

Doniphan County

K-State Research and Extension News

www.doniphan.ksu.edu

4-H NEWS November/December 2023

Welcome Back to 4H Online! Kansas 4-H welcomes you to another year of convenient online enrollment!

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

Please enroll by November 30, 2023



**Enrollment will stay open throughout the winter but after November 30th points will no longer be earned for your clubs Standard of Excellence.

*Be sure to use the enrollment code to get your FREE enrollment fee that can be used till November 30th 2023

4H ACHIEVEMENT NIGHT

will be Sunday, November 19th at 6:00 p.m. We will have a catered supper.

Achievement Night Club Duties:

Set Up & Table Decorations—Highland Cloverpatch and Doniphan Star

Drinks –Circle B and Bendena

Clean Up – Midway Meadowlarks, Troy Triangle and Wathena Sunflower

18th ANNUAL ICE SKATING PARTY

4-H County-wide Ice Skating Party will be on **WEDNESDAY, December 27th** at Bode Ice Arena in St. Joseph, MO.

We have the skating rink from 8:00—10:00 p.m. The 4-H Council will pay for the rink and the \$2 skate rental for those skating.



A refreshment table will be set up.

Drinks: Circle B, Troy Triangle and Midway Meadowlarks

Snacks: Wathena Sunflower, Bendena, Doniphan Star and Highland C.

All 4-H families are welcome at this event.

Please Remember - all 4-H children skating must have completed the on-line enrollment, that includes participation forms.

*If they bring a guest, the parent must be in attendance or a participation form filled out and signed by the guests parent.

2024 4-H COUNCIL OFFICERS

President - Sara Houghton

Vice-President - Henry Geiger

Secretary - AnnaMaria Root

Treasurer - Macy Grable

Parliamentarian - Gracie Juhl

Reporter - Alyson Grable

Congratulations! We are proud of you for stepping up and being 4-H Youth Leaders!

Doniphan County Extension Service

Kathy Tharman

County Extension Director

FCS & 4-H Agent

ktharman@ksu.edu

Angela Stock

Office Professional

astock@ksu.edu

Phone: 785-985-3623

Fax: 785-985-2858

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 a physical, vision, or hearing disability, or dietary restrictions please contact Kathy Tharman, County Extension Director at 785-985-3623

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

ksre.k-state.edu



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Research and Extension

Doniphan County Office

P.O. Box 487

105 S. Liberty

Troy, KS 66087-0487

November/December 2023

Dear Friends,

Cold & windy, turkey & dressing, friends & family; the holidays are fast approaching! We wish all of you a Joyful and Wonderful Holiday Season!

Sincerely,

Kathy Tharman

County Extension Director



LOOKING AHEAD TO 2024 4-H:

- *4-H Day
- *Council fund-raisers
- *CIA
- *Regional 4-H Day
- *County Camps
- *State Discovery Days

There are many fun and exciting 4-H Events to take part in. I hope each of you reaches out with both hands to be a part of these events. These are the opportunities that make 4-H a unique and special youth organization. Personal growth within each child comes with; **FIRST** - active participation (*not* sitting in the corner and watching); **SECOND** - develop/using new skills to grow the mind and spirit; and **THIRD** - sharing your new skills with other people.

To sum up - Take time to Participate and be a part of 4-H events and special days. You're worth it!

HOLIDAY OFFICE SCHEDULE:

The Extension office will be closed:

November 10th, 23rd & 24th
December 25th - 29th and
January 1st.



HIGHLIGHT A PROJECT!

Shooting Sports- Want to learn proper and safe ways to shoot a shotgun? Check out the shooting sports project! The project teaches gun safety, plus an opportunity to test your skills. If you have an interest in guns this project is a great way to learn. Doniphan County has a certified instructor for Shotgun. Shotgun is open to a Doniphan County 4-H member who is 12 years and older in 4-H years. Kansas 4-H Shooting Sports adheres to the National Shooting Sports Policies.

Note: 4-H Council owns two guns. If you are interested in this project but have no gun of your own, contact Carl W. Tharman, instructor: 816-785-5373.

4-H COUNCIL 2024

The next meeting of our 4-H Council will be Monday, January 15th, 2024 at 7:00 at the 4-H Building.

