



Doniphan County Office
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K-State Research and Extension

NEWSLETTER

Doniphan County

January/
February 2025

4-H NEWS

www.doniphan.k-state.edu

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K-State Research & Extension /4H in Doniphan County



January/February 2025

Dear Friends,

Happy New Year! As we begin 2025, we wish you Health and Happiness!

The New Year brings excitement for upcoming events for you to enjoy!

Sincerely,

Kathy Tharman

County Extension Director

4-H ONLINE ENROLLMENT

Enrollment for the 2024-25 4H year is currently ongoing. If you have not enrolled online yet visit:

<https://v2.4honline.com/>

4Hers WHO COMPLETED THEIR ONLINE ENROLLMENTS IN OCTOBER 2024:

There was a glitch in the 4H Online system that prevented enrollment in Project Alias' This includes the projects **Foods, Visual Arts, Shopping in Style, Sewing & Textiles**. The problem has been resolved. Please check your online profiles and add these projects that you wish to participate in for County Fair. You **MUST** be enrolled in any project you wish to participate in by **May 1, 2025**.

4-H COUNCIL

2024-25 4-H Council books were sent out to all County Council members.

Our first meeting will be Monday, 13th at 7:00pm at the 4-H Building.

We have many decisions and dates to set at this first meeting. I look forward to seeing all of you!

REGIONAL PROJECT AWARD

SCREENING is scheduled for January 9, in Manhattan. If you are a county record book project award winner, Senior Division only, and would like to submit a Project Award, contact Kathy.

Adult leaders are encouraged to help judge regional awards. If you are interested, contact the Extension Office.



4-H COUNCIL FUNDRAISER

Monday, February 3, 2025 is the Conservation Annual Banquet at 6:00pm. We have been asked to make Chili & Chicken Noodle Soup plus cinnamon rolls for the evening. If you can help with this meal, please let Kathy now ASAP.



K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to physical vision, or learning disability, or dietary restrictions please call the county Extension Director.

CITIZENSHIP IN ACTION 2025

From Beth Hinshaw, State 4-H

Would you like to have more influence in laws and rules that affect your life? Then you'll want to go the Kansas 4-H Citizenship in Action! This two day event is sponsored by the State 4-H youth Leadership Council. The purpose of the event is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the capitol building, but will also show them how they can affect the legislative process.

WHEN: February 16-17, 2025

WHERE: Topeka, KS—Hotel Topeka at City Center

WHO: Youth 13-18 years old by January 1 of the current year

REGISTRATION IS OPEN - online at <https://www.kansas4-h.org/events-activities/conferences-events/citizenship-in-action/index.html>

REGISTRATION DEADLINE: January 24, 2025

DO NOT WAIT TO REGISTER until the deadline.

Last year registration closed early due to limited attendance available. Many 4H'ers missed an opportunity to attend.

The banquet will be Sunday evening.



DONIPHAN 4-H CLUB DAYS

4-H Club Days will be held Saturday, March 1, 2025. More information will be

available in January.

*Continue to plan on participation with the many club day entry choices: Project Talks, Demonstrations, Public Speaking, Talent, Music, FYI, and Other.



KANSAS 4-H AND VANIER SCHOLARSHIP APPLICATIONS

<https://www.kansas4-h.org/resources/awards-and-recognition/scholarships.html>

2024-25 Kansas 4-H Scholarships are due March 1, 2025 by 11:59 pm CST.

The scholarship process for State 4-H Scholarships and the Vanier Family Scholarship Program has been streamlined. This process has been designed to encourage more 4-H'ers to apply for these scholarships by simplifying and combining the process. Evaluation criteria has also been included to provide transparency throughout the entire process. Please note several of the larger changes listed below:

1. Applicants will provide a cover letter and resume as part of their application—the same resume may be used for both scholarship processes. Applicants are encouraged to have a separate cover letter for the State 4-H Scholarships from the Vanier Family Scholarship Program.
2. Evaluation materials are provided to increase the transparency of the process.
3. References do NOT submit a letter of recommendations—they will be asked to answer several short answer questions about the applicant. These questions can be found on Kansas 4-H website: <https://www.kansas4-h.org/resources/awards-and-recognition/scholarships.html>

For questions about the scholarship process, please reach out to Sarah Keatley at Keatley@ksu.edu or 620-366-0035.

