

Doniphan County

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K-State Research and Extension News

4-H NEWS

JANUARY/FEBRUARY 2024

Doniphan County Extension Service

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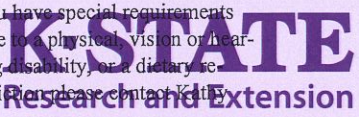
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Welcome Back to 4H Online!
Kansas 4-H welcomes you to another year of convenient online enrollment!

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

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

Welcome Katharine Sharp!
Katharine will be joining us as our **New Doniphan County Ag and Natural Resource/4-H Agent**. We are very excited to have Katharine join our Extension family. Please join me in making her feel at home here. Katharine will be in the office starting on January 8th .

4-H COUNCIL

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

Our first meeting will be Monday,, January 15th at 7:00, 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!

4-H COUNCIL FUNDRAISER


Monday, January 22nd is the Conservation Annual Banquet, 6:00 . We have been asked to make Chili & Chicken and Noodle Soup plus cinnamon rolls for the evening. If you can help with this meal please let me know asap.

4H 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. We are America's largest youth development organization—empowering nearly six million young people across the U.S. and over 70,000 youth in Kansas with the skills to lead for a lifetime.

I pledge...

my *head* to clearer thinking,
my *heart* to greater loyalty,
my *hands* to larger service, and
my *health* to better living for
my *club*, my *community*,
my *country*, and my *world*.





DONIPHAN 4-H CLUB DAY

4-H Club Days will be held the first weekend of March. More information will be available by end of January. A letter will be sent out to all families.

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

Citizenship in Action 2024 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 to 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 18-19, 2024
Where: Topeka KS - Hotel Topeka at City Center (formerly Capitol Plaza)

Who: Youth 13-18 years old by January 1 of the current year
Registration: Coming Soon
Registration Deadline: February 1, 2024
BANQUET will be Sunday evening, if you are asking your legislators to join, please email dsratlif@ksu.edu by Feb 15 with any additional attendees. The cost is \$30 for additional attendees.

Kansas 4-H and Vanier Scholarship Applications

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

2024-25 Kansas 4-H Scholarship Scholarships are due March 1st, 2024 by 11:59PM CST



The 2024-25 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 recommendation – they will be asked to answer several short answer questions about the applicant. These questions can be found on the 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.



State Calendar - 4-H Year 2024

January 6-7 Kansas 4-H
Youth Leadership Council
Retreat, Rock Springs

January 9 NE 4-H Record Screening –
Manhattan

January 19 SE 4-H Record Screening – Fredonia

January 19 NW 4-H Record Screening - Hays

January 23-25 4-H Program Rally – Rock
Springs 4-H Ranch

January 26-28 4H Dog Judges training and
certification, Leavenworth area

January 27 Horse Panorama

February 1, 8, & 15 4-H Online Training

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

March Junior Producer Days- TBA

March State 4-H Horse Judging Contest- TBD

March 23 KS4-H Super Saturday: Judging Contests,
Educational Activities Fort Hays State

April 9-11 KAE4-HA Spring Professional
Development & Youth Development PFT Meetings

April 19-24 National 4-H Conference, Washington
D.C.

April 20 Spring into Volunteering, Salina

April 20 Spring State 4-H Shooting Sports Match
BB, Air Rifle, Air Pistol

April 21-27 National Volunteer Week

May 7-9 Foundations of Youth Development,
Manhattan

June 5-7 Discovery Days, Manhattan

June 12 PEARS Training

August State 4-H Wheat Expo- TBD

August 10 State 4-H Horticulture Judging Contest

August State 4-H Livestock Sweepstakes

August 20 New 4-H Year Kick-Off Webinar

August 31 Kansas State Fair Dog Show, Hutchinson

September 6-15 Kansas State Fair, Hutchinson

September 21 State Archery Match T. H. E.

September 28 State 4-H Shooting Sports SB/MZ
Match

October 5 Hunting Skills Sportsman's Acres –
Junction City

October 12-13 State 4-H Shooting Sports Shotgun
Match

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



K-State

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January/February 2024

Dear Friends,

Happy New Year! As we begin 2024, we wish you Health and Happiness!

