Paid Summer Internship Opportunity

The Thomas County Extension Office is accepting applications for a summer intern! The work will consist of preparing and helping at all summer events and activities. Normal work hours will be from 8:30 a.m. - 5:00 p.m. Monday through Friday. Applicants must be 18 years old, with a high school diploma or GED equivalent. This internship runs from June 1 through August 5th. Please submit an application and resume by April 15th. You can bring documents to the office or you can email it to Emily at ebennigsdorf@ksu.edu. To complete the application, CLICK HERE or pick one up at the office! Thomas County Extension is an equal opportunity employer.

Small Animal Weigh-In

May 5th, 2022

The 4-H small animal weigh-in will be held at the Thomas County Fairgrounds on Thursday, May 5th from 4:00 p.m. - 7:00 p.m. If you want to show your goats, sheep, swine or bucket calves, please remember they must be weighed in at this time. Again this year, we will be charging for advertising in order to pay for the County Fair Livestock Advertisement in the newspaper. Ear tags are $3.00 each and advertising costs $5.00 per animal to be sold. We ask that you bring cash or check that day to pay for tags. 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 the correct EID tag for your animal.

4-H Camps

See page 6 for more information regarding 4-H camps being held this summer! These are great opportunities for 4-H members to experience a variety of activities. Be sure to come into the office or call if you have questions.
Alfalfa Weevils

With April coming back around it is time for farmers to get back out into their fields to start checking for alfalfa weevils. This pest is 3-16-inch long and light brown with a dark mid-dorsal line running down the middle of the back. Adults possess a distinctive snout and readily fall to the ground when disturbed. Eggs are laid inside alfalfa stems in fall or spring. Small, light green, black-headed, legless larvae have a distinct white stripe down the center of the body.

Larvae feed on the terminal and upper leaves of the plant early in the spring, reaching a quarter inch in length in about three weeks. Larvae spin loosely woven, silken cocoons, generally found on the ground among the leaf litter. Most damage occurs before the first cutting, but damage by larvae and adults can suppress yields by delaying regrowth after the first cutting.

Adults tend to go into the fields in late summer or early fall. They then lay eggs in the stems of the alfalfa which take roughly 300 growing degree days to hatch, which is roughly this time. Alfalfa weevils leave behind small holes in the leaves of alfalfa plants, about the size of a pin prick. If you start to see these in your fields that is an indicator that the eggs are starting to hatch. As it gets warmer, more eggs will start hatching which is why it is important to start scouting now.

Kansas State University crop entomologist Jeff Whitworth recommends that producers wait until there is a 30-50% infestation of alfalfa weevils in a field before deciding to spray. To test the infestation level, pick stems and then vigorously shake them into a white bucket to count the number of larvae that fall off.

Whitworth shared how to calculate the infestation level. If a producer shakes 10 stems into the bucket and there are six larvae, there is a 60% infestation level. If a producer shakes 10 stems but only counts 2 larvae, then there is a 20% infestation level and should be checked within the next 4-5 days, depending on temperatures.

Spray gallonage for ground equipment: 10 to 12 gallons per acre for 7-inch alfalfa; 15 to 20 gallons for 8- to 15-inch alfalfa; at least 20 gallons per acre on alfalfa more than 15 inches tall. Use 30 psi and hollow cone nozzles, and adjust spray pattern as suggested by the nozzle manufacturer to overlap near the top of the canopy.

Remember to check the weather before treating your fields for weevils. Insecticides only last around 10-14 days. If the temperature gets down into the mid-20s, the young larvae will be killed by the cold temperatures. If rain is in the forecast for the next 3-4 days hold off on spraying.
Let the Easter Egg Hunt Begin!

Sometimes eggs are decorated, used as decorations, and hunted at Easter. Here are some safety tips.

- **Dyeing eggs:** After hard cooking eggs, dye them and refrigerate within 2 hours. Use a food-safe coloring.