K-State Junior Swine Producer Day

Event Date – Saturday, March 1, 2025

Registration Deadline – February 5

Cost - \$20/person by February 5

*Only those who register by February 5 will receive a t-shirt.

**Both youth and adults attending (including parents) need to register.

***No refunds.

****Participation is limited to the first 400 registrants.

*****Late registration fee after February 5 is \$25/person and these participants will not receive a t-shirt.

Online Registration - <https://commerce.cashnet.com/KSUASIND>

K-State Junior Meat Goat Producer Day

Event Date – Saturday, March 22, 2025

Registration Deadline – February 26

Cost - \$20/person by February 26

*Only those who register by February 26 will receive a t-shirt.

**Both youth and adults attending (including parents) need to register.

***No refunds.

****Participation is limited to the first 400 registrants.

*****Late registration fee after February 26 is \$25/person and these participants will not receive a t-shirt.

Online Registration - <https://commerce.cashnet.com/KSUASIND>

Horse Panorama

4-H Horse Panorama will be held February 22-23 at Rock Springs, near Junction City. The 4-H

Horse Panorama is a compilation of state contests (Hippology, Horse Bowl, Public Speaking, Demonstration/Illustrated Talks, Photography, Educational Poster, Ad/Layout Design) that encourages young people to expand their knowledge of equine-related subject matter. The contests develop alertness, self-confidence, and knowledge in a competitive setting, surrounded by an attitude of friendliness and fairness. The state contests are open to youth whose 4-H age is 9-18. A non-competitive first-timers event, will be open to beginners to immerse them in

the contest experience. Horse Panorama is the qualifying event which the Kansas representatives for to the national contests (Hippology, Horse Bowl, Public Speaking, Demonstration/Illustrated Talks) are chosen. Registration information will be released in mid-December.

4-H Livestock News and Reminders

Katharine Sharp, Doniphan County Extension

Happy new year! I have some news and updates for those of you who participate in animal, and static agricultural projects. We will continue sharing these updates via announcements and reminders. Also, please consider attending the sheep and goat school in March to add to your 2025 4-H project records!

County Fair Market Heifer Update

In August, our Fair Board updated the beef show rules to include a market heifer class at our County Fair. **Please remember to bring your market heifer and steer to weigh-in this March**. The market heifer classes will be split by weights just like the market steer classes.

New 4-H Horse ID Certificate Form

In July 2024, the Kansas State 4-H office updated our Horse ID certificates beginning with this year's 4-H year. I have posted the new Horse ID certificate on our website for parents to print out and return to the Extension office by May 1st, 2025. If you happen to use the old copy, we will still accept it. I will email this new form in a few weeks for those enrolled in the horse project.

4-H Livestock Sale Reminder from 2024

Beginning with the 2024 4-H year (2023-24), Kansas State 4-H policy allows for State Fair nominated livestock to be sold at County Premium Sales. This was a new update for the 2023-24 4-H year, and I wanted to remind everyone of this update for the 2025 4-H year (2024-25).



Doniphan County

Agriculture & Natural Resources News

Katharine Sharp

Doniphan County Agriculture Agent



Upcoming Events of Interest

- Jan 21st & 28th, Feb 4th & 11th - Succession Planning Workshop @ Highland, KS
- Feb 20th – K-State Specialist Visit
- Mar 12th – Sheep and Goat School @ Troy

Farm Succession Planning Workshop Series Begins on January 21st

Please register now through January 13th to attend this four-night Farm Succession Planning Workshop in Highland, KS. Along with Brown County Extension, we will be hosting this four-part series at the Highland Community College – Clifford Hawk Ag Center. Please register as the registration fee of \$60 includes a booklet and meals for each night.

