

TWIN CREEKS SPOTLIGHT

K-STATE | Twin Creeks
Research and Extension | District

JANUARY & FEBRUARY 2023



WHAT CAN EXTENSION DO FOR ME IN 2023?

The Twin Creeks Extension District serves Decatur, Norton, Sheridan, and Graham Counties.

AG & NATURAL RESOURCES

- Soil & Feed Testing
- Insect & Plant Identification
- Plant/Tree Disease ID and Info
- Livestock Feed Ration Building
- Livestock, Agronomy & Horticulture/Gardening Education & Field Visits

4-H & YOUTH DEVELOPMENT

- Twin Creeks District 4-H
- In-School & After-School Programming
- 4-H Project-Related Learning
- Team & Leadership Building Activities

HEALTH, HOME, FAMILY & NUTRITION

- Radon & Water Testing Kits
- Pressure Canner Gauge Checks
- Health, Home, Nutrition and Aging Education/Programming

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K-STATE RESEARCH AND EXTENSION
TWIN CREEKS DISTRICT



<https://www.twincreeks.k-state.edu/>



EATING & AGING WELL

Submitted by: *Karen Shepard*
Family and Consumer Science Agent



Spoiled food? Here's how to remove odor from the refrigerator.

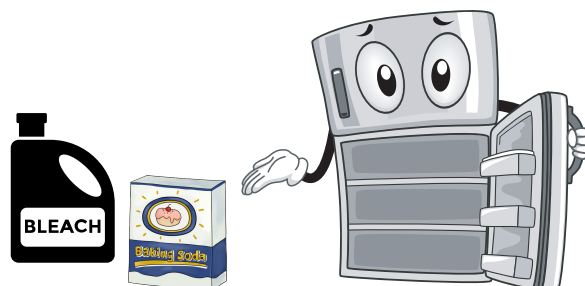
K-State food scientist offers tips to removing food odors:

Spoiled food may leave many different types of odors in the refrigerator that can be hard to remove. Kansas State University food scientist Karen Blakeslee says proper cleaning and inspection is the homeowner's best chance at getting rid of the foul smell. "As winter approaches, so does the possibility of power outages," Blakeslee said. "Refrigerators and freezers can hold cold temperatures for a short amount of time, but if power outages linger, food can become unsafe, spoil and leave residual odors."

The first step to removing odors is disposing of spoiled or questionable food. Next, Blakeslee suggests removing the shelving, drawers and ice trays to wash in hot, soapy water before rinsing with bleach sanitizer. Blakeslee recommends one tablespoon of bleach per gallon of water.

To wash the interior walls, use a mix of hot water and baking soda, then sanitize with bleach solution. Blakeslee said these steps may need to be repeated several times to be effective. "If meat juice or spoiled food has lingered in an appliance, it may have seeped into the insulation," Blakeslee said. "At this point, the appliance may need to be discarded."

Additional tips to remove odors are available from the [U.S. Department of Agriculture](#).





MEAT THE FUTURE

Written By: Jenilee Godsey
Youth Agriculture Agent



Who's Smarter These Days?

I recently read a newsletter from Dr. Tim Elmore entitled “Who’s Smarter These Days: The Young or the Old?” Dr. Elmore is the president of Growing Leaders, which is a nonprofit organization that provides resources that help develop young leaders for school, universities, etc. across the globe. And, his recent newsletter article really stood out to me as one to share in a world where we oftentimes find ourselves confused about the mentality of generations other than our own.

To start the article, Dr. Elmore reflects on a confrontation between two coworkers. He shares, “Last month, Janet called Rory into her office. She’s the department manager and Rory, a young professional, serves on her team. She did not appreciate his disrespect toward her when he questioned her authority and her decision in Monday’s meeting. Things came to a head when he walked out of her office before the issue was resolved. She was fuming.”

Dr. Elmore shares that Janet confronted him about the situation shortly afterwards and described Rory as arrogant, disrespectful, lacking the knowledge of her years invested in the organization and needed to pay his dues before sharing his opinions.

This mindset of younger generations is not a new concept. In fact, there are quotes from historical Greek philosophers dating back to 470 BC which similar concerns for a viewed lack of respect and listening to elders. “Some things never change.”, states Dr. Elmore.

