October 2021

Go to www.sunflower.ksu.edu for more details on these programs.

Inside Your Newsletter...

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JOIN THE CLUB!

NATIONAL 4-H WEEK
OCTOBER 3-9, 2021

https://v2.4honline.com/#/user/sign-in

OPEN ENROLLMENT
October 1, 2021

Exclusive Priority Enrollment for Kansas 4-H Members for the 2022 camp at Rock Springs Ranch!
Beginning September 1, Kansas 4-H members ages 8-18 are eligible to enroll for Camp 2022. Sign up before October 31 and receive a 10% discount on the session of your choice! 4-H Teen Camp, Leader-in-Training, and Counselor-in-Training programs are available for older 4-H members.

4-H Open Attendance Dates help families fit Kansas 4-H Camp into their busy summer schedules.
There are two camp attendance options.

- Traditional 4 Day/3 Night Sessions – 4-day camp is jam packed with the many activities that make time at Rock Springs Ranch so magical and fun!
- All New 7 Day/6 Night Sessions – These sessions allow campers to repeat their favorite activities, cement new friendships and experience the positive youth development of 4-H.

https://www.rockspringsranch4hcamp.org/ (Check out camp session dates/pricing and register here. See insert)
Dry Down of Grain Sorghum Nearing Harvest

In recent years, a common question from producers is related to the dry down rate for sorghum when approaching the end of the season. Based on previous information, the average dry down rate depends on the weather, primarily temperature and moisture conditions – but data from modern hybrids is not available. The weather outlook for Oct-Dec calls for an increased chance of above-normal temperatures with chances for below-normal precipitation. This would favor a faster dry down rate than average, but any sorghum impacted by freeze will present challenges in the dry down rate.

From a crop perspective, the overall cumulative GDD from flowering to maturity is about 800-1200 (based on 50 degrees F as base temperature), with the shortest requirement in GDD for short-season hybrids. Before maturity, from beginning of grain filling (soft dough until maturity), grain moisture content within a grain will go from 80-90% to 25-35% where black layer is usually formed (Figure 1). From maturity (seen as a “black-layer” near the seed base) to harvest time, sorghum grain will dry down from about 35 to 20% moisture, but the final maximum dry mass accumulation and final nutrient content will have already been attained at maturity.

Grain water loss occurs at different rates but with two distinct phases: 1) before “black layer” or maturity and 2) after black layer. For the first phase, the Figure 1 shows the changes in grain moisture.

To answer the rate of dry down question, a study was conducted to investigate the effect of the grain dry down rate from the moment of “black layer” until commercial harvest grain moisture is reached. For the conditions experienced in 2019 (from early September until early October), the overall dry down rate was around 0.7% per day (from 34% to 17% moisture) – taking an overall of 26 days.

The dry down can be delayed by:

- Low temperatures
- High humidity
- High grain moisture content at black layer (38-40%)

It is expected that the dry down rate will decrease to <0.5% per day for late-planted sorghum entering reproductive stages later in the growing season. A similar decrease is also expected for sorghum that was exposed to late-season stress conditions (drought, heat, and freeze). Under these conditions, maturity may be reached with high grain water content and the last stages after black layer formation could face lower temperatures and higher humidity. These factors should be considered when sampling at harvest.
Nitrate itself is not toxic to animals, nitrite ($\text{NO}_2$) which is converted from nitrate ($\text{NO}_3$) during digestion is what can be potentially deadly to livestock. When a ruminant animal consumes a plant, rumen bacteria breakdown nitrates from the forage into nitrites. When nitrites are present at normal levels, they are converted into ammonia and used as a nitrogen source by rumen microorganisms. However, if the system is overloaded with nitrites due to the consumption of high nitrate feedstuffs, they will begin to accumulate in rumen and then be absorbed into the bloodstream. When present in the bloodstream, nitrate converts hemoglobin into methemoglobin making it impossible for blood cells carrying methemoglobin to also carry oxygen. If the case is severe, the animal will die from asphyxiation and its blood will be a dark chocolate-brown color when drawn. Other symptoms of nitrate toxicity include poor appetite, weight loss, diarrhea, runny eyes, and abortions appearing within a few hours to several days after eating the affected feedstuff.

