

TWIN CREEKS SPOTLIGHT

K-STATE
Research and Extension

Twin Creeks
District

JANUARY & FEBRUARY 2021



It's a New Year... Get to know our staff!

As we kick-off a new calendar year, we thought we would take a second to familiarize you with the staff that make up the Twin Creeks Extension District!

The Twin Creeks Extension District is comprised of four Northwest Kansas counties, which include: Decatur, Graham, Norton, and Sheridan. Housed across these four counties are a total of five agents, four Office Professionals, and four county offices (Oberlin, Hill City, Norton, and Hoxie). Our agents work diligently to make a difference in the lives of residents in each of these counties.

We invite you to visit or call our offices anytime!

DECATUR COUNTY

(785) 475-8121
Decatur County Courthouse
120 East Hall, Oberlin, KS 67749

Office Professional: Pam Simonsson
**Interim District Director &
Livestock & Farm Management Agent:**
Alyssa Rippe-May | alyssar@ksu.edu

Office Hours: 8:00 AM - Noon, 1:00 PM - 5:00 PM

GRAHAM COUNTY

(785) 421-3411
Graham County Courthouse
410 North Pomeroy, Hill City, KS 67642

Office Professional: Position Open!
Family & Consumer Science Agent:
Karen Shepard | kshepard@ksu.edu
Youth Livestock Agent:
Jenilee Godsey | jenileem@ksu.edu

Office Hours: 8:00 AM - 5:00 PM

NORTON COUNTY

(785) 877-5755
113 North State, Norton, KS 67654

Office Professional: Crystal Tatkenhorst
Agronomy, Nat. Res. & Entomology Agent:
Keith VanSike | kvan@ksu.edu
4-H & Youth Development Agent:
Patsy Maddy | pmaddy@ksu.edu

Office Hours: 8:00 AM - Noon, 1:00 PM - 5:00 PM

SHERIDAN COUNTY

(785) 675-3268
Sheridan County Courthouse
925 9th, Hoxie, KS 67740

Office Professional: Shelly Holland

Office Hours: 8:00 AM - Noon, 12:30 PM - 4:30 PM



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



Meat the Future

Written By: Jenilee Godsey
Youth Agriculture Agent



"Feeding 4-H & Fat Steers at Home"

As a new 4-H year kicks off, it's time to start thinking about selecting your 2021 beef project animals if you haven't done so already! With new animals hitting the pens, it's always important to make sure that your feeding regimen is set in stone and ready for implementation. Whether this is your first year exhibiting beef or you are well-versed, the tips included in this article are great to keep in mind while building your feeding program.

Here is an article I would like to share with you written by Lisa Moser, MarCom Copywriter – Communication and Ag Education. It provides an insight to understanding rations and controlling expenses.

Experts at the Kansas State University Beef Cattle Institute said it is important that first-time cattle feeders deliver the appropriate ration and understand the increased expenses they may incur.

"To hand-raise a steer from 700 pounds to 1,400 pounds, factoring in the purchase price of the animal, feed costs and processing expenses, the beef that you bring home is going to cost about \$5 per pound," said Bob Weaber, beef extension specialist, on a recent Cattle Chat podcast. "It will never be as reasonably priced as what you can buy at the grocery store.

"You may want to find a bulk storage solution for feed because that will decrease your feed costs from buying it a bag at a time," said Brad White, veterinarian, and BCI director. One option, he said, is a gravity wagon that allows producers to buy feed by the ton and carry it by the bucket to the steers that are being fed.

Another way to reduce feed expenses is to purchase feedstuffs that are available in the local area, said BCI nutritionist Phillip Lancaster.

"A finishing feed will need to have quite a bit of grain in it. For many that local source will be corn but it will also need a high energy protein source like soybean meal, cottonseed meal or distiller's grains," he said. "Work with your local co-op or extension agent who can help you formulate the right ration for a growing steer."

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The main goal for steers hand fed between 700 pounds through the finishing phase is three pounds per day, Weaber said. "To make that goal, the calf needs to be fed six pounds of feed for one pound of gain so about 2.1 tons of feed during that phase," Weaber said.

Along with the feed, he said the cattle need to eat hay to keep their rumen healthy. "The hay keeps the calves from going into an acidotic state with the high concentrate finishing feed," Weaber said.

Veterinarian Bob Larson explained how a severe case of acidosis can be toxic to cattle and offered suggestions on ways to keep that from happening.

"You need to acclimate the cattle to a changing diet over several weeks where you are increasing the high grain concentrate and decreasing the hay. Otherwise, some cattle will overeat the grain and that can have very serious consequences," he said.

The timing of the feed delivery is also important. "Feeding them at the same time each day helps the rumen PH balance," said Weaber, who recommends feeding twice a day, 12 hours apart. If a morning feeding is missed, he said it is better to skip that feeding rather than feeding twice in a shorter time period.

