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Thomas County

K-State Research and Extension News

*Knowledge
for Life*

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Upcoming Programs

Make sure to watch our Facebook page and check-in with the office to learn about various upcoming programs. There are several Agriculture and Family and Consumer Science programs scheduled for the next few months. Keep an eye out for registration deadlines and program locations. With everything going on this year please be aware all programs are subject to change and may become virtual. If you need more information about anything listed in the newsletter, please call the office.

Office Information

The Thomas County Extension Office will be closed December 24th—January 1st. The office will reopen on January 4th at 8:00am. Feel free to email Joanna or Emily with any questions or call our office and leave a message. We would like to wish everyone a safe and happy holiday! We will see you in 2021!



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Happy Holidays
**From the Thomas County
Extension Office to You!**

Recognizing Hoof Issues in Cattle

With cattle out to pasture or up near the house it is still just as important to check on your animals to make sure everyone is doing okay.

K-State veterinarians Bob Larson and Brad White as well as their colleague Matt Miesner, DVM, clinical professor and head of livestock services for the College of Veterinary Medicine went deeper into this topic on Cattle Chat in December.

“As veterinarians we see a lot of cases with feet. It is hard for cattle producers to treat that on the ranch because of the labor and facilities needed to treat the problem,” Larson said.

Miesner said at the K-State veterinary clinic it is common to evaluate cases of foot rot and toe abscesses.



“Basic foot rot is an infection between the toes that will cause a symmetrical swelling of the foot, whereas a toe abscess may not show any swelling, or if it does swell it will be on one side or the other,” Miesner said.

To treat foot rot, Miesner said antibiotics are given and it typically clears up. However, that is not always the case with abscesses.

“With abscesses, there will be a sudden onset of severe lameness that may get better with antibiotics, but it wasn’t the antibiotics that cleared it. Rather, it was the pressure release from the draining of the abscess under the hoof,” Miesner said. He added that unless treated with a thorough hoof cleaning, it may not be healed.

If it doesn’t get better with the first round of treatment, Larson advised cattle producers to have the hoof evaluated by their veterinarian

where the cattle can be lifted onto a turn table to take a closer look at the hoof.

Another less common foot ailment that appears in cattle is corkscrew claw, according to the veterinarians. This condition causes the animal’s toe to turn in such a way that the outer hoof wall can come in direct contact with the ground because the toes turn inward. White said the toe looks like a corkscrew; hence, the name.

The veterinarians debated about the heritability of this ailment.

“There is no hard, objective data about the heritability, but once an animal expresses the condition, it will be chronic for that individual,” Miesner said.

Larson added: “If there is a genetic component, it isn’t a strong one or we would have found that out by now through research.”

For cattle producers who have cattle with this condition, the choice is to cull the animal or manage the condition. Miesner said some his clients choose to manage it through regular hoof trimming of the affected animal.

No matter the ailment, Larson said, “Oftentimes one hoof problem can lead to other problems with the feet and legs, so it is important to consult with your veterinarian about the best way to manage it.”



Figure 1. Example of proper hoof structure



Figure 2. Female exhibiting clinical signs of corkscrew claw

Plan Your Weekly Meals

Before making a grocery list, write down meals you want to make this week. Buying for the week means you'll make fewer shopping trips and buy only the items you need.

Here are some basic tips for creating your menu and grocery list:

1. See what you already have. Look in your freezer, cabinets, and refrigerator. Make a note of what you currently have on hand. You can save money by using these items in the upcoming week's meals.

2. Use a worksheet to plan your meals. The Create a Grocery Game Plan Worksheet is great for planning your week and figuring out what items you may need to buy.

3. Create a list of recipes to try. Find new ideas for healthy and low-cost meals based on what you have on hand, foods your family enjoys, and foods that are good buys.

4. Visit MyPlate Kitchen for recipe inspiration. Search recipes by ingredient using MyPlate Kitchen -- an interactive tool to help with healthy meal planning, cooking, and grocery shopping. Be sure to include some family favorites along with the new recipes.

5. Think about your schedule. Choose meals you can easily prepare when you don't have a lot of time. Save recipes that take longer for days off. You also can prepare meals in advance to heat and serve on your busiest days.

6. Plan to use leftovers. Think about larger recipes with enough servings for multiple meals. This can reduce the number of ingredients you need to buy, and save you time preparing another meal.

Recipe of the Month!

