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Thomas County

K-State Research and Extension News

*Knowledge
for Life*

September 2023

Volume: 182

2023-2024

4-H RE-ENROLLMENT & NEW ENROLLMENT

New 4-H members, as well as returning 4-H members, may enroll/re-enroll online starting Sunday, October 1, 2023. ALL returning 4-H members need to be enrolled by December 1st, 2023 in order to participate with 4-H in the 2024 Fair. At this time, please double-check all contact information for accuracy. Also, there is a \$15 4-H program fee per child to enroll. The Extension Office *highly* recommends using a debit/credit card for payment to expedite the enrollment process. If you have questions regarding the fee, please call the Kansas State 4-H Office at (785) 532-5800. For other questions, please call the Extension office at (785) 460-4582.

Emily Bennigsdorf
Ag. & Natural Resources
ebennigsdorf@ksu.edu

4-H Project Record Books, Officer Notebooks, Club Seal forms & Achievement Pin forms

Due – Friday, September 29th!!! See Page 4 of this newsletter for more information.

Laurel Despain
4-H & Youth Development
ldespain@ksu.edu

Thank YOU!

The Thomas County Extension Office Staff and Executive Board would like to say Thank You to each and every individual and business that helped with the 2023 Thomas County Fair. Without sponsors, volunteers, Fair Board and the 4-H Families, we would not be able to have such a successful fair!!!

Joanna Johnson
Office Professional
joannajohnson@ksu.edu

Seeking Candidates for Extension Program Development Committees

Interested in making Thomas County a better place to live, work and farm? Want to develop your personal leadership skills? We're looking for you!

Candidates are needed annually for positions on the Thomas County Extension Council. Each year, multiple residents age 18 or older are elected to a 2-year term on one of the four Extension program development committees: Agriculture, Family and Consumer Sciences, Community Development, and 4-H Youth and Development. If interested, please contact the Extension office.

Fair Premium Checks are available for pick-up at the Extension Office.



K-STATE
Research and Extension

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opportunity provider and employer.

www.ksre.ksu.edu

KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE

Upcoming Events

September

1st-- First Friday e-Call: The Role of Housing in Economic Development in Dodge City

[Click here for more information!](#)



6th-- K-State Garden Hour: Seed Saving From Your Garden- Noon-1pm via Zoom

[Click here to register and see past presentations!](#)

8th-- Farmer 2 Farmer Cover Crop Bus Tour- Larned, KS

For more information, [click here!](#)

8-17-- Kansas State Fair in Hutchinson

8th-9th-- “A September to Remember” Fall Garden Tour- Louisburg & Paola area gardens

For more information and to purchase tickets, [click here!](#)

11th & 13th-- Online Grant Writing Workshop through Cherokee County

[Click here to register!](#)

16th-- Parkinson’s “Moving to Live” Fall Conference- 9am-2:30pm at City Limits Convention Center



To find out more, [click here!](#)

19th-- Flu & COVID-19 Vaccination Clinic in Colby

26th-- Ag Lenders Conference in Garden City

27th-- Ag Lenders Conference in Manhattan or Livestreamed via Zoom

[Click here to register!](#)

28th-- Beef Stocker Field Day- 9:30am-5pm at the KSU Beef Stocker Unit in Manhattan

[Click here for a schedule and to register!](#)

29th-- 4-H Record Books, Achievement Pin forms, Club Seal applications, & Club Notebooks are due to the Extension Office!

30th-- Kansas Forest Service Open House: From Seed to Saw in Manhattan

[Click here for more details!](#)

October



1st-7th-- National 4-H Week

4th-- K-State Garden Hour: Putting Your Garden to Bed: Winter Garden Prep- Noon-1pm via Zoom

[Click here to register and see past presentations!](#)

6th-- First Friday e-Call: Trails: How Can Business Owners Help Create Trail Towns?

[Click here for more information!](#)

7th-- GROW (Girls Researching Our World) Workshop: K-State Investigates! Debunking Myths and Misconceptions in STEM- 9am-3:30pm in Manhattan



For more information and to register, [click here!](#)

7th-8th-- 48 Hours of 4-H Service Challenge

10th-- Flu & COVID-19 Vaccination Clinic in Brewster

12th-- Flu & COVID-19 Vaccination Clinic in Rexford

18th-- Quarterly Local Food Town Hall- Online

To register and to watch previous Town Halls, [click here!](#)

18th & 19th- FSMA Produce Safety Grower Training- 1-5pm online both days

[Click here to register!](#)

Pre-emergence Herbicides in

Wheat

It is getting to the time of year that we should be looking into what pre-emergent herbicides producers are going to use on their fields.