Along with the points mentioned above, the experts offered this checklist of recommendations when feeding a steer through the finishing phase at home:

- Create complete rations including mineral supplementation.
- Work with a veterinarian to develop a good health plan.
- Have adequate housing to raise the animal through the winter.
- Consider the economics when finishing the calves at home.
- Formulate rations based on the available feedstuffs.
- Determine bulk feeding storage options that may be available.
- Monitor changes in growth and adjust the amount of feed appropriate for that animal.

To hear the full discussion on hand-raising a steer, listen to the BCI Cattle Chat podcast.



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.

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Views With Van

Written By: Keith VanSike
Agronomy, Natural Resources,
& Entomology Agent



"Control of Mustards in Wheat"

This year with the drier fall we may have late emergence of the winter annuals. Thus we may not see weeds germinate early.

Too often producers do not notice mustard weeds in their wheat fields until the mustards start to bloom in the spring. As a result, producers often do not think about control until that time. Although it is still possible to get some control at that time with herbicides, mustards are much more difficult to control at that stage and often have already reduced wheat yields by then.

To minimize yield losses, mustards should be controlled by late winter or very early spring, before the stems begin to elongate (bolt). If mustards are present in the fall, they can be controlled with ALS-inhibiting herbicides such as Ally, Amber, Finesse, Affinity, Rave, Olympus, or PowerFlex. Huskie, Talinor, Quelex, 2,4-D, and MCPA can also provide good control of most mustards if the weeds are at the right stage of growth and actively growing, and if the wheat is at the correct growth stage. However, wheat should be fully tillered before applying 2,4-D or tillering will be inhibited. Dicamba and Starane are not very effective for mustard control.

In the late winter or early spring, blue mustard is perhaps the most difficult of the winter annual broadleaf weeds to control because it bolts very early. To be effective on blue mustard, herbicides typically need to be applied in late February or early March. Blue mustard is more difficult to control than tansy mustard with 2,4-D because blue mustard has often already bolted by the time 2,4-D can be safely applied to wheat.

Thus, 2,4-D often is applied too late to be effective on blue mustard. Blue mustard is the one you see early in road ditches, edges of fields, purple-blue bloom and oval long narrow leaves.

Flixweed and tansy mustard should be treated when they are no larger than two to three inches across and two to three inches tall. As these plants become larger, the control decreases dramatically. Ester formulations of 2,4-D and MCPA are more effective on tansy mustard and flixweed than amine formulations.

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Field pennycress is easier to control than tansy mustard or flaxweed. Herbicide applications made before the pennycress bolts are usually effective.

Most ALS-inhibiting herbicides control winter annual mustards very well, although there are populations of bushy wall flower (treacle mustard) and flaxweed in Kansas that are ALS-resistant and cannot be controlled by these products. Alternative measures will be needed to control these populations. The best approach to control ALS-resistant broadleaf weeds is to use other herbicides or tank-mixes with 2,4-D, MCPA, Huskie, or Talinor. None of these herbicides have much residual control, so the majority of weeds need to be emerged and actively growing at the time of treatment.

Some producers commonly apply ALS herbicides with fertilizer in January or February. Unfortunately, MCPA, 2,4-D, and Huskie are most effective when applied to actively growing weeds, so application, when weeds are dormant, may not provide good control. As a result, if an ALS-inhibitor tank-mix with one of these herbicides is applied to dormant ALS-resistant mustards in the winter, poor control could occur.

Crop rotation with corn, grain sorghum, soybeans, cotton, or sunflowers is a good way of managing mustards as long as they are controlled in the spring prior to producing seed. Crop rotation is always an option to reduce the seed bank in soil where it can be used.

The use of product names is used as ease of clarifying the content of this article. In no way is this a recommendation for, or against the compounds' use.



JOIN OUR TEAM!

Applications now open for a full-time Office Professional position in the Twin Creeks District - Graham County Office.

Apply today!

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K-State Research and Extension is an equal opportunity provider and employer.



Now Hiring!

Graham County Office Professional Needed

Twin Creeks Extension District, Graham County office is seeking a Full-Time Office Professional, 40 hrs./week. Starting pay will be dependent upon professional experience. KPERs retirement is available. Skills required: computer skills including knowledge of Microsoft Word, Excel, and Publisher; routine office management; basic bookkeeping; effective oral and written communication; willingness to learn; and ability to work with the public. Database, graphic presentation, and social media marketing skills are a plus. For a complete job description and application, please stop by or call the Twin Creeks Extension Office at 410 N. Pomeroy, Courthouse, Hill City, KS. 785-421-3411. Applications and resumes are required. Applications are due by January 15th. EQUAL EMPLOYMENT OPPORTUNITY.



Roots & Chutes

Written By: Alyssa Rippe-May
Interim District Director &
Livestock and Farm Management Agent



"The Chute..."Managing Thin Cows"

Have you noticed a few thin cows in your herd recently? There seem to always be a few that show up right about now, especially in such a dry year. The good news? It's the perfect time to pack on some extra pounds with most cows having a low maintenance requirement due to time of gestation and no longer having a calf by their side. So how can you make the most of those facts? Check out the following article written by Lisa Moser as Dr. Bob Weaber and Dr. Bob Larson, both K-State Beef Cattle Institute specialists, discuss managing thin cows this winter.