Rory had a fundamentally different belief, that he was attempting to make improvements in their department and assumed this would be appreciated. He later quoted Mark Zuckerberg, who in 2007, famously said: “Young people are just smarter.”

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Dr. Elmore shares, "While most who heard Zuckerberg's comment chuckled, they all understood what he meant. He was describing the new world that young entrepreneurs and techies were creating. Truth be told, young people tend to jump on board with future trends more quickly than their elders. They seem to "get" where the world is going, hence they can appear smarter."

But is the vision of youth more valuable than decades of experience?

Mark Zuckerberg's quote surfaced a debate about what kind of knowledge is most needed by 21st century businesses. Is it more important to have veteran experience or the younger generation's "smarts"? A constantly evolving society has created tension between generations and the problem seems to be that we often forget to recognize and appreciate the value that each generation can bring to the table. Instead of assuming that if one generation brings expertise, the other cannot... we must face that fact that we can benefit from each one.

Dr. Elmore goes on to discuss the "Different Kinds of Smarts" by sharing a quote by Arthur Brooks, a social scientist at the Harvard Business School. Brooks states, "When you're young, you have raw smarts. When you are old, you have wisdom. When you are young, you can generate lots of facts. When you are old, you know what they mean and how to use them."

I couldn't agree more with Dr. Elmore's final statement in this article, "We must bring out the best in each team member, knowing everyone is smart in different ways."

Information in this article has been adapted from Dr. Tim Elmore, founder of Growing Leaders.

Jenilee Godsey is a Youth Agriculture Agent for the Twin Creeks Extension District which covers Decatur, Norton, Graham and Sheridan counties. Email her at jenileem@ksu.edu or reach her by telephone at the Graham County Office, (785) 421-3411.



KSU Cow-Calf Checklist

Management Considerations for February 2023

By: Jason M. Warner, Ph.D., Extension Cow-Calf Specialist

From: News from KSU Animal Sciences, Dec. 2022 Issue



Cow Herd Management

- Target BCS at calving for spring-calving cows:
 - 5 for mature cows, 6 for young females
- Be ready to start your post-calving nutrition program for spring-calving cows.
- Evaluate fall-calving cows for BCS:
 - Adjust nutrition program as needed relative to weaning date
- If conditions allow, keep grazing crop residues and dormant pastures but be prepared to move cattle or provide supplemental feed.
- Increase energy content 1% for every degree F below the lower critical temperature (LCT).
- Put down bedding, remove snow, ensure cattle have access to wind protection.
- Supply adequate water volume and space in freezing conditions.
- Don't forget about your herd bulls!
 - Bulls need to be in a BCS ≥ 5.0 prior to the next season of use.
 - Keep young and mature bulls separate if possible and provide plenty of space to prevent injury.
 - Spread sufficient fresh bedding to help avoid testicular frostbite

Calf Management

- Do you have a plan for weaning and marketing fall-born calves?
 - Evaluate your feed resources and cost of gain relative to the value of gain
 - Talk to prospective buyers in advance of selling
- Evaluate calf health protocols, both spring- and fall-born calves.
- Monitor growth and pubertal development of replacement heifers.

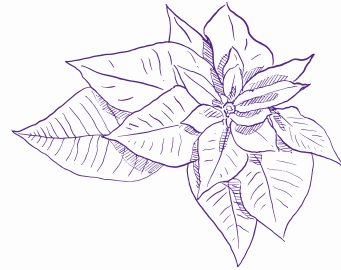
General Management

- For spring-calving herds this calving season:
 - How are you going to record your calving data?
 - What information are you going to record?
- Take inventory of supplies and clean equipment prior to spring calving.
- If making bull selection decisions:
 - Review your herd performance relative to your marketing and genetic goals.
 - Study EPDs impacting your marketing and genetic goals and do your homework well before sale day.