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

Sincerely,

Kathy Tharman

County Extension Director



2024 Regional Farmers Market Workshops

Locations and dates include:
 Olathe—February 9
 Hutchinson—February 10
 Parsons—February 23
 Hays—March 1
 Scott City—TBD



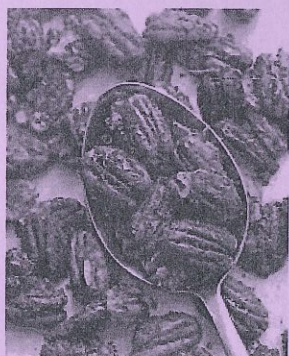
We're back in person! Planning is taking place to have in-person Regional Farmers Market workshops in early 2024.

Save the dates for locations and plan to attend. More information will be coming soon and will be available on the Kansas * Value Added Foods Lab website.

These workshops are beneficial for anyone selling products direct to consumers, such as farmers markets, as well as market organizers.

CANDIED PECANS

My favorite Holiday and year round snack is candied pecans! There are many homemade recipes to choose from but the ingredient list is short and simple. Here are a few more facts you should know:



How long can you keep candied pecans?

Store your candied pecans in an airtight container at room temperature for up to one week or in the refrigerator for up to three weeks.

How do you keep candied pecans from sticking together?

How to keep candied nuts from sticking? Toss

the nuts with a spoon every 10-15 minutes during baking. Also, use a large baking tray and space the nuts out as evenly as you can to prevent overlapping.

Do pecans go rancid?

Store pecans in cool, dry places away from heat: Because pecans contain such a high amount of healthy, plant-based oils, they are prone to going rancid if they spend too long in warm temperatures. Protect pecans from strong odors: Shelled pecans are prone to absorbing unwanted odors.

Why are my candied pecans sticky?

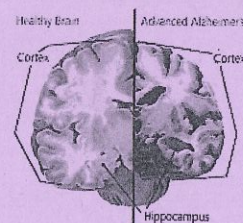
If after they have cooled down, the pecans are still sticky, this means that the sugar mixture never reached a high enough temperature when on the stove. To fix them, place the nuts back into the skillet and cook a bit longer.

ALZHEIMER DISEASE

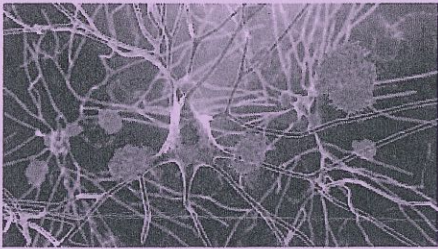
The prevalence of Alzheimer's disease across the United States is staggering — 1 in every 10 people age 65 and older has Alzheimer's disease. As the size of the older adult population continues to grow, the number of Americans with Alzheimer's disease and other dementias will continue to increase. Currently, 5.5 million Americans of all ages have Alzheimer's disease, and this number is expected to reach 7.1 million by 2025 and 13.8 million by 2050, barring a major medical breakthrough.

Currently, Alzheimer's disease is the only leading cause of death that cannot be prevented, slowed, or cured. This, combined with the sheer prevalence of the disease, has led researchers to name Alzheimer's "the biggest health crisis facing the world today."

Alzheimer's disease is not a normal part



of aging. It is an irreversible, progressive brain disease that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest daily tasks. Alzheimer's disease works to destroy your brain when abnormal lesions — called beta-amyloid plaques and neurofibrillary tangles — clog the brain and interrupt the flow of communication between the neurons. The hippocampus, where short-term memory is stored, is one of the first areas of the brain affected by the disease. This is why individuals with Alzheimer's disease may be able to recall stories from their youth, yet cannot remember what they had to eat for lunch a few hours ago. As the disease progresses, the entire brain will experience the effects of the disease, resulting in massive cell loss and shrinking of brain tissue. Sadly, this



deterioration can lead to death, and Alzheimer's disease is one of the leading causes of death among older Americans.