In the midst of the holiday season and the increased access to sweets, many people may be observing a less than ideal change in their personal body conditions. While people may strive for a skinnier physique, holding a thin body condition over the winter may create deficits for cattle heading into calving season, said the experts at Kansas State University's Beef Cattle Institute on a recent Cattle Chat podcast.

Larson said if cattle ranchers notice that there are thin cows in the herd, they may need to evaluate the situation further to see if there is a pattern tied to their age or access to feed. "The number of cows in the herd will creep up if, for example, they are getting pushed out of the feed bunk and not getting the protein supplementation they need," Larson said. The experts agree that two feet of bunk space per head is a minimum amount of space needed.

"If you only allocate a foot and a half on a single-sided feed bunk, the big cows will push out the thinner, smaller cows that really need the feed," Weaber said. He prefers to place the feed bunk in the middle of the pasture so cattle can access the feed from both sides.

Larson added that the amount of bunk space needed will depend on the type of feed provided and how quickly the cattle consume it. "Big cubes fed on the ground will allow the cattle to have easy access because you can spread it out, but there is more feed waste and sanitation issues that come with that strategy," veterinarian Brad White said.

Once producers determine why some of the cows are thin, they may need to make culling decisions or form a plan to add condition back on the cows, according to Weaber. "Identify the commonalities of the problem animals and that will determine the best management strategies to fix it, as well as knowledge for the future," Weaber said.

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White suggested producers look at ways to segregate the thin cows. "Grouping the thin cows together can be a powerful tool in giving them the extra feed they need ahead of calving season," White said. The challenge, he added, may lie in where they are located and the ease of separating them for feeding. Larson said it is important to consider where the cow is in the pregnancy when coming up with the supplementation plan. "Right now, spring calving cows are midway through their pregnancies and the calves are not pulling that much nutrient demand from them, but as they get closer to calving that demand goes up significantly," Larson said.

He added: "The cow's maintenance cost is the lowest it is going to be right now and that makes it a good time to put some weight on her rather than waiting to do it later." Weaber advised producers to calculate the days to calving when figuring out the gain needed. White gave an example: "If I have 100 days, I could target the cows to gain two pounds per day. That will give them about 200 pounds of gain."

The bottom line, White said, is to "do the math for your herd and then figure out if it is just a couple individuals that need to gain weight or the entire group, because that answer will drastically change the decision you make and what options are available." To hear more of the discussion about managing thin cows, listen in to the Cattle Chat podcast online (double click on the image below).



Pregnancy Checking, Feeding Equipment, Thin Cow Management, Listener Question

Welcome to BCI Cattle Chat! Please click on any links below to be taken to sources mentioned in the podcast. Keep an eye out for news regarding the podcast on Facebook and Twitter....

Kansas Profile – Now That’s Rural: Joni Albers, Hungry Gardens

Written by: Ron Wilson, director of the Huck Boyd National Institute for Rural Development at Kansas State University.

A blue ribbon. For millions of 4-H youth through the years, blue ribbons have been awarded in recognition of a high-quality project.

For Joni Albers, the founder of the Hungry Gardens in California, her first blue ribbon helped launch a lifelong interest in horticulture. She is now using those skills to produce healthy food for urban neighbors.

Originally from Hoxie, Joni’s roots go deep in rural Kansas. Her grandparents were dairy farmers, and her family always had a large garden. “My mother got me started in gardening,” Joni said. “I had my first garden at six years old.”

She was also a member of the Solomon Valley 4-H Club. In her first year, she took her homegrown green beans to the Sheridan County Fair and won a blue ribbon. “That started it all,” she said. Joni was active in 4-H, taking on projects such as sewing, art, bucket calf, and woodworking, but horticulture was her favorite.



Joni went to college in Denver and worked as a designer before taking a technology position in New York City. When her company allowed her to transfer to California, Joni settled in Sun Valley.

Unlike in New York City, she now had some land. “I wanted to garden as I had in my youth,” Joni said. She started a small garden, but the garden space quickly grew. Soon she had about 4,000 square feet, and her neighbors were interested in her produce.

Locally grown products were hard to come by in the region. “There was one produce stand in the area, but it was only open one day a week, and they didn’t have locally grown produce,” Joni said.

She decided to launch her own business as an urban produce farm. She named it the Hungry Gardens. She uses innovative technology to communicate with customers and focuses on heirloom produce.

These are not plain, everyday tomatoes, for example. “Healthy food and culinary experiences underpin everything we grow at the Hungry Gardens,” her website says.

I try to find the rarest heirloom vegetables,” Joni said. “We specialize in growing unique vegetables that are not available commercially but have historical and indigenous value.”

For example, Joni offers many products which I hadn’t heard of, such as cinnamon basil, blacktail watermelons, red noodle beans, tigger melons, violet sparkle peppers, thai lime, pineapple sage, cucamelons, and many more. She works with various partners, including several chefs.

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"I want to provide an experience for people, and give them new things to try," Joni said. Her market is hyperlocal, and she offers pickup and delivery. Hungry Gardens also offers seedlings for such items as heirloom tomatoes, squash, zucchini, and flowers.

