Test Your Newsletter Knowledge!

Clues for the answers are found in the content of the newsletter!

### Across:

1. Use within 3 to 4 days
2. Provided by adult 4-H volunteers
3. Part D Open Enrollment
4. Product from chopping crops
5. "__________ risk management"
6. Program Development Committee
7. Infest wheat after first freeze
8. Flowering holiday plant
9. Pasture weeds have poor ________
10. Essential to success of 4-H program
11. Keep track of spending
12. Keep track of spending
13. Land used for grazing
14. Alarming ________ found in acid soils
15. Cooking method for turkey
16. Avoid stress: set this type of goal
17. This happens during holiday seasons
18. Found in purchased turkey cavity
19. This happens during holiday seasons
20. Deficiency of this causes yellowing
21. Keep track of spending
22. Natural lifelong process for all
23. Chosen meat dish for Thanksgiving

### Down:

1. Part D Open Enrollment
2. Provided by adult 4-H volunteers
3. Part D Open Enrollment
4. Infest wheat after first freeze
5. Program Development Committee
6. Program Development Committee
7. Keep track of spending
8. Flowering holiday plant
9. Cooking method for turkey
10. Aluminum ________ found in acid soils
11. Heals small sweet potato wounds
12. Avoid stress: set this type of goal
13. Essential to success of 4-H program
14. Land used for grazing
15. Signing up for 4-H program
16. Blood draw will check for this
17. This happens during holiday seasons
18. Found in purchased turkey cavity
19. This happens during holiday seasons
20. Deficiency of this causes yellowing
21. Do this for even heating
22. Natural lifelong process for all
23. Chosen meat dish for Thanksgiving
Reblooming Christmas and Thanksgiving Cactus

Christmas Cactus and Thanksgiving Cactus are popular flowering holiday plants. Both are epiphytes native to the jungles of South America. Epiphytic plants grow on other plants and use them for support but not for nutrients.

Though these cacti are different species, they will hybridize and produce varying stem shapes. Christmas cactus normally has smooth stem segments. Thanksgiving Cactus has hook-like appendages on each segment.

Flowering will not occur unless induced by temperature and light treatment. If the temperature is held at 50 to 55 degrees F, flowering will occur regardless of day length. But flowering usually is not uniform. Temperatures below 50 degrees F prevent flowering. Nights greater than 12 hours long and temperatures between 59 and 69 degrees also can generate flowers. Twenty-five consecutive long nights is enough for flower initiation. Nights will naturally become greater than 12 hours close to the fall equinox, which is on September 23 this year.

A plant receiving natural sunlight but no artificial light during night hours, will have this 25-day requirement met about October 20. It takes an additional nine to 10 weeks for flowers to complete development and bloom. Both of these cacti like bright indirect light. Too much sun may cause leaves to turn yellow.

Common household temperatures are fine. Keep soil constantly moist but not waterlogged. These plants seem to flower best if kept a little pot bound. If you need to repot, try waiting until spring.

Harvesting Sweet Potatoes

Sweet potatoes should be harvested no later than the first fall freeze because cold temperatures can damage the sensitive roots. However, you may want to harvest earlier if you prefer a smaller sweet potato. Test dig a hill to see if they are the size you want. Sweet potatoes should be cured after being dug. The digging process often damages the tender skin, and curing helps these small wounds heal. Place the roots in a warm, humid location for 5 to 10 days immediately after digging. A location with a temperature around 85 to 90 degrees is ideal. A space heater can be used to heat a small room or other area. Raise the humidity by placing moist towels in the room. The curing process not only heals wounds but also helps convert starches to sugars. This process improves the texture and flavor of the roots. Sweet potatoes should be stored above 55 degrees. Storage at temperatures below that injures the roots, shortens storage life and gives them an off flavor.

Wheat Seedling Development Concerns

Over the next month or two wheat stands will hopefully become established over most of the state. Ideally, the wheat will take on a solid green color, form a secondary root system, and develop one or two tillers in addition to the main tiller. But sometimes there are problems. The most common symptoms of problems are discoloration, stunting, loss of leaves, or dying of emerged seedlings. Nitrogen deficiency causes an overall yellowing of the plant with the lower leaves yellowing and drying from the leaf tips inward. Nitrogen deficiency also results in reduced tilling, top growth, and root growth in the fall.

