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# Thomas County

## K-State Research and Extension News

*Knowledge  
for Life*

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### 4-H Officer Training

Officer Training will be Monday, October 28, 2024 at 6:00 PM in the 4-H Building. See Page 6 for more details and information.

### Achievement Banquet-DATE CHANGE!

The Achievement Banquet will be held on Friday, **November 22nd** (previously scheduled for November 21st) in the 4-H building at 6:30pm. This event will showcase the winners of the 2024 Fair and the achievements of the 4-H members this past year.

### 2025 Program Development Committee Elections

Watch for the ballot being emailed later this month.

The Thomas County Extension Council is responsible for conducting the Extension Program in Thomas County. Each year we elect new members to the Program Development Committees. It is these committees that design the Extension program for Thomas County.

Each Program Development Committee (PDC) consists of six members who serve a two year term. New members from each PDC are elected each year. The entire Extension Council is comprised of 24 members with six members represented from each of the Agriculture, Family and Consumer Sciences, 4-H and Youth, and Community Vitality committees.

A ballot will be sent by email, but if more ballots are needed for members in your household, ballots will be available at the Extension office. After marking your ballot, please return it to the Extension Office by mail, by email, or by hand delivery. Ballots will not be accepted after 5:00 p.m. on Monday, October 28th, 2024.

The results of our election will be announced at our annual meeting on Monday, November 4, 2024. At this meeting, the Council shall elect from its own members, nine people to serve on the Executive Board, which consists of a Chairman, Vice-Chairman, Secretary, Treasurer and five other members. The Executive Board has the responsibility for the entire Extension Program in Agriculture, Family and Consumer Sciences, 4-H & Youth and Community Vitality.

The problems and needs of people and their communities are in a constant state of change. Extension programs should reflect these changes. It is important, therefore, that the County Extension programs be given careful and continuous attention, so please take time to vote! All Thomas County citizens in your household, 18 years of age and older, are eligible to vote.

KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE

# Upcoming Events

## October

**9th--Living Well Wednesday:** Who Gets Grandma's Yellow Pie Plate?

[Register here!](#)



**7th-12th-- National 4-H Week**

**14th--Farm to School Procurement Webinar-**  
Local Farm Perspectives

Register [here!](#)

**17th--Houseplant Workshop** (Smith Center)

Access the flyer [here!](#)



**12th-13th--48 Hours of 4-H Service Challenge**

**24th--Kansas Crop Insurance Workshop**

[Register here!](#)

**30th--Quarterly Local Food Virtual Town Hall**

[Register here!](#)

**Save the Date- "Sorghum Connection"**

Winter schools:

- City: Salina Date: Dec. 4
- City: Hays Date: Dec. 5
- City: Garden City Date: Dec. 6

Location information for the winter schools will be available at a later date.

[More information here!](#)

## November

**3rd--ServSafe Food Handlers Course-**Smith center, KS

More information [here](#).

**6th--K-State Garden Hour:** Rabbit, Mole, and Deer Mitigation - via Zoom

[Register here!](#)



**13th--Living Well Wednesday:** Fall Proof Your Life: A Guide to Better Balance

[Register here!](#)

**19th--Crop Pest Management School--** Location TBA

More information [here!](#)

**20th--Crop Pest Management School--** in Dighton, KS

More information [here!](#)

**21st--K-State Swine Day-**KSU Alumni Center

More information & registration [here!](#)

## December

**4th--K-State Garden Hour:** Home Hydroponics

[Register here!](#)

**4th-5th--Kanas Turf & Landscape Conference-** Manhattan, KS

More information [here!](#)

**11th--Living Well Wednesday:** Simplify Your Space: A Guide to Downsizing & Decluttering

[Register here!](#)

## Save the Date!

Add these dates to your calendar so you don't miss these fun and educational events! More information about these events will be coming soon.

- January 25, 2025 - Kansas 4-H Dog Judge's Training
- February 16-17, 2025 - 4-H Citizenship in Action (Topeka)
- February 22-23, 2025 - Horse Panorama (Rock Springs)
- March 1, 2025 - Junior Swine Producer Day (Manhattan)
- March 22, 2025 - Junior Meat Goat Producer Day (Manhattan)