Some cities have used community-supported agriculture, where consumers pay a fee and receive whatever produce happens to be in season. Joni goes a step further by enabling consumers to select their products. "I allow consumers to curate their own boxes," Joni said. "That means they get what they really want."

She updates the inventory of fresh products each day, and her customers get to choose among the freshest items.

Joni uses an iPhone app called Cropswap, to offer Heirloom CropBoxes by subscription. These include a variety of heirloom vegetables not offered on her website. The boxes come with scannable codes that connect to recipes from area chefs, plus ideas for preparation of these unusual products.

It's a remarkable business, inspired by Joni's early days as a 4-H'er at the rural community of Hoxie, population 1,201 people. Now, that's rural.

Her products are only available in California, but you can learn about her company by going to www.hungrygardens.com.

A blue ribbon. For 4-H youth, it symbolizes a high level of achievement. For Joni Albers, that first blue ribbon also helped inspire a lifelong interest in horticulture which has now become an innovative business. We commend Joni Albers of the Hungry Gardens for making a difference with her entrepreneurial approach to produce. In her case, a blue ribbon helped encourage a green thumb.

Audio and text files of Kansas Profiles are available at www.kansasprofile.com. For more information about the Huck Boyd Institute, interested persons can visit www.huckboydinstitute.org.



Healthy Aging Goes Beyond Eating Right, Exercise

By: Pat Melgares

KSU Public Information Officer, Communication & Ag Education



K-State expert notes external factors that contribute to healthy lives

Dec. 14, 2020

MANHATTAN, Kan. – Most people know that exercising regularly and eating healthfully is directly connected to aging well, and Kansas State University aging specialist Erin Yelland certainly agrees.

But, she says, those two factors alone are not enough.

“So many times when we hear about health, we’re hearing about those specific health behaviors that we should be doing: eating right and exercising,” Yelland said. “Of course those play a huge role in our health, but when you look at all the things that contribute to our length and quality of life, those specific health behaviors only contribute 30%. The other 70% relates to external factors different from eating well and exercising.”

Speaking recently on the K-State Research and Extension radio program, Sound Living, Yelland said that such external factors as environment, geographic location, education, socioeconomic status and others contribute to a person’s health at any age.

She noted that each individual’s level of risk often corresponds to public health programs enacted by the community, county or state they live in. One example she cited is a public information campaign to limit tobacco and alcohol advertising in stores.

“That is one example where public health initiatives work to reduce the marketing message that makes consumers think about cigarettes and alcohol, which then makes you less likely to want to buy them,” Yelland said. “These types of local policies can be huge in determining your health behaviors.”

Speaking on the factors that influence healthy aging, Yelland said:

- Environment. Air and water quality, housing and transit are included in this category. “Do you live in an environment where there is clean air, or do you live near a factory?” Yelland asked. “Or, do you have clean water with fluoride in it, or do you live in Flint, Michigan,” a city that since 2014 has struggled with high levels of lead in drinking water.

A safe home – free from asbestos or other hazards – and access to transportation are also important to good health.

- Geographic location. Urban, suburban and rural communities each have their challenges. Neighborhoods in which younger residents feel unsafe to walk to school are stressful. “It can affect your brain development, and obviously it can be dangerous,” Yelland said.

Rural areas may not feel the pressure of unsafe neighborhoods but can struggle with access to transportation, food, internet and medical care.

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- Education. "First of all," Yelland said, "do you have parents who read to you and support you positively from a young age?" Older children who work to support the family or raise siblings also are at a disadvantage. "There are a lot of questions that go into whether you are able to attain a high school diploma, let alone go on to trade school or a four-year university."

Education also affects brain composition for the rest of one's life. "We see that certain aspects of the brain are smaller in people who have higher levels of stress and lower levels of education. The more educated you are, the more likely you are to live a longer and healthier life."

Yelland added that socioeconomic status "always" affects external factors.

"When we think about things such as broadband internet or healthy eating, having a stable job influences your behavior. If you have more money, you're more likely to have faster and more stable internet. If you have more money, you're more likely to be able to access nutritious and healthy, fresh food."

K-State Research and Extension agents across Kansas are helping to promote healthy communities by building local coalitions that address residents' needs. Yelland said many of those efforts aim to identify "projects that we can help spearhead or partner with to make our community a safer and healthier place."

"K-State is using data developed across the world to talk about how we can make Kansas a healthier place, as well as doing our own research," Yelland said. "There are a lot of things that extension is doing to address the 70% of outside factors that contribute to our good health."

Listen to an interview by Jeff Wichman with Erin Yelland on the weekly radio program Sound Living, click on the link below!



Sound Living

Sound Living is a weekly public affairs program addressing issues related to families and consumers. It is hosted by Jeff Wichman. Eac...