Nearly all plants contain nitrate, however some species are prone to accumulate high levels of nitrate compared to others. Of these plants, crops such as forage and grain sorghums, sudangrass, sudan-sorghum hybrids, and pearl millet are all known to accumulate nitrates. Weeds common to pastures, fields, and disturbed areas like kochia, lambsquarters, sunflower, pigweed, and Johnsongrass are also notorious nitrate accumulators. The stage of growth can affect the levels of nitrates in a plant where nitrate content is usually highest in a young plant, but decreases as the plant matures. It is important to note however, that species prone to accumulating nitrates and plants under extreme stress can also accumulate potentially toxic levels at any stage of maturity. Beyond stage of growth, nitrates are likely to be in the highest concentration in the lower one-third of a plant stalk. Take these factors into consideration when determining the feed animals are fed, as well as what forages they are turned out onto such as corn stalks and other crop residues.

Environmental factors like drought and hail can also intensify nitrate levels in these prone plants and even plants which do not typically accumulate high levels under normal growing conditions. Corn and cereal grains like wheat and oats, and even legumes like alfalfa and soybeans can accumulate toxic levels of nitrates and should be tested when environmental conditions are stressful. Drought, lack of sunlight, temperature, frost, hail, and disease can all affect the ability of the plant to process nitrates causing them to accumulate. Let us not forget management practices can both increase or decrease nitrate content. The application of high amounts of manure or fertilizer increases nitrate content of the crop or forage, especially when it is applied in the late season. Harvest technique should also be considered when minimizing risks of feedstuff that may be high in nitrates. If there is an option, the ensiling process that may be high in nitrates. If there is an option, the ensiling process typically converts 50% of nitrates to a nontoxic form through fermentation. This is compared to forages harvested and baled as hay, as their nitrate levels remain virtually unchanged over time. fertilization practices can both increase or decrease nitrate content. The application of high amounts of manure or fertilizer increases nitrate content of the crop or forage, especially when it is applied in the late season. Harvest technique should also be considered when minimizing risks of feedstuff that may be high in nitrates. If there is an option, the ensiling process typically converts 50% of nitrates to a nontoxic form through fermentation. This is compared to forages harvested and baled as hay, as their nitrate levels remain virtually unchanged over time.

### ppm Nitrate ($\text{NO}_3$) Effect on Animals

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<th>ppm Nitrate ($\text{NO}_3$)</th>
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<td>0—3,000</td>
<td>Virtually safe</td>
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<td>3,000—6,000</td>
<td>Moderately safe; limit to 50% of ration to stressed animals</td>
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<td>6,000—9,000</td>
<td>Potentially toxic; should not be the only feed source</td>
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<td>9,000 and above</td>
<td>Dangerous to cattle and death often occurs</td>
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When feeding a potentially high nitrate feedstuff it is important to have the feed analyzed through lab testing to determine the level of risk associated with feeding the product. Refer to the table above to understand the risks of feeding these products to livestock based on the ppm determined through testing. Testing can be done through your local extension office by bringing in a representative sample of hay, silage, forage, or crop residue. If it is determined that the feed contains nitrates, some high nitrate feedstuffs can be fed to animals while following proper precautions.

- **Gradually adapt cattle to high nitrate feeds.** Livestock without previous exposure to nitrates are those that are most commonly affected by nitrate toxicity. As long as the nitrate levels in the feed are not at a dangerous level (9000 ppm and above is considered dangerous and death usually occurs), increasing the amount of high nitrate feed an animal consumes is typically successful. Frequently feeding smaller amounts rather than larger feedings once a day will also help those animals adapt to the increasing amount of nitrates that they must process.

- **Dilute with other feeds.** Using the nitrate analysis results, high nitrate feeds should be mixed with other ingredients so that the overall ration contains less than 5000 ppm on a dry matter basis. After 3 to 4 weeks, the livestock should become adjusted to the nitrates in the diet and the high nitrate feed can be gradually increased within reason.