The primary causes of nitrogen deficiency are insufficient nitrogen fertilizer rates, leaching from heavy rains, early-season denitrification or volatilization, and the presence of heavy amounts of crop residue. Chlorosis and stunting can also be due to poor root development, which can often result in nitrogen deficiency. If the plants have been emerged for several weeks or more, can be pulled up easily, and have only a couple primary roots visible, then the plants are yellow or stunted because the root systems are not extensive enough to provide enough nutrients.

Strongly acid soils may present several problems for wheat production. Aluminum toxicity is the most common problem associated with acid soils. If leaf rust infects young seedlings in the fall, the plants may turn yellowish. Severe fall infections of leaf rust are not common in Kansas, but can occur. Producers will be able to see the small brown pustules on the leaves. Tan spot can also cause wheat to turn yellow in the fall. These seedling infections of tan spot are often associated with wheat sown into heavy wheat residue. When temperatures are quite cold at the time wheat emerges, it can result in yellow banding on the leaves. If this is the cause of the yellowing, symptoms would eventually fade away.

Greenbugs or bird cherry aphids most commonly infest wheat sometime after the first freeze and before Christmas. They can cause plants to turn yellow and be somewhat stunted. Seedlings infested by Hessian fly in the fall are typically not yellow, but are often stunted. Affected plants usually have an unusually large, broad greenish leaf for about a month in the fall. Stem elongation is typically much shorter than normal.

Seedling blight is one of the most common causes of post-emergence seedling death or sickness. The root system or coleoptile region may be diseased or dead in infected plants. Wheat planted into soils with atrazine residue emerges then dies back from tips of the oldest leaves. Where fall army worms infest the wheat, leaves start looking ragged from the "window paning" effect. As the worms grow, they will chew off entire leaves, tillers, or whole plants. False wireworms typically feed on seeds or seedling roots, and can cause death. This is not a complete list of possible problems on early-season wheat by any means, just some of the most commonly found problems.

For a complete discussion, see K-State’s publication S-84, “Diagnosing Wheat Production Problems” at: http://www.ksre.ksu.edu/bookstore/pubs/s84.pdf
Views with Van

It's Time to Precondition

Vaccine and antimicrobial technology continues to improve at a breakneck pace. Calves which get mild respiratory disease will gain 0.2-0.4 lbs. less ADG and those calves requiring multiple treatments will gain 0.6 lbs less for the entire feeding period. This translates to about 15 lb. less carcass weight and 10-15% fewer choice carcasses. It pays to keep calves healthy.

Preconditioning can mean everything from giving calves a vaccination prior to weaning, all the way to 2 rounds of vaccination, pre-and post-weaning, weaning from their dams for 45 to 60 days, and transitioned onto a total mixed ration, feed bunks, and waterers.

As far as animal performance is concerned, the extent of preconditioning needed to minimize post-arrival problems and maximize feedlot performance depends on the extent of stress imposed on the calf during transition.

Feedlot Facts

Recent studies here at K-State suggest that single-source calves do benefit from 2 weeks of pre-weaning, vaccination and dry lot feeding before being shipped. If calves are going to be shipped a great deal farther than 4 hours, will be extensively commingled whether in transit or upon arrival, and may experience adverse weather conditions post-arrival, vaccination and weaning for 6-8 weeks pre-shipment would be preferred. Investing time, technology, and labor into the calf crop has very real costs for the rancher. Many feedlot producers are willing to seek healthy calves to mitigate some of this disease risk which causes them economic uncertainty—consider it “biological risk management.”

Respiratory disease is the most costly disease in the cattle industry, and the greatest factor affecting calf performance in the feedlot. If you can prevent or control disease, you can, to a certain extent, control performance of calves.

Making Silage Out of Dry Corn

Corn chopped for silage right now might be too dry. What can we do to make it more suitable?

Farmers know that dry silage often heats and molds, lowering its energy and protein digestibility. This happens primarily because dry silage is difficult to pack, which allows more oxygen to remain imbedded inside the silage.