KStateRschExtn



WOMEN MANAGING THE FARM VIRTUAL CONFERENCE

FEBRUARY 10-12, 2021

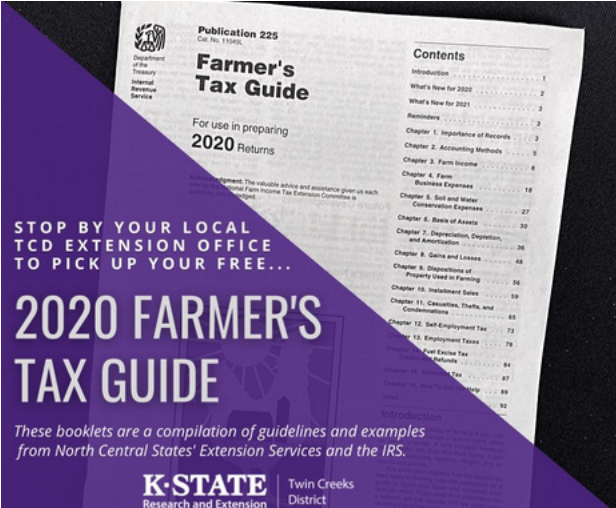
Creating Community
Online & At Home

womenmanagingthefarm.com

Women Managing the Farm Virtual Conference

During the upcoming three-day, virtual conference, conference speakers will focus on creating community online and at home by providing attendees with tools that cover such topics as relationships and health, agricultural and estate law, crop production, marketing, and management. Organizers say a new aspect in 2021 will be a resource library of videos and materials for maintaining a healthy and sustainable home and business life.

Registration and more information is available online and costs \$50. The conference website also includes information about speakers, programs, exhibitors, and scholarships, or interested persons can call 785-532-2560. Conference updates also are available on Facebook.

Publication 225
Cat. No. 11045

Farmer's Tax Guide

For use in preparing
2020 Returns

**STOP BY YOUR LOCAL
TCD EXTENSION OFFICE
TO PICK UP YOUR FREE...**

2020 FARMER'S TAX GUIDE

These booklets are a compilation of guidelines and examples from North Central States' Extension Services and the IRS.

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**GET YOUR
2021 CALENDARS!**

Healthy & Homemade

2021 Recipe and Fitness Calendar

*Forecast Tips
Recipes*

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**Stop by your local TCD Extension Office to
grab your FREE copy of these items!**



Eating & Aging Well

Provided By: Karen Shepard
Family Consumer Science Agent



With the Winter season upon us, here are a couple of articles written by the K-State Research and Extension specialists with some good points to keep in mind.

Emergency Food Safety

Winter is in full control which can lead to power outages from storms. Knowing how to determine if food is safe and how to keep food safe will help minimize the potential loss of food and reduce the risk of foodborne illnesses.

Always keep meat, poultry, fish, and eggs refrigerated at or below 40°F and frozen food at or below 0°F. This may be difficult when the power is out.

Keep the refrigerator and freezer doors closed as much as possible. An unopened refrigerator will keep food safely cold for about 4 hours. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed. Obtain dry or block ice to keep your refrigerator as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18-cubic foot full freezer for 2 days. Plan ahead and know where dry ice and block ice can be purchased.

Food thermometers and appliances thermometers will help you know if the food is at safe temperatures. Keep appliance thermometers in the refrigerator and freezer at all times. Source: <http://1.usa.gov/1I92N9>

Break the Hill with Soup!

Let's go pantry shopping and create a soup! Here are simple steps to make soup for four adults.

1. Choose a fat—2 tablespoons butter, oil, or margarine. Heat in a large soup pot.
2. Add 1 medium chopped onion and cook until tender.
3. Add 2-3 cups chopped vegetables of your choice either fresh, canned or frozen
4. Pick a protein. Add to pot. 1 pound beef, chicken, ham, etc. OR 1 (16 oz.) can beef, chicken, ham, etc. OR 1 (16 oz.) can beans, 1 cup grated cheese
5. Select a starch. Add to pot. 3-4 cups diced potatoes or 2 (16 oz.) cans beans or 4 oz. noodles or pasta or ½ cup uncooked rice.
6. Add 4 cups liquid of your choice and cook 20-30 minutes.
7. Season with herbs. Simmer 5 minutes. Serve hot and enjoy! Source: www.ksre.ksu.edu/humannutrition/doc13246/ashx





Chasing Clovers

Written By: Patsy Maddy
4-H & Youth Development Agent



Want to do a 360?

In our 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.