## Sorghum dry down rate pre-harvest

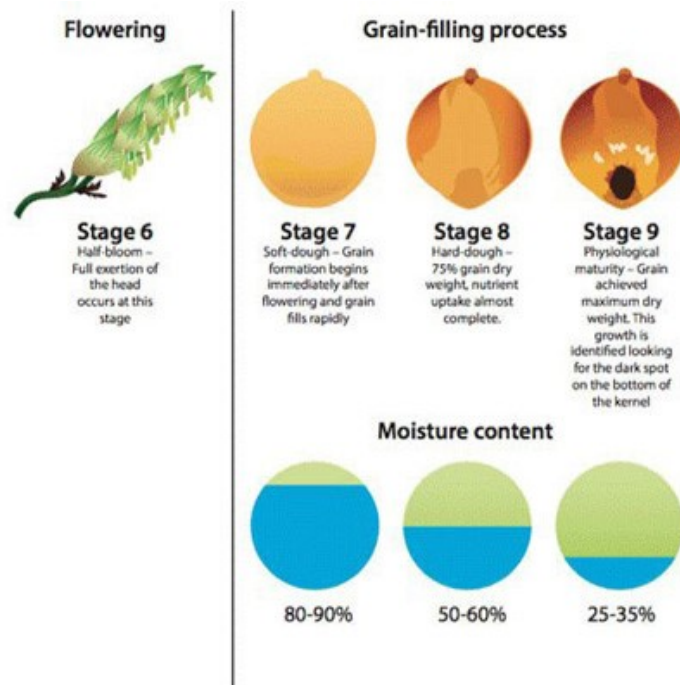
The latest Crop Progress and Condition report from Kansas Agricultural Statistics, on September 30, stated that grain sorghum maturity was 60%, near 56% last year, and ahead of the average (50%). Harvest is underway at 17% this year, ahead of the 5-year average (11%).

Weather conditions from early September to early October are critical for sorghum as they are related to the grain-filling rate and the determination of final grain weight. Temperatures were, on average, warmer than normal during September around the state of Kansas. Temperature swings were 30-40°F daily with dry air in place.

Producers often ask about sorghum dry down rate as the end of the season nears. This has been shown to depend primarily on temperature and moisture conditions, though data from modern hybrids is limited. Below-normal precipitation is expected for the remainder of October and into November. This would favor a faster dry down rate than average, but this rate would be expected to decrease should a frost event occur.

The overall cumulative growing degree days (GDD) from flowering to maturity is about 800-1200 (based on 50 degrees F as the base temperature), with the shortest requirement in GDD for short-season hybrids. Before maturity, from the beginning of grain filling (soft dough until maturity), grain moisture content within a grain will decline from 80-90% to 25-35%, where black-layer is usually formed. From maturity to harvest time, sorghum grain will dry down from about 35 to 20 percent moisture, but the final maximum dry mass accumulation and final nutrient content will have already been attained at maturity.

A study was conducted to investigate the effect of the grain dry down rate from the moment of “black-layer” until commercial harvest grain moisture is reached. For the conditions



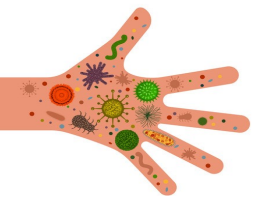
experienced in 2019, 2021 and 2022 (from early September until Mid-October), the overall dry down rate was around 0.7% per day (from 31-34% to 16-17% grain moisture) – taking an overall of 30 days.

This dry down process can be delayed by low temperatures, high humidity, or high grain moisture content at black layer (38-40%).

It is expected that the dry down rate will decrease to around <0.5% per day for late-planted sorghum entering reproductive stages later in the growing season. A similar decrease is also expected for sorghum that was exposed to late-season stress conditions (e.g., drought, heat, and freeze). Under these conditions, maturity may be reached with high grain water content, and the last stages after black layer formation could face lower temperatures and higher humidity. These main factors should be considered when the time comes to schedule harvest.

You can track temperature and humidity levels on the Kansas Mesonet website using the following link and selecting the station and time period of interest:

<http://mesonet.k-state.edu/weather/historical/>



## **Global Handwashing Day**

[Global Handwashing Day](#) is October 15, 2024. Why is this important? Handwashing with soap and water is one of the simplest, most effective ways to stop the spread of germs and stay healthy. Keeping hands clean can help prevent diarrheal illnesses and respiratory infections, such as the common cold or flu.

In five easy steps, you can help prevent the spread of germs and disease.

1. Wet your hands and apply soap.
2. Lather your hands, including the backs of your hands, between your fingers and under your nails.
3. Scrub your hands at least 20 seconds.
4. Rinse your hands with clean, running water.
5. Dry your hands with a clean towel or air dry.

## **Preserving Wild Game**

Hunting season has begun! Wild game provides a wholesome, nourishing food, but food safety is key for preserving the meat.

To retain the quality of the meat, it is important to handle and preserve the meat safely and efficiently. The most popular methods to preserve the meat are freezing, dehydrating, or canning.

Pressure canning is the only method to can meat. Be sure your canner is in good working order and remember to adjust the processing pressure for your altitude of residence.

Dehydrating meat into jerky makes a quick snack that is easy to store and is portable. The ideal dehydrating temperature is 140°F. But the meat must be heated, either before or after dehydrating, to 160°F. Learn more by accessing this [webpage](#).

