A Day at the County Fair...
Gather your family and friends and check out your local county fair this summer!

CLICK HERE TO SEE COMPLETE SCHEDULES & FAIRBOOKS FOR EACH COUNTY!

SHERIDAN COUNTY: JULY 19-24
NORTON COUNTY: JULY 24-31

GRAHAM COUNTY: JULY 21- AUG 3
DECATUR COUNTY: AUGUST 3-7

K-State Research and Extension
Twin Creeks District

https://www.twincreeks.k-state.edu/
The Benefits of Youth Livestock Exhibition

As the days heat up and our sweat glands get a good workout, it reminds us that summer is in full swing! With these long, hot summer days come county fairs scattered all across the country and youth exhibits being fine-tuned for their big debut.

County fair youth exhibits can range from decorated cakes and cookies to harvested garden displays, from rocketry displays to woodworking, from rabbits to poultry and from pigs to goats. The limits are few and far between when it comes to exhibit options for today’s 4-H and FFA youth who participate in local county fairs!

As someone who grew up raising and showing pigs and cattle, for the sake of this article I would like to focus on the ‘sight unseen’ of showing livestock and the qualities that lie behind the show ring.

Let’s start at the beginning in case you are asking yourself “Why would someone want to chase kids and livestock around a hot fairground?”

Youth who choose to participate in livestock project areas are tasked with the responsibility of purchasing or raising an animal (or multiple), raising and caring for the project, and training the animal to be “show ready”. As their show date or county fair approaches, they will exhibit their animal in the ring to a judge who will rank animals within a specie against each other based on physical conformation traits such as muscle, fat cover, body structure and many others. You may also witness “showmanship” classes which ranks showman within each specie against youth in the same age category based on their ability to show that animal in the best way possible.

Based on the paragraph above, it should become obvious that there are a number of life skills built into livestock projects. I could use this column space to list out skills such as work ethic, responsibility, time,

(continued on page 3)
management and many more… or I could expand on the obvious and take that a step further to show you exactly how valuable livestock projects can be to youth who participate in them. The following information are results from a study conducted at Texas Tech University that focused on validating the perceived benefits of youth livestock exhibition. Their study utilized a review of historical documents, in-depth interviewing, and observations to analyze real-life situations. Take a look at their results, in order of strongest appearance!

1. Social Relationships: Study participants emphasized the importance of developing friends as well as social contacts. These relationships created through livestock exhibition satisfy our humanly need for companionship with those with similar interests, but also aid in the satisfaction of career goals.

2. Character: The subcategories associated with this theme are as follows: responsibility, confidence, sportsmanship, and how to deal with loss. Participants felt that character developed through exhibiting livestock promoted growth from a child to a successful adult.

3. Family Togetherness and Family Values: It was apparent that participants in this study put emphasis on the importance of the family participating in activities together.

4. Exposure to Competition: The fourth theme in the study dealt with the competition that competitive livestock showing introduces to exhibitors. Two meanings developed from the theme of competition that stems from the phenomenon of participation in competitive events. One category resulted from the need to satisfy the desire of participation in competitive events. The other related to the exposure of winning and losing.

5. Knowledge and Care of Animals: The last theme that emerged from the study was the knowledge and care of animals that exhibitors gain from showing livestock. Participants felt this knowledge was important, especially if it relates to a future career.

As you can see, youth who participate in livestock project areas learn far more than how to carry a feed bucket! They are learning life skill that will shape their education and prepare them for success in the adult career force.

If you have any questions for these youth, I’m certain that many of them would be happy to answer – so, don’t hesitate to approach them at your local county fair to learn more about their projects or their future plans!

Some information in this article has been adapted from an article written by University of Nebraska Extension Educator, Steve Niemeyer.