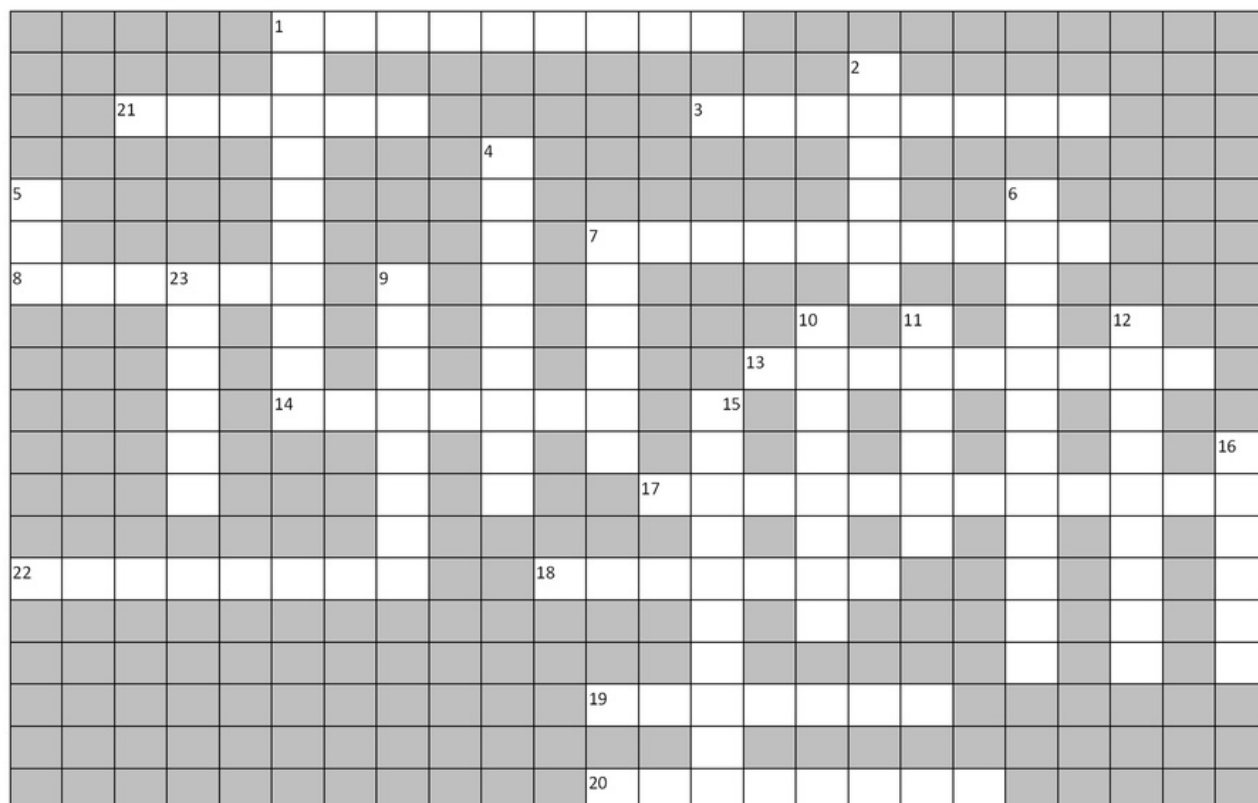
Kansas 4-H recommends allowing at least 60 minutes for each project learning session. Give 360 and connect with kids in your community and teach them skills for life. Twin Creeks Extension District 4-H programs in Norton, Decatur, Sheridan and Graham counties are looking for individuals interested in sharing their time and talents with our youth. Your specialty may be in knitting, crochet, woodworking, baking, sewing, livestock, horticulture, welding, 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!!!

Contact Twin Creeks Extension District 4-H Youth Development Agent, Patsy Maddy, at pmaddy@ksu.edu, (785) 877-5755 (office) to learn more about how you can share your expertise with today's youth. I will be anxiously awaiting to hear from you!



Test Your Knowledge!

**Across:**

- 1 Use within 3 to 4 days
- 3 Part D Open Enrollment
- 7 "_____ risk management"
- 8 Flowering holiday plant
- 13 Essential to success of 4-H program
- 14 Land used for grazing
- 17 Preparing calves for weaning
- 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

Down:

- 1 Provided by adult 4-H volunteers
- 2 Product from chopping crops
- 4 Infest wheat after first freeze
- 5 Program Development Committee
- 6 Pasture weeds have poor _____
- 7 Keep track of spending
- 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
- 15 Signing up for 4-H program
- 16 Blood draw will check for this
- 23 Chosen meat dish for Thanksgiving

To complete the puzzle, print this page!
Answers on the next page.

Crossword Puzzle Answers:

Across: 1) leftovers; 2) Silage; 7) biological; 8) cactus; 13) volunteer; 14) pasture; 17) precondition; 18) giblets; 19) overeat; 20) nitrogen; 21) rotate; 22) learning.

Down: 1) leadership; 3) Medicare; 4) greenbugs; 5) PDC; 6) palatability; 7) budget; 9) roasting; 10) toxicity; 11) curing; 12) realistic; 15) enrollment; 16) anemia; 23) turkey.

WATCH FOR DATES & INFORMATION ON THESE UPCOMING PROGRAMS!

Ag & Natural Resources

- Cover Your Acres -- *Virtual in 2021*
- Twin Creeks District Farmland Leasing Meeting -- *Held Virtually Early 2021*

Family & Consumer Science

- Dining with Diabetes -- *Held Virtually Early 2021*
- Walking with Ease -- *Held Virtually Early 2021*
- Walk Kansas -- *Begins March 28, Watch for Registration Info to Come Soon!*

Youth Agriculture

- NW KS Junior Beef Day -- *Early 2021*
- Livestock Showmanship Workshops -- *Held Virtually Early-Spring 2021*
- Junior Gardeners -- *Spring 2021*

To stay current on upcoming program dates, registration info, etc. follow us on Facebook and/or check our Twin Creeks District Website!