- **Blowing out eggshells:** Use caution when blowing out the contents to hollow out the shell for decorating. Use eggs that have been kept refrigerated and are uncracked. To destroy bacteria that may be present on the surface of the egg, wash the egg in hot water and then rinse in a solution of 1 teaspoon liquid chlorine bleach per half cup of water. After blowing out the egg, refrigerate the contents and use within 2 to 4 days.

- **Hunting Eggs:** If hard cooked eggs have been lying on the ground, they can pick up bacteria, especially if the shells are cracked. If the shells crack, bacteria could contaminate the inside. The total time for hiding and hunting eggs should not exceed 2 hours. Refrigerate and use “found” eggs within 7 days of cooking.

Learn more at [USDA Shell Eggs from Farm to Table](https://www.ars.usda.gov/general/shell-eggs-from-farm-to-table/

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Spring Leafy Greens

A gardening favorite to plant in the spring is leafy vegetables such as lettuce, spinach, arugula, and many others. They provide a lot of crunch and color to any meal. Packed with nutrients, they can help protect you from some chronic diseases.

Handle and prepare all leafy greens safely before consuming as there have been foodborne illness outbreaks associated with these fresh foods. Most of these are never heated prior to eating, so it is important to rinse them under running water. Do not soak in water as this can spread contamination. Research has shown that rinsing in water helps remove most bacteria and dirt. Use these steps.

- Wash your hands with soap and water before and after preparing leafing greens.
- Remove bruised or damaged leaves. Remove outer layers of cabbage and lettuce heads.
- Rinse leaves under running water. Rub gently with your fingers for better results.
- Dry leaves in a salad spinner or with a clean paper towel to remove moisture.

Source: [www.cdc.gov/foodsafety/communication/leafy-greens.html](http://www.cdc.gov/foodsafety/communication/leafy-greens.html)

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Easter Ham Preparation

Whether you are cooking a raw ham or preparing a ready-to-eat ham product, follow these steps for a ham that is cooked to perfection.

- Ham that is not ready-to-eat but has the appearance of ready-to-eat products will bear a statement on the label indicating the product needs cooking.

- Ham that requires cooking before consumption or fresh, raw ham must reach an internal temperature of 145°F (with a three-minute rest time). Set the oven no lower than 325°F.

Cooked canned ham and cooked vacuum-packaged ham, both from federally inspected plants, can be eaten right out of the package. All of these along with spiral-cut cooked ham are safe to eat cold or can be warmed to an internal temperature of 145°F, as they are already fully cooked. For cooked hams that have been repackaged in any other location outside the processing plant, heat to an internal temperature of 165°F, measured with a food thermometer, before you serve it.

Learn more from [USDA Ham and Food Safety](https://www.ars.usda.gov/activities/ham-and-food-safety/)

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Buying Guide for Kansas Fruits and Vegetables

As local farmers markets make plans to open for the growing season, shoppers can plan ahead by knowing what is available at different times of the year.

The K-State Research and Extension Buying Guide for Kansas-Grown Fruits and Vegetables is a great tool to help you choose many nutritious seasonal fruits and vegetables. Local farmers can also answer questions about the foods they grow to help you try something new or find a new way to enjoy the tasty treats. Within the publication are charts you can print out for a handy reference.

Looking for a farmers market near you? The Kansas Department of Agriculture From the Land of Kansas program has a list of registered markets on their [website](http://www.kansasfarmersmarket.org/).
Project Enrollment

May 1st is the last day to add or drop projects on 4-H Online. Please log-in to update which projects you will or will not be participating in this year at Fair.

Project Meetings/Events

**Dog Project** – Practices are being held on Tuesdays from 7-9pm at the 4-H Bldg. For more information, please contact Angie Harris at 785-443-2797.

**Photography project** – Shutterbugs events
- April 23rd at 9am at Botanica Gardens in Wichita, KS with $9 entry fee per person
- May 7th at 8:30am at Lee Richardson Zoo in Garden City, KS with $5 reg. fee for each of the first 5 members of a family. Age 5 and under are free.

