THOMAS COUNTY FAIR!

Fair pre-entries for each 4-H family are due on Thursday, July 8th. Entries will be completed online this year on the FairEntry website.

Fair Set-up will be July 22nd at 6:00 pm & Fair Clean-up will be July 31st at 8:00 am

*50% of your club must be present at both to qualify for a Club Seal!* The Thomas County Fair parade will be Tuesday, July 27th at 5:30 p.m.

Entry form can be found online or at the Extension Office!

Both 4-H and Open Class entries can be entered on the FairEntry website! Go to thomas.fairentry.com to register!

Again this Year for Fair

This year the Thomas County Extension Office will be closed Monday through Friday during fair week. This is a very busy week for us and we want to do a better job serving everyone at the fair. If we are needed we will be around the fairgrounds. Emily, Joanna and Regan can be found around the 4-H building or near the livestock facilities to assist you. We apologize for any inconveniences this may bring to the community but we want to focus on the fair and give our community the fair it deserves.

Reminder!!!

There will not be an August newsletter as we will be busy with Thomas County Fair activities!
Managing Cattle Through Heat

With temperature staying consistently warm this summer cattle may be having a hard time handling the heat.

A.J. Tarpoff, a beef veterinarian with K-State Research and Extension, said cattle are resilient animals; they will often acclimate to hot temperatures.

Some factors that affect cattle’s heat tolerance during the hotter months of the year include humidity, solar radiation, the color of their hide, diet and more.

Tarpoff said heat stress decreases the reproductive efficiency and performance of cattle grazing on pasture. In confined facilities, heat stress often causes cattle to eat less, which also negatively affects their performance.

When the cattle get hot they pant to loose heat. When the cattle start to pant they east less. This causes the cattle to have poor growth and can negatively impact their future performance.

Tarpoff listed best management practices for helping to reduce heat stress in cows:

Handling. Receive, ship or move cattle only during the coolest parts of the day, preferably before 10 a.m.

Feeding. Modify feeding times. Feed 70 percent of the animals’ ration as late in the evening as possible, which puts the peak heat of digestion overnight when temperatures are likely cooler. Decrease feeding during the day.

Managing heat. Split cattle between pens to reduce stocking density. Maximize airflow by removing obstructions around facilities, including weeds. If feasible, install shade structures, which can reduce solar radiation and reduce the temperature on the pen’s floor. Install sprinklers to wet cattle down at night or early morning so as not to increase humidity.

The amount of water cattle will consume when the temperature spikes will increase significantly.

“‘To put it into perspective, when the temperature goes from 70 degrees Fahrenheit to 90 degrees, a cattle will consume about double the amount of water,’” Tarpoff said.

As a rule, he said cattle should consume “about five times the amount of water as the dry matter they are consuming.”
Healthy Eating Styles

June marks 10 years since the United States Department of Agriculture updated the federal symbol for nutritious eating to the now-familiar MyPlate graphic to help people understand the best way to fill their plates.

The MyPlate graphic replaced the food pyramid which caused quite a commotion in the teaching and nutrition world. Sandy Procter, Kansas State University nutrition specialist, had a few comments on the MyPlate initiative, “It really changed the approach that we used with individuals and groups that were learning about eating healthier, and it has continued to evolve.”

The colorful plate image is divided four ways to show how much of a plate should be filled with vegetables, grains, fruits, and proteins, with dairy represented as a cup next to the plate. All areas represent important evolution in education about healthy eating.

Procter said the MyPlate symbol’s built-in flexibility allows it to remain relevant as research adds to our collective knowledge about the right kinds of foods and the right-sized portions we need to eat.

Plate size does have an effect on the portion sizing, the recommended size of the plate is seven to nine inches in diameter, unlike restaurant-sized plates that have become more common. Having the correct size plate will help identify the right amount of food a person should consume. This helps keep people aware of how much is on their plate to help keep attention to eat not only the variety that’s healthy, but the amounts that are going to keep our weight in control.

Procter said the idea that half the plate should be fruits and vegetables fits with the often-repeated refrain: Eat more fruits and vegetables. “Well, that shows up on the plate,” she said. “And not only does that show up on the plate, but in the Dietary Guidelines, it gets real specific talking about the brighter the colors and the more mix of variety that you can have in those groups, the healthier it’s going to be.”