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WATCH FOR MORE INFO...

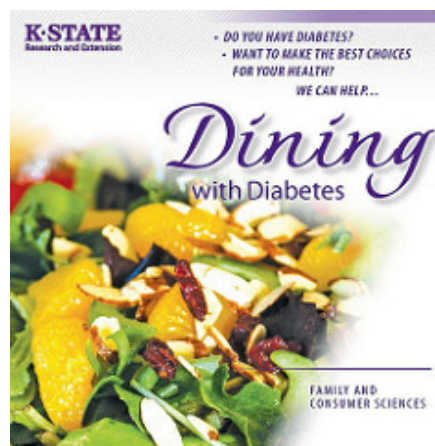
FARMLAND LEASING SURVEY SUMMARIES COMING SOON!

Surveys have been sent to randomly selected residents in Decatur, Graham, Norton & Sheridan Counties about farmland, pasture, crop residue grazing and recreational (hunting) leasing arrangements. We will be compiling survey summaries for each county that will be distributed through our TCD offices for educational purposes.

ALSO WATCH FOR A DATE TO BE SET FOR A FARMLAND LEASING ARRANGEMENTS MEETING TO BE HELD VIRTUALLY EARLY 2021!



Walk Kansas
celebrate healthy living





Statewide Dates & Deadlines

February 1: Citizenship in Action (CIA) Registration Deadline

February 8: K-State Junior Swine Producer Week Registration Deadline

February 14 & 15: Citizenship in Action (CIA) -- Virtual

February 15-20: K-State Junior Swine Producer Week -- Virtual

March 1: Kansas 4-H & Vanier Scholarship Application Deadline

March 8: K-State Junior Meat Goat Producer Week Registration Deadline

March 15-20: K-State Junior Meat Goat Producer Week -- Virtual

County Dates & Deadlines

January 24: Youth Quality Care for Animals (YQCA) Training -- Norton 4-H Building @ 2:00 p.m.

February 17: Graham Co. Large Animal Weigh-In -- HC Sale Barn, 6-7:30 p.m.

February 21: Graham Co. Large Animal Weigh-In -- HC Sale Barn, 2-3:00 p.m.

February 21: Youth Quality Care for Animals (YQCA) Training -- Graham 4-H Building @ 3:30 p.m.

March 19: Youth Quality Care for Animals (YQCA) Training -- Sheridan 4-H Building (Tentative)

Watch for youth livestock programming dates to be announced soon!

Our district will be implementing protocols to help reduce the threat of COVID-19 transmission. These protocols will include wearing a mask, practicing social distancing and excellent hygiene. Participation in face-to-face meetings will not be allowed without the wearing of a mask.

If you choose not to wear a mask, please join our meeting via our virtual option or request a recorded version that would be distributed following the 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.





4-H at Home for the Holidays!

This holiday season, enjoy your extra time indoors with these fun science, baking, and crafting activities. Whether you're a mad scientist, a curious baker (and taster), or a daring dreamer, there's a little something here for everyone.

Activities Include:

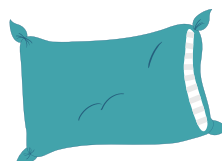
Bubbling Snowmen
Up Your Cookie Knowledge
Wish Pillow

Grades: 1-12

Topic: STEM, Cooking and More

Estimated Times: 25-45 Minutes

[Click here to check them out!](#)



Virtual Kansas Junior Swine Producer Week



February 15-20, 2021
Kansas State University
Hosted Virtually

Please join us February 15-20 for a virtual Kansas Junior Swine Producer Week. This educational event will span a week of sessions during which youth, parents, swine project leaders and adults can increase their knowledge of swine production and management practices. Presentations and demonstrations will be provided by K-State faculty members and graduate students, as well as guest speakers. Sessions will be conducted during the week, with the program concluding on Saturday morning. All presentations will be recorded and shared with those who register, so families may participate at their own pace and as their schedule allows. The program is free this year, but all attendees will need to register using the link provided below.

Register Online by February 8!

Schedule (tentative):

Tuesday, February 16

| | |
|---------|---------------------------|
| 6:30 PM | Selection |
| 7:15 PM | Nutrition & Daily Feeding |
| 7:45 PM | Wrap-up |

Thursday, February 18

| | |
|---------|------------------------------|
| 6:30 PM | Meat Science & Cookery |
| 7:00 PM | Health Management & Diseases |
| 7:30 PM | Wrap-up |

Saturday, February 20

| | |
|----------|------------------------------|
| 9:00 AM | Equipment & Daily Care |
| 9:30 AM | Clipping & Show Day Prep |
| 10:00 AM | Showmanship |
| 10:45 AM | Q&A, Final Wrap-up |
| 1:00 PM | State Livestock Nominations* |

(*optional for those interested in exhibiting at the Kansas State Fair Grand Drive or KJLS)

Thanks To Our Sponsors!

Kansas Pork Association
Essential Show Feeds
Valley Vet Supply
K-State Department of Animal Sciences
and Industry

Door Prizes!