## **You Asked It!**

The Rapid Response Center generates a monthly E-Newsletter packed with great topics. Resource topics include Food Science, Human Nutrition, Food Service, Textiles, Home Care and other consumer topics relevant for the time of year. If you want to explore more topics, check out this [link](#) for the newsletter archive.

## **Canning Mixed Vegetables**

Canning mixed vegetables is a great way to use end of garden vegetables and have a wonderful side dish or easy addition to soup.

A variety of vegetables can be used except for leafy greens, dried beans, cream-style corn, winter squash and sweet potatoes.

Do not include any vegetable that does NOT already have pressure canning procedures. Examples include celery, eggplant, and cauliflower.

Mixed vegetables can be canned in pints or quarts. No matter the combination of vegetables, the processing is 75 minutes for pints or 90 minutes for quarts, adjusting for altitude. Learn how [by clicking here](#).

## **Put It Up!**

The [National Center for Home Food Preservation](#) at the University of Georgia has updated their curriculum [Put it Up! Food Preservation for Youth](#). These educational lessons are written for youth, from 4th to 12th grade, but could be used for anyone to understand the science of safe food preservation.

The series is composed of six different food preservation methods: boiling water canning, making jam, pickling, freezing, drying, and pressure canning. Each method is divided into a beginning hands-on activity and an advanced hands-on activity. Activities may stand alone or be sequenced for cumulative learning. In addition to step-by-step procedures, reflection questions, and ideas for experimentation, each method also includes additional activities: a science-based fill-in-the blank challenge, a history-based word search, a glossary, a resource list, a knowledge test, and more.

Each preservation activity is also accompanied by a legal-sized "poster" with simplified step-by-step instructions to be printed and posted as a checklist to help keep everyone on track and working together.







## New 4-H Year Begins in October

October marks the beginning of the new 4-H year and the opening of member enrollment. Where can youth and parents start if they are interested in enrolling in 4-H and want to learn more about what 4-H has to offer? The following are some questions and answers that can help any prospective members or parents learn more.

### **What is 4-H?**

4-H is one of America's oldest and largest youth development organizations. It is a volunteer-led, informal education program administered through local county extension offices, state land-grant universities and the USDA. It features nearly 6 million members, rural, suburban, AND urban, throughout all 50 states and some foreign countries.

### **What does 4-H offer?**

- Leadership opportunities for youth at the local and state level.
- Recognition for work and achievement through fairs, scholarships, awards, and more.
- Opportunity to participate in county, regional, state, and national events, including camps, educational programming, leadership positions, and conferences.
- Decision-making skills and opportunities through participation in club meetings, community service, and project work.

### **What makes 4-H different from other youth development organizations?**

- **Self-determination** — Youth decide what projects they want to participate in, as well as how their clubs operate and support members and the community they live in. 4-H is the only youth development organization where members actually decide how it operates.
- **Experiential learning** — Members actively participate in their interest areas. Want to learn about insects? Start a bug collection in the entomology project. Like to work with your

hands? Build a rocket in rocketry or a table in woodworking projects. Learn to bake your favorite pie in foods and nutrition project. Interested in something that isn't an official project? No problem! Enter the Self-Determined project and come up with your own unique creation.

- **Research-based support from local, state and national experts** — 4-H is administered in Kansas through K-State Research and Extension, giving 4-H members, volunteers, and leaders access to the latest data in research and youth development.

### **Why 4-H?**

A better question might be "Why not 4-H?"

A recent study of 4-H members across Kansas showed some positive results in areas of decision making, leadership, communication, and citizenship.

- 95% are comfortable making their own decisions
- 89% don't succumb to peer pressure
- 96% reported they can make a difference through community service
- 95% reported an increased effort to allow everyone to have a voice.

Who wouldn't want youth to become better leaders, citizens, communicators, and decision-makers?

### **Joining 4-H**

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 joining and the different clubs 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.

### **4-H Re-enrollment**

Re-enrollment opens on October 1st for all of our current 4-H members and closes December 1st. To re-enroll please visit 4-H Online at [v2.4online.com](http://v2.4online.com).



**Registration is OPEN!**



## Achievement Banquet

### **-Date Change-**

The Achievement Banquet will be held on Friday, November 22nd in the 4-H building at 6:30pm. This event will showcase the winners of the 2024 Fair and the achievements of the 4-H members this past year. [Please RSVP to your club leaders at your October meeting to help us better prepare for the banquet.](#)

## 4-H Officer Training

Officer Training will be Monday, October 28, 2024 at 6:00 PM in the 4-H Building. We will start off with pizza and conversation then break into groups for the training. Please RSVP to the Extension Office with how many slices of pizza you would like by October 25th; \$2 for each slice - includes drink by noon on the day of the training. The October 4-H Council meeting will follow.

