4-H NEWS

Welcome Back to 4H! Kansas 4-H welcomes you to another year of convenient online enrollment!
Visit: https://v2.4honline.com/

**Enrollment will stay open throughout the winter** but after November 30, 2020 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!

RESCHEDULED 4-H ICE SKATING PARTY!

MARCH 20, 2021
BODES ICE ARENA in St. Joe, MO
6:00 pm—8:00 pm
FREE for all Doniphan County 4-H Families, Alumni and guests. Sponsored by Doniphan County 4-H Council.

MARCH/APRIL 2021

4-H CLUB DAY
SATURDAY, MARCH 13th, 2021

REGISTRATION DEADLINE—March 3rd

All 4-H members are encouraged to participation in any of the Club Day contests. A letter was sent to each family with details. You can send in or call the office with your entries.

The schedule will be sent out asap after registration deadline, March 3rd. This letter will have details of each contest; where and when.

*There will be no concession stand.

*All Covid19 precautions will be followed.

*Regional Club Day will be all Virtual judging.

Must have a video of performance to upload for Regional judging. *Best to video your performance/demo/talk the day of the March 13th.

Regional Performances must be uploaded by March 16th—more details on this will be forthcoming!
AWESOME 4-H CAMP!
JUNE 12th - 15th
*4-H Age 7-13

Campers' excitement like lights a summer's evening, sparks childhood memories of fun-filled, stress-free, spontaneous days.

Attending summer camp can be a time for experiencing nature and the outdoors, making new friends, and learning life skills. Summer camp is more than just a vacation. Camp is a learning adventure like no other place to gain self-confidence, practice cooperating with others, and experiencing life beyond one's own world. The outcome of camping is for those life lessons to contribute in a positive and significant way that enhances the child's adjustment into their adult years.

This year we will once again (and most likely the last time) be camping with the Pioneer Trails Camping Group at Rock Springs Ranch.

Camp fee is projected at $210.00 This includes all camp fees/activities plus travel. 4-H Council is PAYING HALF toward the camp fees to all Doniphan County 4-Hers going to camp.

A Camp Registration Form may be picked up at the Extension Office after March 15th. Call & we will mail you one, or you may download it from our 4-H web page at www.doniphan.ksu.edu
Camp registration/payment deadline is May 6th.

LIVESTOCK INFORMATION

ALL hoofed animals must be identified and tags/ID's turned into the office by May 3rd (May 1 for state fair horses). More details are below or on the website: www.doniphan.k-state.edu/4-h/fairinfo.html

Horses
- County fair only? ID papers turned in by May 3rd
- State fair? ID papers by May 1, horsemanship level completed by district show entry date, compete at district show June 25. KSF paperwork deadlines vary.

Beef, Sheep, Goats, Swine
Showing just at the county fair?
- Attend weigh-in (market beef, sheep, goats).
- Eartags in by May 3rd registered/purebred; tag or tattoos reported to office by May 3rd.

Showing at the Kansas State Fair Grand Drive or KJLS?
- All showmen must complete YQCA training by nomination date or June 15! See below.
- Attend weigh-in (market beef, sheep, goats).
- Ear tagged and IDs reported to office by May 3rd.
- Market or commercial animals need an eID, DNA pulled, and nomination paperwork in by the appropriate deadline. Nomination is not registration for the state fair.
2021 dates:
- May 1: market steers/Heifers
- June 15: commercial heifers, market lambs and commercial ewes, market swine and commercial gilts, all meat goats
- Purebred gilts at KJLS need EID as well!
- All animals must be registered for shows by July 15. Nomination is not registration for the shows!
Please check the website and/or check with Margaret to make sure you're on the right track!

YQCA Training
Youth for the Quality Care of Animals (YQCA) is a national, multi-species youth livestock quality assurance program. It is an annual training open to youth 8-21 years of age and focuses on food safety, animal well-being, and life skill development. For further details, please contact your local extension office or visit the program website, www.yqca.org.

*We are in need of camp counselors. You must be 16 years of age. Please contact Kathy
To register for training, create a user account here. Kansas 4-H members may use their family 4HOnline credentials to log in and register for the appropriate training.