**Shotgun project** – The coaches are gearing up for the upcoming shotgun season. Safety meetings and practices will be held later this spring. Watch for more information and make sure you’re signed up for the shotgun project on 4-H Online.

**Geology Project** – The State 4-H Geology Field Trip is scheduled for June 10th-12th. More information to come soon.

**Buymanship Project/ Fashion** – McPherson County and Central Kansas District are hosting a 1-hour Zoom on April 14th at 7pm, led by Dr. Yingying Wu, Assistant Professor in Fashion Studies. This meeting will discuss the use of advanced fashion technologies, such as 3D body scanning, 3D virtual simulation, smart textiles and eye-tracking. In addition, sustainability impacts of adapting advanced technologies will be discussed. Lastly, you will practice how to effectively read clothing labels for making smart clothing shopping and care decisions. Register [online] by April 12th.

YQCA Training Required for all Livestock Participants

The Youth for the Quality Care of Animals (YQCA) certification training will be required for 4-H members ages 8-18 to be able to show and sell their livestock this year for fair. 7 year-olds are encouraged to attend, but will not become certified.

Species that require certification include beef, hogs, sheep, goats, poultry and rabbits. This training focuses on food safety, animal well-being, and life skill development. The office will be hosting two in-person dates for members to receive their certificate. If they cannot attend either in-person date they are able to complete the training online. Both dates will be held in the Thomas County Office Complex Board Room. The first training will be **Monday, April 25th** at 6:30pm and the second will be Sunday, May 22nd at 2:00pm. The training will be $3/participant in-person or $12 online. All certificates of completion are due to the office by July 7th. For questions and to register, please call the Extension Office at 785-460-4582.

Spring Shows

Many counties are starting to think about their annual spring shows. Check with the Extension Office periodically to learn about upcoming Livestock, Horse and Dog shows.

**Thomas County Livestock Expo**

April 23rd & 24th on the Fairgrounds

This spring show is for youth ages 8-18 and includes showmanship, market and breeding classes.

**CCC Kick-Off Horse Show**

Save the Date for April 30th.
State Livestock Nominations

Market Beef state livestock nominations (including steers and market heifers) are due May 1st. All small animal nominations (non-market beef) are due June 15th. This includes commercial heifers, market pigs, commercial gilts, market lambs, commercial ewes, and ALL meat goats. There is not a separate division for registered breeding does at either state show, so all meat goats must be nominated in order to be eligible to show.

Any 4-H or FFA youth who would like to exhibit in the Kansas State Fair Grand Drive or KJLS is required to nominate their livestock projects. The 2022 nomination information may be found on the Youth Livestock Program website.

New this year: The livestock nomination process will be completed online! This includes ordering DNA envelopes and paying the nomination fee online. DNA envelope orders will close one week prior to the nomination deadline for each specie (Market Beef—April 24; Small Livestock—June 8).

All families are encouraged to use the nomination checklist as a guide to ensure their nominations are complete upon submission. This resource may be found on the Youth Livestock Program website, or through extension office.

As a reminder, ear notches are required for swine nominations and scrapie tag numbers are required for sheep and goats. Nominations received without this information will be considered incomplete and returned to the family for completion. Confirmation letters will be sent to families once their nominations have been processed, and reports will regularly be posted on the Youth Livestock Program website. Families are encouraged to use one of these options to verify their nominations.

A complete nomination does NOT constitute show entry. The Kansas State Fair and KJLS will release entry information to agents and through their respective websites as entry season draws near. State Fair Grand Drive entries will be due July 15th, and KJLS entries will be due August 15th. Animals who are nominated, but do not follow the appropriate entry processes set forth by each show, will not be permitted to show. For nomination questions, please contact Lexie Hayes at adhayes@ksu.edu.

Horse Project

- Practices— 4-H practices will begin at the CCC farm on Thursdays, beginning April 14, 21, & 28. Riders will need to provide a negative Coggins test (within the last year) and will have to wear helmets per CCC policy. Stay tuned for more details.