When understanding Alzheimer's, it is important to note the difference between dementia and Alzheimer's disease. Dementia is a general term used to describe symptoms of loss of intellectual functioning severe enough to interfere with daily life, such as a decline in thinking, memory, or judgment skills. Dementia is not a specific disease and dementia-like symptoms have numerous causes, both reversible and non-reversible, including stroke, thyroid problems, vitamin deficiencies, and Alzheimer's disease. Alzheimer's disease is the leading cause of dementia-like symptoms, accounting for 60 to 80 percent of all dementia cases. Alzheimer's disease is the cause, and dementia is a symptom of the disease.

***More information can be found at**
https://www.aging.k-state.edu/programs/alzheimers/MF3365_fact%20sheet.pdf

ARE "POP-UP" TIMERS RELIABLE?

Commonly used in turkeys and roasting chickens since 1965, the "pop-up" style disposable cooking device is constructed from a food grade nylon. The inside contains a stainless steel spring and organic firing material. The organic firing material is specifically designed to dissolve at specific predetermined temperatures. Once the firing material dissolves, the stainless steel spring releases the stem, allowing it to "pop up."

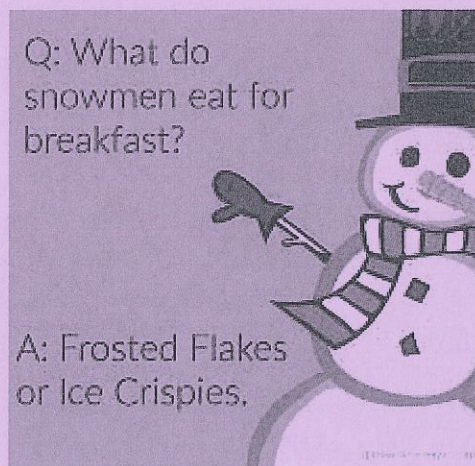


This indicates that the food has reached the correct final temperature for safety and doneness.

Pop-up style disposable cooking devices are reliable to within 1 to 2 °F, however, proper placement is important. Checking with a conventional food thermometer is always recommended as an added precaution for properly gauging both safety and doneness. For all forms of poultry, including ground, pieces, and whole birds, a food thermometer should reach a minimum of 165°F.

Source:

www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/kitchenthermometers



Car Safety

Plan long trips carefully and listen to the radio or television for up-to-date weather forecasts and road conditions. In bad weather drive only if absolutely necessary.

Emergency Kit for the Car

In case you are stranded, keep an emergency supply kit in your car with these automobile extras:

- Jumper cables
- Flares or reflective triangle
- Ice scraper
- Car cell phone charger
- Blanket
- Map
- Cat litter or sand (for better tire traction)

Prepare Your Car for Emergencies

Have a mechanic check the following on your car before an emergency:

- Antifreeze levels
- Battery and ignition system
- Brakes
- Exhaust system
- Fuel and air filters
- Heater and defroster
- Lights and flashing hazard lights
- Oil
- Thermostat
- Windshield wiper equipment and washer fluid level

Car Safety Tips

Keep your gas tank full in case of evacuation or power outages. A full tank will also keep the fuel line from freezing.

Install good winter tires and make sure they have enough tread, or any chains or studs required in your local area.

Do not drive through flooded areas. Six inches of water can cause a vehicle to lose control or possibly stall. A foot of water will float many cars.

Be aware of areas where flood waters have receded. Roads may have weakened and could collapse under the weight of a car. If a power line falls on your car you are at risk of electrical shock. Stay inside until a trained person removes the wire.

If it becomes hard to control the car, pull over, stop the car and set the parking brake. If the emergency could affect the stability of the roadway avoid overpasses, bridges, power lines, signs and other hazards.

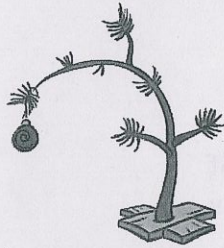


Basic Disaster Supplies Kit

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- Water (one gallon per person per day for at least three days, for drinking and sanitation)
- Food (at least a three-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery



WHAT TO DO WITH OLD CHRISTMAS TREES

After the holidays, many municipalities allow old Christmas trees to be placed curbside. Trees are then collected and ground up for mulch or burned. If you miss

the designated date, or your trash collector doesn't accept trees, there are several options to prolong the useful life of the tree.

