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# **4-H NEWS**

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RODEO **CONCESSION** STAND The Twelfth Annual Doniphan County

Rodeo will be Friday, June 14<sup>6h</sup> and Saturday, June 15th . We will have the concession stand open as a council fund raiser. This is a Very **Busy Concession Stand!** 

**4H Club Schedule:** Friday, June 16th - 6:00 - 10:00

Highland Cloverpatch (5:45 -7:00)

Midway Meadowlarks(7:00-8:30)

Doniphan Star (8:30-close).

Saturday, June 18th - 5:30-10:00 Bendena & Troy Triangle (5:45 -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, Thursday the 4th!** 

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

\*\*\*\*

## SUMMER SWIM PARTY

Saturday, July 13th from 7:15 pm—9:15 p.m. Hiawatha Fisher Center Pool. FREE! All 4-H Families invited!!

**Bring Snacks!** 

May/June 2024

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

Sincerely,

Kathy Tharman **County Extension Director** 



Doníphan County

# **K-State Research and Extension News**

# **MAY/JUNE 2024**

**2024 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. **2024 Livestock Schedule** Friday, July 19—Set Up 7:00 Saturday, July 20th —Horse, Crafts and Photography project judging Monday, July 22nd - Swine Show, 6:30 p.m. Tuesday, July 23rd - Sheep & Meat Goat Show, 6:30 p.m. Wednesday, July 24th Dairy Goats, Dairy & Beef Show, 6:30 p.m. Thursday, July 25th - Premium Sale, 7:30 p.m. Friday, July 26th - Awards Night & Dance When you get you fairbook in June, Highlight your project judging times! \*\*\*\*\* **4-H CLOVERBUD CAMP** Monday, July 8th at the fairgrounds. Registration Deadline July 3rd. Cost \$15. Time: 9:00 a.m.—3:00 p.m. Lunch provided.

Stop by the Extension office to register and pay. Fun ,Fun Day for the Cloverbuds!

# FAVORITE TIME OF THE YEAR? FAIR SEASON.

# 2024 COUNTY FAIR NEW T-SHIRTS

The Doniphan County Fairboard and 4-H Council will purchase **NEW** (new design) t-shirts for all 4-H members. It is the decision of the fairboard that

these t-shirts be worn at <u>ALL</u> 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.

All 4-H members may get two shirts for free, thanks to the Fair Board and 4-H Council. . Additional shirts are \$10 each. Color choices: green, purple and blue. DEADLINE to Order MAY 8<sup>th</sup>

# 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 <u>Friday evening</u> from 7:00 - 8:00 p.m. .

Set Up Friday -Bendena and Wathena Sunflower

Fair Take Down, Friday, from 7:00 am -9:00 a.m. Troy Triangle, Midway Meadowlarks, Circle B

Clean Up after the Dance, 11:00 pm Doniphan Star and Highland Cloverpatch \*\*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. <u>It is your responsibility to read</u> <u>through the Fair book when you get it to be</u> <u>sure you are aware of those changes.</u> 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. Highlight your project areas and class numbers! 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. Fair books available by mid-June.

4-H Club County Fair Contest will be Scarecrows! Judging will be based on design, construction and creativity. "4-H Theme"

# **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 <u>www.rrc.ksu.edu</u> 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 <u>www.kansas4h.org/p.aspx?tabid=46</u> or <u>https://bit.ly/2PqS3Dx</u>

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)! **Everything is on-line.** 

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.



CONGRATULATIONS TO OUR HIGH SCHOOL GRADUATING SENIORS! We are so proud of you! Lena Leatherman Karlie Grable Blake Robinson Paige Urban

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!



# **FOODS/FROSTINGS**

Kansas 4-H State Fair Rule Change For food safety purposes, any entries with frostings and fillings must calculate the amount of sugar in the frosting/filling recipe only. Calculation must be attached to entry, or the placing will be lowered one ribbon when judged. Frosting and fillings need to contain more than 65% sugar for safety. Examples on how to calculate this percentage are included in the publication located at:https://bookstore.ksre.ksu.edu/ pubs/MF3544.pdf.

While the concept has been encouraged and taught in recent years, it has not been a required item or stated in the rules. It has been added to the 2024 4-H Kansas State Fair book. Please continue to stress the importance of the safety of frostings and fillings at all fairs and clarify that this new rule will be enforced at the 2024 <u>County and Kansas State Fair</u> in the 4-H Foods Division. Questions may be directed towards Amy Sollock at asollock@ksu.edu or Karen Blakeslee at kblakesl@ksu.edu. Note:

\*Refrigerator frostings are not allowed at all; example- cream cheese frostings.

