RODEO CONCESSION STAND

The Ninth Annual Doniphan County Rodeo will be **Friday, June 18th and Saturday, June 19th**. We will have the concession stand open as a council fund raiser. This is a Very Busy Concession Stand!

4H Club Schedule:

- **Friday, June 18th** - 5:30 - 10:00
  - Midway Meadowlarks & Troy Triangle (5:30 - 7:00)
  - Doniphan Star (7:00 - 8:30)
  - Highland Cloverpatch (8:30 - close).

- **Saturday, June 19th** - 5:30 - 10:00
  - Bendena (5:30 - 7:00)
  - Circle B (7:00 - 8:30)
  - Wathena Sunflower (8:30 till close)

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Fourth of July Fundraiser for 4-H Council, SATURDAY the 3rd.

Breakfast at the Fairgrounds!
Serving 7:00 - 10:00 am.

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2021 COUNTY FAIR SCHEDULE

It is the decision of the fair board to keep the horse show, craft judging and photography judging on Saturday prior to the fair.

2021 Livestock Schedule

- **Friday, July 23rd** — Set Up
- **Saturday, July 24th** — Horse, Crafts and Photography project judging
- **Monday, July 26th** — Swine Show, 6:30 p.m.
- **Tuesday, July 27th** — Sheep & Meat Goat Show, 6:30 p.m.
- **Wednesday, July 28th** — Dairy Goats, Dairy & Beef Show, 5:30 p.m.
- **Thursday, July 29th** — Premium Sale, 7:30 p.m.
- **Friday, July 30th** — Awards Night & Band/Movie

Traditional County Fair will be back (with careful cleaning polices). This includes Open Class on many indoor exhibits. Some times have been changed. When you get your fairbook in June, Highlight your project judging times!
4-H Campference is planned for June 27-30, 2021 at Rock Springs 4-H Center
What is Campference?
This event is for 4-H youth ages 12-14 who are ready to grow in their leadership and 4-H careers. Campference takes some of the fun aspects of 4-H camp and the learning components of a conference and combines them to create a fun educational opportunity for middle school 4-H youth. It will also include some of our favorites in a new way, like a talent show, a campfire and camp groups. Kansas 4-H Youth Leadership Council Members serve as counselors for this event.
Cost $320. Doniphan 4-H Council will pay half the cost.
Registration will be available in early April and all youth planning to attend Campference should register. Youth must be 12-14 years old before January 1, 2021. Registration will be on a first come first serve basis and will close when campference is full.

2021 COUNTY FAIR T-SHIRTS
The Doniphan County Fairboard and 4-H Council purchased two new t-shirts for all new 4-H youth in 2017/18. It is the decision of the fairboard that these t-shirts be worn at ALL county fair contests. Please remember to wear your t-shirt any time you are being judged in a contest, this includes all livestock shows except horse show/buymanship. Failure to wear the t-shirt will result in the loss of ribbon premium money.

We encourage families and clubs to “hand-me-down” shirts as they’re outgrown. New 4-H members may get two shirts for free, thanks to the Fair Board and 4-H Council. Existing members may get one shirt free. Additional shirts are $10 each.

4-H Club County Fair Contest will be Hay Bale!

FAIR SET-UP/CLEAN UP on Friday Evening
Horse Show, Crafts & Photography on SATURDAY!
With the horse show on Saturday morning, we will be setting up for fair Friday evening from 6:00 - 7:30.
4-H clubs: Midway Meadowlarks and Circle B. Superintendents and Fair board members will be cleaning up the fair building, concession stand and setting up the livestock barns and arena.
*Fair Take Down on Friday Morning will be: Doniphan Star, Highland Cloverpatch and Bendena.
*Clean Up after the Friday night dance will be: Wathena Sunflower and Troy Triangle.
**Duties are rotated. Please make time to show up for your shifts!

Please Read Your NEW Fair Book!!
Every year there are changes to the rules in many projects. It is your responsibility to read through the Fair book when you get it to be sure you are aware of those changes. We don’t like disqualifying the youth, but it is important to comply by the rules of the state. *The fairbook will be completed and available by mid-June.

Again, we stress that you read your Fair book carefully to ensure that the project is meeting every guideline so everyone has a positive experience.