- **Supplement grain.** Feeding 2-5 pounds of grain or byproduct not only helps dilute the amount of high nitrate feed in the diet, it also helps provide energy to convert nitrite to ammonia more quickly.

- **Feed a balanced ration.** Rations should be formulated so the requirements for protein, energy, vitamin A and other nutrients are being met. A poorly formulated diet will add additional stress to the animal and may make them more susceptible to nitrate poisoning.

- **Do not feed to stressed livestock.** Livestock that are stressed, hungry, pregnant or lactating are more susceptible to nitrate toxicity than others. If there is the option, higher nitrate feeds that must be used should be fed to more tolerant animals, avoiding feeding the affected feed to those more susceptible. Livestock being turned onto high nitrate crop residue should be filled with hay prior to turn out to limit the amount of the affected feed consumed.

- **Provide clean drinking water.** Water should be clean and free of nitrates as water can also contain high levels if it is located where runoff water collects from feedlots, heavily fertilized fields, or manure piles. If a water source could contain nitrates it is important to have it tested as well as the feedstuff(s) to understand the entire nitrate burden on those animals.

Taking into consideration all of the factors that may affect the nitrate levels of feedstuffs, testing forages, feeds and even water that may contain a dangerous amount of nitrates could be the difference between healthy animals and those that are lost.

For more information, resources, or nitrate testing, please visit or call the Cheyenne County Extension Office at (785) 332-3171. For more resources and event announcements, please follow us on Facebook at K-State Research and Extension Sunflower District.
Clues to Living Healthier, Happier and Longer

‘Blue Zones’ give clues to how people can live longer and healthier. The secret to living longer lives is actually plural, secrets, and there are nine of them.

In 2005, explorer Dan Buettner reported in National Geographic five areas of the world where people seemed to be living longer and healthier. In each of those places, he discovered the nine common traits that seemed to explain people’s longevity, and he termed the location ‘Blue Zones.’

“Blue Zones are regions around the world where the healthiest, people live,” said K-State Research and Extension adult development and aging specialist Erin Yelland. “In addition to diet, exercise and rest, other lifestyle and social factors may contribute to their longevity.” Those Blue Zones were in Italy, Costa Rica, Greece, Japan and California.

The ‘Power Nine’ traits of Blue Zones include:

**Move naturally.** We all know that exercise is incredibly important to our overall health and wellness. But with these Blue Zones, people aren’t going to the gym, engaging in CrossFit or running marathons. Instead they move naturally throughout the day; they may walk to the store, or garden every day. Whatever they are doing, they are moving naturally. Do you get up and move naturally?

**Always know your purpose.** People in Blue Zones have a purpose for why they wake up in the morning. They have that “jolt” in the morning, the reason why they’re living their life and why they want to live a healthier life.

**Downshift.** This relates to stress relief. “In America, we talk a lot about mindfulness and stress relief,” Yelland said. “But in Blue Zones, this is a natural practice for people.” For example, in Okinawa, Japan, people take a minute every day to remember their ancestors. In Loma Linda, California, people take time to pray every day. In Greece, it’s an afternoon nap. In Italy, a Happy Hour.

**The 80% Rule.** This means that you should stop eating when you feel you are 80% full. It takes a while for our brain and stomach to communicate. Healthier people over-eat less, avoiding calories that the body does not necessarily need.

**Plant Slant.** Yelland said people in the Blue Zones eat more plant-based foods, such as beans and nuts and green leafy vegetables. “It shows a lot about the power of food, what we’re putting into our body and how we choose to nourish ourselves,” she said.

**Wine at 5.** Yelland encourages a regular glass of red wine. “If you have a health relationship with alcohol, one glass of red wine a day can really have positive health benefits,” she said.

What we’ve seen in the Blue Zones is that having a glass of red wine in the evening can be particularly beneficial, because most of the time they are not doing it alone. They are with other people — friends, family, on the town at a restaurant—and they are engaging in social activity.”

**Family First.** Being around family, including non-blood family, is incredibly important because they provide a solid foundation on which you can grow. They provide stability, support and all sorts of good things that we want from positive relationships in our lives.

