through the Thomas County Fair Board, so we need to appreciate their gracious offer. There are times when that building is rented to the public and that revenue is used for maintenance expenses.

This is also a good time to remind 4-H leaders that the building needs to be cleaned after each use, even if that means someone before you did a poor job of cleaning. Having our 4-H members clean the building after each use teaches responsible behavior. Leaving the building cleaner when we leave than when we arrive shows our appreciation and mature attitude.

A thank you note to the Fair Board for their support during the fair and for the use of the building would be a great way to show appreciation. The Extension staff wish you a great new 4-H year. Thank you!

MONTHLY MEETING

Be Connected. Be Heard. Be Informed.

K-STATE PRODUCT DEVELOPMENT

**Ever wonder where new products come from
and the process used to develop them?**

ROAD SHOW

THE K-STATE TECHNOLOGY DEVELOPMENT INSTITUTE IN CONJUNCTION WITH NETWORK KANSAS IS PLEASED TO OFFER A NEW EDUCATIONAL PROGRAM TO SCHOOLS AND COMMUNITIES ON THE PROCESS OF EVALUATING, PROTECTING AND DEVELOPING NEW PRODUCTS!

FOR COMMUNITY MEMBERS - A COMPREHENSIVE PRESENTATION ON THE EVALUATION, PROTOTYPING, PROTECTION AND COMMERCIALIZATION OF NEW PRODUCTS AND TECHNOLOGIES. TOPICS ADDRESSED DURING THE 3 HOUR PRESENTATION INCLUDE:

- MARKET AND CUSTOMER RESEARCH
- PRIOR ART AND PATENT SEARCHING
- COMMERCIALIZATION - MANUFACTURING OR LICENSING?
- PATENT LICENSING PROCESS
- PRODUCT DESIGN & ENGINEERING
- PROTOTYPING
- PRODUCT SCALE UP
- MARKETING & SALES
- LOCAL AND STATE RESOURCES TO SUPPORT YOUR EFFORTS



WHERE AND WHEN?

TUESDAY, DEC. 12TH 2023

1:00 - 4:30 PM

CLICK [HERE](#) TO RSVP

CITY LIMITS CONVENTION CENTER

2227 S. RANGE

COLBY, KS



**KANSAS STATE
UNIVERSITY**

Technology
Development Institute

**NetWork
Kansas**

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 K-State Garden Hour Living Well Wednesday	2 Extension Annual meeting 	3	4
5	6 AH—Meeting @ 4-H Bldg. 7pm	7	8	9 Fairboard Mtg. @ 8pm	10 Office Closed  Kansas Landowner Conference	11
12	13 BPG—Meeting @ Henry Hall 7:30pm GEM—Meeting @ Gem Comm. Bldg. 7pm SV— Meeting @ 4-H Bldg. 7pm Local Food Roundtable @ Colby Event Center	14	15	16 Achievement Banquet  Calving School in Jetmore Swine Day in Manhattan	17	18
19	20	21	22 Office Closed	23 Office Closed	24 Office Closed	25
						
26	27 4-H Council Mtg. 	28 Tax Strategies for Midwestern Farm & Ranch Women- Session 1	29 Weed Control Program- Bird City	30  Weed Control Program- Wakeeney	December 1 Last day to re- enroll in 4-H to participate with 4-H at the Fair	
					PP = Pawsome Paws SS = Shooting Sports AH = Abilene Hustlers	BPG = Brewster Prairie Gem Gem = Gem 4-H SV = Solomon Valley



K-STATE

Research and Extension

Thomas County Office Complex

350 South Range Ave. Suite 16

Colby, Kansas 67701

Bookmark our website for quick reference to educational and informational resources as well as contact information for all of your questions:

<http://www.thomas.k-state.edu>

Check us out on Facebook & Twitter:

K-State Research and Extension Thomas County 4-H



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact two weeks prior to the start of the event. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.