NEW FAMILIES IN 4-H
As we approach the summer months of 4-H activities, you may be a little overwhelmed with questions and concerns.
We are here for you! Don’t be shy to ask questions of your club leaders, other experienced parents and of course the Extension agents! We work together as a team to make sure the children have a positive and rewarding experience in 4-H events and activities.
**FOOD PRESERVATION**

All Fair Food Preservation entries will be subject to strict guidelines. Please use www.rcc.ksu.edu as a resource site. Click on Home Preservation link.

*Use only recommended recipe resources: “So Easy To Preserve”, current Ball Canning book, USDA Complete Guide to Home Canning, or any Extension Publication recipe resource.
*Check on your altitude and make processing time adjustments.
*Use the new canning labels available at the Extension office, or label templates may be found at www.kansas4h.org/p.aspx?tabid=46 or https://bit.ly/2PqS3Dx

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**CONGRATULATIONS TO OUR HIGH SCHOOL GRADUATING SENIORS!**

We are so proud of you!

Lauren Gatz
Isaac Houghton
Kaedin Juhl

It has been wonderful watching you grow up in the Doniphan County 4-H Program! We wish you the best of luck on your future endeavors!

*Remember to sign up as a 4-H Alumni when you are too old for 4-H!!

I want to say a BIG THANK YOU to all the volunteers here in Doniphan County! You make everything we do possible! You gifts of Time and Talents do not go unnoticed. We Appreciate You!

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**Kansas State Fair Grand Drive & Kansas Jr. Livestock Show**

Nominations due June 15!

Show entries due July 15 or Aug 15!

If you’re planning on showing sheep, goats, or swine at the State Fair or KJLS, be sure to get those nomination forms in by June 15 and then register for the show by July 15 (Aug 15 for KJLS).

For a complete nomination, the animal must have an EID tag, and you must send in the $8 fee, DNA sample, nomination form, declaration form, AND a YQCA completion certificate. All are submitted to the State Office.

Purebred/Registered animals with papers do not need to be nominated (EXCEPT breeding goats - all must be nominated; and registered gilts going to KJLS must get an EID tag) but you still must complete the entry process.

Full details are at www.doniphan.k-state.edu/4-h/fairinfo.html
Please contact the Extension Office if you have any questions!

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**SWAP MEET**

Saturday, May 8th at the Doniphan County Fairgrounds.
9:00 am - 5:00 pm
Trina Earl is the event coordinator.

*The Big Kansas Road Trip is this same weekend. We look forward to guests visiting our county and the Swap meet!*
May/June 2021

Spring is here with Summer Activities right behind!
It is time to get busy with outdoor fun!

Sincerely,
Kathy Tharman
County Extension Director
TERMITES OR ANTS

Both termites and ants are able to swarm and may have wings during part of their lives. Since these insects are close to the same size, people often misidentify flying ants as termites. Since flying ants do not attack wooden structures like termites, it is helpful to be able to tell the difference. Fortunately, there are several differences that can easily distinguish the two. For example, ants have a thin waist; the waist of a termite is thick. Also, ants’ antennae are elbowed, while termites’ are curved. Thirdly, termites have two pairs of wings that are of equal length. Ants also have two pairs of wings, but theirs are of unequal length. Homeowners who find signs of termite activity should shop for a reputable pest control firm. (Ward Upham)

REMOVE BLOSSOMS

Spring-bearing strawberry plants that were set out this spring should have blossoms pinched off. New plants have a limited amount of energy. If blossoms remain on the plants, energy that should go to runner development is used to mature fruit instead. Plants that are allowed to fruit will eventually produce runners, but those runners will not be strong enough to produce a good crop of berries the following year. For an adequate strawberry plant population and a good crop next year, early runner development is necessary. Early runners will produce far more strawberries than runners that form later in the season. Newly planted everbearing plants also should have fruits removed for the first 4 to 6 weeks after planting so they develop a strong root system. (Ward Upham)
MASTER GARDENER
Hello fellow gardeners! My name is Selena Smith. I reside east of Fanning with my husband Josh and our two year old son, Bob. I grew up on a farm in northwest Brown County. I attended Kansas State University where I graduated with a degree in Greenhouse and Nursery Management. Throughout high school and college, I worked at four different greenhouses and a floral shop.

For years, I have wanted to be a Master Gardener. In 2020, I completed the training required and officially became an Extension Master Gardener. I am available to answer gardening, flower, tree, turf, pest and any other questions. If I do not have the answer on the spot, I will do some research and find the answer! If you have any topics you would like to have a class on or if you would be interested in becoming an Extension Master Gardener, please let Kathy or myself know!