2024 STATE 4-H CALENDER

January 6-7 Kansas 4-H Youth Leadership Council Retreat, Rock Springs 4-H Ranch
January 11 NE 4-H Record Screening – Pottorff Hall
January 26-28 4H Dog Judges training and certification, Leavenworth area
January 27 Horse Panorama

February 18 - 19 Citizenship In Action - Topeka KS - Capital

March Junior Producer Days- TBA
March State 4-H Horse Judging Contest- TBD

April 19-24 National 4-H Conference
April 20 Spring into Volunteering, Salina
April 21-27 National Volunteer Week

May 7-9 Foundations of Youth Development, Manhattan

June 5-7 Discovery Days, Manhattan

August State 4-H Wheat Expo- TBD
August 10 State 4-H Horticulture Judging Contest
August State 4-H Livestock Sweepstakes
August 31 Kansas State Fair Dog Show,

September 6-15 Kansas State Fair, Hutchinson

October 12-13 48 Hours of 4-H Service Challenge - Tentative

November 23-24 Kansas Youth Leadership Forum, Rock Springs 4-H Ranch

November 23-24 Kansas Association of 4-H Volunteers Forum, Rock Springs 4-H Ranch

CALLING ALL 4-H'ERS!

JOIN THE 4-H JUDGING CONTEST

Regional 4-H Judging School/Contest

When: Saturday, December 9

Time: 9:00-Noon

Where: Blue Building

305 Main St., Effingham

* Kathy will take the Extension van for anyone needing a ride. Call to reserve your seat.
Open to all 4-H'ers!

Come learn how the 4-H Judging Contest works!

- We will show you how to properly fill out the judging cards/papers, what to look for in a contest and go over the results right after.
- We will walk you through the following judging contest:
 - FCS (Family & Consumer Science)
 - Photography
 - Horticulture.

Snacks
Provided

K-STATE
Research and Extension

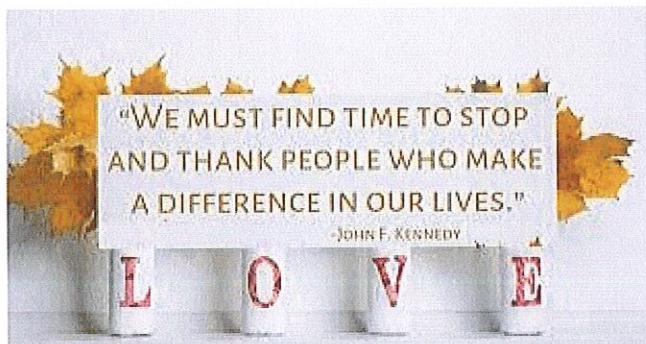


K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting your local extension office two weeks prior to the start of the event (November 24). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.

(White)	
CONTESTANT	A 1-2-3-4
Number 300	B 1-2-4-3
Chris Clover	C 1-3-2-4
	D 1-3-4-2
	<u>E 1-4-2-3</u>
	F 1-4-3-2
	G 2-1-3-4
	H 2-1-4-3
KANSAS	I 2-3-1-4
4-H JUDGING CARD	J 2-3-4-1
	K 2-4-1-3
	L 2-4-3-1
	M 3-1-2-4
Class No. _____	N 3-1-4-2
	O 3-2-1-4
Class Name _____	P 3-2-4-1
Steers _____	Q 3-4-1-2
	R 3-4-2-1
	S 4-1-2-3
	T 4-1-3-2
	U 4-2-1-3
	V 4-2-3-1
	W 4-3-1-2
	X 4-3-2-1
REASON SCORE _____	

Prizes awarded to the
top contestants in each
contest and age division!



**Thank You for all the kindnesses you give.
Your thoughtful words, kind acts and
generous gifts of time, make a difference. I
wish all of you a Happy Holiday Season!**
Kathy ♡

TURKEY THOUGHTS

"Dear God,

I'm writing about some concerns I have as a turkey. It seems that in your infinite wisdom, you decided to make us fat, flightless, and evidently delicious. Did we say something to make you mad.

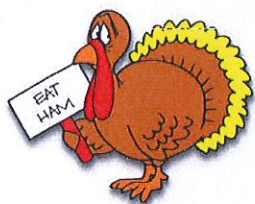
Sincerely yours, Mr. Turkey"

"If turkeys thought, they'd run away,
A week before Thanksgiving Day.

But turkeys can't anticipate,
And so there's turkey on my plate."

"A turkey is a funny bird,
Its head goes wobble, wobble,
All it knows is just one word,
Gobble, gobble, gobble."

