

Sunflower Extension District #6



November 2026

Newsletter

www.sunflower.ksu.edu

**Sunflower Extension
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November 2026

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

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Sunflower District Achievement Awards Banquets

Wallace County Achievement Awards

The *4-H Achievement Awards* is
on **Sunday, November 8, 2026,**
at 12:30 PM MT at the
CAB

Sherman County Achievement Awards

The *4-H Achievement Awards* is
on **Sunday, November 22, 2026,**
at 2:30 PM MT at the
Sherman Theatre

Cheyenne County Achievement Awards

The *4-H Achievement Awards* is
on **Sunday, November 22, 2026,**
at 6:30 PM CT at the
Bird City Legion Hall



Beyond Ready



KIM'S KORNER

What is the difference?

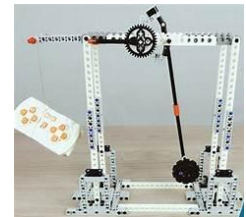
This

Or

That

Building Blocks- Engineering

Love building with LEGO® and other building blocks? In this fun project, you can use your imagination to create buildings, scenes, machines, and more! As you build, you'll discover how things work, learn simple engineering skills, and solve exciting design challenges. Make your creation even more amazing by adding at least **one moving part powered by a battery, motor, or electricity**. Whether it's a spinning wheel, moving vehicle, or working machine, your project should come to life! Get ready to build, create, and explore while having fun and learning new skills.



LEGOs- Visual Arts

Build It. Create It. Show It!

Do you love building with LEGO® bricks? Whether you enjoy following a kit or designing your own amazing creations, the **4-H Visual Arts Building Block Engineering Project** is for you! Turn your imagination into something incredible by creating buildings, vehicles, animals, scenes, or anything else you can dream up. Show off your creativity, problem-solving skills, and attention to detail while having fun building.

★ **Did you know?** LEGO® creations are considered a form of **visual art** because they use design, color, shape, and creativity to tell a story or express an idea.

Before you start building, be sure to check the **Fair book** for all project rules and exhibit requirements.

Dream big, build boldly, and let your creativity shine!





Spring lawn care starts with proper lawnmower winterization

K-State's McKernan shares maintenance tips to prepare for storage

At a glance: K-State horticulture expert Matt McKernan reminds homeowners to service your lawnmower before putting it away for the winter.

Taking care of a home lawn can be time consuming but rewarding for many homeowners. Kansas State University horticulture expert Matt McKernan said as mowing season ends, it is important to service mowers before storing them for winter.

Always begin lawn mower maintenance by disconnecting the battery cable or spark plug wire to prevent accidental engine starts and ensure safety, McKernan recommends.

"Make sure you drain the gas tank of gasoline-powered engines, run the engine until it is out of gas, or use a gasoline stabilizer," McKernan said. "Untreated gasoline can become thick and gummy."

Spark plugs should be replaced. Before putting the new one in, place a few drops of clean oil inside the spark plug hole in the engine and turn over the engine a few times to lubricate the cylinder. Battery terminals usually corrode during the season, so they should be cleaned with a wire-bristle brush before being removed and stored for winter.

"If you remove the battery, be sure to store it in a protected location for the winter; a cool basement works best," McKernan said.

Cleaning and storing mowers properly is just one part of end-of-season-care. McKernan also suggests using this time to sharpen mower blades.

"Sharpening rotary mower blades is fairly straightforward," said McKernan, who listed the steps to guide the process:

- Check for major blade damage and replace what can't be fixed.
- Remove grass and debris with a damp cloth. Dry the blade before sharpening.
- Use a grinding wheel or hand-file to remove nicks from the cutting edge. If using a grinding wheel, match the existing edge angle to the wheel. If hand-filing, file at the same angle as the existing edge.
- File edges to 1/32 inch, or about the size of a period at the end of a sentence.
- Avoid overheating the blade as this could damage it.
- For optimum winter storage, clean the blade with solvent or oil. Avoid using water because it will promote rust.

"Following these tips can help you better prepare your mower for winter storage and also save you some steps (next) spring," McKernan said.





Make a plan for the ‘season of eating,’ says K-State nutritionist

Tips for eating before, during and after the holidays

At a glance: K-State nutrition, health and wellness agent Sara Sawyer outlines her tips on how to stay healthy before, during and after the upcoming holiday season.

Plan ahead to make your holiday meals as healthy as possible, says K-State nutrition, health and wellness agent Sara Sawyer.

The season of eating is about to begin.

“It seems like starting with Halloween candy, many of us can over-indulge on what we eat all the way through New Year’s day,” said Sara Sawyer, a nutrition, health and wellness agent with K-State Extension’s office in Sedgwick County.

Similar to athletes entering a sports season, Sawyer encourages Americans to prepare themselves for the holiday eating season.

“Really, the holidays we celebrate are just 3, 4 or 5 days, right?” she said. “And so, what we need to focus on is not over-indulging every single day.”

“It really is easy to over-indulge throughout this period of time and think that you will worry about it after the new year. But it is important that we are being aware of what and how much we’re eating. If we feel like we’ve over-indulged, that’s fine, but then it’s important to get back to your traditional habits the next day. It’s going to be better for your heart and energy levels overall; you’ll just feel better.”

When it comes to Thanksgiving or other holiday meals, Sawyer said one healthy strategy is to think about which recipes are important to you and your family.

“And then let the rest of the foods go and provide some fruits and vegetables and an opportunity for a walk after the meal -- not only for you, but for your entire family,” she said.