VIEWS WITH VAN

Submitted By: Keith VanSlike
Ag & Natural Resources Agent



Modern Poinsettias

Modern poinsettia varieties stay attractive for a long time if given proper care. Place your poinsettia in a sunny window or the brightest area of the room, but don't let it touch cold windowpanes. The day temperature should be 65 to 75 degrees F with 60 to 65 degrees at night. Temperatures above 75 degrees will shorten bloom life, and below 60 degrees may cause root rot. Move plants away from drafty windows at night or draw drapes between them to avoid damage from the cold.

Poinsettias are somewhat finicky in regard to soil moisture. Avoid overwatering because poinsettias do not like "wet feet." On the other hand, if the plant is allowed to wilt, it will drop leaves. So how do you maintain proper moisture? Examine the potting soil daily by sticking your finger about one inch deep into the soil. If it is dry to this depth, the plant needs water. When it becomes dry to the touch, water the plant with lukewarm water until some water runs out of the drainage hole, then discard the drainage water.



Article written by: Ward Upham, K-State Horticulture Rapid Response Center

K-State Plans Four-Part Series on Leasing Farmland

Program highlights principles of managing leases as a tenant and landlord.

By: Pat Melgares, K-State Research and Extension news service

MANHATTAN, Kan. - Kansas State University will host a four-part series on land leasing strategies at 34 locations in Kansas beginning January 18, 2023. The series is titled, *The Power of Negotiations and Communication: Land Leasing Strategies for Midwestern Agriculture Women*, though K-State Research and Extension farm economist Robin Reid says the sessions are open to all participants.

Many farms and ranches rely on leased ground to have an adequate amount of land to maintain a viable farming operation." says Robin Reid K-State Research and Extension farm economist.

Reid said the program - held each week through February 8, 2023 on Wednesday evenings - will teach principles of managing land leases as a tenant and landlord. "The goal is for participants to acquire skills they can apply directly to their own agricultural lease situation," she said.

Topics that will be covered include:

- An overview of the agricultural economy, and how it affects land values and lease rates.
- Advantages and disadvantages of various types of leases.
- Kansas lease laws and fence law.
- Why a lease agreement should be in writing and what it should include.
- Best practices of negotiating and communicating about a lease.
- Conservation programs and practices.

Reid said that women are encouraged to attend because they have routinely become lease managers due to family circumstances.



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"Women often become landowners through inheritance of a family estate or because they outlive their spouse," she said. "Suddenly becoming a landowner and working with a farm tenant can be particularly challenging if you do not have knowledge of current farming practices, lease laws and going market rates."

Reid said the program also will be helpful to farmers and ranchers who sometimes find themselves working with multiple landowners that, she notes, "are becoming more geographically and generationally removed from agriculture."

More information about the series is available online at www.agmanager.info/events (look for the link to The Power of Negotiation and Communication.) An online option is available for those not able to make it to one of the 34 sites in Kansas. The program will be held from 5:30 p.m. to 8:30 p.m. (Central Time) on four consecutive Wednesdays. There is a cost of \$50 for the in person program and a \$75 for the online option.

Information is also available at local extension offices in Kansas.

The program is made possible by a grant from the North Central Extension Risk Management Education Center and the U.S. Department of Agriculture.

***This news release from K-State Research and Extension is available online at:
www.ksre.k-state.edu/news/stories/2022/12/agriculture-leasing-farmland-series.html***

**KANSAS
LOCAL MEAT
MARKETING
WORKSHOPS**

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REGISTER TODAY!

Cost: \$20 per attendee. Each workshop will cover the same content and will be held from 10AM-3PM. Register at tinyurl.com/LocalMeatKSU.

February 3, 2023 - Wichita
February 24, 2023 - Olathe
March 3, 2023 - Parsons

Hosted by the Local Foods
Transdisciplinary Team at
Kansas State Research & Extension



KSU Soil Fertility Management Meetings January 2023

Collaboration with KSU Central/Western Extension Districts/Counties

Join us at any of the locations in NC/NW Kansas to learn about optimizing your fertilizer applications especially with the continued high cost!

