

K-State Research and Extension

NEWSLETTER

Doniphan County

November/
December 2025

www.doniphan.k-state.edu

4-H NEWS

Doniphan County Extension Services

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



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, 2025

**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 2025

4-H ACHIEVEMENT NIGHT will be Sunday, November 23rd at 6:00 p.m. We will have a catered supper, leaders please bring desserts.

Achievement Night Club Duties:

Set Up & Table Decorations—

Troy Triangle, Wathena Sunflower

Drinks –Highland Cloverpatch, Doniphan Star

Clean Up – Circle B, Bendena, Midway Meadowlarks

20th ANNUAL ICE SKATING PARTY

4-H County-wide Ice Skating Party will be on **SUNDAY**, December 28th at Bode Ice Arena in St. Joseph, MO. We have the skating rink from 6:00-8:00 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.*

2026 4-H COUNCIL OFFICERS

President - Elliot Lorenz

Vice-President - Gracie Juhl

Secretary - Hayleigh Cluck

Treasurer - Jace Thompson

Parliamentarian - AnnaMaria Root

Reporter - Addison Grable

Historian—Lillian Kuhnert

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



LOOKING AHEAD TO 4-H 2026

- *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 11th, 26th-28th

December 24th- January 1st.

4-H COUNCIL 2026

The next meeting of our 4-H Council will be Monday, January 12th, 2026 at 7:00 at the 4-H Building.



Doniphan County 4-H Parent & Youth Beef Project Meeting

Hosted by: Gary Dorrell and Ty Ellerman

Saturday, November 8th, 2025

10:00 am to 3:00 pm

Gary & Karen Dorrell's 550 265th Rd., Highland, KS. 66035



Come learn with your 4-H member on:

- Halter Breaking
- Showmanship
- Fitting and Clipping
- Beef Nutrition

Lunch will be provided.
Bring your questions & there will be door prizes!

Please let us know if you are coming or have questions:
(785) 850-0096

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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WHY 4-H?

4 H empowers young people with the skills to lead for a lifetime.

In 4 H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us.

Through our unique partnership with Kansas State University, we are able to provide opportunities for all youth, ages 5-18, to explore their interests and find their spark! With programs that are proven to work, we're creating a generation that is beyond ready. No matter your location, budget, schedule, or passion, there is a 4-H program for you!



Creative Roll Call Ideas



Energize the club meeting from the start by asking a creative roll call question. This will set the mood for a fun, engaging meeting where all members have an opportunity to speak and share.

There are many benefits to being creative with roll call. This allows everyone to have a part in the program. Roll call allows members to learn to speak in front of the group, which builds their confidence.

Club officers and leaders can select from the roll call ideas below or use the list to help spark new ideas.

- My favorite streaming service program
- My favorite way to relax
- Favorite winter pastime
- A word of advice
- A pet peeve I have
- My favorite month and why
- Name a superstition
- Ideal age and why
- My favorite sport to play and watch
- Something I look for in a friend
- An unusual gift I've received
- Favorite 4-H event and why (or looking forward to)
- Name a county in Kansas
- A fact about a tree or shrub
- Name a product produced in Kansas
- A food I dislike
- Why I joined 4-H
- My favorite movie
- A 4-H achievement I am proud of
- Name of a flower
- A new scientific idea
- Health habit I practice
- Favorite snack
- A style of clothes you like
- A place of interest I've seen
- Nickname you would like to have
- A favorite expression of mine
- Inventor and his/her invention
- Kansas landmark
- My favorite fictional character
- Summer plans
- My favorite April Fools joke
- The best pet I've ever had
- What I cook best
- A hobby I have
- Top music choice
- Time I get up on Saturdays
- Time it takes to get to school
- A career I'd like to have when I grow up
- Famous quote and who said it
- Nursery rhyme
- A household item that can be poisonous
- My middle name
- A native Kansas tree
- My favorite hero
- Someone I look up to
- My favorite carnival ride
- Share a suggestion to prepare for county fair
- Name of a pet you have
- What I like best about State Fair (or am looking forward to)
- A suggestion for keeping 4-H records
- My favorite food and why
- A good roll call question



Doniphan County

Agriculture & Natural Resources News

Katharine Sharp
Doniphan County Agriculture Agent



Doniphan County 4-H Parent and Youth Beef Project Meeting – Nov 8th

Please join Mr. Gary Dorrell and Mr. Ty Ellerman for a 4-H Parent and Youth Beef Project Meeting on November 8th from 10 am to 3 pm. This meeting is to help parents and youth learn about showing beef cattle and caring for their beef cattle project. Topics include: halter breaking, showmanship, fitting and clipping, and beef nutrition. Parents please attend with your youth.

Lunch will be provided! Please bring all of your questions and be ready to learn. There will be fun door prizes! Please let Gary know you are planning to attend or if you have questions prior at 785-850-0096.

Doniphan County 4-H Parent and Youth Shotgun Meeting Highlights

On September 28th, we held a 4-H Parent and Youth Shotgun meeting. As some of the key takeaways were that we are hoping by April of 2026 to have enrolled youth in the shotgun project. Enrolled youth must attend a mandatory safety meeting before attending practices. Practices will be May through August. There will be a sign in and sign out sheet as part of the project rules to ensure we are safe at each practice. Parents who are interested in more information please call Katharine at the Extension Office, or contact Mr. Matt Symns, shotgun instructor. We hope to grow shooting sports in Doniphan County 4-H.