Pre-emergence herbicides with residual activity are an important component of high-yielding cropping systems. They are used less frequently in wheat production compared to other cropping systems in Kansas, but residual herbicides applied prior to wheat emergence can be part of a good weed management system in wheat production.

Most residual herbicides labeled for pre-emergence application in wheat are Group 2 (ALS-inhibiting) herbicides, which are associated with herbicide-resistant populations of kochia, marehail (horseweed), bushy wallflower, flixweed, henbit, and brome species in Kansas. Products in Groups 14 (the PPO-inhibiting herbicides) and 15 (the long-chain fatty acid-inhibiting herbicides) are also labeled; however, they are generally more dependent on rainfall for activation than the Group 2 herbicides.

Herbicides without residual activity may be applied with or without residual herbicides in the weeks prior to planting wheat. Older products include the Group 2 herbicides Amber, Olympus, and Pre-Pare, as well as Group 4 (plant growth regulating) herbicides like 2,4-D, dicamba, or fluroxypyr. It is especially important to know planting interval restrictions for Group 4 herbicides, which range from 10 to 45 days.

When selecting pre-emergence herbicides for use in wheat production, keep in mind that many of these products are also labeled for use in emerged wheat. Unless using a planned split application, avoid repeated use of products from the same herbicide group to slow the development of herbicide-resistant weed populations in your fields.

For a table from Sarah Lancaster, Extension Weed Science Specialist, to see what herbicide works best for you operation click [here](#).

Tar Spot in Corn

Tar spot of corn, a disease caused by the fungus *Phyllachora maydis*, has now been confirmed in Northeast Kansas in 2023. Tar Spot is now active in all counties previously reported during the 2022 season, which was first detected late in the season (9/15/2022).

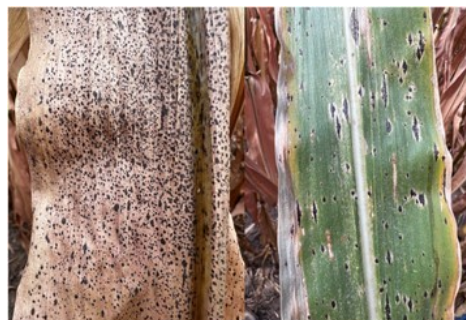
Tar spot prevalence and severity seem to be much higher than in the 2022 season. Right now is a critical time to identify fields with tar spot as these locations may be at higher risk for the disease next year. Producers should also consider harvesting fields confirmed to have tar spot last to mitigate additional disease spread. Because of this, scouting prior to harvest is critical.

When you are out scouting in fields you will want to look for small, black, raised spots either in a circular or oval shape. They can appear on one side or both sides of the leaves, leaf sheaths, and husks. Spots may be found on both healthy green and dying brown tissue.

Tar spot can be easily confused with insect poop, which can also appear as black spots on the surface of the leaf.

Fungicides are an effective tool for controlling tar spot if they are timed well. Research has shown the best return on investment from a fungicide application on corn occurs when fungal diseases are active in the corn canopy. A well-timed, informed fungicide application will be important to reduce disease severity when it is needed, and we recommend holding off until the disease is active in your field and corn is at least nearing VT/R1 (tassel/silk) or even R2 (blister). Scouting will be especially important if wet weather continues.

For more information about Tar Spot please visit this website, click [here](#).



Fresh Lemons vs. Bottled Lemon Juice for Canning

Whether adding lemon juice to tomatoes to acidify them safely or adding lemon juice to a jelly or jam, the best and safest choice is bottled lemon juice. Here's why.

Bottled lemon juice is standardized, or uniformly acidified, per FDA regulations. Therefore, it is consistent which provides a known level of safety for food preservation. The final acidity of a food product is critical to deter the growth of microorganisms that can cause spoilage or foodborne illness.