January 24, 2023

LINCOLN

9:30 a.m. to NOON
Lincoln Methodist Church
216 N. 4th Street

HAYS

3:00 p.m. to 5:30 p.m.
Cottonwood Extension
601 Main Street

Topics will include NEW KSU Soil recommendations; KSU Research updates

January 25, 2023

COLBY

9:30 a.m. to NOON
Thomas Co. 4-H Building
Fairgrounds

NORTON

3:00 p.m. to 5:30 p.m.
4-H Building
Norton Co. Fairgrounds

NO COST to attend, but registration is requested by **January 18 for any of the locations** ONLINE at:

If online is unavailable or you have additional questions, contact your local Extension Office. 3 CCA credits applied for.



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Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Sandra L. Wick, Post Rock Extension District, Crop Production Agent, 785-282-6823.

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CHASING CLOVERS

Written By: Patsy Maddy
4-H Youth Development Agent



It's All About Choices!

Whether you are a young child, teenager, young adult or seasoned individual, your world revolves around 'choices'. Those choices will either have a positive or negative impact on lives. Choices shape who we are as an individual.

John Poppy, a magazine editor, first coined the phrase 'generation gap' back in the 1960's. The generation gap is more real today than ever, especially in the way choices are made.

Dr. Tim Elmore, founder of Growing Leaders, suggests there are seven strategies to influence choices which begin with the idea of a "nudge". There are so many decisions, attitudes, and behaviors that are influenced by simple "nudges" from others. Young people don't think deeply about most of the choices they make. They are influenced by social nudges.

During the pandemic, chewing gum manufacturers noticed a 20 percent drop in sales – that's measurable! A \$20 million gum company saw sales drop by \$4 million! Why the drastic drop in sales? Did people choose to stop buying gum over the last two years? Probably not. The change was more likely because most people buy gum as they check out at a grocery store or convenience store. During the Covid Cquarantined period, people visited those stores less. Seeing gum on the shelf next to the candy bars in the check-out line was no longer a factor. There was no "nudge" to purchase the gum products.

So, what does it mean to nudge a young person? Dr. Elmore reports that in reading the book *Nudge*, by economist Richard H. Thaler and Cass R. Sunstein, the authors propose a series of "nudges" that enable us to help people make better choices without restricting their freedom to choose. The basis of the book is that no choice is ever neutral because the way it is presented affects the way people engage. Therefore, schools, governments, companies and leaders would frame options in ways that can improve young people's decisions.

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Keep in mind that the goal should not be to control, but to connect. Youth must learn to “own” their choices and develop an internal level of control. Nudging them is not about imposing a behavior, but allowing them to make their own choices. With this, individuals should be intentional about guidance and messages given at the same time allowing youth to make their choices.

Since the beginning of his teaching career in 1979, Dr. Elmore has gathered a list of behavioral science ideas that generally do not change from one generation to another.

Make a good choice visible.

Products that store managers want to push are placed at eye level. One teacher placed a “countdown clock to finals” near the door as a reminder for students. How can key messages be positioned in a visible spot to remind youth of important, necessary decision-making choices? 4-H adult volunteers emphasize sound decision-making as a Kansas 4-H Life Skill taught during club and project meetings and during educational project learning.

Build a relationship beyond their work or study.

Individuals who have the opportunity to influence youth should show interest in them beyond the subject taught or work tasks. Engage in cultivating personal connections with youth and watch how deeper relationships and empathy “nudge” them into positive conduct and activities. Our 4-H program also stresses building healthy interpersonal relationships as a Kansas 4-H Life Skill.

Influence their influencers.

Almost every student follows others more influential than them. Identify youth influencers (even on social media) and indirectly influence your youth by “nudging” them. Suggest positive content sources to reinforce positive behavior. Kansas 4-H Life Skills promote a positive self-concept with our members emphasizing that what you believe and choices that are made define you as a person.

Anticipate mistakes.

Dr. Elmore reports that a dad and daughter agreed on a curfew time, but she kept losing track of time. He got into the habit of calling her a few minutes before the curfew and hanging up. In anticipating her habits, he kept her a track with a simple “nudge” which cultivated new habits. “To Make the Best Better” is the 4-H motto. 4-H youth members are allowed to make mistakes and are not expected to be perfect. During project learning, youth have the option to take a project exhibit to a county fair. Judges give feedback and constructive criticism to the member, who, in turn, takes those comments (“nudges”) to make improvements.

Narrow the options.