We will be drawing for show equipment, supplies, & fun pork paraphernalia!

Questions? Contact:




| | |
|--|--|
| Joel DeRouchey jderouch@ksu.edu 785-532-2280 | Lexie Hayes adhayes@ksu.edu 785-532-1264 |
|--|--|

K-State, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. All educational programs and materials available without discrimination on the basis of race, color, religion, national origin, sex, age, or disability.



To Register: <https://bit.ly/KSUJrSwineWeek>



-  Although the program is being provided free of charge, thanks to our generous sponsors, we do need **ALL** participants to register, including youth and adults.
-  Make sure to use a valid email address that a member of your household checks regularly, as we'll be relying on email correspondence leading up to the program.
-  Watch your email the week of February 8 for attendee details and specific links!

K-State Research and Extension and the Kansas State University Department of Animal Sciences and Industry, or their assignees, reserve the right to photograph, record the image and/or voice of participants for current or future research, educational, and/or promotional purposes. By attending, you provide consent to the above items and waive all rights to claims for payment or royalties in connection with any use of said images or recordings.

Kansas Junior Meat Goat Producer Week



K-STATE

Research and Extension

March 15-20, 2021 Kansas State University Hosted Virtually

Join us March 15-20 for a virtual Kansas Junior Meat Goat Producer Week. This educational event will span a week of sessions during which youth, parents, meat goat project leaders, and adults can increase their knowledge of meat goat production and management practices. Presentations and demonstrations will be provided by K-State faculty members, graduate and undergraduate students, and guest speakers. Sessions will be conducted during the week, with the program concluding on Saturday morning. All presentations will be recorded and shared with those who register, so families may participate at their own pace and as their schedule allows. The program is free this year, but all attendees will need to register using the link below.

Register Online by March 8!

Schedule (tentative):

Tuesday, March 16

6:30 PM Selection
7:15 PM Nutrition & Daily Feeding
7:45 PM Wrap-up

Thursday, March 18

6:30 PM Health & Wellness
7:00 PM Livestock Guard Dogs
7:30 PM Wrap-up

Saturday, March 20

9:00 AM Equipment & Daily Care
9:30 AM Clipping & Show Day Prep
10:00 AM Showmanship
10:30 AM Overall Q&A, Wrap-up

1:00 PM State Livestock Nominations*

*(*optional for those interested in exhibiting at the Kansas State Fair Grand Drive and/or KJLS)*

K-State, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. All educational programs and materials available without discrimination on the basis of race, color, religion, national origin, sex, age, or disability.

Thanks To Our Sponsors!

Essential Show Feeds
Valley Vet Supply
K-State Department of Animal
Sciences and Industry

Door Prizes!

We will be drawing for show equipment and supplies!

Questions? Contact:

Lexie Hayes
adhayes@ksu.edu
785-532-1264



To Register Online: <https://bit.ly/KSUJrMeatGoatWeek>



Although the program is being provided free of charge, thanks to our generous sponsors, we do need ALL participants to register, including youth and adults.



Make sure to use a valid email address that a member of your household checks regularly, as we'll be relying on email correspondence leading up to the program.



Watch your email the week of March 8 for attendee details and specific links!

K-State Research and Extension and the Kansas State University Department of Animal Sciences and Industry, or their assignees, reserve the right to photograph, record the image and/or voice of participants for current or future research, educational, and/or promotional purposes. By attending, you provide consent to the above items and waive all rights to claims for payment or royalties in connection with any use of said images or recordings.



PROGRAMMING THRU COVID-19



*A note from Gregg Hadley, State Director of Extension, and Twin
Creeks District Interim Director, Alyssa Rippe-May.*

We wanted to share a short note about our programming efforts as we continue to fight COVID-19 and balance our educational mission with the health and safety of our Twin Creeks District communities.

Moving forward into 2021, we will continue to offer both virtual and face-to-face programming where it is deemed necessary and safe. K-State Research and Extension Administration has recently created a process where all agents across the state will submit a request form when planning to host a face-to-face event or meeting. This process will remain in effect through March 31, 2021. While this process could be seen as an approval by those higher up the food chain, it is meant to give us all pause and allow us space to consider if in-person activities are the safest choice for our event. We, as agents and volunteers, must think through our educational objectives, give sound reasoning as to why the event must be held in a face-to-face environment, and explain the COVID-19 safety protocols we plan to have in place.

In instances where the face-to-face request form has been approved, we will still be required to follow KSRE and Kansas State University rules for events, which means mandatory masks, social distancing, and crowds of less than 50 people. With all that being said, virtual programming via videos, webinars, and Zoom meetings will continue to be the preferred method of engagement moving forward through the first quarter of 2021.

As questions or concerns arise, our Twin Creeks District offices are still open, so drop by (with your mask, please!), call in, or email us anytime. We look forward to continuing to provide practical, research-based education and initiatives to improve the communities where we all live, work, and play.



K-STATE

Research and Extension

Twin Creeks District

Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer.
https://www.ksre.k-state.edu/employee_resources/civil_rights/



K-STATE RESEARCH AND EXTENSION
TWIN CREEKS DISTRICT



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