Friends of Extension

The Thomas County Extension Council would like to congratulate the winner of the 2019 Friend of Extension Award: The Thomas County Fair Board.

The Thomas County Extension Council selected the Thomas County Fair Board as their Appreciation Award recipient for their continued support of Extension and 4-H. The Fair Board allows us to use their facilities all year long for community programs, club meetings, and practice sessions for 4-H projects. The Fair Board also supports 4-H during the largest event of the calendar year, the County Fair. By working together and supporting each other, we offer great things for the Thomas County Community.

Friends of 4-H

The 4-H Council has chosen to award the 2019 Friend of 4-H Award to both Greg and Konnor Griffin for their large support of 4-H. They have spent countless hours working to make sure our 4-H activities run smoothly. They answer our phone calls and messages about renting the 4-H Building, they provide the key so we can access the building, and they take care of any issues we have. They also keep the fairgrounds and buildings looking nice during the Fair so our projects and animals are displayed well for the public. Without their support, the Thomas County 4-H program would not be where it is today.

4-H Family of the Year

Each year the 4-H Council selects a “Family of the Year”, based on their service and dedication to Thomas County 4-H. The Greg and Corky Bellamy Family has been chosen this year.

Greg and Corky have both been volunteering with 4-H for several years. They have both volunteered their time at various events including livestock weigh-ins. Corky served as a club leader for Solomon Valley for 2 years as well as an adult representative for 4-H Council. She has helped with multiple Achievement Banquets and other club activities whether she was in charge or helping behind the scenes. She has also promoted 4-H by allowing Solomon Valley Club to paint the windows of her store during Fair. Greg has helped Angie Harris with the equipment set-up for the Dog Project at the Fair and at regular practices. Greg has also volunteered his time to fix and maintain the Putt-Putt Golf Course that 4-H runs at the Fair. This has allowed 4-H to earn some extra money from the Amusement Association.

In addition to Greg and Corky, Hayden has also been active in the Thomas County 4-H program. Over the years Hayden has been involved in many projects including: beef, sheep, dog and shooting sports. She has also participated in the State Spring Shooting Sports Match and in the Dog Show at the State Fair. You can always count on the Bellamy family to be one of the first to volunteer their time and efforts at fair, community events, and 4-H fundraisers.
Election Results

2020 Program Development Committee Members

Congratulations to those elected to the Extension Council Program Development Committees (PDC). The 2020 PDC members are listed below:

**Agriculture**
Bill Shields, Austin Frantz, Brian Friesen, 
Tyler Johnson, Matthew Smith, Justin Shields

**Family Consumer Sciences**
Angie Gaede, Kelly Schroeder, Carol Severson 
Cindy Reinert, Mary Schlick

**4-H Youth and Development**
Jared Haggard, Jayson Schoenfeld, Lori Denny, 
Johnna Frantz, Corky Bellamy, Amanda Juenemann

**Community Vitality**
Mandy McGreer, Keesa Mariman, Jen Schoenfeld, 
Judy Luedke, Linda Taylor, Jeannine Pettyjohn

2020 Executive Board Members Elected

At the Thomas County Extension Annual Meeting on November 7th, nine Program Development Committee members were elected to serve on the Thomas County Extension Council Executive Board. The officers are: President—Jen Schoenfeld, Vice President—Bill Shields, Secretary—TBA, Treasurer—Mandy McGreer. The members at large are: Jared Haggard, Kelly Schroeder, Matthew Smith, Angie Gaede, Amanda Juenemann, and Jeannine Pettyjohn.

Holiday Office Closings

The Thomas County Extension Office will be closed for Christmas and New Year’s from December 23rd—January 2nd.
AG AGENT POSITION OPENING

Thomas County Extension Agent, *Agriculture and Natural Resource and 4-H/Youth Development* job position opening is available, located in Colby, Kansas. For position description, responsibilities, qualifications, and application procedure, please visit [www.ksre.ksu.edu/jobs](http://www.ksre.ksu.edu/jobs). The application deadline is December 18, 2019. K-State Research and Extension is an EOE of individuals with disabilities and protected veterans. A background check required.

**2019/2020 Thomas County Dryland Wheat Plot Project**

Thank you Mattson Seed Farms, Triple T Farms, Westbred, Plainsgold, Kansas Wheat Alliance, Limagrain, and Kansas State University for providing wheat seed. Thank you, Thomas County Conservation District for the use of their no-till drill. Thank you, Mike Brown and Solomon Creek Farms for your support with this project.

*Below are the specifics:*

- **Cooperator:** Solomon Creek Farms
- **Plot Location:** 10 miles south of Levant @ I-70 interchange then west 1/2 mile on County Road G
- **Previous Crop:** corn/fallow
- **Planted:** September 28, 2019
- **Tillage:** no-till
- **Planting conditions:** dry on top, good subsoil moisture
- **Drill:** no-till disc drill
- **Planting rate:** 65 lbs/acre
- **Fertilizer applied preplant:** 75 lbs of 12-40-0 with 6.5% sulfur and 1% zinc
- **Fertilizer applied:** top dress
- **Plot width:** 20 feet
- **Plot length:** 400 feet
- **Planted:** east to west

*Varieties planted:*

- LCS Valiant
- LCS Chrome
- LCS Link
- LCS Fusion AX
- Langin
- Avery
- Canvas
- Whistler
- Paradise
- Tatanka
- Grainfield
- WB 4595
- WB 4792
- WB 4418
- Dallas
Outsmart Your Cravings!

We all crave certain foods from time to time. The psychology behind cravings shows that hormones, memories and other triggers create a sensory signal of craving a food. This intensifies with hunger or dieting.

So how can you outsmart these cravings? Here are some tips.