Many corn fields are quickly getting too dry for best silage making. Adding water to increase moisture content is next to impossible. It takes about 7 gallons of water for each ton of silage to raise moisture content just one point. Even if you have enough water the chopped corn can't absorb it fast enough to do any good. Another solution may be to blend a wetter feed, like fresh alfalfa, forage sorghum, or green soybeans with dry corn. Or maybe some later planted corn that's still quite green. It can be tricky to get the right combination, but it can produce excellent silage.

Your main goal must be to minimize oxygen in your silage. Another way to help accomplish this is to adjust knives to cut finer. Also, add extra packing weight, even if the chopped corn seems to spring right back up at you. I also suggest saving your wettest forage for the top layer. This helps add extra packing weight and gets better sealing. If you do have water handy, apply it to this top layer for even more packing weight. And, of course, always cover dry silage with plastic to prevent outside air from seeping in.

Get the moisture right for the best silage. But if it is too dry, chop extra fine, pack well, and cover with plastic for best results.

Graze To Keep Grass Healthy

Pastures sometimes have lots of weeds remaining this time of year. It's tempting to graze hard enough to use those weeds, but is this actually good for the pasture?

Many pasture weeds can provide satisfactory protein and energy for cattle when eaten, but cattle avoid them due to poor palatability. That's why they're weeds! If pressed hard enough, though, cattle will eat many of them when there is nothing else to eat. While this gets rid of the weeds temporarily, it might not be healthy for the pasture.

Every pasture has millions of weed seeds in the soil and the potential to become weedy. Since some pastures stay relatively clean while other pastures become weedy, other factors undoubtedly influence the weed population. Simply grazing or controlling weeds by spraying or cutting does little to prevent weeds from coming back again unless these other factors are changed to better support desirable plants.

To control weeds, it is much more important to manage grazing to support healthy desirable plants than to weaken or remove unwanted weeds. Grazing that allows sufficient leaf area to remain following grazing, allows good winterizing, and holds snow and rain moisture on the land rather than running off will benefit the desirable grasses and legumes. Giving pasture plants adequate time to recover after grazing before cutting does little to prevent weeds from coming back again unless these other factors are changed to better support desirable plants.

Weeds in a pasture can indicate that the pasture itself and the desired plants in it are not in a healthy condition. For improvement to occur, controlling weeds is not enough. Changing management to strengthen desired grasses and legumes also is essential.
**Sheridan County Health Fair Oct. 17th**

Bring your family out for the Sheridan County Health Fair! This is a great opportunity to learn about health as a family. There will be booths from local vendors and businesses and door prizes available!

The Health Fair will take place on October 17th from 7am—noon at the 4-H Building in Hoxie. The Health Fair is being put on by Twin Creeks Extension, Public Health, and the Sheridan County Health Complex.

**Blood Draws will also be available from 7am—10am, prices listed below:**

- Wellness Profile: $20
- Diabetic Wellness: $15
- Thyroid Health: $15
- Men’s Health: $25
- Anemia Panel: $50
- Vitamin D: $35
- CRP:$15
- Blood Bourne Pathogen: $40

For more information contact the Sheridan County Health Complex at 675-3281 or go to www.sheridancountyhospital.com

**Medicare Part D Open Enrollment**

Senior Health Insurance Counseling for Medicare Part D Prescription Open Enrollment will be available through the Extension Office by appointment. Open Enrollment is from **October 15th through December 7th.**

Prescription plans change every year and so do your prescriptions so it’s important to reevaluate your plan every year!

Appointments will be available during open enrollment in Decatur County on Wednesdays, Norton County on Tuesdays, and in Sheridan County on Fridays. Call your local office to schedule an appointment. To look for information on your own, go to www.medicare.gov

**Grandma’s Yellow Pie Plate Classes**

This class will be held from noon—1pm and it covers how to pass on non-titled assets, how to talk with your family about those items that are precious to you, and how to find out what may have meaning for them. Having a plan for those special items can help prevent family problems in the future.

RSVP to your local office by Nov. 16th.

Nov. 17th—Oberlin Library
Nov. 18th—Norton 4-H Building
Nov. 19th—Hoxie 4-H Building

**Spending Plan for the Holidays**

The Holidays are approaching and its time to start thinking about how you plan to pay for gifts.