There are also other disciplines in shooting sports, though we rely on volunteers. If you or someone you know would be interested in becoming certified in a shooting sports

discipline, please contact the Extension Office by March in order to be approved to attend a volunteer training. We ask that you plan on 2-3 year volunteer commitment.

More info: https://www.doniphan.k-state.edu/4-h/shooting_sports.html

Doniphan County Corn Variety Plot Results

The 2025 Doniphan County Corn Variety Plot results are in with RENK 8585TRE ranking first. This year's Corn Plot like many other corn fields in Doniphan County had Southern rust impacting it. Please see the plot results insert.

What is Southern Rust?

Southern rust is caused by the fungus *Puccinia polysora*. It is considered a tropical disease, as it typically is endemic to corn production in southern United States.

Southern rust development is favored by high humidity and temperatures over 80 degrees F. Corn leaves develop pustules which are circular or oval lesions. Spores are orange then become brown and have dark circles. These may form on husks, leaf sheaths, and ears.

According to the Crop Protection Network, Southern rust weather conditions favor disease. Frequent rainfall contributes to development. It is also dependent on crop development stage, hybrid susceptibility, and how long the leaf is wet. Leaf wetness over 6 hours combined with the high humidity and temperatures of 80 F makes favorable conditions for Southern rust development. This disease impacts yield up to around 45%.

KANSAS STATE UNIVERSITY

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DONIPHAN COUNTY CORN VARIETY PLOT RESULTS 2025

COOPERATOR: KYLE JESCHKE

PLOT LOCATION: NEAR 1713 FRENCH ROAD SPARKS, KANSAS 66035

PLANTED: 04/18/2025

HARVESTED: 09/30/2025

ROW WIDTH: 30.0 inches

POPULATION: 34,000

SOIL TEXTURE: SILTY LOAM

TILLAGE: NO-TILL

HERBICIDE: UNKNOWN

PREVIOUS CROP: SOYBEANS

RAINFALL: BELOW AVERAGE

DONIPHAN COUNTY CORN VARIETY PLOT RESULTS - 2025

BRAND	VARIETY	ENTRY ORDER	MATURITY AGE	Rows		HARVEST WT.	% MOIST.	TEST WT.	ACTUAL YIELD ¹	RANK
				NO.	LENGTH					
Renk	8585TRE	14	114	4	890	3168	13.4	61.7	282.10	1
Channel	214-78DGV2PRIB	17	114	4	888	2858	12.6	61.8	257.42	2
AgriGold	645-16	CHECK - INNER	115	4	892	2824	12.8	62.8	252.64	-
AgriGold	645-30VT2RIB		115	4	890	2850	13.9	62.8	252.31	3
Brevant	B16D58	20	116	4	886	2762	12.3	63.5	250.19	4
AgriGold	645-16	CHECK - OUTER 2	115	4	885	2702	12.6	61.9	244.19	-
NC+	7204 VT4PRIB	18	115	4	888	2688	12.3	63.1	242.94	5
Becks	6574TCVZP	16	115	4	889	2650	12.5	61.3	238.69	6
Becks	6216PCE	2	112	4	897	2680	13.0	61.6	237.87	7
Taylor	Taylor 2212	6	112	4	895	2674	13.0	59.1	237.86	8
Dekalb	DKC11212TRE	3	112	4	896	2670	13.1	63.4	236.98	9
AgriGold	645-16	CHECK - OUTER 1	115	4	898	2716	14.4	61.0	236.92	-
Renk	889PCE	9	113	4	893	2644	12.9	62.0	236.00	10
Croplan	CP5682TRE	21	116	4	886	2582	12.2	61.2	234.15	11
Croplan	CP549VT2P	12	114	4	891	2576	11.7	63.4	233.62	12
Taylor	Taylor 6013	10	113	4	893	2592	12.6	62.5	232.15	13
Rob-See-Co	RC6516VT2P	19	115	4	887	2530	12.0	61.9	229.70	14
AgriGold	643-52VT2RIB	7	113	4	894	2530	12.4	63.4	226.87	15
Channel	210-71RIB	8	110	4	894	2530	12.8	61.5	225.83	16
Rob-See-Co	RC6240-TRE	5	112	4	895	2526	12.6	59.8	225.74	17
Dekalb	DKC114-43VT2P	13	114	4	891	2480	12.6	62.8	222.62	18
NC+	NC12-									
NC+	48DGV2TRBIB	4	112	4	896	2438	11.9	62.4	219.37	19
Brevant	B14C59PCE	11	114	4	892	2356	11.3	61.2	214.39	20
Dyna-Gro	51VC95	1	111	4	897	2194	12.8	51.9	195.18	21
PLOT AVERAGES (Includes Inner Check Rows):						2627.4	12.6	61.6	235.7	

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

Weighed by: BECKS HYBRIDS

Calculated by: AG PARTNERS and BECKS HYBRIDS

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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 February 10th 2026
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 8
No Cost**

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

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**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

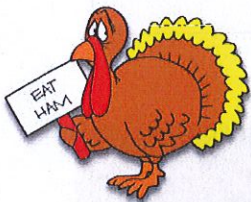
Magnesium: 6% of the DV

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.





K-State

Research and Extension

Doniphan County Office

P.O. Box 487

105 S. Liberty

Troy, KS 66087-0487

November/December 2025

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