“Even just varying the protein, whether we choose red meat, occasionally, poultry or seafood, or those plant-based protein sources … beans, legumes, there’s seeds, there's nuts, there's all types of foods that count as protein sources. And we really benefit from checking out what those can be, and how we can work a wider variety into our diets.”

“We still encourage people to make most of their choices whole grain. When we think grains, let’s think, instead of a white pasta, let’s think of a whole grain pasta, and making routinely a whole-grain bread choice. Rice can be whole grain.”

“In the Dietary Guidelines, they really encourage us to look at sources of, particularly, fat-free and low-fat dairy. … And dairy itself has so many healthy properties and nutrients that really are much easier to get from that food group than any others.”

We have a long way to go as Americans to get on track with the Dietary Guidelines but having helpful resources such as the MyPlate initiative helps start us in the right direction.
**Poultry Testing**

Poultry testing will be on Wednesday, July 14th at 9:00 am at the Thomas County Fairgrounds. Please bring all poultry you will be bringing to fair so we can test and band them. This is for ALL POULTRY, including 4-H and Open Class! Please note: large fowl (ducks, geese, etc.) do not need to be tested.

**Sign-Up Sheets**

Don’t forget to sign-up for a time to work a Putt-Putt or Security Watch time slot. We still have several times open. We also have sign-up sheets for Superintendent and Junior Superintendent volunteers. Our Fair cannot run without your help! Please let us know if you are willing to help. We also have a sign-up sheet for large and mini booths if you would like to decorate one for the Fair.

**Exhibit Building Set-up**

Fair set-up will be held Thursday, July 22nd at 6:00 p.m. Please meet at the 4-H building should there be some last minute directions and to sign the attendance sheet. We need families to move the display cabinets, being careful to not break the glass. Folks will also need to clean the display cases. We need folks with screw drivers, hammers and skill to assist with building the booth partitions for booth construction as well.

**Officer Notebooks**

Club notebooks for Secretary, Treasurer, Reporter and Historian are to be turned in with Project Record Books, NOT at the Fair. This judging will occur in late-September/early-October. We want the entire 4-H year to be included in these books when they are judged.

**Visual Art Hangers**

To assist volunteers who hang art work, please be sure the hanger is above the art work (see illustration.) Remember to mat or frame the art work so the art doesn’t roll up while hanging. Also, be sure the hangers are secure (tape tends to loosen up very easily.) These three points will make hanging/displaying art work faster and less frustrating. Thank you.

**Sewing Construction Judging**

Don’t forget that sewing construction entries (clothing and non-wearable) are judged late morning, following the buymanship judging, on Tuesday, July 20th at Celebration Community Church. Constructed clothing will be modeled and judged followed by the judging of sewn items. This includes patchwork and quilts.

**Rabbit Hemorrhagic Disease**

The Rabbit Hemorrhagic Disease is present in some of our neighboring states. Since this outbreak is happening we are asking that you bring your rabbit on the day of the show and take them home the same day. We want to make sure everyone and their animals are safe during fair. If you have any questions about this please contact Emily Bennigsdorf.

**Fair Camp Ground Reservations**

Don’t forget to contact Greg Griffin to reserve your spot on the fairgrounds during fair week at 785-443-5459. To have a camper on the fairgrounds it is $30/night. Please have your deposit ready when you reserve your spot.
Livestock Sale Weight Limits
The Thomas County Fair Board has established weight limits for market animals for the 2021 Fair. The weight limits are as follows:

Hogs: 200-325lbs  Beef: 1000-1600lbs
Lambs: 90-160lbs  Goats: 50-100lbs

All over and underweight animals regardless of species, will show in Heavyweight or Prospect classes. However, animals in both Prospect and Heavyweight classes may vie for Grand and Reserve Champion at the judge’s discretion.