Holiday Spending Envelope Trackers will be available at your local Extension Office to help you keep track of your gift spending for each person.

**Tips for Christmas Spending**

- Be organized. Determine your total budget for food & gifts. Don’t go overboard. Make a list and stick to it. Carry the list around and check things off as you buy them. This will help keep you from overspending.

- Start saving as soon as possible. Put away a bit each week or try a 26 week saving plan.

- Avoid using plastic and risk having to go into debt.

- Make what you can. Crafty homemade gifts and cards are very fashionable and personal. You can even include gift vouchers for service such as babysitting, gardening, cooking, etc.

- Take advantage of complimentary gift wrapping services.

- Suggest the family pull a name out of a hat and only buy a present for that person. Don’t forget to set a price limit so that no one goes overboard.

- Bring a plate. Pitch in together when sharing Christmas lunch or dinner.

- Make it fun. Check out saving ideas on the internet and in magazines. Christmas is a time to celebrate, and enjoy being with family. Keeping it simple is okay.

**Dealing with Holiday Stress**

Cheri Burcham is an Extension Agent for the University of Illinois. And like all of us, when it comes to the holidays, there is so much joy but there is also some holiday stress. Recently she has been looking into the literature about how to handle holiday stress. Four reoccurring messages kept popping up and she shared them in her Extension Connection blog.

- Set realistic goals for what you can accomplish each day. Don’t set yourself up for failure by expecting to complete too many goals in too little time.

- Remember to build down-time into your schedule. We can all get very grouchy when tired, so build in at least 15 minutes of alone time with no distractions. Just getting in a good stretch or taking a short cat nap can be refreshing.

- Simplify! It's ok to use paper plates this year instead of the good china or to buy the rolls instead of making them from scratch.

- Don’t abandon healthy habits. You continue to need daily exercise and adequate rest – especially during the holidays when everyone tends to overeat and overindulge.

Other ideas for keeping stress at a minimum this holiday season include:

- Modify your holiday cooking habits. Try making casseroles and/or meals that you can freeze ahead of time. Freeze sugar cookies ahead of time and save the decorating for later. Host a potluck style dinner instead of cooking everything up yourself.

- Trade off holiday shopping time with another family. Babysit each other's children so you can have time to shop.

- Delegate duties and don’t try to do everything on your own.

- Set differences aside and accept family members and friends as they are. Holiday times may not be the right time to bring up grievances and try to solve past issues.

- Learn to say "no" – or at least "I need to think about it."

- Finally, always keep your sense of humor! It can help give you perspective in situations when you need it most.

**Estate Planning Basics Classes**

This class will cover the basics of what you need for an estate plan. Whether you are younger or older, wealthy or not, recently married, or have children who are out of the house and on to college, there is always a need for some kind of plan. This class will cover basic terminology and some of the basic steps everyone needs to take.

Classes will be held from noon—1pm and 5pm—6pm on the dates below. Please RSVP to your local office by Dec. 4th.

Dec. 7th—Hoxie 4-H Building
Dec. 8th—Oberlin Library
Dec. 9th—Norton 4-H Building
Let’s Talk Turkey: USDA Consumer Guide—Safely Roasting a Turkey

Health and Nutrition

Let's Talk Turkey: USDA Consumer Guide—Safely Roasting a Turkey

Fresh Turkeys
- Allow 1 pound of turkey per person.
- Buy your turkey only 1 to 2 days before you plan to cook it.
- Keep it stored in the refrigerator until you’re ready to cook it. Place it on a tray or in a pan to catch any juices that may leak.
- Do not buy fresh pre-stuffed turkeys. If not handled properly, any harmful bacteria that may be in the stuffing can multiply very quickly.

Frozen Turkeys
- Allow 1 pound of turkey per person.
- Keep frozen until you’re ready to thaw it.
- Turkeys can be kept frozen in the freezer indefinitely; however, cook within 1 year for best quality.
- See "Thawing Your Turkey" for thawing instructions.

Frozen Pre-Stuffed Turkeys
USDA recommends only buying frozen pre-stuffed turkeys that display the USDA or State mark of inspection on the packaging. These turkeys are safe because they have been processed under controlled conditions. DO NOT THAW before cooking. Cook from the frozen state. Follow package directions for thawing instructions.