## 48 Hours of 4-H

The weekend following National 4-H Week (October 7-12) is the perfect opportunity to setup a service project and join the [48 Hours of 4-H Service Challenge](#), October 12-13, 2024. Register your projects and then follow up with a report so Kansas 4-H will see all the great work that happened across the state. You can find more information about 48 Hours of 4-H [here](#). The theme for National 4-H Week is "Beyond Ready", and you can find more resources and information about the theme [here](#).

## Club Attendance

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 through technology such as Skype or Zoom.

Club members and leaders can check their attendance record by going to the Thomas County 4-H BAND group. **Club leaders or a designated club member should send attendance sign-in sheets to the office after each meeting to ensure timely record-keeping.** Sign-in sheets can

be dropped off at the office or emailed to [ldespain@ksu.edu](mailto:ldespain@ksu.edu).

## Schedules & Calendars

A new 4-H year began October 1, and with that our 4-H community club leaders and project program leaders are developing their schedule of events and activities. Please contact the Thomas County Extension Office at 785-460-4582 with the dates and locations of your meetings and events. Our office has a calendar posted on our website for your convenience. If you have a meeting or event you would like us to add, or if you make changes to regularly scheduled meetings, please let us know. This will help us keep an updated calendar and will help ensure you get the dates you need for the 4-H Building without scheduling conflicts.

This is a reminder that we get use of the building without a fee through the Thomas County Fair Board, so we need to appreciate their gracious offer. There are times when that building is rented to the public and that revenue is used for maintenance expenses.

This is also a good time to remind 4-H leaders that the building needs to be cleaned after each use, even if that means someone before you did a poor job of cleaning. Having our 4-H members clean the building after each use teaches responsible behavior. Leaving the building cleaner when we leave than when we arrive shows our appreciation and mature attitude.

A thank you note to the Fair Board for their support during the fair and for the use of the building would be a great way to show appreciation.





## 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 2025 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 23-24 at Rock Springs 4-H Center. This event is for youth ages 14-18 before January 1, 2025. It will feature workshops, consulting groups, inspirational speakers, State 4-H Youth Leadership Council Elections, and opportunities to learn and have fun. Registration deadline is Monday, October 15th, 2024. Scholarships to attend the event are possible through the Bill Draper Fund. Contact the office if you would like more information! [Registration here.](#)

### 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 the office at (785) 460-4582 or email [ldepain@ksu.edu](mailto:ldepain@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](#).

## Photography Shutterbugs Events

Shutterbug events are photography workshops put on across the state by the Kansas State 4-H Photography Committee. Workshops are typically scheduled as a morning session and concentrate on a variety of aspects of composition.

- October 26th—Big Creek



## Project Workshop Interest Call



I am inquiring about the interest level in hosting project workshops. I have located a willing **Entomology** and **Woodworking** Volunteer. I need to determine the amount of individuals listed to determine the best method for planning the workshops, i.e. multiple sessions, materials required, ages of youth interested, etc. Please send me an email at [Ldepain@ksu.edu](mailto:Ldepain@ksu.edu) to let me know if youth are interested in attending by November 1st, please include youth name and current age (they do not have to be currently enrolled in 4-H).

**TO MAKE THE  
BEST BETTER**



# October 2024

| Sunday   | Monday   | Tuesday  | Wednesday | Thursday  | Friday   | Saturday   |
|--|--|--|-----------|---|--|--|
|  |  | 1<br> | 2         | 3   | 4  | 5  |
| 6  | 7<br>AH—Meeting @<br>4-H Bldg. 7pm   | 8  | 9         | 10<br>Fairboard Mtg.<br>@ 8pm   | 11   | 12<br>48 Hours of 4-H<br> |
| <i>National 4-H Week</i>   |  |  |           |   |  |  |
| 13<br>48 Hours of 4-H<br><br>SV— Meeting @<br>4-H Bldg. 4pm | 14<br>BPG—Meeting @<br>Henry Hall 7:30pm<br>GEM—Meeting @<br>Gem Comm. Bldg.<br>7pm  | 15<br>KYLF Registration<br>due   | 16        | 17  | 18   | 19   |
| 20   | 21   | 22   | 23        | 24  | 25   | 26<br>Shutterbugs<br>Event in Hays   |
| 27   | 28<br>Officer Training<br>4-H Council Mtg.<br>@ 4-H Bldg. 6pm<br> | 29   | 30        | 31<br>Halloween<br> |  |  |
|  |  |  |           |   | PP = Pawsome Paws<br>SS = Shooting Sports<br>AH = Abilene Hustlers | BPG = Brewster<br>Prairie Gem<br>Gem = Gem 4-H<br>SV = Solomon Valley  |





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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**



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