In researching options, Dr. Elmore states that a vendor tested a theory in front of a store. He set up two tables with similar products: one had thirty options, the other just three.

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He found more people visited the table with wider options, but more bought from the table with less options. Fewer options “nudge” youth to make decisions. An inquiring mind is yet another Kansas 4-H Life Skill that encourages youth to be curious and at the same time, stresses the importance of choosing wisely.

Leverage social media humor.

Social media platforms with funny content are a natural habitat for youth. Consider utilizing humor in key



messages and watch the number of views and shares they will receive. Today, we need to meet our youth where they are! This is “nudging” at its best for today’s emerging generation. Our 4-H youth members are more apt to listen if the initial message grabs their attention and they are having fun while learning.

Offer Incentives. -- Concern for the community.

Dr. Elmore reports that humans are notorious for responding to incentives – little perks that make a choice easier. He reports that one teacher offers bonus coupons in class for right choices. He also stated that a mom offered her 12-year-old son \$1,800 to stay off social media until he turned 18. He took her up on the offer! Our 4-H youth take advantage of incorporating a concern for community. Our 4-H program emphasizes community service projects with 4-H members realizing that the impact results is usually greater for the member than it is for the community. The thought of helping someone is a great incentive and Kansas 4-H Life Skill.

Influence deepens and energy shifts as we find ways to “nudge” choices. Each person has the right to make decisions and have choices about how they live their life. Each person has different ideas about what is important and what makes them feel best. Making your own choices about the things you do is very important because it gives your life meaning.

Some of the information in this article has been adapted from research completed by Dr. Tim Elmore, founder of Growing Leaders.

 **4-H GROWS HERE**

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PROGRAM DEVELOPMENT COMMITTEE MEETING

*Join us for an hour of discussion
and brainstorming community needs and
Extension Programming ideas!*

**TWO LOCATIONS TO CHOOSE FROM. PICK THE DATE AND
TOWN THAT WORKS BEST FOR YOUR SCHEDULE.**

January 18th - 6:30 pm
4-H Building - Hill City, KS

February 1st - 6:30 pm
4-H Building - Oberlin, KS

Simply Produce

in Oberlin, Kansas

Buy **15** **Pounds of Produce**
for only **Dollars!**
(That's about half the retail price!)

The Simply Produce Program starts back in January 2023!

SAVE THE DATE

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H A Y S , K S

Watch for more info to come soon!



SHEEP ACROSS KANSAS SERIES

'Ask Before You Buy'



FEB 5TH
2:00 PM

WHAT SHOULD YOU KNOW BEFORE PURCHASING YOUR NEXT SHOW LAMB PROJECT?

Join us as we meet with sheep producers for their insider tips on selecting the best lamb for your barn!

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https://www.kstate.edu/employee_resources/civil_rights/

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FIBER ARTS DAY



**"Needle Punch"
Embroidery**
Learn about this highly textured design made of loops.



Tour "The Shepherd's Mill"

Beautiful fabrics & yarns created from fleece shorn from alpaca, sheep & other fiber animals.



\$25 Registration covers Lunch, Snacks, All Materials for One Project, Detailed Instructions for All Projects, Name Entered for Door Prizes!

Registration Due January 3, 2023

Japanese Visible Mending
Repair work deliberately made visible and attractive.



"Knooked" Stocking Hat
Join us to learn about this new technique pairing knitting and crochet!



January 14, 2023

9:30 a.m. - 3:30 p.m.

"The Shepherd's Mill" - 839 3rd St. - Phillipsburg, KS

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K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting Twin Creeks Extension District two weeks prior to the start of the event at 785-877-5755. Requests received after this date will be honored when it is feasible to do so. Kansas State University Agricultural Experiment Station and Cooperative Extension Service - K-State Research and Extension is an equal opportunity provider and employer.

Stay Strong, Stay Healthy



Strength Training Program for Older Adults

Strength training is no longer just for bodybuilders. Stay Strong, Stay Healthy is an eight-week, evidence-based strength training program designed for older adults who want to improve their quality of life and stay active. Classes are held in familiar settings such as senior centers and church halls, not the gym. The exercises are easy to learn, safe and effective. No need to wear special clothes—just comfortable, loose-fitting pants and shirt, along with sturdy, closed-toe walking shoes.