*A any 4-H er showing at KSF must have this training.

**BEEF WEIGH-IN**
**MARCH 20th, 2021**
**9:00 am—11:00 am**
**4-H Fairgrounds**

All Market Steers must be weighed in at this time in preparation for summer shows. All breeding heifers and cows need to be identified with a 4-H ear tag or registration tattoo, and the number turned into our office by May 3rd. County tags $1, KSF $4.

**SHEEP/GOATS WEIGH-IN**
Spring market sheep and goat weigh-in will be on Sunday, April 25th at the Troy Fairgrounds, from 3:00 pm - 5:00 pm. at the swine barn. Your market animals MUST be weighed in to show at the fair. You may use wethers or ewes/does for the market class.

All breeding animals must be identified with a 4-H ear tag or registration tattoo and turned into our office by May 3rd. All sheep and goats must have a valid scrapie ID.

Sheep/Goat ear tags cost $1.00.
Sheep/Goat EID ear tags cost $3.25.

**SWINE**
All state fair swine must be ear tagged (EID) and ear notched, or tattooed/tagged appropriate for their breed. County swine must have a county ear tag if not registered. ID numbers must be turned into the Extension office by May 3rd.

Swine ear tags cost $1.00.
Swine EID ear tags cost $3.25.

**DISCOVERY DAYS**
Kansas 4-H Discovery Days will be delivered virtually in 2021. The event will be held on June 1-4th, 2021. The decision to again use the virtual format was not taken lightly as the preferred format for the event would definitely be in-person. The decision is in congruence with the current K-State Reopening Phase 3 guidelines and the most recent vaccine availability projections from Riley County. Watch for registration info in March on the 4-H website - What’s Hot - www.kansas4-h.org

**RODEO**
Doniphan County Fair Association is putting the 8th Annual Rodeo on Friday, June 18th and Saturday, June 19th. Please save the dates for this event. More details will be coming soon.

*Plan on concession stand - All Clubs needed!

**It Is Coming.....County Fair Planning will began in March!**
County Fair Dates: Saturday, July 24th and the week Monday, July 26th - 30th.

**Zoom Etiquette Tip:**
What is behind you that your camera is looking at and you are not?!!
When participating in a Zoom meeting, take time to look at what other people are seeing, other than yourself, in the camera frame.
Are others seeing: a messy room, food/drink containers, unmade bed?
While most participants are focused on the meeting at hand, it is often amusing for several to observe what else is in the cameras lens.

Congratulations to Broc Leatherman! He won regional KAP on his sheep records. He advances to State KAP judging. Best of Luck Broc, we are very proud of you!
March /April 2021

Dear Friends,

It has been a Cold Winter but Spring is around the corner with Plenty of Extension Programs to participate in! Join the Fun!

Sincerely, Kathy

Kathy Tharman
County Extension Director
Doniphan County
Family Consumer Science News

"The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families, and their communities."

Walk Kansas
celebrate healthy living

Walk Kansas is an 8-week walking program that starts on March 28th and goes till May 22nd. NEW This Year:
*Option of Walking Solo - Teams are still encouraged.

Register Online: www.walkkansas.org
Cost is $10 per team member. T-shirts are optional.
*All shirt orders will go directly through NZone
*Manage your team and record your minutes walked on-line.

Each team member needs to keep track of how many minutes they walk each week. (Other forms of exercise count as well, 15 minutes of most any form of exercise counts as 1 mile).

You will also keep track of how many cups of fruits and vegetables you eat each week.

Turn in your weekly total to your team captain. Log on to your team page to record your minutes.
At the end of the 8 weeks, your team will have collectively walked across Kansas, almost 423 miles!
*Weekly prize incentives are drawn for team captains who turn in their team totals in a timely fashion.

It's Fun! It's Healthy! It's Time to get Moving!!

Celebrate behavior change!
Send a message each week to highlight team or member success.
Send a motivational text, a cartoon, e-card or postcard.
Arrange team activities such as a bowling party, miniature golf, a pot-luck dinner or lunch out.
Participate in local program classes or activities.