Fresh lemons, however, have an inconsistent acid, or pH, level. This can vary within the same variety of lemons, but also vary due to maturity, growing conditions, soil, fertilizer, rootstock, and storage conditions. While safe to eat fresh for a great meal, they are not the safe choice for food preservation.

As a reminder, when canning tomatoes, they must be acidified by using bottled lemon juice, citric acid, or vinegar with 5% acidity. Here are the choices and recommended usage levels:

- **Bottled Lemon Juice**

 - 1 tablespoon per pint

 - 2 tablespoons per quart

- **Citric acid**

 - 1/4 teaspoon per pint

 - 1/2 teaspoon per quart

- **Vinegar with 5% acidity**

 - 2 tablespoons per pint

 - 4 tablespoons per quart



Sources: [Iowa State University AnswerLine](#) and [K-State Research and Extension](#)

Plan now... for Christmas?! K-State extension agent says 'yes'

Thinking ahead can help save money, increase family time

In case you haven't glanced at a calendar lately, here's the stark reality: There's just a little over four months – about 135 days – to Christmas.

Gulp.

The reality that one of the most joyous – and often busiest -- times of the year is closing in can be a

welcome reminder, says Elizabeth Brunscheen-Cartagena, a family life and resource management agent in K-State Research and Extension's office in Sedgwick County.

"Four months gives us enough time to plan," Brunscheen-Cartagena said. "By planning, we can avoid over-spending due to the excitement of the season, and thus control our money rather than the season controlling us."

Brunscheen-Cartagena shares points to ponder well in advance of the busy season:

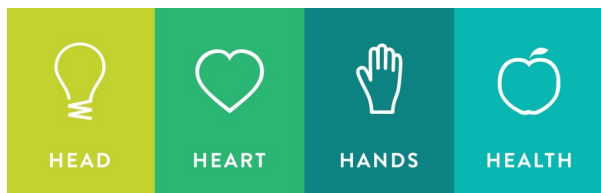
- **Create a budget for gifts.** "Make a list of all the people for whom we plan to give gifts and assign an amount you want to spend," she said. "Gradually save that money and put it in an envelope with the person's name on it." This also gives you time to think through the types of things that the recipient might like.
- **Recognize talents.** If a child or other person likes to cook, buy a simple cookbook and the dry ingredients for one of the recipes. If another person likes to paint, gradually buy brushes, paint or a canvas and put it in a decorative bag. Express yourself by making decorative jars with ingredients for a soup mix or hot chocolate recipe.
- **Plan your get-togethers.** If family is meeting up for holiday cheer, decide on whether there will be a gift exchange involving children, adults or both. Assign chores or dinner responsibilities to different families instead of taking on all the work and cost.
- **Avoid the last-minute rush.** Decide on gifts in advance so that you can compare prices between stores.

"Planning for the holidays will save us time, money and energy," Brunscheen-Cartagena said. "At the same time, it will bring us peace of mind, good relationships and a lot of happiness for us and our loved ones, which is the purpose of the holidays."

"At the same time," she adds, "it will bring happiness and relaxation for our pocket."

More information is available [online through the Sedgwick County extension office](#), or by contacting Brunscheen-Cartagena by email, lizb@ksu.edu.





Welcome to 4-H

At its roots, 4-H is a family program. Parents play a crucial role in a successful 4-H program and the youth's experience within the program. Here are some duties of parents outlined in the "[Welcome to 4-H: A New Family's Guide.](#)" I would highly recommend that you read through this if you haven't seen it before or just as a refresher!

Parents, How Can You Best Help Your 4-H'er?

1. Counsel your 4-H member in the selection of a suitable project by showing interest. Also check out this [project selection guide](#) for additional help! Make sure the work they start is completed.
2. Encourage your child to attend meetings regularly and attend with them so you'll be able to help the child remember upcoming activities.
3. Become a registered volunteer and share your knowledge, special skills and hobbies as a club.
4. Keep informed of local 4-H information.

Remember: Winning isn't always measured by the results of the ribbon or judging event, but by the character of the 4-H member, parent, and leader.

48 Hours of 4-H

Join us this fall in seeing just how much we can give back to our communities! The weekend following National 4-H Week (October 1-7) is the perfect opportunity to setup a service project and join the **48 Hours of 4-H Service Challenge**, October 7-8, 2023. Register your projects [online](#) and then follow up with a report so Kansas 4-H will see all the great work that happened across the state.