## PROJECT DAY JUNE 1<sup>ST</sup> 4-H FAIRGROUNDS

- 9:00 Horse Project -Showmanship & Safety
- 11:00 Photography
- Noon Hotdogs and chips
- 12:30 Table Settings, open to anyone in the foods project
- 1:00 Video on Food Safety, Fair Frostings
- 1:00 Goat & Sheep Showmanship
- 1:45 Poultry Showmanship





Doniphan County Homemakers Council The DCHC is a vital communication source for all Extension Homemaker Units. The DCHC representatives meet every other month to discuss current FCS programs and activities.

Club Representatives are: Amy Masters, Chairman Bev Kentzler, Treasurer Jeannie Berry Dorothy Diveley Darla Bletscher



FOOD SAFETY IN BLESSING BOXES Many communities have Blessing Boxes, Parking Lot Pantries, or

similar efforts to offer easy access to foods and other items for people in need, which helps improve food security. Such boxes also are convenient places for people to donate food and other items. However, because these pantries are normally outside and subject to extreme temperatures in various seasons of the year, not all foods are safe to donate. It is critical that foods available through "Blessing Boxes" are as safe and nutritious as possible to truly be a blessing to those using the boxes.

Good Items to Donate Through a Blessing Box

- Can openers and other small kitchen utensils
- Dry foods like pancake mix, rice, dried

beans, dry pasta, etc.

- Dried fruit and nuts; ensure the fruit is well dried
- Crackers, granola bars, cereal/instant
  oatmeal packets
- Nut butters; ensure these are not kept for long periods in high temperatures to reduce rancidity
- Individually packaged foods such as fruit cups, snack mixes, etc.

 Personal hygiene supplies such as shampoo, soap, new toothbrushes, deodorant, feminine care products, etc. Keep soap and shampoo separate from food items

- Laundry soap, toilet paper, baby supplies
- Hats, gloves, scarves

It is important to ensure donated items are clean on the outside of the package, and in a well-sealed, intact package to deter pests and contamination of the blessing box and its contents.

## STRESS AND THE FAMILY SYSTEM

Families are groups of people who share close and personal relationships that change over time. One way of thinking about the family is to think of it as a system with moving parts where each part is dependent on one another in order to function smoothly. When the family works as a system, each person has specific roles and responsibilities that help other parts of the system — parents, siblings, and other family members — successfully fulfill their roles within the system.

However, what happens when there is a part of the system that does not successfully fulfill its role? The other parts of the system cannot complete their duties and then the system begins to malfunction. A family is like a system — when parents cannot perform their duties, the children could be at risk and when the children cannot perform their tasks, that can put a strain on the parents. One of the most prominent issues for families is stress. Learning how to handle stress is an important skill for all members of a family system to learn.

Here are five tips on how to handle family stress:

1. Take a second. Stress, either positive or negative, can take a toll on one's mental, physical, and emotional state. It is important to first process the stressor event by yourself to gauge where you are on the situation and allow yourself to embrace your feelings about the stressor.

2. Pinpoint where the stress is coming from. Being able to identify what exactly is causing the disruption in the family can help you to find solutions.

3. Identify your support system. Who will you go to when you need to talk? Who will help you and your family during this time? Identifying people who will be in your support circle will mitigate feelings of being alone during the stressful time and can be a source of comfort.

4. Do some damage control. Check in on the people who the stressor directly affected. If it was your spouse, then take



time to talk to them about how they are feeling. Then, talk to the other members of the family system to see how they are feeling about

#### the event.

5. Make sure to take care of your mental and physical health. Get enough sleep, drink water, and eat nutritious foods. Depending on the stressor event(s), seek professional help. Some family stress is too much for the system to handle and may require the guidance of a professional.

#### CHERRY TIME!

Whether you like them sweet,

sour, golden or red, cherries are in season! Their short season means you must enjoy them as much as you can now. But wait! They



can also be preserved to save them for a later date.

Cherries can be preserved by canning, freezing, dehydrating, or made into canned pie filling, jam, jelly. The uses of fresh cherries are endless in many meals or just a simple snack.

Freezing is easy. Simply wash, remove stems and pits. Dry and spread on a tray in a single layer to freeze. Then place them in freezer containers. Cherries can also be frozen in a syrup or sugar pack. If making canned pie filling, use sour cherries for that classic pie flavor. Use Clear Jel® starch (cook type) for best results.

Learn more about preserving cherries at https:// bookstore.ksre.ksu.edu/pubs/ MF1180.pdf. To dehydrate cherries, see https://nchfp.uga.edu/ how/dry/csu\_dry\_fruits.pdf.