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.
Join the fun to learn about:

- Seed Planting
- Soil & Soil Health
- Transplanting
- Weeding
- Garden Safety
- Water Conservation/Mulching
- Insects & Pollination
- Preparing for Exhibit
- Community Service
- Proper Harvesting
- Cooking & Preparing Your Harvest
- Garden Wrap-Up
- Preserving Your Crop
- Garden Fitness & Fun

A mixture of in-person (offered in each county of the district dependent upon interest/registration) and take-home activities will make up this series. In-person sessions can be offered via Zoom for participants if desired.

**THIS SERIES IS OPEN TO:**
- Any Age! (Recommended for Grades 3-5, but any age group is welcome to participate.)
- 4-H Members and Non-4-Her’s Welcome!

Register for the series here:
https://ksstate.qualtrics.com/jfe/form/SV_ScjE2qbi7NN99lDU

**Decatur: Graham: Norton: Sheridan:**
785-475-8121  785-421-3411  785-877-5755  785-675-3268

K-State Research and Extension Twin Creeks District Presents:

DIRTY HANDS, HEALTHY KIDS youth gardening series

Registration for the series will remain open through September, but is encouraged early to ensure you are receiving direct notifications of upcoming sessions and take-home activities!

Participants will be asked to sign-up for each activity separately by contacting their local TCD Office to ensure adequate activity supply counts.

TO STAY UP-TO-DATE ON UPCOMING ACTIVITIES:
Watch our website, Facebook page, local newspapers and registered participants will receive email notification!

K-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 the Twin Creeks Extension District at 785-421-3411. Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer.
UPCOMING DIRTY HANDS, HEALTHY KIDS SESSIONS & ACTIVITIES

Blue Ribbon Garden!
PROPER HARVEST AND PREP FOR YOUR FAIR GARDENING EXHIBITS
VIDEO & SUPPORTING DOCS RELEASED: MON., JULY 12TH

Giving Back!
COMMUNITY SERVICE CHALLENGE
JOIN THE CHALLENGE AND SIGN-UP MON., JULY 12TH

Garden Fresh!
IN-PERSON SESSION ON EATING YOUR OWN HEALTHY PRODUCE
HOME -- AUGUST 10
NORTON -- AUGUST 12
OBERLIN -- AUGUST 17
HILL CITY -- AUGUST 19

The 'Ripe' Pick
HARVEST, THE RIGHT WAY!
VIDEO & SUPPORTING DOCS RELEASED: THURS., AUGUST 19TH

REGISTER FOR THE SERIES TO GET MORE INFORMATION ON THESE SESSIONS WHEN AVAILABLE!
http://kstate.qualtrics.com/jfe/form/SV_5cjE2qb7NN99tDU
July tends to be our hottest month here in Northwest Kansas. With average temperatures ranging from a high in the upper 90’s to a low in the mid-60’s, afternoons are best spent indoors in the air conditioning. However, cattle don’t have that option and can suffer, both in health and production, during periods of heat stress.

Whether in a pasture or a feedlot, heat stress in cattle can occur. Many factors are to blame including high relative humidity, high temperatures (both day and night), minimal cloud cover, and low air movement. These weather conditions over a prolonged period of time become cumulative in an animal’s body and cause heat stress. This is particularly true if, during overnight hours, temperatures do not fall below 70°F.

Some cattle are more susceptible to heat stress than others. Just like black seats in your car are the hottest during a summer day, animals with dark hide have more heat issues. Dark-hided cattle have been shown to have a 2°F higher core body temperature than light-hided cattle of similar genetics. More excitable cattle are also more prone to heat stress than calmer cattle. Overweight cattle, particularly finishing cattle, and very young or old cattle can be more affected by heat stress conditions. Animals experiencing heat stress will show panting and slobbering, increased respiration rates, lack of coordination, and in severe cases, trembling.

What can you do to mitigate heat stress in cattle? There’s not much we can do about the weather pattern, but we can change some of our management strategies to help reduce the potential for heat stress. The heat of rumen fermentation after feeding causes internal body temperatures in cattle to increase. Taking this into account, feeding a large amount in the morning will put peak rumen fermentation at the hottest part of the day. To avoid this, feed larger amounts in the evening when rumen digestion will occur in the cooler, overnight hours. Feeding diets too high in protein can also increase body temperature. Excess nitrogen has to be biochemically removed and causes excess heat production. Look at your ration or supplement versus your cattle’s actual protein requirements.