I can be reached several ways:
Call/Text: 785.547.5851
E-Mail: country_farm86@yahoo.com
Facebook: Doniphan Co. Extension Master Gardener

If you are wanting information specific to the time of year we are in, I would highly recommend going to the K-State Horticulture Extension page! They have a weekly newsletter along with “How-To” videos and Webinars!
https://hnr.k-state.edu/extension/infor-center/

SHARPEN LAWN MOWER BLADES
Lawn-mowing season is here. Remember that dull blades give the lawn a whitish cast. A dull blade does not cut cleanly but rather shreds the ends of the leaf blades. The shredded ends dry out, giving the lawn that whitish look. A sharp mower blade is even more important when the turf starts putting up seed heads next month. The seed head stems are much tougher than the grass blades and more likely to shred. Under normal use, mower blades should be sharpened about every 10 hours of use.
(Ward Upham)

ASPARAGUS BEETLES
Be on the lookout for asparagus beetles. Both the adult and larvae of asparagus beetles feed on asparagus spears by chewing the tips and spear surfaces, leading to scarring and staining of the spear tips. Asparagus beetles overwinter as adults in trash near the garden. The adults are a blue/black beetle with a red prothorax with yellow spots. The larvae are a soft, greenish grub. Small, elongated, black eggs — sticking out long ways from the side of asparagus spears — are laid on developing spears. Early control of beetles is important to reduce feeding damage later. Permethrin will provide control but requires a 3-day waiting period between spraying and harvest. Permethrin is found in Garden and Farm Insect Control and Eight Vegetable, Fruit & Flower Concentrate. (Ward Upham)
MINDFULNESS MOMENT

When asked “How would you have lived your life differently if you had a chance?” Nadine Stair, an 85-year-old woman, from Louisville, Kentucky, provided these poetic words as her response...

If I had my life to live over again,
I’d dare to make more mistakes next time.
I’d relax.
I’d limber up.
I’d be siller than I’ve been this trip.
I would take fewer things seriously.
I would take more chances,
I would eat more ice cream and less beans.

I would, perhaps, have more actual troubles but fewer imaginary ones.
You see, I’m one of those people who was sensible and sane, hour after hour, day after day.

Oh, I’ve had my moments.
If I had to do it over again,
I’d have more of them.
In fact, I’d try to have nothing else—just moments, one after another, instead of living so many years ahead of each day.

I’ve been one of those persons who never goes anywhere without a thermometer, a hot-water bottle, a raincoat, and a parachute.
If I could do it again, I would travel lighter than I have.

If I had to live my life over,
I would start barefoot earlier in the spring and stay that way later in the fall.
I would go to more dances,
I would ride more merry-go-rounds,
I would pick more daisies.

— Nadine Stair

PISTACHIOS CAN MAKE YOU SLEEPY
Fresno, CA – August 9, 2019 – An analysis conducted by researchers Dr. Jack Losso and Millicent Yoboah-Awudzi at Louisiana State University in partnership with American Pistachio Growers found that American pistachios contain significant amounts of melatonin, much higher than most fruits, vegetables, cereals, legumes and seeds.
Melatonin is a hormone produced by the pineal gland to regulate the body’s internal biological clock and control daily sleep cycles. Melatonin supplements are commonly used by people with insomnia or with irregular sleep patterns which may arise from frequent travel or irregular work schedules, among other causes.

The study was significant due to the fact it showed pistachios contain relatively high levels of melatonin compared to other foods and that researchers identified two protective bioactive compounds, lunasin and the Bowman-Birk Inhibitor, which have anti-inflammatory, anti-angiogenic activity that may help manage type 2 diabetes. Additionally, researchers proposed that these compounds together, with other protective compounds found in pistachios, such as lutein, zeaxanthin and polyphenols may support overall health.

“Pistachios are a highly nutritious snack containing not only melatonin, but a wide variety of vitamins and antioxidants that benefit an individual’s overall health and wellness,” said Losso.
WALLET WISDOM
Focus on Your Finances
Webinar Series

Join K-State Research and Extension for this six-session webinar series covering money management topics on Thursdays from Noon to 1 p.m. via Zoom.

Register once at https://bit.ly/walletwisdom2021 or by scanning the QR code. Join one or as many sessions as you would like to.

April 22\textsuperscript{nd}
A Financial Checkup
A regular check of financial health can identify problems, chart progress, and outline steps to achieve financial goals.