In Cold Water
Allow approximately 30 minutes per pound.

In the Refrigerator (40 °F or below)
Allow approximately 24 hours for every

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Thaw Your Turkey
There are three ways to thaw your turkey safely — in the refrigerator, in cold water, or in the microwave oven.

In the Microwave Oven
Check your owner’s manual for the size turkey that will fit in your microwave, minutes per pound and power level to use for thawing. Remove all outside wrapping. Place on a microwave-safe dish to catch any juices that may leak. Cook turkey immediately. Do not refreeze or reheat your turkey after thawing in the microwave. REMINDER: Remove the giblets from the turkey cavities after thawing. Cook separately.

Roasting Your Turkey
Set your oven temperature no lower than 325 °F. Place your turkey or turkey breast on a rack in a shallow roasting pan. For optimum safety, stuffing a turkey is not recommended. For more even cooking, it is recommended to cook your stuffing outside the bird in a casserole. Use a food thermometer to check the stuffing for an internal temperature of 165 °F. If you choose to stuff your turkey, the ingredients can be prepared ahead of time; however, keep wet and dry ingredients separate. Chill all of the wet ingredients (butter/margarine, cooked celery and onions, broth, etc.). Mix wet and dry ingredients just before filling the turkey cavities. Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches an internal temperature of 165 °F. A whole turkey is safe when the innermost part of the thigh and wing and the thickest part of the breast reach a temperature of 165 °F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. If your turkey has a "pop-up" temperature indicator, it is recommended that you also check the internal temperature of the turkey in the innermost part of the thigh and wing and the thickest part of the breast before cooking to ensure it reaches 165 °F. For quality, let the turkey stand for 20 minutes before carving to allow juices to settle. The turkey will carve more easily. Remove all stuffing from the turkey cavities.

Timetables for Turkey Roasting (325° F oven temperature)
Use the timetables to determine how long to cook your turkey. These times are approximate. Always use a food thermometer to check the internal temperature of your turkey and stuffing.

Information taken from USDA website: http://www.fsisusda.gov/

It is safe to cook a turkey from the frozen state. The cooking time will take at least 50 percent longer than recommended for a fully thawed turkey.

Remember to remove the giblet packages during the cooking time. Remove carefully with tongs or a fork.

Storing Your Leftovers
Discard any turkey, stuffing, and gravy left out at room temperature longer than 2 hours; 1 hour in temperatures above 90 °F. Divide leftovers into smaller portions. Refrigerate or freeze in covered shallow containers for quicker cooling. Use refrigerated turkey, stuffing, and gravy within 3 to 4 days. If freezing leftovers, use within 2 to 6 months for best quality.

Reheating Your Turkey: In the Oven
Set the oven temperature no lower than 325°F. Reheat turkey to an internal temperature of 165°F. Use a food thermometer to check the internal temperature. To keep the turkey moist, add a little broth or water and cover.

In the Microwave
Cover your food and rotate it for even heating. Allow standing time. Check the internal temperature of your food with a food thermometer to make sure it reaches 165°F. Consult your microwave owner’s manual.

Information taken from USDA website: http://www.fsisusda.gov/
4-H Master Volunteers

Volunteers are fundamental to the 4-H program as they serve as advisors, guides, coaches, helpers and mentors. They come in all shapes and forms with diverse backgrounds and experiences. Some volunteers are long-term and others are short-term, yet all are unique.

Master 4-H Volunteers are special volunteers who want to grow and give back more in their role as 4-H Volunteers. This program provides this opportunity for volunteers who want to contribute in a broader way. The Master 4-H Volunteer program strengthens and enhances the individual and the local program.

In order to become a Master 4-H Volunteer, the individual must be a registered and appointed screened volunteer, attend specialized Master 4-H Volunteer training and "give back" 40 volunteer hours to the 4-H program within one year of the training. The individual must also be a past or present Organizational Leader, Project Leader or County Leader/Advisor.

Anyone interested in becoming a Master Volunteer can contact their local Extension Office for more details regarding the upcoming training sessions, registration forms and ways in which you could serve as a Master 4-H Volunteer.