**Belonging.** In all of the Blue Zones, people identify with some sort of faith-based community. Denomination doesn’t matter. What seems to be more important is that we have this sense of community and belonging and support and social network that comes along with faith-based communities.

**Right Tribe.** Many of the people living in Blue Zones are like-minded when it comes to healthier lifestyles. When people around you are also making healthy choices, and your environment supports those choices, it’s a lot easier for you to make healthy choices, and you have the support around you to keep doing that throughout your lifetime. It can start with you and within your home.
Join 4-H for the 2021–2022 year beginning October 1, 2021!
https://www.kansas4-h.org/resources/4-h-online/index.html (information about enrollment)
http://v2.4honline.com (sign-in or create account)

The youngest 4-H’ers aren’t quite ready to participate in many of the project areas and/or activities that their older siblings can but there’s still plenty to do in 4-H, starting with fun! The Cloverbuds experience emphasizes participation, learning, and teamwork, not competition. Anyone ages 5-6 can be a 4-H Cloverbud and start building their skills for their future "career" as a 4-H member.

Curious about how to build a birdhouse? Have you found an interesting rock and wonder what it is? Do you like animals, bugs, or nature? Budding gardener? Aspire to be a fashionista? Want to make your favorite food, explore a career, or use a camera to view the world?

Life’s questions aren’t meant to be answered alone. In 4-H, kids learn practical things like pet care, growing gardens or building things - and important values like responsibility, leadership, and teamwork. Explore things that spark an interest! Discover new talents and skills! Make new friends! And best of all, have fun!

4-H and Cloverbuds is open to anyone ages 5-18. (Age on December 31 of the current 4-H year.)

4-H Ages: Cloverbuds 5-6; Juniors 7-8; Intermediate 9-13; Seniors 14-18

To learn more about Sunflower District 4-H visit: https://www.sunflower.k-state.edu/4-h/

True leaders aren’t born: they’re grown. With 4-H volunteers in the Sunflower Extension District, youth become confident and strong, curious enough to question, and capable enough to find the answers. They become young people who work until the job gets done, know how to work with others, and lead. Volunteer with Cheyenne, Sherman, and Wallace County (Sunflower District) 4-H and help grow true leaders in your community by empowering young people with skills to lead for a lifetime.

Call us about YOUR spark and passion and we’ll work together to find a way for you to share it with 4-H members.

Contact:
Karen Nelson, 4-H Youth Development Agent
Sunflower District—785.890.4880
karennelson@ksu.edu

K-State Research and Extension is an equal opportunity provider and employer.
Kansas 4-H Project Categories

1. Beef
2. Civic Engagement (formerly known as Citizenship)
3. Clothing & Textiles (includes Clothing Construction & Buymanship)
4. Communications
5. Dairy (includes Dairy Cattle & Dairy Goats)
6. Dog Care & Training
7. Entomology
8. Environmental Science
9. Family Studies
10. Fiber Arts
11. Foods & Nutrition
12. Geology
13. Health & Wellness (includes Health/Fitness, Bicycle, Recreation, & Outdoor Adventure)
14. Home Environment
15. Horse
16. Leadership
17. Meat Goats
18. Performing Arts
19. Pets
20. Photography
21. Plant Science (includes Forestry, Horticulture, and Crops)
22. Poultry
23. Rabbits
24. Reading
25. Self-Determined
26. Sheep
27. Shooting Sports
28. STEM (includes Aerospace, Robotics, Astronomy, UAS, & Architectural Block)
29. STEM: Energy Management (Electricity, Ag Mechanics, Small Engines, & Renewable Energy)
30. Swine
31. Visual Arts (includes all art and craft mediums, ceramics, leather, etc.)
32. Wildlife (includes Sportfishing)
33. Wood Science (wood working)
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Cheyenne County
**IMPORTANT DATES**