The four topics are as follows:

- January 21st – Motivation for Succession Planning – A Personal Story
- Jan 28th – Family Communication around Estate and Transition Planning
- Feb 4th – Financial Aspects of Estate and Transition Plans
- Feb 11th – Legal Aspects of Putting Your Plan into Place

We will take payment on the first night on January 21st via cash or check. Please write out checks to Brown County Extension Office. After January 13th, the registration fee increases to \$75. Please register via this QR code or contact Katharine Sharp at the Doniphan County Extension Office at (785) 985 3623 or kgsharp@ksu.edu.

Scan the QR code to register via this link:



K-State Area Agronomist Visit to Doniphan County on February 20th

I have set a date with Tina Sullivan, K-State Area Extension Agronomist to visit Doniphan County for lunch time on February 20th. This will be a meet and greet with Tina so please bring your questions about corn, soybeans, diseases, cover crops, soil, etc. More details will follow!

Northeast Kansas Sheep and Goat School in Troy, KS 6 pm on March 12th

This upcoming March 12th, K-State Research and Extension - Doniphan County will be hosting the annual Northeast Kansas Sheep and Goat School in Troy, KS. This event is an annual educational sheep and goat producer meeting that rotates throughout northeast Kansas Research and Extension units.

This evening meeting will begin at 6:00 pm with registration. Dr. Kelsey Bentley, K-State University Small Ruminant Extension Specialist, will speak on parasites and management strategies for sheep and goat producers at 6:30 pm. The second speaker, Dr. Drew Ricketts, K-State Wildlife Extension Specialist will present beginning at 7:30 pm on managing predation when raising small ruminants.

The event will be held at the Leonard L. Clary Community Building located at 1225 Last Chance Road Troy, KS 66087. **Attending this free educational event will give 4-H youth an opportunity to add this event to their project records at the end of the 4-H year in September.**

Please register for this free event by March 10th via this QR code, or contact Katharine at the



Doniphan County

Agriculture & Natural Resources News

Katharine Sharp

Doniphan County Agriculture Agent



Doniphan County Extension office at (785) 985-3623 or kgsharp@ksu.edu.

Scan the QR code to register for sheep and goat school via this link:



Pending Private Pesticide Applicator Changes in 2025

Starting in 2025, extension offices will no longer offer the open book testing option for KDA private pesticide applicator licenses. I have received recent communications (12/20) stating this change may not start in January, but a change is coming at some point in 2025. It is unclear how the previous administration's EPA rules will effect pesticides in 2025. The new options will be closed book, in-person trainings, and online options only. Again, you will still be able to renew at any Extension office just via a closed book testing option beginning at some point in 2025. Commercial pesticide licenses will remain being tested in Topeka, KS.

Please call ahead to check extension office hours at 785-985-3623, and allow 2-3 hours to take the exam. We only accept checks for payment to Kansas Dept of Agriculture.

What to Do with the Christmas Tree After Christmas

After the holidays, many municipalities allow cut Christmas trees to be placed curbside. Trees are then collected and burned or ground up for mulch. If you miss the designated date, or your trash collector doesn't accept trees, there are several options to maximize the use of the tree.

An old Christmas tree can be used to benefit birds and fish. Placing it in the landscape provides shelter for birds. Sinking your Christmas tree in a pond is an easy way to improve fish habitats. The tree serves as a reef, as the branches provide substrate for water plants to grow and cover for minnows and other forms of small aquatic life. Larger fish are drawn by the shade and the presence of prey.

Kansas Forest Service Spring Sale Begins Jan 2nd

The Kansas Forest Service's annual Spring Sale will begin receiving orders on January 2nd through April 30th. There is no price increase this year. Evergreens are sold as containerized seedlings or bare root bundles. Shrubs and deciduous trees are bare root bundle only. Eastern pollinator shrub bundles are known to sell out quickly, so please put your order in early.