An old Christmas tree can be used to benefit birds, fish, and the landscape by placing it in a corner of your deck, and spreading some birdseed nearby, or tying it to a deciduous tree or post near a bird feeder. The birds benefit from having escape cover nearby when hawks or cats threaten, and the dense boughs reduce the wind chill on a cold night.

Sinking your Christmas tree in a pond is an easy way to improve fish habitat and fishing. The tree serves as little coral reef, in that 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. How do you sink a tree? Tie the base to a cinder block with a short, stout rope, and toss it in. Just be sure to get permission from the pond owner first!

Using the little tree around the landscape requires clipping off all of the branches. Use the boughs to add extra insulation around semi-hardy perennials or to trees and shrubs that were recently planted. The leftover trunk may be used as a garden stake next spring.

Or cut and let it dry for a few weeks, and you will have some easy lighting firewood. Just beware that most conifer species tend to spark and pop more than hardwoods, as resin pockets in the wood make tiny explosions. This can delight the youngsters, but for safety's sake, keep an eye on the fire when burning Christmas tree logs!

(Charlie Barden)

FIREWOOD

Not all firewood is created equal. Some species of trees are able to produce much more heat per cord of wood. A cord is the amount of wood in a well-stacked woodpile measuring 4 feet wide by 8 feet long by 4 feet high.

Following are heat values (in million BTUs) per cord for various species of trees. The higher the value, the better the wood.

Ash, Green	22.8
Cottonwood	15.9
Elm, American	19.8 (Difficult to split)
Elm, Siberian	20.9 (Difficult to split)
Hackberry	21.0
Honeylocust	25.6
Locust, Black	28.3 (Difficult to split)
Maple, Sugar	24.0
Maple, Silver	18.9
Mulberry	25.3
Oak, Red	24.0
Oak, Bur	24.9
Oak, Post	25.6
Osage Orange (Hedge)	32.6 (Sparks, do not use in open fireplace)
Sycamore	19.5 (Difficult to split)
Walnut, Black	21.8

The Kansas Forest Service has a publication titled "Managing Your Woodland for Firewood" that is quite helpful.

<http://www.ksre.ksu.edu/bookstore/pubs/mf773.pdf> .

Remember to obtain firewood locally. Emerald Ash Borer has spread in Kansas primarily because of transported wood.





K-State will host calving schools in four Kansas locations beginning Jan. 4, 2024

Sessions aim to help producers better prepare for calving season

MANHATTAN, Kan. – In anticipation of calving season, Kansas State University's Department of Animal Sciences and Industry and K-State Research and Extension are planning a series of calving schools in January.

The program will outline overall calving management that includes stages of the

normal calving process as well as tips to handle difficult calving situations.

Extension beef veterinarian A.J. Tarpoff said the goals of the event are to increase knowledge and practical skills, and to increase the number of live calves born if they need assistance.

The schools will also share tips on when and how to intervene to assist the cow or heifer. Presenters will demonstrate proper use of calving equipment on a life-size cow and calf model.

“Our goal is for producers to leave better prepared for calving season,” Tarpoff said. “We will demonstrate building a proper calving kit, then discuss timelines on when to examine cows for calving problems, and when to call your vet for help if things are not going well, and how to care for the newborn calf. It’s an excellent program regardless of one’s experience level.”

The meetings will have other timely educational topics determined by each location.

Meetings scheduled include:

- Thursday, Jan. 4, evening, Stafford County Annex, St. John, Kansas; RSVP to 21 Central District Extension Offices at Stafford County office, 620-549-3502; or the Kinsley office, 620-659-2149, or email baley@ksu.edu.

Tuesday, Jan. 9, evening, Haskell County Fairgrounds, Sublette, Kansas; RSVP to Wild West Extension office at Stevens County Office, 620-544-4359, or email jsgreene@ksu.edu.

Thursday, Jan. 11, evening, Northeast Kansas Heritage Complex, Holton, Kansas; RSVP to Meadowlark Extension Holton office at 785-364-4125, cmcmmanigal@ksu.edu, or <https://tinyurl.com/ksucalvingschoolholton>.

Thursday, Jan. 18, evening, West Elk School, Howard, Kansas; RSVP to Rolling Prairie Extension office at 620-374-2174, or email rfechter@ksu.edu.
More information about the K-State calving schools is available at KSUBeef.org.