April 29\textsuperscript{th}
Emotions and Money
Your relationship with money can be based on years of emotion. Learn more to better understand your financial habits.

May 6\textsuperscript{th}
Spending Plans
A spending plan can track your income and expenses and support you as you manage your money and work towards your goals.

May 13\textsuperscript{th}
Increasing Savings
We save for many reasons, including emergencies, insurance deductibles, retirement, and more. Learn ways to increase your savings.

May 20\textsuperscript{th}
Debt Management
Especially in our current economy, debt can get out of control. Join us to learn ways to manage and pay down your debt.

May 27\textsuperscript{th}
All About Credit
From credit reports to credit scores, credit can affect many areas of your life. Learn how to make credit work for you.

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting Monica Thayer two weeks prior to the start of the event, April 6\textsuperscript{th}, at 785-537-5084 or mthayer@ksu.edu. Requests received after this date will be honored when it is feasible to do so.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.
**Breakfast Stuffed Biscuits**  
*Submitted by Dorothy Dively*

1 lb ground breakfast sausage  
4 eggs  
1 cup cheddar cheese, shredded  
1 can (8-10) large biscuits  
Preheat oven to 375°F. In a large skillet brown the sausage—drain but leave a little grease in pan. Crack the eggs directly into the pan str until cooked. Remove the pan from the heat and let cool for about 5 minutes. Split each biscuit in half and gently press them down and out to form large thin circles. On one biscuit half, place a generous portion of the sausage & egg mixture in the center. Top the mixture with cheese. Place the 2nd half of the biscuit over the mixture and use a form to press the edges together to seal. Bake until golden brown. Serve immediately.  
8 servings  
*Calories 320; Total Fat 21g; Sodium 760mg, Sugars 2g*

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**Baked Chicken**  
*Submitted by Edna Dillon*

1 cut up chicken  
Season chicken to taste and brown in skillet. Place in baking dish and bake at 400°F oven for 30 to 40 minutes or until done.  
4 servings  
*Calories 35; Total Fat 1g; Sodium 15mg, Sugars 0g*

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**Oven Fish ‘N’ Chips**  
*Submitted by Janet Twombly*

2 T olive or vegetable oil  
1/4 tsp. pepper  
4 medium baking potatoes, peeled  
Fish:  
1/3 cup all-purpose flour  
1/4 tsp. pepper  
Egg substitute equivalent to 1 egg  
2 T water  
2/3 cup crushed cornflakes  
1 T grated parmesan cheese  
1/8 tsp cayenne pepper  
1 pound frozen haddock fillets, thawed  
Tartar sauce, optional  
In a medium bowl, combine oil and pepper. Cut potatoes lengthwise into 1/2 inch strips. Add to oil mixture; toss to coat. Place on a 15 x 10 x 1 inch baking pan that has been coated with nonstick cooking spray. Bake, uncovered at 425°F for 25-30 minutes or until golden brown and crisp. Meanwhile, combine flour and pepper in a small dish. In a second dish combine cornflakes, cheese and cayenne. Dredge fish in flour then dip in egg mixture and coat with crumb mixture. Place on a baking sheet that has been coated with nonstick cooking spray. Bake at 425°F for 10-15 minutes or until fish flakes easily with fork. Serve with chips and tarter sauce if desired.  
6 servings  
*Calories 330; Total Fat 8g; Sodium 200mg, Sugars 41g*

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**Banana Split Pie**  
*Submitted by Connie Ruiz*

2 sticks butter, divided  
2 cups graham crackers, crushed  
1 T granulated sugar (optional)  
2 cups powered sugar  
1 cup yogurt  
5 bananas, sliced  
1 can (13 oz.) pineapple, crushed  
1 16 oz. cool whip  
1 cup walnuts, chopped  
1 jar small maraschino cherries  
Crust: Melt 1 stick of butter and add to crushed graham cracker crumbs. Add granulated sugar if desired. Spread evenly into a 9 x 13 inch pan. Bake at 350°F for 10 minutes. Let cool.  
Filling: Beat powdered sugar, yogurt, and 1 stick softened butter. Pour into crust. Layer bananas, pineapple filling and more bananas and pineapple. Top with cool whip and sprinkle with walnuts and cherries. Refrigerate until ready to serve.  
15 servings  
*290 calories; Total Fat 13g; Sodium 160mg, Sugars 31g*

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**Recipes are due**  
June 15, 2021  
from Bendena Homemakers.