4-H Re-enrollment

Re-enrollment opens on October 1st for all of our current 4-H members. To re-enroll please visit 4-H Online at v2.4honline.com.



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 our different clubs and joining 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.

Club Attendance



For the 2023-2024 year, 4-H members wishing to participate in the livestock auction are required to attend 5 club meetings between the months of August 2023 and July 2024 as well as complete the YQCA Training. 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 either in person or by technology such as Skype or Zoom.

Club members and leaders can check their attendance record by going to the Thomas County Extension [website](#) or their BAND group. Click on "4-H Youth Development", followed by "Record Keeping." 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



Project Records, Officer Notebooks, Club Seal forms, Achievement Pins

- ⇒ Project Recognition / Record Books—(previously called Kansas Award Portfolio or KAP): Each record includes sections where the 4-H member can talk about the goals and experiences they had in their project over the past year. They can also include photographs. There are three age divisions- Junior (7-9 yr. olds), Intermediate (10-13 yr. olds), and Senior (14-18 yr. olds). There are also two different forms, depending on which project you want to talk about. One is a general form and the other is for animals, which includes pets, dogs, poultry, rabbits and all livestock projects. A record form should be completed and turned in for each project the 4-H member would like to have judged. These forms are available at the Extension office, or [online](#). If you would like to see a finished product, we have examples of the forms at the Extension Office. **Please, use only the new record book forms from the office or the link above.** Contact the office if you have trouble finding the forms or have questions about completing them.
- ⇒ The Historian, Reporter, Secretary, and Treasurers' notebooks for each club should be turned in to be judged as well.
- ⇒ 4-H members should also turn in their application forms for their annual achievement pins. These pins will be awarded at the Achievement Banquet, and the forms can be found in the office or [online](#).
- ⇒ Reminder to leaders that Club Seal and Club Project reports are also due to the office. We would like to highlight the work each club has done this year.

All of the sections listed above are due to the office on Friday, September 29th!

Record Book Judging

Thomas County record books will be judged in mid-October. If you would like to be a volunteer judge, please let the office know. Parents can judge a project their child has not entered a record book for. This can give valuable insight as to how other 4-H members work on their projects.

4-H Council Elections & Officer Training

New Officers will be elected at the September 25th 4-H Council meeting. Clubs should each have their council representatives chosen by this time. Members who would like to run for office need to attend this meeting and must be 11 years old or older this coming 4-H year. The meeting will be a joint meeting between the current council members and the future members. Officer Training will be Monday, October 30, 2023 at 6:00 PM in the 4-H Building. We will start off with pizza then break up into groups for the training. Please RSVP to the Extension office with how many slices of pizza you would like (\$2 for each slice – includes drink) by noon on the Friday before training – October 27th. The October 4-H Council meeting will follow Officer Training.



Achievement Banquet

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





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.

KYLF

[Kansas Youth Leadership Forum](#) will be held on November 18-19 at Rock Springs 4-H Center. This event is for youth ages 14-18 before January 1, 2024. It will feature workshops, consulting groups, inspirational speakers, State 4-H Youth Leadership Council Elections, and opportunities to learn and have fun. The theme this year is “Lights, Camera, Action, and Leadership!” Registration deadline is Monday, October 16th, 2023. Scholarships to attend the event are possible through the Bill Draper Fund. Contact the office if you would like more information! Registration link coming soon.

GROW Saturday Workshop

The Fall [2023 GROW Saturday Workshop](#) will be held on October 7, 2023 from 9 AM-3:30 PM with the theme “K-State Investigates! Debunking Myths and Misconceptions in STEM.” All students grades 6-8 are welcome to attend. At the workshop, middle school students will explore the world of STEM by debunking myths and exploring scientific misconceptions. Activities will be held by K-State professors, staff, and students on K-State’s campus in Manhattan, KS. The \$30 registration fee includes lunch and all materials needed to participate in this event. Register [here](#) ASAP as the event capacity is limited to 100 students.