Consignment Fees
All consignment fees with completed waivers must be paid and turned in to the fair board members at the weigh-in table by **3:00pm on the day of fair weigh-in** (Tuesday, July 27th). Check or cash only. Consignment fees are as follows: $10/head for small animals (sheep, goats, swine) and $20/head for beef. There will be no substitutions once the consignment form is turned in except for grand/reserve. If your paperwork and/or money is not turned in by the deadline, you will not sell at the premium sale. Consignment forms can be found at the Extension Office or picked up at the weigh-in table.

After-Fair Locker Information
Many of you may already be aware that area lockers are becoming increasingly busy. Therefore, if you know a potential livestock auction buyer, please tell them to schedule a processing appointment as soon as possible. Available processing dates are moving further in the future. Also, lockers will NOT be picking up animals after Fair as they have in the past. In order to reduce confusion after the auction, we are asking that 4-H families do not schedule a processing appointment for your potential buyer.

Locker Openings
Siebert Premium Meats, located just north of Colby, has a limited number of spots open for our 4-H members. Call Travis at 443-1650 for more information.

Pee-Wee Livestock
If you know of a Thomas County youth under 7 years old who would like to show in the Pee-Wee Livestock classes, please let us know at the Extension Office. We would like to add these participants to the livestock programs that are printed and distributed at the shows. You can also sign up on the day of the show as well.

Shooting Sports
Archery—Fair Shoot/State Qualifier will be held on July 10th at the Extension Office. Please contact Ashleigh or Jared for more information.

Shotgun—Fair Shoot/State Qualifier will be held on August 7th out at the Colby Trap Club. Please contact Tim or Jeff for more information.

Emily will be sending out surveys for each discipline once the season is over. Please look out for this and complete it. We appreciate your feedback on these projects.

48 Hours of 4-H
Join us this fall in seeing just how much we can give back to our communities! The weekend after National 4-H Week is the perfect opportunity to setup a service project and join the 48 Hours of 4-H Service Challenge, October 9-10, 2021.

By starting to discuss and plan now, you can find the perfect project for your group and help engage important partners!
Again this year: The Extension Office will be using the program called FairEntry for 4-H entries. We are hoping this program will help us with efficiency and timeliness of entries, results, programs and sale information. This will also include pre-entries. We have included an instructional sheet in your Fair packets and we are here at the Extension Office to help as well. Stop in, call or email with any questions.

**Pre-Entry Specifics**

**FASHION REVIEW:** All pre-entries, descriptions, and photos will be due July 8, 2021 by 11:59 pm on FairEntry. This is to ensure that our office staff has adequate time to create the show program, download and print photos, and print your narratives for our announcer. Please have narratives and cost-per-wear brought/mailed/dropped in our mailbox to the office no later than 5 pm on July 13, 2021.

**VISUAL ARTS & PHOTOGRAPHY:** All pre-entries with descriptions will be due July 8, 2021 by 11:59 pm on FairEntry. Photography entries will also need a photo upload. We are asking for descriptions to alleviate confusion for judges as well as our office when publishing results. If you are unsure of what you are planning to bring for visual arts, please submit all possible entries and only check-in what you want at the fair.

**FOOD PREPARATION:** All pre-entries and descriptions will be due July 8, 2021 by 11:59 pm on FairEntry. We are requiring a description so our office is able to differentiate entries and placings. If you are not sure what you are planning on bringing, please enter all possible food items on FairEntry and only enter what you want at the fair.

**HORTICULTURE:** Our office understands that some horticulture items may not be ready at the fair, Final Entries for horticulture will be due on FairEntry on **Sunday, July 25th.**

**RABBIT:** Rabbit entries will require a photo of the rabbit. This is so we can print the photo for your Rabbit ID card that will be displayed at Fair since the rabbits will go home after judging.

**WOODWORKING/WELDING:** Both of these Divisions now require a short description (ex. Bench, Chair, etc.) and dimensions. This is to help us get an idea of how much room will be needed to display your entries in the 4-H Building.

**Open Class Entry Specifics**

**ENTRY CARDS:** Please complete paper entry cards to attach to all Open Class entries. Entry cards can be picked up at the Extension Office in advance and will also be available in the 4-H Building during check-in on Tuesday, July 27th. Open Class check-in will end at 1pm.