Take a walk! Some sort of physical activity can redirect your craving, thus putting mind over matter.

Your nose picks up on food odors, so try smelling a nonfood, such as a scented candle, to redirect your brain.

You’ve heard the saying, “my eyes were bigger than my stomach.” So keep healthful snacks in your vision.

Do you crave sweets? Grab naturally sweet fruit to curb that craving.

Thanksgiving is about comfort food. Enjoy in moderation, smaller portions, or do a healthier makeover to classic recipes.

Since 2006, when an E. coli outbreak occurred, spinach consumption has dropped from 2.3 pounds per person to 1.6 pounds. Growers are hopeful this new color will bring consumers back.

The red color comes from betacyanin, a phytonutrient that has been shown to reduce oxidative stress in patients and could help prevent chronic disease, inflammation, and cancer.

Red Spinach

USDA Red, a true red spinach
Photo: USDA/ARS

Traditionally, spinach is the color green. There are some leafy greens called red spinach, but only the veins are red and they are not true spinach. Now, a true red spinach variety has been traditionally bred to give consumers a new outlook on spinach.

What is Huitlacoche?

Simply put, corn smut. It is a corn disease caused by the fungus Ustilago maydis. It causes the formation of galls, or tumor-like growths on corn kernels. They range in size from 1/2 to 11 inches in diameter, have a black color and release a black inky material when ruptured.

While it may not sound or look pleasant, it is edible and is a delicacy in Mexico and Central America. It has a smoky, earthy flavor and is an excellent source of carbohydrates, protein, fat, vitamins and minerals.

Some chefs are getting creative by using huitlacoche in foods from macaroni and cheese to ice cream!

Intrigued? Learn more at https://hort.extension.wisc.edu/articles/huitlacoche/.
Club Meetings
Please double-check with club leaders regarding the date and time of your monthly meeting. Many clubs are holding meetings along with other activities and they may be at a different time and/or location than usual. The calendar on page 7 lists more information.

Satisfiers Fundraiser
Fundraiser assembly date will be Saturday, December 14th at Quality Title & Abstract located at 230 E. 4th Street at 9:00am. Club members need to help package their items for delivery to their buyers. This is in place of our annual pizza-making day. If you are unable to make it to the assembly day, please make sure someone else picks up your items for you.

Scholarship
Kansas 4-H State Scholarship applications are due to the Extension Office by 5pm on January 23rd. Please make sure each application includes all of the necessary documentation as required. For a copy of the application, please visit the Kansas 4-H Youth Development website. A list of the 2020 scholarships available will be posted in December.

Club Attendance
For the 2019-2020 year, 4-Her’s wishing to participate in the livestock auction are required to attend 6 club meetings between the months of August 2019 and July 2020. 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.”

Achievement Banquet
On November 22nd, we had another successful Achievement Banquet to celebrate many 4-Her’s and their accomplishments from this past year. If anyone would like a copy of the Banquet Awards Listing, please contact the Extension Office. Also, we still have some prizes for members to pick up.

Beef Weigh-In
Beef weigh-in will be held February 1st from 9:00am to 11:30am. Make-up day will be February 8th if necessary. Please bring cash or check to purchase your tags. Each market steer/heifer is required to have an ear tag at the county fair and state fair. Breeding animals are not required to have tags at our fair.

Western KS District Sheep School
A Sheep School will be held in Jetmore, KS on January 29th. For more information, contact DeWayne Craghead, Hodgeman County Extension Agent at 620-357-8321 or dcraghea@ksu.edu.

Horse Panorama
The 2020 4-H Horse Panorama has been scheduled for January 24-26 at Rock Springs 4-H Center. Registration deadline is January 15th. Contest rules for Horse Panorama will be posted to the Kansas 4-H web site soon on the Horse Events page.

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. This year, 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.
Kansas 4-H Dog Judges’ Certification & Training
This event will be held January 24-26 in Manhattan, 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. Registration is due January 13th online.

Citizenship in Action
Citizenship in Action is 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 communities. Delegates will tour the Capitol, get tips on how to meet and talk with their legislators, and discuss how youth can have a greater impact in their communities.
This event will be held February 16-17 at the Capitol Plaza Hotel in Topeka, KS. It is open to all youth 13-18 years old as of January 1, 2020. Registration will open on the CVent website soon.

Junior Producer Days
Junior producer days are held to provide educational material and hands-on experiences for youth, parents, leaders, and extension agents. Junior Beef Producer Day will be held Saturday, February 29th and Junior Sheep Producer Day will be held Saturday, March 14th. Keep your eye our for more information and registration for these events.

Ambassador Training
The 2020 Kansas 4-H Ambassador Training will be February 21-23 at Rock Springs 4-H Center. It is open to all county 4-H ambassadors, interested teens in the 8th-12th grades and Extension staff. The theme is “4-H Ambassadors— Under Construction.” There will be six youth workshops and a keynote speaker. Registration is due January 7th, 2020 on the CVent system. More information will be posted soon.

Kansas 4-H Day with Wildcat Women’s Basketball
The annual Kansas 4-H Day with Wildcat Women's Basketball game vs. University of Kansas will be held on Sunday, March 8, 2020 at 12:00 p.m. More information will be shared soon.

Save the Date
The Great Northwest Rock Springs Camp will be held from June 1st - June 4th, 2020. This camp is for ages 7-12. Start planning your summer now by saving the date!

Campference
This event is focused on “betweenagers,” youth ages 12-14 and will be held June 22-25, 2020 at Rock Springs 4-H Center. Participants will experience the feel of a conference, while enjoying the “camp” activities Rock Springs 4-H Center has to offer. If you are interested in being part of Campference, please register early! Space is limited and fills quickly. Keep an eye out for more information.
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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](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 Sheryl Carson at 785-460-4582.