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Lowering any excess protein will not only decrease your cattle’s heat stress susceptibility but also decrease your costs.

Water consumption is extremely important during heat stress. During temperatures above 90°F, water consumption per head can increase by 50%. To account for this increase, be sure to have at least 2 to 3 inches of linear trough space per head. Also, think about increasing the number of watering locations if possible. This will allow the more subordinate animals to access water easily when needed.

Providing access to airflow, shade, and fly control can also decrease the risk of cattle experiencing heat stress. In dry lot cattle, mounds are an excellent way to increase airflow. Remove any obstructions around the pens such as weeds, equipment, or bales to make sure wind can flow through the pen. Use fly control methods to decrease the amount of movement cattle require and to decrease bunching. Finally, think about providing shade or turning cattle out of dry lots to pasture where shade is available during periods of extreme heat stress.

Finally, do not work cattle during periods with high heat index values. Try to work cattle first thing in the morning, and never after 10 a.m. If you absolutely must work animals, use low stress animal-handling methods and move cattle in smaller groups than normal to decrease stress. Never work cattle in the evening after heat stress. Animals need several hours to dissipate the heat built up over the day, cool down, and recover. Working cattle before they are fully recovered can lead to increased problems.

In conclusion, pay attention to weather forecasts. Watch for multiple days with high heat indexes and high overnight temperatures, particularly when overnight lows are over 90°F. Have a plan in place, including appropriate feeds and extra water tanks readily available. If a heat stress weather pattern is about to occur, use management methods to get both you and your cattle through it.
Do's and Don'ts of Being a 4-H Parent/Guardian

For those who have youth in our Twin Creeks Extension District 4-H Program, ‘Thank You’ for enrolling your child(ren) in the nation’s largest youth development organization! For those who are looking for just the right extracurricular organization for your youth, continue reading and check out the benefits.

4-H is tagged as a family affair organization and those parents who choose to engage their entire family have found the 4-H program very rewarding. Youth and adults both learn from each other by trying new things, meeting new friends and having fun together. The greater the parent/guardian involvement, the stronger the 4-H program will be. That being said, parental involvement also comes with a few guidelines to maximize your effectiveness as a caring and supportive 4-H adult.

**DO'S:**

- **DO** take time to learn about 4-H, what it stands for, and how it operates. Always ask questions.
- **DO** advise your son or daughter in selecting 4-H projects. Help them select a project they are interested in, have the ability to accomplish, and one for which you can help furnish needed materials, facilities, financing, and guidance. It is best to keep project areas to a manageable number so that youth don’t get overwhelmed in trying to complete each project.
- **DO** keep in mind that the most important goal of 4-H is personal growth of the individual. Youth should strive to learn life skills that can be applied later in life through their project areas.
- **DO** help your youth see the progress they have made and knowledge they have gained and not just focus only on the end result. Give them encouragement when they succeed and even more when he/she fails. Judging events are all about learning, not the awards. Whatever ratings are given or scores received, help your child to see progress made, things learned, goals that have been reached and areas to focus on in the future.
- **DO** volunteer your hobbies and talents to assist 4-H leaders and help teach 4-H youth.
- **DO** keep informed of 4-H deadlines, activities, and events by taking the time to read the monthly newsletters, emails, Facebook posts, or whatever method of communication between your local Extension Office is with the families.
- **DO** help youth by guiding and supporting them, not by doing their project for them. This is vital so they can develop their own life skills. This may include some bumps and bruises along the way, but in the end the 4-H member will be better off if they know that the 4-H project was their own work! As a parent, take pride in what your child accomplishes on their own, even if they are not always on the top.
- **DO** ASK QUESTIONS! 4-H has its own culture and language, so don’t be afraid to ask questions.