More suggestions from Sawyer include:

- Add fruits and vegetables to your plate. Nutrient-rich foods help your body stay fueled with the vitamins and minerals it needs, which can reduce the temptation to overeat.
- Make time for physical activity most days of the week to help relieve holiday stress, improve sleep, and for overall health.

When it’s time to make dinner, one temptation, Sawyer said, is to think we have to make all the holiday foods that we grew up with as a child, but she quips: “I’m giving you permission; You don’t have to do that.”

Additional tips for healthy recipes:

- Use low-salt versions of ingredients. For example, a popular comfort food during colder months is chili. Sawyer suggests choosing low-salt beans and tomatoes, and creating a homemade seasoning versus a packet purchased at the store. Use herbs and spices to reduce salt content in such foods as meatloaf and casseroles.
- Use foods that are in-season. For example, if making chicken noodle soup, substitute spaghetti squash for the noodles – which increases fiber and reduces carbohydrates. After Thanksgiving, substitute turkey for chicken.
- Consider ingredient substitutions, such as apple sauce for butter, shortening or oil. Or use a lesser amount of butter, shortening, oil or sugar, if possible. For recipes that require eggs, Sawyer said you can substitute two egg whites for each egg in the recipe. A listing of common ingredient substitutions is available in an online publication from K-State Extension.
- Eat regular meals before the party. The temptation is to think that you should starve yourself during the day so that you can indulge later on. That’s not a healthy attitude, according to Sawyer. “What tends to happen is that you over-indulge to the point of eating so much that you don’t feel very good afterwards,” she said.
- Desserts? You bet. Consider a healthier version of the dessert, but in any case, limit yourself to one piece – rather than two or three or more.



Kansas 4-H Projects

Animal Science

Beef
Dairy Cattle
Dairy Goats
Dog
Horse
Meat Goats
Pets
Poultry
Rabbits
Sheep
Swine
Veterinary Science

Family & Consumer Sciences

Family Studies
Fiber Arts
Foods & Nutrition
Health & Wellness
Sewing & Textile Design
Shopping In Style

Natural Resources

Environmental Science
Geology
Shooting Sports
Wildlife

Communications& Expressive Arts

Communications
Interior Design & Architecture
Performing Arts
Photography
Visual Arts

Engineering & Technology

Aerospace/Rocketry
Ag Mechanics Welding
Astronomy
Building Block Engineering
Computer Science
Electric & Renewable Energy
Robotics
Small Engines
Uncrewed Aircraft Systems
Woodworking

Leadership & Personal Development

Civic Engagement
Entrepreneurship
Leadership
Reading Adventures
Self-Determined

Plant Sciences

Agronomy
Entomology
Forestry
Horticulture & Landscape Design



<http://www.facebook.com/sunflowerextensiondistrictcheyennecounty4h>
<http://www.facebook.com/sunflowerwallace>
<https://www.facebook.com/sunflowerextensiondistrictshermancounty4h/>

New 4-H Policy Guide: <https://www.kansas4-h.org/resources/policy-guide/docs/Kansas%204-H%20Policy%20Handbook%202025%20FINAL.pdf>

Cloverbud Policy Guide: <https://www.kansas4-h.org/resources/policy-guide/docs/Policy%20Book-%20Cloverbuds%20Kansas%204-H.pdf>



The 4-H year begins October 1 and ends September 30 of the following year.

- Members live in towns, in the country, and on farms. 4-H is open to youth regardless of race, color, national origin, sex, sexual orientation, or disability.
- Kansas 4-H Youth Development has a policy for open enrollment. Eligible youth may enroll in Kansas 4-H Youth Development programs at any time of the year.
- Youth wanting to join must be 7 years old and not older than 18 as of December 31 or the New 4-H Year in order to be eligible for 4-H. 4-H members who are selected as winners in late summer or fall, and who turn 19 before January 1, cannot compete in state or national contests, awards, or recognition programs.
- Youth ages 5-6 years old as of December 31 of the New 4-H Year are eligible to participate in the Cloverbuds project which is offered through the 4-H clubs. Cloverbud members are encouraged to attend Cloverbud county-wide project meetings where available. (See Cloverbuds Section for policies.)



Sherman Co. 4-H Members

Are you planning to show at the NW Kansas District Free Fair in the 4-H Division?

Re-enroll and pay the State \$15 fee by December 1 each year to be eligible to show in the NW Kansas District Free Fair 4-H Division!

Pay by credit card online. Pay by check or cash at the Sherman Co. Extension Office. The drop/Add project deadline remains **May 1** unless a project requires an earlier enrollment.

Wallace Co. 4-H Members

Are you planning to show at the Wallace County Fair in the 4-H Division?

Re-enroll by December 1

Your \$15 annual fee will be paid by the 4-H Council if you are enrolled by December 1!

The drop/Add project deadline remains **May 1** unless a project requires an earlier enrollment.

Cheyenne Co. 4-H Members

Are you planning to show at the Cheyenne County Fair in the 4-H Division?

Re-enroll December 1 each year!

Your \$15 annual fee will be paid by 4-H Council if you are enrolled by December 1!

The drop/Add project deadline remains **May 1** unless a project requires an earlier enrollment.



Sunflower District

November 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2. SH-4-H Council 7:00 PM MT 4-H Bldg.	3.	4. SH-Foods 3:30 PM MT 4-H Bldg.	5.	6.	7.
8. WA- Achievement Banquet	9.	10.	11.  Veterans Day Extension Office Closed	12.	13.	14.
15.	16.	17.	18.	19.	20.	21. KYL- Rock Springs
22. SH-Achievement Awards CN- Achievement Banquet KYL- Rock Springs	23.	24.	25.	26.  Extension Closed	27.  Extension Closed	28.
29.	30. 					

Sunflower Extension District #6

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