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 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.****



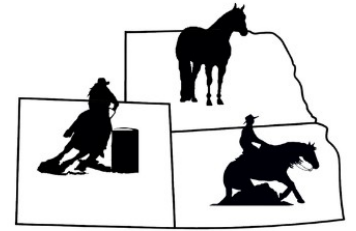
Project Leader Training Series

A Kansas 4-H Volunteer Project Leader Training Series are available for individuals looking at becoming a project leader! Topics include: Personal Development: Public Speaking; STEM: Rocketry; FCS: Textile Science; Animal Science: Livestock; Service Learning; Creative Arts—Visual Arts: Barn Quilts; Financial Literacy; and Ag & Natural Resources: Wildlife. For more information go to the 4-H [website](#).

Resource Guide

The Extension Office would like to update our current Resource Guide of helpful information for 4-H families. If you have suggestions of something we can add, please let us know. This could be something you wish you knew when you were a new family or something you still don’t know much about. Help us help you!

High Plains Horseman's Day



Saturday, September 9, 2023

Colby Community College Farm

2002 County Rd 23, Colby, KS 67701

9:30 a.m. – 1:30 p.m.

Join us for this
Free Event!

Raffle Prizes given
out at lunch!

Register at: <https://tinyurl.com/hphd2023> or scan the QR code below

Lunch provided if registered by September 1st

For more information please contact:

Shanda Mattix 785-460-5464 or shanda.mattix@colbycc.edu

Emily Bennigsdorf 785-460-4582 or ebennigsdorf@ksu.edu

Kelsi Wertz 785-673-4805 or kjwertz@ksu.edu



Join us for Equine Presentations by:

Saddle Fit, Wendy Winn

Form and Function, Gary Wiggins, Cowboy Gear Maker

Kansas Horse Council

Q&A with our Keynote Speaker Gary Wiggins



Hosted by:



Sponsored by:



2023 Seasonal Flu & COVID-19 Vaccination Clinic

COLBY DRIVE THRU CLINIC
SEPTEMBER 19, 2023
12 PM – 6 PM
THOMAS COUNTY HEALTH
DEPARTMENT ANNEX

BREWSTER CLINIC
OCTOBER 10, 2023
SENIOR CENTER: 9–10:30AM
HIGH SCHOOL: 11 AM–12PM

REXFORD CLINIC
OCTOBER 12, 2023
RED BARN: 9:30 AM–10:30 AM
HIGH SCHOOL: 11 AM–12 PM

Be Prepared with the following:

- ♦ Have payment or copy of insurance
- ♦ Wear loose fitting clothes
- ♦ Vaccine Consent form filled out online prior to receiving flu shot. We will not accept a previous year's consent.

FLU COSTS:

Please check back for costs.

Most insurances cover the cost of the flu vaccine.

Payable by cash, check, credit card, or insurance. The cost will be adjusted for children and adults without insurance.



Thomas County Health Department,
350 South Range, Ste 2, Colby, KS,
67701, Phone: 785-460-4596

Dates subject to availability of flu vaccine.

Consent forms can be found on our website:

www.thomascohealth.com

click on the Be Prepared tab at the top of the banner.

For patients under the age of 18 parents will need to sign the consent form and send with child.

NO consent form, NO Vaccination.

For more information please call our office at

785-460-4596

Or visit our website at www.thomascohealth.com

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 First Friday e-Call 	2
3	4 AH—Meeting @ 4-H Bldg. 7pm Office Closed 	5	6 K-State Garden Hour: Seed Saving from Your Garden 	7	8 Kansas State Fair Begins! 	9 High Plains Horseman's Day CCC Farm @ 9:30 am 
10 	11 BPG—Meeting @ Henry Hall 7pm GEM—Meeting @ Gem Comm. Bldg. 7pm SV— Meeting @ 4-H Bldg. 7pm Online Grant Writing Workshop- Day 1 	12	13 Online Grant Writing Workshop- Day 2	14 Fairboard Mtg. @ 8pm	15	16 Parkinson's Moving to Live Fall Conference 
17	18	19 Colby Drive-Thru Seasonal Flu Clinic in Colby	20	21	22	23 
24	25  4-H Council Mtg. with Officer Elections	26 Ag Lenders Conference in Garden City	27 Ag Lenders Conference in Manhattan & via Zoom	28 Beef Stocker Field Day in Manhattan 	29 Record books, Achievement pin forms, Club Notebooks due to the Extension Office!	30
October 1 Enrollment begins on 4-H Online					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.