LIVING WELL PROGRAM SERIES
Northeast FCS agents have produced a series of classes that are taught virtually each Thursday night at 6:45 pm. These classes are free. You can register at:

Topics in March:
March 4 – Check Your Credit
March 11 – Med Instead of Meds – The Mediterranean Way of Eating
March 18 – Family Meal Time
March 25 – Science of Sleep – getting good rest
Register on-line or call me at the office and I will help you.
DECIDING IF YOUR RESOURCES ARE CREDIBLE

Many sources of information are available. Knowing if the information can be trusted can be difficult. The following are some criteria to help you consider the reliability of a source.

Where was the research published?
Health care providers trust and use research published in credible, peer-reviewed scientific journals because experts have reviewed studies published in these journals to make sure they are of high quality. Some examples of credible, peer-reviewed journals are JAMA, the Journal of the National Cancer Institute, the New England Journal of Medicine, and Science. If you have any questions about whether a journal is peer-reviewed, ask a librarian or your health care provider.

How does the new information fit with what is already known?
Each research study contributes to an existing body of knowledge. Usually, more weight can be given to study findings that support and build on the findings of other research. If the findings of one study contradict the findings of previous studies, months or several years may pass before more information becomes available to support the contradictory study. In other words, one study alone is never enough to make a case—it simply gives direction about what new research is needed.

How does funding influence research?
Objectivity, the ability to report study results without personal bias, is an important consideration. The source of funding for a research project may bias the reporting of results. The funding source is usually included in the journal article. When reading an article from a funded research project, you must consider whether the funders of this research had anything to gain by the results. When research is paid for by a source that does not have an interest in the results, funders' expectations or preferences were less likely to have influenced the results.

Can I trust information from television, magazines, or brochures?
Many health reports in the media are based on articles published in peer-reviewed journals; however, some reports are not. When you see a report on television, in a magazine, or in a brochure, you must consider where this information came from, who provided the information, whether the source is credible, who did the study, and whether it is consistent with other research. Also remember that news stories focus on what is "new." So when a new study is published in a scientific journal, reporters may highlight the results in their stories as being conclusive. However, a single study is never enough to make a case; new research requires other studies to support the results before a study's findings are considered applicable to medical practice.

Can I get a lot of my information on the Internet. Is that okay?
More and more, health-related Web sites and newsletters are available to people with Internet access. Use the preceding guidelines to think about the credibility, expertise, bias, and funding of the source of information. The most credible Internet sites come from recognized experts, like health agencies and reputable health and medical organizations.

*CDC is recognized as a credible source.
HORTICULTURE INFORMATION

Soil Testing

Most gardeners think that soil tests are done only to find out what nutrients are deficient. However, it is just as important to know if you have adequate levels of nutrients so you don't add unneeded fertilizer. The most basic soil test checks pH and the levels of phosphorus and potassium. Most of the lawn and garden soil tests that come out of our soil-testing lab show more than adequate levels of both phosphorus and potassium. If those nutrients are not needed, applying them is a waste of money and can be a source of pollution. In extreme cases, excess phosphorus can interfere with the uptake of micronutrients. So, if you haven't taken a soil test in several years, take one this spring.

Begin by taking a representative sample from a number of locations in the garden or lawn. Each sample is composed of about 8 sub-samples that go from the surface to 6 to 8 inches deep. Mix the sub-samples together in a clean container and select about 1 pint of soil.

Take the soil to your local K-State Research and Extension office to have tests done at the K-State soil-testing laboratory for a fee. A soil test determines fertility problems, not other conditions that may exist such as poor drainage, poor soil structure, soil borne diseases or insects, chemical contaminants or damage, or shade with root competition from other plants. All of these conditions may reduce plant performance but cannot be evaluated by a soil test.

What a Soil Test Does Not Tell You

Though soil tests are useful for identifying nutrient deficiencies as well as soil pH, they do not tell the whole story. We often receive soils from gardeners that are having a difficult time growing crops even though the soil test shows the pH is fine and nutrients are not deficient. Here are some factors that can affect plant growth that are not due to nutrient deficiencies or pH.

