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Thomas County

K-State Research and Extension News

*Knowledge
for Life*

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

Joanna Johnson
Office Professional
joannajohnson@ksu.edu



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Research and Extension

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February 2021

Volume: 154

Beef Weigh-In

Beef weigh-in will be held Saturday, **February 20th** from 9:00am to 11:30am at Colby Livestock Auction. This is for all market steers, market heifers, and yearling bucket calves. Breeding beef do not need to come to weigh-in. Tags are \$3.00 each, and we will be collecting \$5.00 per animal to be sold to pay for post-Fair advertising. Please bring cash or check to pay for your tags and advertising. For more information, see page 5.

Walk Kansas is Almost Here!

Get your teams together now! The KSRE Walk Kansas health initiative will be held March 28 - May 22, 2021. The goal of Walk Kansas is to help teams of six people be more active, make better nutrition choices, and walk away stress. For many, it's a great way to get motivated to lead a healthier life.

All teams must be registered and fully paid (on one check) by March 24, 2021.

Office Upgrades

The Thomas County Extension Office is working on some exciting new upgrades! We will be updating various areas of our website and will include a new Calendar section. We're also working on a new app that will allow you to have Thomas County 4-H in your pocket! Stay tuned!

Upcoming Events

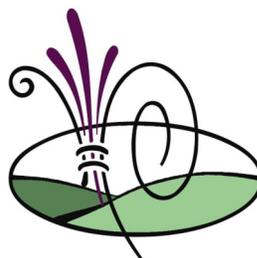
Crop Talk

This is a virtual webinar series focused on crop production. The series will be held at 10:30-11:30am CST on Tuesdays and Wednesdays during February into the beginning of March. Topics include soil fertility questions from growers for the 2021 season, weed management and pigweeds, corn insect resistance focusing on rootworm and western bean cutworm, grain sorghum weed control, sorghum insects focusing on aphids, headworms and cinch bugs, alfalfa management and weevil updates, and dryland corn dynamics. These sessions will be presented by specialists, scientists, agronomists and entomologists from K-State and one from the University of Nebraska-Lincoln. Register here: <https://tinyurl.com/croptalk>

Fence Line Series

This event is an evening webinar series starting at 7:00pm CST running on Thursdays starting February 4th until February 25th. The Fence Line Series is directed toward cattle producers in any area. The topics that will be covered consist of, cow nutrition programs for a successful breeding season, managing disease around calving, an update on estrous synchronization strategies and options for sexed semen, and effective pest management. All of our presenters are specialists working at K-State and K-State Research and Extension. Register here: <https://tinyurl.com/fencelineseries>

Women Managing the Farm



This annual event will be held virtually on Feb. 10th, 11th & 12th. This program is designed to keep women up-to-date on the latest advancements in agriculture and thriving within their rural communities. Attendees select from presentations covering many topics, including farm finances, relationships and health, agriculture and estate law, and many more. Register here: <http://womenmanagingthefarm.com/registration>

Cattlemen's Day

This program will be held virtually on March 5th and will include the latest information to help you understand the significant changes occurring in the beef industry. COVID-19 has had a huge impact, and this year's Cattlemen's Day program will examine these impacts on beef producers, processors, foodservice and retail segments of the industry. The day will start with a welcome at 9:30am and will conclude around 12:30pm.

Registration is free and is due [online](#) by February 26th.



Growing Seeds and Vegetables Indoors

The winter weather has made an appearance again with snow providing some moisture. Spending more time inside your house is probably not high on anyone's to do list at the moment. Help spruce up your house with some indoor flowers or start growing some vegetables.



I have a feeling most gardeners were getting excited for Spring with the nice weather last week. January and February are the perfect time for gardeners to start vegetables and flowers to later transplant from seeds starting inside to their permanent outdoor soil when the weather gets consistently warm.

Ward Upham, a horticulture expert with K-State Research and Extension encourages everyone to stay optimistic this time of year and by bringing this hobby indoors it can make this time of year more interesting. Upham outlined steps to take when looking to purchase and plant seeds indoors in a recent issue of the Horticulture Newsletter, a weekly publication from Kansas State University. He has four main recommendations for all people starting indoor planting.

His first recommendation was to purchase reliable, quality seed. Make sure to talk to your neighbors, friends, garden center and others to see what best grows in our area and see what has worked for them.

His second part of advice is to obtain your seeds from a reputable source. These may include garden centers and seed catalogs. "If choosing seeds from a business that does not specialize in plants, pay special attention to

the package date to make sure the seed was packaged for the current year," Upham said. "Though most seed remain viable for about three years, germination decreases as seed ages."

Finding the perfect date to seed. You should find a date later in the year you are looking to transplant the plants outside. Consider how many weeks the plants need to grow indoors to determine when to plant the seed.

The last piece of advice Upham suggests is sowing seed. He suggests to not use garden soil to germinate seed. It is too heavy and may contain disease organisms. Use a media made especially for seed germination to help your plants grow to their full potential.