Goulash

Ingredients:

- 2 lbs ground beef
- 3 tsp minced garlic
- 3 c water
- 2 cans tomato sauce 15 oz cans
- 2 cans diced tomatoes 15 oz cans
- 3 bay leaves
- 3 TB soy sauce
- 1 TB seasoned salt
- 2 TB Italian seasoning
- 2 c elbow macaroni uncooked
- 1 c shredded cheddar cheese

Instructions:

Sauté ground beef in skillet over medium-high heat until cooked. Drain. Add garlic and sauté for about 5 minutes. Add water, tomato sauce, diced tomatoes, Italian seasoning, bay leaves, soy sauce, and seasoned salt. Stir well. Cover and allow to cook for 15-20 minutes.

Add the uncooked elbow macaroni to skillet, stir well, return the lid and simmer for about 30 minutes. Turn off heat, remove the bay leaves, and add 1 cup of cheddar cheese right before serving.

Enjoy!





Beef Weigh-In

Beef weigh-in will be held February 6th from 9:00am to 11:30am at the Colby Livestock Barn. Make-up day will be February 20th, if necessary. 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.

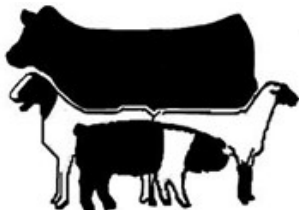
Again this year: At weigh-in, we will be charging for advertising in order to pay for the County Fair Livestock Advertisement in the newspaper. We are collecting the advertising money in advance this year due to software changes. Ear tags will cost \$3.00 each, and we will collect \$5.00 per animal to 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.

Western KS Sheep & Goat Conference

Hodgeman County is hosting some informational events about sheep and goats.

- ◆ Jan. 13th, 6:30pm via zoom—
Wool Sheep, Show Sheep & Goats
- ◆ Jan. 20th, 6:30pm via zoom—
Meat Goats & Hair Sheep
- ◆ Jan. 23, 9am-6pm in-person & via zoom—
Grazing, Equipment, Sheep Industry Update,
Nutrition & more.

For more information, contact DeWayne Craghead, Hodgeman County Ext. Agent at 620-357-8321 or dcraghea@ksu.edu.



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 Locker: 785-824-3400

Kansas 4-H Dog Judges' Certification & Training

This event is tentatively scheduled for January 29-31 in Wichita, Kansas. Participants will learn about the four dog phases of showmanship, obedience, agility and rally obedience of the Kansas 4-H Dog Care and Training Project in one weekend. This is a good opportunity for potential/current judges, local project leaders and older 4-H members to observe the training to learn new knowledge and to better understand how they will be judged at invitational shows and the Kansas State Fair 4-H Dog Show. More information is to follow.



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](#).

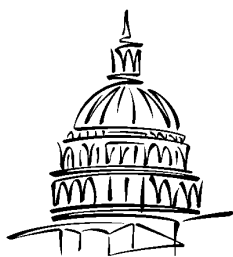


Scholarship

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.

Citizenship in Action



Would you like to have more influence in laws and rules that affect your life? Kansas 4-H Citizenship in Action is a two day event for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the capitol building, but will also show them how they can affect the legislative process. This event will be held February 14-15 and the registration deadline is Feb. 1st.

County Club Days

County Club Day will be held in March. Please stay tuned for more details. Now is the time to start thinking about how you might like to participate. Activities include demonstrations, project talks, dancing, music and dramatics, reading, etc. More information involving registration will be given in future newsletters, so stay tuned!

Save the Date

The Great Northwest Rock Springs Camp will be held from June 9th - June 12th, 2021. This camp is for ages 7-12. Start planning your summer now by saving the date!



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.

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

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. 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.



January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Office Closed New Year's Day	2
3	4 AH—Meeting @ 4-H Bldg. 7pm	5	6	7	8	9
10	11 BPG—Meeting @ Henry Hall 7:30pm GEM—Meeting @ Gem Comm. Bldg. 7pm SV— Meeting @ 4-H Bldg. 7pm	12	13	14 Fairboard Mtg. @ 8pm	15	16
17 CC—Meeting @ 4-H Bldg. 6:30pm	18	19	20	21	22	23
24	25 4-H Council Mtg. @ 6:30pm	26	27	28	29	30
31					SS = Shooting Sports AH = Abilene Hustlers	BPG = Brewster Prairie Gem Gem = Gem 4-H CC = Colby Comets SV = Solomon Valley



K-STATE

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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.