Want To Do A 360?

In a world that seems to operate 24 hours a day, 7 days a week, life can become hectic. Today’s youth need a caring adult willing to teach them life skills. By committing 360 minutes of your time to be a 4-H project leader, you can help youth develop into responsible, self-directed productive citizens of the community. Learning by doing is the basic philosophy of the Kansas 4-H youth development program. 4-H project work occurs over a period of several weeks or months during the year. A minimum of six hours of adult guided instruction is recommended by Kansas 4-H to complete a project. Learning is a natural lifelong process for all of us.

Kansas 4-H recommends allowing at least 60 minutes for each project learning session. Give 360 and connect with kids in your community and teach them skills for life. Twin Creeks Extension District 4-H program in Norton, Decatur and Sheridan counties is looking for individuals interested in sharing their time and talents with our youth. Your specialty may be in knitting, crochet, woodworking, baking, sewing, livestock, horticulture, etc. Our youth need your expertise and the benefit of forming positive relationships with caring adults in our communities. Please consider spending time with our future generations and passing along those valuable tips.

Share your skills and become a 4-H project leader: give 60 minutes to a 4-Her 6 times a year. Make the difference of a lifetime!!!

4-H PDC Program Development Committee

The strength of the local Extension programs are the direct outcome of the partnership between Extension agents, and members of the local Program Development Committees.

Kansas Extension county and district laws require four program development committees with six or more members serving on each committee. Committees focus on four core areas: Agriculture & Natural Resources, Community Development, Family & Consumer Science, and 4-H Youth Development.

If you have the desire to assist agents in planning needed programs for your area, please contact your Extension office to sign up for a PDC committee.

4-H Grows Here

4-H grows confident, capable, and caring kids with the life skills to thrive in today's world and succeed in their boldest dreams for tomorrow. Working in partnership with 110 universities, 4-H programs are research-backed and offer life-changing experiences to youth around the world.
October

4th-10th: National 4-H Week
7th: RSVP Deadline for Cook Once, Eat for a Week, Oberlin
12th: Columbus Day, Norton Office Closed
13th: Cook Once, Eat for Week: Freezer Meals, Oberlin Golden Age Center 6:30 p.m.
15th: K-State After School-Hoxie
15th: SHICK Part D Counseling Begins
19th: SD FCS PDC Meeting 6:00 p.m.
26th: K-State After School-Selden
27th: SCHICK Appointments—Oberlin
28th: SCHICK Appointments—Norton
31st: Happy Halloween!

November

2nd: K-State After School-Selden
11th: Veterans Day, Twin Creeks Offices Closed
3rd: SCHICK Appointments—Norton and Decatur
17th: Grandma’s Yellow Pie Plate Estate Planning Class, Oberlin Library 12:00-1:00 p.m.
18th: Grandma’s Yellow Pie Plate Estate Planning Class, Norton County 4-H Building 12:00-1:00 p.m.
18th: SCHICK Appointments — Norton
19th: K-State After School-Hoxie
19th: Grandma’s Yellow Pie Plate Estate Planning Class, Hoxie 4-H Building 12:00-1:00 p.m.
26th: Happy Thanksgiving! Twin Creeks Offices Closed
27th: Twin Creeks Offices Closed

December

7th: Estate Planning Basics Class, Hoxie 4-H Building 1:00 p.m. & 5:00 p.m.
7th: SHICK Part D Counseling Ends
8th: Estate Planning Basics Class, Oberlin Library 1:00 p.m. & 5:00 p.m.
9th: Estate Planning Basics Class, Norton 4-H Building 1:00 p.m. & 5:00 p.m.
10th: K-State After School-Hoxie
14th: K-State After School-Selden
24th: Christmas Eve, Decatur Office closed at Noon, Norton & Sheridan Offices Closed
25th: Merry Christmas, Twin Creeks Offices Closed
Reblooming Christmas and Thanksgiving Cactus
Harvesting Sweet Potatoes
Wheat Seedling Development Concerns
Preconditioning Calves
Making Silage Out of Dry Corn
Graze To Keep Grass Healthy
Sheridan County Health Fair
Medicare Part D Open Enrollment

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Dealing with Holiday Stress
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