October 1 ............4-H Online Enrollment Opens
October 1 - 3 ......KJLS - KS JR Livestock Show
October 3 - 9......National 4-H Week
October 4..........4-H Council
October 9 - 10 ....State Shooting Sports
October 10..........Ruleton Eager Beavers
October 10 .........Prairie Dale
October 11.........Columbus Day/Extension Closed
October 14.........Kansas 4-H Project Recognition Form due to your leaders
October 15 ..........Kansas 4-H Project Recognition Form due to the Extension Office
October 17.........Sunflower 4-H
October 18........Country Clovers
October 23........Fall Family Fun Event
October 30..........Trunk or Treat
October 31.........Halloween

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**Achievement Awards**

The Achievement Awards will be at the Sherman County Theatre on November 14, at 2:30 PM MST. Grand Champion Jackets will also be awarded.

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**October 1, 2021**

https://v2.4honline.com/#/user/sign-in
Choose your Club!

Country Clovers - Leader: Penny Nemechek
Prairie Dale - Leaders: Amanda Schilling, & Jane McCary
Ruleton Eager Beavers - Leaders: Josh & Koren Dechant & Travis & Colleen Gattshall
Sunflower - Leaders: Peggy Berls & Julie Quain

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**Invite a Friend to Join 4-H!**

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Charlotte and her friends at 4-H invite you to the annual “Trunk or Treat” on October 30, 2021, 2:00 - 4:00 PM MST, between 12th & 14th of Main St.

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**National 4-H Week**

October 3 - 9, 2021

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**Join us for “Family Fun Day”**

at the Sherman County 4-H Building on October 23, 2021, from 3 - 5:00 PM MST.
Since we are so close to Halloween, wear a costume (optional)
Bring a finger food (Halloween finger foods are accepted.)
*Games are provided by clubs*
*Meal also provided*
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<td>Ruleton Eager Beavers 3:00 PM MST Prairie Dale 5:00 PM MST 4-H Building</td>
<td>Columbus Day Extension Office Closed</td>
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<td>Kansas 4-H Project Recognition Books are due to Leaders</td>
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<td>Family Fun Event 3:00 - 5:00 PM 4-H Building</td>
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4-H Newzzzzzzzzzzz - Wallace County

Dates to Remember

October
1– 4-H Enrollment opens
4– Record Books Due to office
7– Record Books Judged
9-10– 48 Hours of 4-H

November
7– Achievement Banquet
7– 4-H Council Meeting
20-21– KS Youth Leadership Forum
25– Thanksgiving-Office Closed
26– Office Closed
26-30– National 4-H Congress

Record Books
Due to the Extension Office by October 4th. They will be taken to be judged on October 7th.

Kansas Youth Leadership Forum
What: Build your leadership skills and potential through workshops, consulting groups, inspirational speakers and more. In addition, the 2021 State 4-H Youth Leadership Council will be elected at KYLF.

When: November 20-21, 2021

Where: Rock Springs, KS

Who: Youth 14-18 years of age before January 1, 2022

Call our office if you would like more information. Registration deadline is October 15.

National 4-H Week
October 3-9, 2021

2021 State Fair Results for Wallace County

Foods
Kasen Stramel—Purple
Regan Stramel—Purple

Visual Arts
Jaelyn Daily—Blue
Hope Perry—Blue
Madelynn Wright—Blue

Photography
Desiree McQuillan—Blue
Madelynn Wright—Blue

Dog
Claire Helsel—Red, White

4-H Enrollment

October 1 is the 1st day for online enrollments for the 2021-22 4-H year. An annual K-State Research and Extension 4-H program fee of $15 per member will be collected. With that being said, the Wallace County 4-H Council will pay the enrollment for each 4-Her again just like last year. Also, you need to be enrolled by December 1st to be able to show in your county fair. If not enrolled by that date you will show in the open division. If you choose to enroll after December 1st the enrollment payment is your responsibility. If you have any questions concerning this fee please call the Extension Office at 785-852-4285.

Achievement Banquet
The Achievement Banquet will be held on November 7th. Parents are asked to bring slideshow pictures into the Extension Office as soon as possible. Don’t bring any more then 10 pictures for each 4-Her. If you have any questions please call 785-852-4285.

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