What are the benefits?

Strength training:

- Increases muscle strength
- Improves balance
- Enhances flexibility
- Strengthens bones
- Relieves arthritis
- Helps control weight
- Lifts depression
- Reduces stress
- Reduces risks for heart disease

Here’s what we do

Stay Strong, Stay Healthy classes include:

- Warm-up exercises
- Eight strengthening exercises, with or without hand and ankle weights
- Cool-down stretches

Over the course of the program, you will increase your strength and improve your balance. After the eight weeks are over, you can continue the strength training program in the comfort of your home or with a group.

Weights will be available on-site, and a trained instructor will help you learn and do these exercises safely.



LOCATION: Fitness Center, Graham County Hospital basement, 304 W. Prout, Hill City, Kansas
 STARTING DATE: Tuesday, January 17, 2023 at 10:00 a.m. each Tuesday & Thursday
 COST: \$20/person

To register and/or more information contact:

Karen Shepard
 Twin Creeks FCS Agent
 785-421-3411 OR kshepard@ksu.edu

DON'T DELAY--SPACE IS LIMITED!!
 Registration forms can be picked up
 at the Extension Office.



Join us as we share family-focused time including great tips for parents, fun for the kids and family-centered activities!

This series is intended for the family unit! We ask that both the parent(s) and child(ren) attend.

FOR MORE INFORMATION OR TO REGISTER FOR AN UPCOMING SESSION, SCAN THIS QR CODE BELOW TO VISIT OUR WEBSITE!



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FAMILY FIRST SERIES

3 REMAINING SESSIONS, 3 LOCATIONS

Come once, or come to all!

SAT., FEBRUARY 18TH • TIME TBD • HOXIE, KS

\$15/Family | Sheridan 4-H Building

Adults: The Art of Balancing Schedules & Family Time Together: Dirty Hands, Happy Hearts - House Plants

Children: Macramé Plant Hangers

Apr., & Jun. Events are Tentative Times, Locations & Subjects

SAT., APRIL 1ST • TIME TBD • OBERLIN, KS

Adults: Effective Family Communication & Love Languages Together: Family Geared S.T.E.M.

Children: Spring Craft

SAT., JUNE 10TH • TIME TBD • NORTON, KS

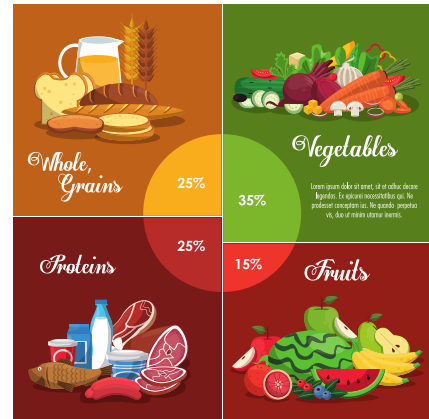
Adults: Increased Risks in Today's Society - Vaping, Social Media, Etc. Together: Exploring the Outdoors - Entomology, Geology & Natural Resources (Oh My!)

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Twin Creeks Extension District two weeks prior to the start of the event December 3, 2022 at 785-421-3411, dnewculley@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.
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SNAP-ED UPDATE

Written By: Aftan Tso
SnapEd Nutrition Educator



SNAP-Ed - What's Coming Up?

Happy New Year! Did we all survive the Holiday season in one piece? January is the best time to think about your personal health and wellness, especially after the indulgences of the December. In the SNAP-Ed curriculum Fresh Conversations, January and February lessons are dedicated to learning the 'ins-and-outs' of processed food and how to navigate their good and bad qualities.

When you hear 'processed food' what comes to mind? SPAM? TV Dinners? What about trail mix and canned strawberries? Surprise! They're all processed. Processing of food has allowed our society to ship food products, and has made food preparation easier. In fact, the American diet consists of at least 60% processed food.