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DON’TS

- DON’T do your child’s projects for them, even though you may be able to do it faster, better, simpler, and with much less mess. Remember, 4-H is Learning By Doing. Your child will not have an opportunity to learn if they aren’t able to experience hands-on learning activities.
- DON’T discourage a child’s enthusiasm by providing too much corrective influence or criticism. Everything doesn’t have to be perfect.
- DON’T let the desire to win overpower your child’s ability to learn. Do keep in mind that the 4-H experience should be an educational one.
- DON’T schedule family outings which constantly conflict with your child’s 4-H schedule. A big part of the 4-H experience is the ability to socialize with other 4-H members and participate in regular meeting activities.
- DON’T view your child as an extension of yourself. Don’t view his/her success or failure as a reflection of your ability or worth. Each child has their own limitations and abilities.
- DON’T assume your child is always right. There are always two sides to every story, therefore, get all of the information first before coming to a conclusion when related to a controversy.
- DON’T be disrespectful to the judges when your child didn’t get the award or color of ribbon you thought they should have received. Remember, the judge’s opinion is just one person’s opinion on a given day. Also, remember that 4-H is Learning by Doing and many times your child will learn more, and be more appreciative, with a lower ranking or ribbon if they can see the value in what they have learned along the way.

The most important thing for a parent or guardian to do for a 4-H youth is support and encouragement. There is no failure in 4-H, just learning from mistakes. Be a supportive parent and help your child and 4-H leader to “Make the Best Better”.

As we approach fair season in the Twin Creeks Extension District as well as throughout the year, as parents and adults, we want to set good examples for our youth who many times follow in our footsteps. The most important goal of 4-H is personal growth of the individual. Let’s encourage our youth to do their very best, on their own, and take pride in their accomplishments.

(These Do’s and Don’ts of Being a 4-H Parent/Guardian have been adapted from the 4-H Leader Training Series from New Jersey.)
Twin Creeks Extension District is excited to announce the addition of two 4-H Program Assistants to their staff. Dana Geisinger will be based out of the Sheridan office also serving Graham county and Molly Maddy will be based out of the Decatur office as well as serving Norton county. I am excited about the opportunities to build and enhance our current Twin Creeks District 4-H program with these two ladies that have a passion for the 4-H program and a desire to build our current program. Please join me in welcoming them to our staff.

- Patsy L. Maddy, 4-H Youth Development Agent

DANA GEISINGER
Hello! My name is Dana Geisinger. Many of you already know me, as I was the office professional in the Sheridan County office a short time ago. I am very excited to be back in the office as the 4-H Program Assistant in Sheridan County along with Graham County. I am married to my husband Jason and we farm and ranch along with our son, Jake. We also have a daughter Karlee, who will be a freshman in college and son Nash, who will be a sophomore in high school this fall. Although I am not a fellow member of 4-H myself, my kids have all been members the last thirteen years, all becoming members at the age of seven. My passion for 4-H is very strong. I have played both the parent role and the club leader role. It has been a great joy to see the many skills the youth gain from being a member of 4-H. I am definitely looking forward to working along side the Twin Creeks District Agents to show the communities what 4-H has to offer!

MOLLY MADDY
Hi all! My name is Molly Maddy, and I am so excited to be the Program Assistant for Decatur and Norton County. I am originally from Norton County where I grew up on a farm with my five older siblings. I was a member of the Busy Jayhawkers 4-H Club and participated in a variety of projects from Swine to Arts and Crafts. My 4-H roots sparked my passion in community service, families and leadership which led me to attending Kansas State University and majoring in Human Development and Family Science. While at K-State, my passion for helping others grew even more and I found myself following in my mom’s footsteps and pursuing a position in Extension. After a year of previously working for Johnson County Extension and the 4-H program, I am happy to come back to Norton and Decatur to grow the program that gave so much to me!
Go Ahead Drink Your Coffee, But Do it in Moderation

MANHATTAN, Kan. – That morning Cup of Joe could be doing a whole lot more good for you than simply giving your body and brain a jumpstart.