"May your stuffing be tasty,
May your turkey be plump.
May your potatoes n' gravy have nary a lump,
May your yams be delicious,
May your pies take the prize,
May your thanksgiving dinner stay off your
thighs."



Turkey boasts an impressive nutrition profile. Turkey is rich in nutrients. Two thick slices (3.5 ounces) of turkey contain:

Calories: 117
Protein: 24 grams
Fat: 2 grams
Carbs: 0 grams
Niacin (vitamin B3): 61% of the Daily Value (DV)
Vitamin B6: 49% of the DV
Vitamin B12: 29% of the DV
Selenium: 46% of the DV
Zinc: 12% of the DV
Sodium: 26% of the DV
Phosphorous: 28% of the DV
Choline: 12% of the DV
Magnesium: 6% of the DV
Potassium: 4% of the DV

The nutrients in turkey depend on the cut. For example, dark meat, which is found in active muscles such as the legs or thighs, tends to have more fat and calories than white meat — whereas white meat contains slightly more protein. Furthermore, turkey skin is high in fat. This means that cuts with the skin on have more calories and fat than skinless cuts. For example, 3.5 ounces (100 grams) of turkey with the skin packs 169 calories and 5.5 grams of fat, whereas the same amount without the skin has 139 calories and just 2 grams of fat.



LONELINESS AT THE HOLIDAYS

Utah State University Extension

The holidays bring mistletoe, caroling, eggnog, gift-giving, family, and friends. However, for some, the holidays can also bring loneliness. A recent survey from the American Association of Retired Persons found that 31% of respondents said they had felt lonely during the holiday season sometime in the past five years, and 41 percent worried about a family member or friend feeling alone. Though loneliness is common, there are things you can do to enjoy the season, no matter what your situation. Consider these tips.

Service: Think of someone in need or a good cause to support when you are feeling down. Service can help improve your mood and sense of self-worth. Service has been shown to improve conflict resolution skills and vocational capacity among adolescents. An act of kindness can be as easy as helping a family member, friend, or neighbor in need. If you are looking for a service opportunity, an internet search can help you find people and organizations with needs in your area.

Social relationships: We all need friends, family, and loved ones. However, even those with loved ones around them can feel lonely or have mental health challenges. If you start feeling lonely this year, reach out to friends or family members. Something as simple as sending a text or engaging in a conversation can lift your spirits.

Self-love: Some psychologists believe that our level of self-love is connected to our ability to love others and that to love yourself, you need to know and take care of yourself. Doing something nice for yourself can help increase your happiness. For example, give yourself a gift, write in your journal, watch a movie, or enjoy nature. Whatever it is, do something meaningful to you that makes you happy.

Gratitude: Even when circumstances seem bleak, practicing gratitude can help you remember the good things you have in life. Studies show that

gratitude is associated with well-being and can be used to help face difficult times. To increase your gratitude, write a note, verbally express appreciation to those around you, or make a gratitude list.

There are things you can do to help combat loneliness and poor mental health during the holiday season. Implementing ideas from the examples provided may help improve your mood and make the holidays happier.

If you are Feeling Lonely
know that you will always
have:

Books to nurture your mind

Hands to create and explore

Wind to calm your soul

Breathes to soothe your nerves

Nature to soak your worries away

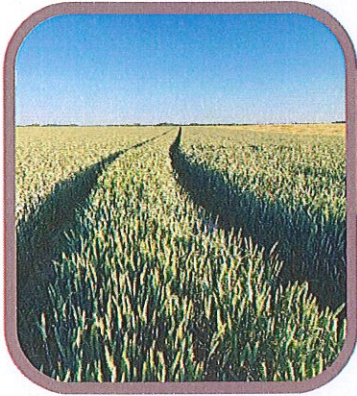
Stars to decorate your dreams

Emma XU

OurMindFullLife.com



Doniphan County Agriculture and Natural Resources Extension Agent



Lead dynamic agricultural and natural resources Extension programs in Doniphan County, KS.

Apply online using our [application site](#). For more information visit ksre.ksu.edu/jobs.

POSITION DESCRIPTION AND RESPONSIBILITIES

Extension agents are professional educators who serve as a link between Kansas State University and communities across Kansas. Agents are administratively responsible to the Director of K-State Research and Extension (represented by a designated administrator) and the local extension board.