Please order through the Kansas Forest Service at www.kansasforests.org or 1-888-740-8733.

New Extension Office Website

Last year, our local website received a facelift! I wanted to share with you that our local website is where we keep local Extension office materials. Our website keeps local 4-H, county fair, and extension materials for you to access. Please check it out! www.doniphan.k-state.edu/





DONIPHAN COUNTY FAMILY CONSUMER SCIENCE NEWS

HYPERTENSION AWARENESS AND PREVENTION PROJECT (HAPp) Self-Monitored Blood Pressure and Nutrition Education

What is HAPp?

HAPp blends the American Heart Association awareness campaigns with CC Healthy Heart Ambassador Blood Pressure Self-Monitoring Program. HAPp will include blood pressure and nutrition education.

HAPp Extension agents (Kathy Tharman) are trained Healthy Heart Ambassador coaches who close the loop on referrals by encouraging participants to share blood pressure readings with their healthcare team.

Participants use blood pressure tracking to inform lifestyle change.

HAPp Extension programs offer walk-in office hours in convenient and accessible locations (Doniphan Extension office).

WHO IS ELIGIBLE?

- *Age 18 or older
- *Hypertension diagnose or on anti-hypertensive medicine
- *Interest in and readiness for the program

All HAPp activities are conducted by a KSRE agent trained as a Healthy Heart Ambassador Coach.

GOALS:

- *improve hypertension health literacy
- *become advocates for their own health
- *Help participants to make connections between lifestyle/behavior and their blood pressure readings.
- *Connect with community resources
- *Cooperate with their providers for blood pressure readings.

DONIPHAN COUNTY HAPp Program will begin January 14th 2025 at the 4-H Building in Troy KS. 5:00 p.m. One hour time commitment

We will meet once a month on the 2nd Tuesday for four months; January - April. *You will receive a free blood pressure cuff and nutrition education. You must commit to the program for the four months. You will attend a one hour monthly lesson plus check in with Kathy to discuss your program progress.

**CLASS LIMIT OF 15
No Cost**

Register by calling the Doniphan County Extension office, 785-985-3623.

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



Stay Strong, Stay Healthy



Stay Strong Stay Healthy Program March 18th - May 8th, 2025

I will be starting a new Spring class for Stay Strong Stay Healthy, Aging Adults.

Classes will be on Tuesday & Thursday mornings,
from 9:30-10:30 a.m.

Classes will begin on March 18, 2025.

Classes will be held at the Troy 4-H Building at the fairgrounds.

Cost will be \$15.

SSSH Program is 16 sessions. Twice a week for 8 weeks.

You will need to register at the Extension office by March 11, 2025

*These classes are for anyone ages 55-100!

You need not be an exercise enthusiast to participate!! The program is built around your individual abilities.

This program focuses on 3 objectives.

1. Increasing strength.
2. Increasing flexibility.
3. Increasing balance.

Join us and give yourself the chance to improve your overall health!

What is Clostridium perfringens?

Clostridium perfringens bacteria are one of the most common causes of foodborne illness. The Centers for Disease Control and Prevention estimates these bacteria cause nearly 1 million illnesses in the United States every year.

With soup season upon us, these large batches of thick hot food can be trouble. If the soup is not held above 140°F or not chilled to below 40°F in small batches, then the potential for C. perfringens growth increases.

If this bacteria makes spores, which act like a protective coating to help bacteria survive, and food held between 40-140°F will allow the bacteria to grow. It can produce a toxin which can cause foodborne illness symptoms such as diarrhea.

Illness can occur within 6 to 24 hours after eating contaminated food.

Prevention steps include cooking soups, whole roasts and whole poultry to safe temperatures. Keep hot foods hot and cold foods cold. Refrigerate leftovers, divided into shallow containers, within two hours after cooking. Reheat leftovers to 165°F before serving.

Slow cookers work well to keep soup at safe temperatures.



Source: Centers for Disease Control and Prevention, Prevent Illness from C. perfringens