Kansas State University food scientist Karen Blakeslee said coffee has the potential to lower risks for Type 2 diabetes, heart disease and some types of cancers.

“Polyphenols and antioxidants in coffee can possibly protect against some chronic illnesses,” she said.

But it is possible to get too much of a good thing.

“Moderation is important with any caffeinated product,” said Blakeslee, who is also coordinator of K-State’s Rapid Response Center for food science. “Excess caffeine can raise blood pressure, cause insomnia, jitters, increased heart rate, headaches and nausea, to name a few. Your weight and medications you take can also affect how you tolerate caffeine.”

The 2020-2025 Dietary Guidelines for Americans recommend that healthy adults can safely consume 400 mg of caffeine each day, or about four cups of coffee. However, one should remember that many other foods and drinks contain caffeine, as well, so you shouldn’t judge your daily intake based on coffee alone.

“Caffeine is identified as Generally Recognized as Safe (GRAS) by the U.S. Food and Drug Administration,” Blakeslee said. “Consuming 400 mg per day is not generally associated with negative health effects. Caffeine should not be given to children under the age of two. Pregnant women should consult their healthcare provider for advice about caffeine consumption.”

She added that getting enough sleep helps to reduce the amount of caffeine needed to stay awake. Adults should strive for 7-9 hours of sleep each night.

The International Food Information Council has published a caffeine calculator online to help Americans determine how much caffeine they are getting each day.
Simple Side Dishes Can Make Summer Eating Fun
Written By: Karen Shepard
Family Consumer Science Agent

When Kansas State University food scientist Karen Blakeslee says summer foods open a window for consumers to be creative with side dishes to complement foods – and save a few dollars at the same time. And it’s a good time for that. Blakeslee noted that as the COVID-19 pandemic continued, consumer research indicated a rise in ready-to-use meals, precooked meats and frozen side dishes to make home food preparation easier and quicker. More than half of U.S. households (55%) bought frozen side dishes twice a week, studies showed.

Those options can be costly, so Blakeslee suggests using foods of the season to create fun side dishes for summer meals.

“Some easy side dishes are any kind of fresh salsa, fruit or vegetable kabobs and grilled vegetables,” she said. “And, who can resist fresh corn on the cob?”

Grilling options? “Put a mix of chopped vegetables and herbs in a foil packet and pop it on the grill as you are cooking your meat,” Blakeslee said. “Use healthful fats, minimal salt and season with herbs to add flavor to many foods.”

A cool – and simple – option could be adding fruit to plain yogurt and eating as is, “or transform it into freezer pops,” Blakeslee said.

“Side dishes do not need to be complicated,” she added. “A little creativity can create a tasty meal. Include the family in preparation to practice food preparation skills and they will be more apt to find a new favorite food.”

County Fair Food Safety Guidance

It’s almost fair time! Fairs bring together many people for fun, food, and more. Fair food stands are temporary but they still need to comply with food safety guidelines.

To help reduce risks that could lead to foodborne illness issues, many resources are available to help guide food stands or other food service operations at https://www.ksre.k-state.edu/foodsafety/topics/4h.html

Handling animals can also lead to foodborne illnesses if hands are not washed. Resources are also available on the above website. Have a safe and fun fair!
Office Professional Job Opportunity
HELP WANTED: Twin Creeks Extension District, Graham County office is seeking a Full-Time OR Part-Time Office Professional. Office hours are Monday - Friday, 8 a.m. - 5 p.m. Starting pay will be dependent upon experience. KPERS retirement and health stipend are available. General secretarial experience is preferred; however, we are willing to train the right person! This position has the opportunity to focus on graphic design, marketing, and social media use. 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 will be reviewed beginning July 12th. Position open until filled. EQUAL EMPLOYMENT OPPORTUNITY.