TITLE:

Extension Agent

PRIMARY AREA OF RESPONSIBILITY:

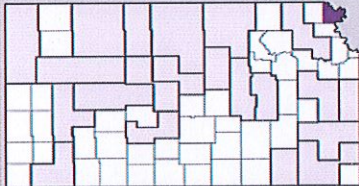
Agriculture and Natural Resources programming

APPLICATION DEADLINE:

Wednesday, November 15, 2023
Interviews will be November 29, 2023

LOCATION:

Office located in Troy, KS.



Doniphan County is a small, rural county of approximately 7,400 people. The community is primarily farm families with approximately 67,000 acres corn and 64,000 acres soybeans production. Doniphan County is the northeast-corner county in Kansas. St. Joseph, MO is just across the river to the east of us.

With this position, Doniphan County Extension will become a two-agent county. Along with agriculture and natural resources programming responsibilities, this position will share community vitality and 4-H youth development responsibilities with the local family and consumer sciences agent. The county currently has seven 4-H Clubs with approximately 135 youth members.

The people of Doniphan County are warm and friendly and eager to support Extension programs and 4-H youth.

- Lead the development, implementation, and evaluation of research-based educational programming related to agriculture and natural resources. Programming will include but is not limited to: agronomy; livestock production; agricultural economics, management, and public policy; horticultural production and management; and natural resources conservation and environmental stewardship.
- Share leadership for the development, implementation, and evaluation of the 4-H youth development program for school-aged youth in cooperation with volunteers and extension colleagues. Programming will include but is not limited to: community clubs support, out-of-school programs, school enrichment, volunteer management, and outreach to create new program opportunities with existing and new community partners.
- Share responsibility for community vitality programming that helps our communities become better places to live, work, and play. Programming will strengthen social, civic, economic, and technological capacity of communities through leadership development and civic engagement.
- Successful extension programs require agents to:
 - Identify local needs and emerging issues related to K-State Research and Extension's five Grand Challenges (water and natural resources; community vitality; health; developing tomorrow's leaders; and global food systems) by engaging with program development committees and other community organizations and professionals.
 - Design appropriate educational strategies to engage clientele. Strategies might include educational programming in a community-based setting; events and activities that provide experiential learning opportunities; use of innovative technologies; individual educational consultations; and group facilitation.
 - Collaborate with local partners to meet community and programming needs.
 - Develop and implement strategies to serve diverse audiences and to ensure K-State Research and Extension is an equal opportunity provider of educational programming.
 - Collect and communicate evidence of educational program impact.
 - Cultivate expertise in a subject matter competency area by engaging as a member of a Program Focus Team.
- Pursue internal and external funding to support educational programming.
- May periodically be assigned to serve as the local unit director providing administrative oversight for fiscal operations; coordination of personnel; the development, delivery, and reporting of program impact; and other administrative functions assigned by the director for extension's representative and the extension board.
- Serve as a member of the Doniphan County team cooperating in the planning and delivery of county-wide programming and related events.

MINIMUM QUALIFICATIONS

- Bachelor's degree.
- Academic coursework, professional development, or prior employment related to the position responsibilities.
- Evidence of strong academic and/or professional performance as documented by college transcripts or documented success in increasingly responsible professional positions.
- Ability to communicate effectively, both orally and in writing, with individuals, groups and through mass media.
- Familiarity with various ethnic and socio-economic audiences; an interest in working with people from diverse backgrounds; and a commitment to supporting and enhancing K-State Research and Extension's initiative for diversity, equity, and inclusion.
- Ability to work a flexible schedule which will include some nights, weekends, and overnight travel.

PREFERRED QUALIFICATIONS

- Master's Degree.
- Commitment to personal and professional development.
- Experience working with youth across multiple age groups in both formal and informal settings.
- Competence using electronic communication and computer applications to fulfill programming responsibilities.
- Self-motivation and ability to work with minimal supervision while balancing multiple projects.
- Understanding of educational program design, promotion, implementation, and evaluation.
- Experience with volunteer recruitment, support, and management.
- Skills in group facilitation.
- Knowledge of adult and youth teaching/learning processes.
- Experience seeking and administering external grant funding.
- Ability to communicate effectively with both English and Spanish-speaking learners.

OTHER QUALIFICATIONS

- Applicants must be currently authorized to work in the United States at the time of employment.
- Access to a personal vehicle and the ability to obtain/maintain a valid driver's license.