**ENTRY LIMITS:** The Fair Board has decided to change some of the entry limits in several Departments this year. They are as follows:

- **Soil Products:** 1 entry per class, 3 per department
- **Flowers:** 1 entry per class, 3 per department
- **Antiques:** 3 exhibits per person
- **Fine Arts:** 1 per class, 5 per department
- **Photography:** 1 per class, 3 per department
- **Needlework:** 1 per class, 3 per department
- **Culinary:** 1 per class, 3 per department
- **Farm Shop:** 1 per class
2021 Thomas County Fair

FAIRADISE!

Thomas County Fair Pre-entries
Fair pre-entries for each 4-H family are due on FairEntry on Thursday, July 8th by 11:59 pm!

Fair Set-up and Clean-up
Fair Set-up will be Thursday, July 22nd @ 6:00 pm & Fair Clean-up will be July 31st @ 8:00 am – 50% of your club must be present at both to qualify for a Club Seal!

Thomas County Fair parade
Tuesday, July 27th at 5:30 p.m. Entry form can be found online.

Saturday, July 17
9 am – 4-H Dog Show (registration/vet check at 8:30am)
   @ Heartland Christian School
12 pm – Open Class Dog Show (registration/vet check @ 11:30am)
   @ Heartland Christian School

Sunday, July 18
4 pm – 4-H/Open Class Dog Agility & Rally
   @ Colby Ball Diamonds

Tuesday, July 20
9 am – 4-H Buymanship Judging
   @ Celebration Community Church
Following Buymanship – 4-H Clothing Construction Modeling & Judging
7:30 pm – 4-H Public Fashion Review

Thursday, July 22
9 am – 4-H Visual Arts Judging
1:30 pm – Demonstrations, Illustrated Talks & Public Speaking
6 pm – Fair Set-up

Saturday, July 24
7:00–8:00am – Open Class Horse Show Registration
8:30 am – Open Class Horse Show

Sunday, July 25
1 pm–5 pm – 4-H Booth Construction

Monday, July 26
8 am – 4-H Booth Construction
9 am – 4-H Horse show
7:30 pm – KPRA Rodeo

Tuesday, July 27
7:30 am–1:00 pm – Open Class exhibits accepted (non-livestock)
7:30 am–11 am – 4-H Exhibits accepted (non-livestock)
7:30 am–11 am – 4-H/FFA & Open Class Livestock Weigh-in/Vet Check
9 am–noon – Tallest Corn Plant Contest- Sponsored by Nutrien Ag Solutions
11:30 am – Judging of non-livestock 4-H exhibits starts
2 pm – Judging of non-livestock Open Class exhibits starts
2 pm – 4-H/FFA & Open Cat, Rabbit, Hand Pet, & Poultry show
3 pm – All Consignment forms and payment due to Fair Board
5:30 pm – PARADE- Starts at Fike Park, down Franklin to Fairgrounds
7:30 pm – KPRA Rodeo

Wednesday, July 28
8 am – 4-H/FFA & Open Class Swine Show followed by Sheep and Goat Shows
11 am – Antique Tractor show
4 pm – Registration for Pedal Tractor Pull
5 pm – Pedal Tractor Pull, Sponsored by Thomas County Farm Bureau Association
5:30 pm – Free BBQ Dinner

Thursday, July 29
7:30 am–10 am– Thomas County Community Foundation Breakfast
8:30 am – 4-H/FFA & Open class Bucket Calf, Breeding & Market Beef Show
5:30 pm – 4-H/FFA Livestock Sale
   Buyer’s appreciation BBQ after the sale

Friday, July 30
9 am – 4-H/FFA Round Robin
3 pm – Release of Livestock going home
7:30 pm – Truck and Tractor Pull

Saturday, July 31
6 am – Release of livestock for resale
8 am – 9:30 am – Release of all non-livestock entries
   4-H and Open Class
8 am – 4-H Fair clean-up & Release of Livestock
7:30 pm – Demo Derby
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<td>4-H Horse Show</td>
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<td>Beef Show Livestock Auction</td>
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SS = Shooting Sports
AH = Abilene Hustlers
BPG = Brewster Prairie Gem
Gem = Gem 4-H
CC = Colby Comets
SV = Solomon Valley
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.