FOR MORE INFORMATION & APPLICATION VISIT:
https://www.twin creeks.k-state.edu/job-positions/index.html
**Views With Van**
Written By: Keith VanSkike
Agronomy, Natural Resources, & Entomology Agent

"White Heads in Wheat"

There are numerous situations causing white wheat heads. Obviously with the wetter spring, low areas, terrace channels, can show a large area of whole plants that are dead, just due to saturated soil.

"Wheat Freeze"

Obviously the timing of the freeze can usually be seen as the stage of plant development. Wheat pollen and ovary development towards flowering is very sensitive to near freezing temps. The wheat head will pollinate in the mid-section and move upward and down. Thus, the effect of frost conditions will show at that stage no kernels or small shriveled dry berries or both.

"Wheat Stem Maggot"

infects the central stalk and feeds on upper nodes of stem as head elongation starts. By pulling the head it should separate with the upper stem from the plant. The base of stem will show brown decay and chewing marks. Individual heads are affected and there is no real need for treatment.

(continued on page 15)
"Common Root Rot"

Causes premature death of the wheat leaving white heads. With examination of sub crown internode, the space between the seed remnant and crown should look creamy and firm. Infected will be shriveled, brown and dark lesions on the internode stem. Poor root development often seen in continuous fields with high residue.

Take all Root Rot usually in periods of wetter weather. Seen as white patches, irregular areas, or along field edges where fungus survives in thick grasses. The lower stem will show a shiny blackened lesion. Roots are weakened and pull easy.

Sharp eye spot causes weakened roots, seen as lower stem lesions with oval dark brown margins and lighter tan center. Not a significant problem in Kansas also associated with some seedling blights.

Head Scab fungus causes white chalky kernels. In wetter conditions the heads usually are attacked during flowering. Depending on growth stage, parts or all of the head can be affected. White patches can be seen in areas. You may find traces of pink coloring to heads and lower stalk.

For more information check out our **S84 ‘Wheat production Problems in KS’ brochure**, our **MF2994 ‘Wheat Disease Identification’ brochure** and our **C-646 ‘Spring Freeze Injury to Kansas Wheat’ brochure**.
Cleaning Field Sprayers

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

Sprayer cleaning is a critical component of maintenance that prolongs the life of the sprayer, prevents unnecessary repairs and downtime, and prevents crop injury caused by equipment contamination. Thorough sprayer cleanout is important following all pesticide applications but is even more critical after use of certain herbicides. Serious crop injury can result from small amounts of herbicides. Without proper cleanup, crop injury from sprayer contamination can occur several months after using the sprayer and following several subsequent applications.

A K-State Research and Extension publication, MF1089 - Cleaning Field Sprayers, has been recently updated and is available online at https://bookstore.ksre.ksu.edu/pubs/MF1089.pdf.

This helpful resource guides readers through a common procedure for cleaning sprayer equipment, outlines the best cleaning agents for different herbicides, and discusses crop injury caused by sprayer contamination. It lists various compounds to add to water to help cleaning and procedures to get a good effective rinse. Listing also the sensitive crops following the use of certain herbicides.
WATCH FOR DATES & INFORMATION ON THESE UPCOMING PROGRAMS!

Ag & Natural Resources
- Green Thumb Thursday Facebook Posts -- Continuing Throughout Spring/Summer
- Twin Creeks District Farmland Leasing Summary Information and Meeting -- Spring 2021
- Wheat Pre-Plant School -- Summer/Fall

Youth Agriculture
- Swine Across Kansas Series -- Multiple Session thru 2021
- 'Dirty Hands, Healthy Kids' Youth Gardening Series -- Continues Throughout September
- Beef Across Kansas Series -- To Begin this Fall!

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

WATCH FOR MORE INFO ON 'THE NEXT STEP' TO COME!
**Statewide Dates & Deadlines**

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<td>August 1:</td>
<td>State 4-H Horse Show Entries Due</td>
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<td>August 3-7:</td>
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*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](https://tinyurl.com/qukdd97) for a complete listing of all activities and events at the local, district, area and state levels.