Some additional tips include keeping the seed moist. Growing seeds need an appropriate temperature and lighting area. Upham continued saying how plants react to movement. "Brushing over the plants with your hand stimulates them to become more stocky and less leggy. Try 20 brushing strokes per day. However, brushing will not compensate for a lack of light or overcrowding."

Moving the plants outdoors prior to transplanting will help the plants become hardened to the sun and wind. Slowly expose the plants about two weeks before transplanting to gradually expose them to the outside conditions. Increase the number of hours and degree of exposure each time you take them outside.



Live a Healthier Life

This past year has brought new challenges including some thought on how we are taking care of



ourselves. Studies have shown that during the COVID-19 pandemic more people have found the time to take care of themselves. This includes what they are consuming on a daily basis, how much they exercise, and how healthy they are mentally.

The challenge for the upcoming months is to help make these changes stay consistent. Emily Mailey, an associate professor of kinesiology at Kansas State University, thinks that some of these new habits people have developed during this time are more sustainable than habits they have had previously. She continued into discussing the difference between workouts at home verses at a gym.

Being at home may help people feel more comfortable or just going on a walk outside to get some fresh air. We are very lucky to have our gyms open in our county which helps people get into a new routine and stick to it.

Mailey will be a featured speaker on the Living Well Together online program on February 18th. These weekly one-hour series are hosted by K-State Research and Extension.

“We’ll be talking about planning physical activity into your schedule,” said Mailey, who also is director of K-State’s Physical Activity Intervention Research laboratory. “It’s important to be intentional and to integrate physical activity into your day... and finding a support person to hold you accountable.”

Mailey helps people find simple ways to become more active during their everyday lives. She calls them “little bits of physical activity” to tie into everyday routines – such as brushing your teeth, washing the dishes or attending an online meeting.

“Enjoyment is one of the key things that we always highlight when encouraging physical activity,” Mailey said. “What one person enjoys doing may be very different from what someone else does. Sometimes we tend to have a very narrow idea of what counts as exercise, but in reality, there are lots of different ways to move your body and be physically active. We’ll encourage people to explore different types of movement to find something they’ll enjoy and would want to continue doing.” The important part is that people are becoming active and enjoying the activities.

To help promote a healthier lifestyle, Sharolyn Jackson, the northeast area extension specialist and coordinator of Walk Kansas, is getting the eight-week program all set up. Jackson said, “The eight-week period allows them ample time to do that and reach out to people who can support them – their teammates, who are family, friends and co-workers. We know that having a team of supporters is another way to make active habits stick.”

Walk Kansas will begin on March 28th and Thomas County will be hosting teams of 6 again this year. Registrations and payments are due March 24th. All teams will submit one check to the Extension Office to register all members of a team.

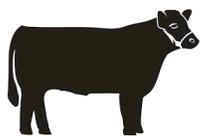




Beef Weigh-In

Beef weigh-in will be held February 20th from 9:00am to 11:30am at the Colby Livestock Barn. Each market steer/heifer is required to have an ear tag at the county fair. Breeding animals are not required to have tags at our fair. Please note: Our tags are NOT acceptable at the Kansas State Fair. If you have an animal you would like to nominate for the State Fair, please let the Extension Office know so we can get an EID tag for that animal! Also, if you'd like to volunteer to help with weigh-in, please let us know.

Again this year: At weigh-in, we will be charging for advertising in order to pay for the County Fair Livestock Advertisement in the newspaper. We are collecting the advertising money in advance this year due to software changes. Ear tags will cost \$3.00 each, and we will collect \$5.00 per animal to be sold in addition to the tags. For example, if a member weighs/tags 3 steers, he/she will pay \$9.00 for tags + \$5.00 for advertising (because only one steer can be sold per member) for a total of \$14.00. Please bring cash or check to purchase your tags and pay for advertising.



Kansas Junior Producer Days

The 2021 junior producer days will be hosted as a virtual series during the course of a week. The **Junior Swine Producer Week** will be February 15-20. Presentations will be provided a couple of days during the week, with the final sessions and discussion being on Saturday morning. All of the sessions will be recorded and shared with those who register. **Junior Meat Goat Producer Week** will follow a similar format March 15-20. All youth, parents, leaders and extension agents are invited to participate in these educational experiences. K-State faculty members, graduate students, veterinarians, extension agents, guest speakers and specialists will speak about youth livestock project management. Participation is free this year. However, all attendees, including youth and adults, still need to register [online](#).

Scholarship

Kansas 4-H State Scholarship applications will be collected online. The deadline to complete applications and submit recommendation letters or references is March 1, 2021. For a copy of the application and a list of available scholarships, please visit the Kansas 4-H Youth Development [website](#).



Thomas County 4-H Council Scholarship applications can be found at the Extension Office. Applications are due by March 10th.