Not enough sun: Plants need a certain minimum amount of sun before they will grow well. As a general rule, flowering (and fruiting) plants need at least 6 to 8 hours of full sun per day. There are, of course, exceptions such as impatiens that bloom well in shade. Move sun-loving plants into more sun or use plants that are better adapted to shady conditions.

Poor soil physical characteristics: Roots need oxygen as much as they need water. A tight clay soil or excessive water can restrict soil oxygen levels as well as make root penetration of the soil difficult. Increasing the organic matter content of clay soils can help rebuild good structure. Add a 2-inch layer of organic matter and till it in.

Walnut trees: Walnuts give off a natural herbicide that interferes with the growth of some plants such as tomatoes. Vegetable gardens should be at least 50 feet away from walnut trees if possible. For a listing of plants that are susceptible to walnut, go to: http://www.omafra.gov.on.ca/english/crops/factsinfo_walnut_toxicity.htm

Tree roots: Trees not only compete with other plants for sun but also for water and nutrients. Extra water and nutrients may be needed.
Shallow soils: When new homes are built, the topsoil is often stripped off before the soils are brought to grade. Though the topsoil should be replaced, it sometimes is not or is not replaced to the same depth as it was originally. You are left with a subsoil that usually does not allow plants to grow well due to a lack of soil structure. Adding topsoil to a depth of 8 to 12 inches would be best but this often is not practical. In such cases, try to rebuild structure by adding organic matter and working it into the soil. In other cases, a thin layer of soil may be spread over rock or construction debris. Plantings in shallow soils will wilt and die more quickly than other plants that are on a deeper soil. Use a soil probe to find such obstructions.

Too much phosphorus: Most Kansas soils are naturally low in phosphorus. However, soils that have been fertilized for a number of years may have phosphorus levels that are quite high. As a matter of fact, the majority of soil tests we receive show phosphorus levels in the "high" category. Extremely high phosphorus levels can interfere with the uptake of some micronutrients such as iron, manganese and zinc. High phosphorus soils should only be fertilized with fertilizers that have no or relatively low amounts of phosphorus.

Improper watering: Roots develop where conditions are best for growth. Shallow, frequent watering leads to roots developing primarily near the surface of the soil where the soil is moist. Such shallow root systems are easily damaged by heat and any interruption in the watering schedule. It is better to water less frequently and to a greater depth to encourage a deeper root system that is less sensitive to heat and water stress. Watering during the evening can also be detrimental to plants if the irrigation wets the foliage. Many diseases are encouraged by free water on the leaves. Watering late in the day often will keep the foliage wet until dew forms. Dew will keep the foliage wet until it evaporates the next morning. It is better to water early in the morning so leaves do not stay wet as long. If you must water late in the day, use drip irrigation if practical (such as in a vegetable garden).

Overwatering: Roots need to breathe. In other words, they must have oxygen in order to survive. Be careful to not water so heavily that the soil remains saturated. Water deeply but allow soil to dry somewhat between watering's. (Ward Upham)

Contributor's: Ward Upham, Extension Associate

---

**Gardening Calendar**

The Kansas Healthy Yards website has a gardening calendar that many gardeners find helpful. It lists all the months of the year and the chores that can be done during that month. Each month is divided into separate sections such as Vegetables and Fruits, Flowers, Lawns, Trees and Shrubs and Houseplants.

Not all suggestions will be helpful each year but are important to have included. For example, one of the January tips is on removing snow and ice on limbs. You may brush off the snow, if desired, but ice should be allowed to melt naturally.

To find the gardening calendar, go to [http://kansashealthyyards.org](http://kansashealthyyards.org) and click on “Gardening Calendar” in the gray bar at the top of the page.

---

KSRE HORTICULTURE NEWSLETTER—A Wealth of Knowledge!