- Annual ID 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.

- CCC Kick Off Horse Show— Save the date for Saturday April 30th.

- 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.

- NW District Horse Show- The Northwest District Horse show will be held on July 7th in Norton. Stay tuned for more information and registration deadlines.

- 4-H Equine Webinar Series- This series will help 4-H members, volunteers and parents gain the skills and knowledge about horses and the horse industry in Kansas. Topics will include basic 4-H Horse project knowledge, horse health and college and career readiness. Webinars will be held live the third Monday of each month at 7pm and will be recorded for later viewing. For more info. and to register, visit the Webinar Series website.
Scott Lake Camp
An introductory camp is being planned for young campers ages 7-9. Each county is allowed 10 campers and 2 counselors (14+ years old). Registration is $80 and we will be keeping a sign-up sheet at the office starting March 11th.

Rock Springs Ranch 4-H Camp
Camp enrollment is open now. However, several changes have occurred. In the past, Thomas County has attended camp with the Great Northwest Camp Group. Due to recent changes at Rock Springs Ranch, that group is no longer together. In 2022, Rock Springs is offering flexible camp session opportunities. 4-H members can attend any session during the summer, not just a specific one. They are also offering Open Enrollment, allowing non-4-H members to attend. For more information on session dates, pricing rates and new leadership opportunities, please visit the Rock Springs Ranch website.

Discovery Days
Discovery Days offers in-depth training through educational sessions from content and youth development experts. Members will learn new ideas, techniques, and skills they can use personally and in their 4-H clubs and communities. It will be held June 1-3 on the K-State Campus. Registration is due May 1st! Click here to register.

Club Attendance
For the 2021-2022 year, 4-H members wishing to participate in the livestock auction are required to attend 6 club meetings between the months of August 2021 and July 2022. 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.

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.”

BAND App
The office and clubs will now be using the BAND app to communicate important information. Please select the main group and your club to register.

Thomas County 4-H:
https://band.us/n/a8a164M4D0x9n
Abilene Hustlers:
https://band.us/n/a8af6cM4DdydT
Brewster Prairie Gem:
https://band.us/n/aaac63M5D7Z6d
Gem 4-H: https://band.us/n/aca96dM8D2Zb8
Solomon Valley:
https://band.us/n/a7a662McD5Z7s
14 and Older 4-H Member BAND:
https://band.us/n/aca464x9c5H23

Entomology Project
The dates for the 2022 Insect Spectacular have been set for June 17th and 18th. Stay tuned for more information. You can also check out the recordings for all three webinar sessions in 2021 as well as the recordings from the 2020 Insect Spectacular. These are available on the Kansas 4-H website along with other entomology resources.

Insect Art Contest
The Kansas State Pesticide Safety and IPM program is hosting an insect-themed art contest for Kansas 4-H members and art students. Visit their website for complete rules and an entry form. This year the artwork needs to fit into the contest theme of “The Benefits of Insects.” The goal is to explore why insects benefit us as a society and why they are important, and create an art piece that captures that information. Selected artwork will be used to promote why insects are important and to create other educational items. Artists that have art selected will receive a certificate and a prize to recognize their achievement. Winners will be selected from four age categories from kindergarten to high school.
THOMAS COUNTY 4-H CLUB DAY RESULTS
March 11th, 2022

MODEL MEETINGS
Abilene Hustlers– Top Blue
Solomon Valley– Blue
Brewster Prairie Gem– Blue

PUBLIC SPEAKING (Ages 14 years & older)
Hannah Hernandez– Top Blue
Kellen Burvee– Blue

PROJECT TALKS
**Junior Project Talk (Ages 7 to 9)
Brody Reid– Blue
Bryer Reid– Top Blue
Emerson Sloan– 2nd Blue

**Intermediate Project Talk (Ages 10 to 13)
Brynlee Reid– Blue
Emery Fikan– Blue
Brody Stramel– Top Blue
Koulter Plummer– 2nd Blue