SALARY, BENEFITS, AND PROFESSIONAL DEVELOPMENT:

- Salary commensurate with professional experience and available funding as negotiated by the regional extension director, the local extension board, and the applicant. The base starting salary is \$45,000 for a bachelor's degree with no professional experience and \$49,000 for a master's degree with no professional experience.
- Extension agents are Kansas State University educators and have the Board of Regents retirement plan, eligibility for health and life insurance, and earn vacation and sick leave. See a [complete list of benefits](#).
- Reimbursement for travel related to achieving program objectives.
- New agents will be provided with comprehensive Early Career Professional Development training throughout their onboarding period. This series will include virtual and in-person training and networking opportunities.
- Tuition assistance is available to full-time employees and their spouse/dependents.

LEARN MORE ABOUT WORKING WITH K-STATE RESEARCH AND EXTENSION:

- Visit the [K-State Research and Extension](#) website.
- Contact Jennifer Wilson, Leader of Extension Operations via email (jrwilson@ksu.edu) or phone ([785-532-5790](tel:785-532-5790)) with questions about this position.

EQUAL EMPLOYMENT OPPORTUNITY:

Kansas State University is an Equal Opportunity Employer. All applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender, gender identity, age, national origin, disability, or status as a protected veteran.

BACKGROUND SCREENING STATEMENT:

In connection with your application for employment, Kansas State University will procure a Background Screen on you as part of the process of considering your candidacy as an employee.

Doniphan County Extension

Corn Crop Plot - 2023

Kyle Jeschke—Host Site

1499 Ash Point Rd.

Leona KS

PLANTED: 04/25/2023

HARVESTED: 09/18/2023

ROW WIDTH: 30.0 inches

POPULATION: 34,000

SOIL TEXTURE: Silt Loam

TILLAGE: No-Till

HERBICIDE: Unknown

PREVIOUS CROP: Soybeans

RAINFALL: Adequate

Company	Brand	Entry Order	Rows No.	Length	Grain Weight	% Mois.	Test Wt.	% Lodg.	Actual Yield ¹	Check Adj.	Adj. Yield ¹	Rank
Channel	214-78DGV2PRIB	10	4	656	2588.0	19.4	58.8	--	291.0	--	--	1
Brevant	B13A10AM	7	4	657	2520.0	18.5	57.0	--	286.1	--	--	2
Dekalb	DKC65-95	22	4	653	2490.0	18.1	60.5	--	285.8	--	--	3
	Brevant B14H38	12	4	656	2606.0	21.7	55.2	--	284.7	--	--	4
AgriGold	A645-16VT2RIB	19	4	654	2602.0	22.2	56.5	--	283.3	--	--	5
	Taylor 6015	20	4	654	2470.0	18.8	59.6	--	280.6	--	--	6
Dekalb	DKC65-95	11	4	656	2494.0	19.5	58.7	--	280.1	--	--	7
Dekalb	DKC66-18	21	4	653	2452.0	18.7	59.0	--	279.4	--	--	8
	Lewis 140T603	9	4	656	2454.0	19.0	59.8	--	277.3	--	--	9
Dekalb	DKC65-95	1	4	658	2426.0	18.2	59.9	--	276.0	--	--	10
Dyna-Gro	D55VC80	18	4	654	2530.0	22.4	57.5	--	274.7	--	--	11
BECK'S	6374V2P	6	4	657	2390.0	17.7	58.2	--	274.0	--	--	12
	Renk 3-112	3	4	658	2344.0	16.1	60.0	--	273.5	--	--	13
	Lewis 15DT624	17	4	654	2380.0	18.2	58.4	--	272.4	--	--	14
Pioneer	P1359AM	8	4	657	2436.0	19.9	56.0	--	271.8	--	--	15
	Renk 958	14	4	655	2400.0	19.9	58.7	--	268.6	--	--	16
BECK'S	6585TCV2P	15	4	655	2330.0	19.3	59.0	--	262.7	--	--	17
Channel	212-52SSP	5	4	657	2280.0	17.5	59.0	--	262.0	--	--	18
Dekalb	DKC62-89	4	4	658	2264.0	17.3	57.9	--	260.4	--	--	19
Dyna-Gro	D50VC09RIB	2	4	658	2202.0	15.5	57.7	--	258.8	--	--	20
AgriGold	A645-22TRC	13	4	655	2316.0	20.3	56.6	--	257.9	--	--	21
	Taylor A-115-3110	16	4	655	2234.0	17.9	57.3	--	256.3	--	--	22

Plot Averages (Non-Checker Rows):

18.9 58.2 -- 273.5 --

¹ Yield = Bushels per acre corrected to 15% moisture.

WEIGHED BY: Beck's Hybrids