County Club Day

County Club Day will be held on March 5th at the Thomas County Extension Office. We will be having sign-up sheets for all events. Due to COVID-19 we will not be allowing group events including model meetings, skits/performances, or group singing. The life skills kit will not be available. Acceptable events include: demonstrations, project talks, instrumental and vocal solos and duets. Since we are not offering model meetings at Club Day, the February attendance will count as 2 meetings.

Regional Club Day will be held on March 26th virtually. If you will be participating in Regional Club Day, your video submission will be due to Emily at the Extension Office by March 24th at 5:00pm.

Fair Livestock Auction

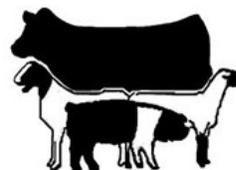
The livestock auction during the 2021 Thomas County Fair will be held on July 29th. Animals will be released on July 31st. While this seems far away, many lockers are already full for butcher dates through October. Please call the lockers for more information or to book a date for yourself or potential buyers.

ZD's Meatz in Oakley: 785-672-9003

Ben-Lee Processing in Atwood: 785-626-3732

Grinnell
824-3400

Locker: 785-





Horse Papers

Horse Identification papers are due to the Extension Office on May 1st. The form must be front and back only, not two separate pages and must have a standard-sized photo attached with all markings visible.

Horse Level Testing



4-H Horse Project members who would like to compete at the District or State level, must complete the Level 1 workbook, do some community service work, attend an educational seminar, take & pass the Level 1 written exam, as well as take & pass the Level 1 riding exam. More information can be found on the [4-H Horse page](#).

Discovery Days

4-H Discovery Days will be delivered virtually in 2021. The event will be held on June 1st-4th. Discovery Days offers classes and tours about 4-H projects, careers, hobbies, community service and more!

Save the Date

Great Northwest Rock Springs Camp will be held from June 9th - June 12th, 2021. This camp is for ages 7-12.



Camp Lakeside will be held June 9th-10th in Scott City. This camp is for ages 7-9.

If your child is interested in either of these camps, please let the Extension Office know ASAP! These camps overlap this year, so we may not be able to send 4-H members to both camps.

Campference

This event is focused on “betweenagers,” youth ages 12-14 and will be held June 27-30, 2021. This event is normally held at Rock Springs Ranch. However, it was held virtually in 2020. Keep an eye out for more information on this year’s event.

Insect Art Contest

The Pesticide Safety and Integrated Pest Management Program is hosting an insect-themed art contest for Kansas 4-Her’s and art students. This year the artwork needs to fit into the contest theme of “Exploring Pollinators.” The goal is to explore what pollinators do and why they are important and create an art piece that captures that information. More information on the rules, prizes, how the entries will be used, and how to submit an entry can be found at: <https://www.ksre.k-state.edu/pesticides-ipm/> or you can e-mail fmiller@ksu.edu to have the rules e-mailed to you. Submit entries by April 16, 2021.



Club Attendance

For the 2020-2021 year, 4-Her’s wishing to participate in the livestock auction are required to attend 6 club meetings between the months of August 2020 and July 2021. Members must attend meetings for the club they are enrolled in on 4HOnline. Business must be conducted at the meeting in order for the meeting to qualify for attendance. February attendance will count twice.

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

Volunteers

New and returning volunteers need to complete the Volunteer Application/Renewal on 4HOnline. If you have questions, call Joanna at (785) 460-4582 or email joannajohnson@ksu.edu.

February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 AH—Meeting @ 4-H Bldg. 7:00pm	2 Crop Talk Series 10:30am (Online)	3	4 Fence Line Series 7:00pm (Online) Corn School 7:00pm (Online)	5	6
7	8 Junior Swine Producer Week Registration due! GEM—Meeting @ Gem Comm. Bldg. 7pm SV— Meeting @ 4-H Bldg. 7pm	9 Crop Talk Series 10:30am (Online)	10 Women Managing the Farm (Online)	11 Fence Line Series 7:00pm (Online) Corn School 7:00pm (Online) Fairboard Mtg. @ 8pm	12	13
14 Valentine's Day  **BPG—Meeting @ Henry Hall TBD See club Facebook page for more info.	15 Junior Swine Producer Week Office Closed President's Day  CC—Meeting @ 4-H Bldg.6:30pm	16 Crop Talk Series 10:30am (Online)	17	18 Fence Line Series 7:00pm (Online)	19	20 Beef Weigh-In 9-11:30am 
21	22 4-H Council Mtg. @ 6:30pm 	23 Crop Talk Series 10:30am (Online)	24	25 Fence Line Series 7:00pm (Online)	26	27
28						
					SS = Shooting Sports AH = Abilene Hustlers	BPG = Brewster Prairie Gem Gem = Gem 4-H CC = Colby Comets 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 and Thomas County Extension are committed to making their services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact Emily Bennigsdorf at 785-460-4582.