DEMONSTRATIONS & ILLUSTRATED TALKS
**Junior Demo. / Illus. Talk (Ages 7 to 9)
Anna Kuhlman– Blue
Max Juenemann– Blue
Joseph Schrick– Top Blue
Sebastian Schrick– Blue
Cort Stramel– 2nd Blue

**Intermediate Demo./Illus. Talk (Ages 10 to 13)
Jude Horinek– Blue
Aleha Gabel– Blue
Sophia Stramel– Top Blue
Elijah Gabel– Blue
Samuel Hernandez– 2nd Blue
Ella Fikan– Blue

**Senior Demo./Illus. Talk (Ages 14 and older)
Hannah Hernandez– Top Blue
Blayne Reid– 2nd Blue

VOCAL SOLO
**Intermediate Vocal Solo (Ages 10 to 13)
Claire Denny– Blue
Janessa Leija– Blue
Samuel Hernandez– Top Blue

INSTRUMENTAL SOLO
**Int. Instrumental Solo (Ages 10 to 13)
Aleha Gabel (violin)– Red
Tinsley Wolf (flute)– Red
Elijah Gabel (cello)– Top Blue

PIANO SOLO
**Junior Piano Solo (Ages 7 to 9)
Silas Horinek– Top Blue

**Intermediate Piano Solo (Ages 10 to 13)
Jude Horinek– Blue
Aleha Gabel– Top Blue
Reagan Frantz– Blue
Elijah Gabel– Blue

**Senior Piano Solo (Ages 14 and older)
Colby Kriss-Howlett– Top Blue

DANCE-SQUARE, LINE OR FOLK
**Intermediate Dance (Ages 10 to 13)
Aleha Gabel– Red

SKITS
Hannah Hernandez, Reagan Frantz, Tori Harter, Ella Fikan, Finley Frantz– Top Blue

READING
**Junior Reading (Ages 7 to 9)
Clover Frantz– Top Blue

**Senior Reading (Ages 14 and older)
Joe Leija– Top Blue Hannah Hernandez– Red
MODEL MEETINGS
Abilene Hustlers– Top Blue

PUBLIC SPEAKING (Ages 14 years & older)
Hannah Hernandez– Top Blue

PROJECT TALKS
**Junior Project Talk (Ages 7 to 9)
Bryer Reid– Top Blue
Emerson Sloan– Red

**Intermediate Project Talk (Ages 10 to 13)
Brody Stramel– Blue
Koulter Plummer– Red

DEMONSTRATIONS & ILLUSTRATED TALKS
**Junior Demo./Illustrated Talk (Ages 7 to 9)
Joseph Schrick– Top Blue
Cort Stramel– Blue

**Intermediate Demo./Illustrated Talk (Ages 10 to 13)
Sophia Stramel– Blue

**Senior Demo./Illustrated Talk (Ages 14 and older)
Blayne Reid– Blue
Hannah Hernandez– Blue

VOCAL SOLO
**Intermediate Vocal Solo (Ages 10 to 13)
Samuel Hernandez– Top Blue

INSTRUMENTAL SOLO
**Int. Instrumental Solo (Ages 10 to 13)
Elijah Gabel (cello)– Top Blue

PIANO SOLO
**Junior Piano Solo (Ages 7 to 9)
Silas Horinek– Red

**Intermediate Piano Solo (Ages 10 to 13)
Aleha Gabel– Top Blue

**Senior Piano Solo (Ages 14 and older)
Colby Kriss-Howlett– Top Blue

SKITS
Hannah Hernandez, Reagan Frantz, Tori Harter, Ella Fikan, Finley Frantz– Blue

READING
**Junior Reading (Ages 7 to 9)
Clover Frantz– Blue

**Senior Reading (Ages 14 and older)
Joe Leija– Blue

Congratulations to all 4-H participants!
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| SS = Shooting Sports | AH = Abilene Hustlers |        |          |          | BPG = Brewster Prairie Gem | Gem = Gem 4-H 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.