So why would we take a hard, educated look at these foods, especially the nasty 'ultra-processed' kind? Ultra-processed food is packed with added sodium (salt), sugar, dyes, preservatives, and calories. Studies have shown that diets heavy with those nutrients lead to diabetes, hypertension, and excessive weight gain. More bad news. Studies show people ate 500 more calories with ultra-processed food as compared to unprocessed food (fresh, whole foods) but didn't have any decrease of hunger.

Let's look at the different types of processes: 1) Unprocessed food- think nuts, fresh fruits and veggies, meat, eggs, milk. 2) Processed food- whole foods that's changed to make a different product like bread, canned tuna, or cheese. 3) Ultra-processed foods- foods that go through multiple processes and are highly altered such as frozen pizza, hot dogs, canned soup, and soda.

The goal is to eat as unprocessed as possible and to also find a good balance. If your family has hotdogs for your family picnic, try pairing it with a simple ear of corn instead of that potato salad from the container.

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If you are rushed for time and throw in a frozen pizza in the oven, add a fresh garden salad. If you like those canned pasta meals (like a certain Chef Boyardee) for their convenience, try cooking pasta, adding spaghetti sauce, and portion out to store in the fridge or freezer. Try to keep healthier staples on hand for quick meals such as canned tuna, whole grain noodles, rolled oats, and canned fruit and veggies.

Want to learn more? Join a SNAP-Ed Fresh Conversation class in the Twin Creeks district, specifically designed for seniors 65+ and are free to attend. Questions? Contact Aftan Tso, SNAP-Ed Nutrition Educator at 785. 200.7853 or Hill City office at 785.421.3411.

FIND A SNAP-ED FRESH CONVERSATION CLASS NEAR YOU!

Oberlin Sappa Valley - 2nd Monday - 1:30 PM

Hill City Housing Authority - 3rd Wednesday - 10:00 AM

Norton Housing Authority - 2nd Thursday - 10:00 AM

Hoxie Ridgewood Manor - 3rd Thursday - 2:00 PM



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Kansas State University is an equal opportunity employer.

JOIN OUR TEAM

Office Professional - Hoxie Office

Applications are now open for a full-time Office Professional in our Sheridan County office! Hours are Monday - Friday, 8:00 am - 4:30 pm. Starting pay will depend on experience. KPERs retirement and stipend are available. General secretarial experience is preferred, however we are willing to train the right person. Position open until filled.

For a complete job description and application, stop by any Twin Creeks District Office or call us at 785-475-8121.



AREA & STATEWIDE EVENTS & DEADLINES

January

- Jan. 3 Fiber Arts Day Registration Deadline
- Jan. 10 Horse Panorama Registration Deadline
- Jan. 14 Fiber Arts Day (Phillipsburg)
- Jan. 15 4-H Day with Wildcat Women’s Basketball Registration Deadline
- Jan. 20 Northwest Project Award Regional Evaluation (Hays)
- Jan. 28 Horse Panorama (Salina)

February

- Feb. 1 Citizenship in Action Registration
- “Up and Away with 4-H Communicators” Registration Deadline
- Feb. 4 Northwest Kansas 4-H Beef Day (Hays)
- Feb. 5 Sheep Across Kansas Series – Ask Before You Buy
- Feb. 12 4-H Day with Wildcat Women’s Basketball
- Feb. 19-20 Citizenship in Action (Topeka)
- Feb. 24-25 “Up and Away with 4-H Communicators” (Rock Springs Ranch)

COUNTY/DISTRICT EVENTS & DEADLINES

January

- Jan. 8 Norton 4-H Council Meeting
- Jan. 9 Sheridan 4-H Council Meeting
- Jan. 16 YQCA (Graham 4-H Building)
- Decatur 4-H Council Meeting
- Jan. 17 Record Book Goal Setting Workshop (District Zoom)
- Jan. 21-23 Denver Educational Trip (Norton)
- Jan. 30 Graham 4-H Council Meeting

Note: Youth events are open to ALL youth (with Extension agent approval for youth not currently enrolled in the 4-H program). If you have a youth that is interested in an event please contact Patsy Maddy, Twin Creeks Extension District 4-H Youth Development Agent pmaddy@ksu.edu.

Go to the Twin Creeks District website at <https://tinyurl.com/qukdd97> for a complete listing of all activities and events at the local, district, area and state levels.



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