[https://hnk-state.edu/extension/info-center/newsletters](https://hnk-state.edu/extension/info-center/newsletters)
Doniphan County
MASTER GARDENER SERIES

INTRODUCING
Selena Smith
MASTER GARDENER

Saturday, March 27, 2021
Time: 9:00 - 10:00 am
Troy, KS, Fairgrounds - 4H Building

Plant/Seed Swap
Bring Plants/Seeds- Take Plants/Seeds

Spring Class Discussion

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 hearing disability, or a dietary restriction please contact Kathy Tharman, County Extension Director at 785-985-3623
Family Consumer Science News

Easy Cinnamon Rolls  Submitted by Nancy Huss
2 cups Bisquick Original baking mix
2/3 cup milk
1 tablespoon margarine or butter, softened
1/4 cup sugar
1 teaspoon ground cinnamon
Heat oven to 425°. Grease 12 medium muffin cups, 2 1/2 x 1 1/4 inches. Stir baking mix and milk until soft dough forms. Turn dough onto surface generously dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead 10 times. Roll or pat dough into 12 x 7 inch rectangle. Spread margarine over dough. Mix sugar and cinnamon; sprinkle over margarine. Roll up dough tightly, beginning at 12 inch side. Pinch edge of dough into roll to seal. Cut into twelve 1 inch slices place each slice in muffin cup. Bake about 15 minutes or until golden brown. Remove rolls from muffin cups to wire rack; cool. Makes 12 rolls. Calories 110; Fat 4g; Sodium 270mg; Sugars 5g

Caramalitas  Submitted by Helen Hanlon
2 (11 oz. bags) Kraft caramel bits
1 cup whipping cream
2 cups quick cooking oats
2 cups brown sugar
2 cups flour
1 tsp. baking soda
1 1/2 cups butter, melted
2 cups semi-sweet chocolate chips
Melt the caramel bits and whipping cream together in large saucepan over medium heat until smooth. Set aside. In a large bowl, mix the oats, brown sugar, flour, and baking soda until well combined. Stir in the melted butter. Put half the oat mixture in a greased 9x13 pan. Bake at 350° for 10 minutes. Sprinkle the chocolate chips over the baked base. Drizzle the caramel over chocolate chips. Crumble up the remaining oat mixture into small chunks and gently cover the caramel. Bake for 15 more minutes at 350°. Let cool for at least 4 hours on a wire rack to avoid a gooey mess when cutting. 24 servings
Calories 410; Total fat 18g; Sodium 230mg; Sugars 43g

Lemon Cookie  Submitted by Mildred Tubbs
1 lemon cake mix
2 eggs
1/3 cup canola oil
1 cup lemon chips
Mix eggs and oil well; add cake mix and chips. Bake for 10 minutes at 350°. Cool one minute on pan before removing. Makes 24 cookies - 2 cookies/serving
Calories 320; Total Fat 16g; Sodium 290mg; Sugars 17g

Blueberry Oatmeal Squares  Submitted by Beverly Kentzler
Filling:
4 cups berries
1 cup sugar, divided
1/2 cup water
3 T flour
1/2 tsp. salt
2 T lemon juice
Crumb mixture:
1 1/2 cups quick oatmeal
1 1/2 cups flour
1 cup brown sugar
3/4 cup olio
Smash berries. Add 1/2 cup sugar and water and cook. Add 1/2 cup sugar, 3 T flour, salt and lemon juice. Mix and cook until thick. Mix together crumb mixture ingredients and press 1/2 of mixture in a greased 9 x 13 pan. Spread filling mixture over pressed crumb mixture and then add remaining crumb mixture on top. Bake 350° for 25 minutes.
*Can use any berries in place of blueberries. 24 servings
Calories 160; Total Fat 3.5g; Sodium 100mg; Sugars 20g

Pecan Pie  Submitted by Sylvia Rush
2 eggs, beaten
1 cup Karo syrup (blue label)
1 tsp. vanilla
1 cup sugar
2 T melted butter or margarine
1/8 tsp. salt
1 cup pecans
1 pie pastry
Roll pastry 1/8 inch thick, line a 9 inch pie pan. Mix remaining ingredients together, adding pecans last. Pour into pastry shell. Bake at 400° for 15 minutes, reduce heat to 350° and bake 30 to 35 minutes longer or until center is set. 8 servings
Calories 250; Total Fat 14g; Sodium 105mg; Sugars 37g

Recipes are due
April 15, 2021
from Pollyanna Homemakers.