#### Research and Extension DONIPHAN COUNTY AGNR NEWS

#### **Upcoming Events of Interest:**

- May 1 KSU Garden Hour Zoom
- May 4 Planting native plants @ Highland, KS
- June 5 KSU Garden Hour Zoom

#### **Doniphan County Corn Plot Update**

Doniphan County will have a 2024 Corn Test Plot. We have 20 entries that include varieties from: Agri-Gold, Beck's Hybrids, Brevant, Channel, Croplan, Dekalb, Dyna-Gro, NC+, Renk Seeds, and Taylor Seeds. Thank you to our supporting participants: Jason Rockhold, Jeff Williams, Roger & Joyce Rush, Dusty Libel, Rick Hoffman, Ryan Grable, Luke Rush, Vernon Kettelhake, and Nicholas Blevins. Many thanks to our cooperator, Kyle Jeschke. Thank you to those who participated in planting on April 22<sup>nd</sup>! We are planning a field day in late summer. Please be on the look-out for more information regarding the field day in August/September.

#### Katharine

### Pinkeye season is coming: Are you prepared?

Katharine Sharp, Doniphan County Extension

It is nearly that time of year that cattle producers should begin preparing themselves for preventing pinkeye infections before late spring outbreaks occur. Annual costs of pinkeye treatment have cost the cattle industry over \$150 million per year. After scours, pinkeye infections are the most common health condition that impact calves prior to weaning. Research has shown that calves infected with pinkeye may have decreased weaning weights by 20 or more pounds than non-infected calves during summer grazing seasons. Cattle producers should be able to identify pinkeye before infection outbreaks occur.

#### Causes of pinkeye

Pinkeye is a general term describing symptoms impacting eye health. Though it can be found in all ages of cattle, it primarily impacts suckling calves. Pinkeye is spread by contact with infected cattle via face flies transferring bacteria between cattle. Infection is caused by M. bovis bacteria. Prior to infection, eye irritation from irritants provides an environment beneficial for bacteria growth. Eye irritants include bright sunlight, dust, pollen, weed and grass seeds.

#### Signs and treatment

Pinkeye infection varies between animals, and may infect one or both eyes. The first indication of infection is excessive tearing around the eyes, down the side of face, and excessive blinking. Animals may become hesitant to move especially if both eyes are infected. If not treated, the infection will create an ulcer on the eye, causing the cornea to turn cloudy white to blue in color. The animal may keep its eye closed, and may result in blindness in about 4 to 8 weeks since first infected.

Treatment should begin as soon as animals show signs of excessive tearing and blinking. Antibiotics and control of environment factors that cause irritation are the best treatment methods. Often using a cloth patch to cover the eye can decrease sunlight irritation and decrease face further fly irritation. Consult with your veterinarian for treatment of infected cattle. Vaccinations are recommended to prevent outbreaks, but only when administered weeks before pinkeye season and an outbreak has occurred. Vaccination requires two doses 2 to 3 weeks apart to be effective weeks prior to early summer. Vaccine effectiveness has been limited due to the multitude of possible bacteria strains that may be found in a herd, however producers are highly encouraged to discuss treatment and prevention plans with their veterinarian.

#### Prevention

Fly control is one of the best methods for pinkeye prevention. Inserting insecticide ear tags in both ears may be beneficial for late spring outbreaks, but switching insecticide tags during the summer may be most effective. Specialists recommend alternating insecticide ear tags (active ingredients) each season, and removing old inserted tags to prevent insect resistance. Dusters, sprays, and pour-on products can also be used to control flies. Larvicidal products in mineral blocks or feed may also reduce fly populations. Also, providing shaded areas can help decrease UV ray irritation from bright summer sunlight. Mowing to remove seed heads on tall grasses and weeds is also effective in reducing pinkeye infections. Recently, garlic products have been discussed for potential fly control, but recent studies have mixed results proving fly control efficacy. More info is at KSU Beef Cattle Institute (https://ksubci.org/).

#### **Remember Pollinators Matter**

K-State Department of Entomology

It is important to remember that pollinators matter to each of us as they are vital to ecosystem health and having a sustainable food supply. This upcoming Pollinator Week is June 17-23, 2024, which was created to support pollinator health. It is a time to celebrate pollinators and spread the word about actions each of us can do protect these species. Honeybees, native bees, birds, bats, butterflies, and other animals are required to pollinate



#### Research and Extension DONIPHAN COUNTY AGNR NEWS

more than 80 % of the world's plants. As we celebrate pollinator week here are several items you may consider doing to help protect the pollinators.

1. **Plant for Pollinators** – Pollinators prefer a diverse mix of flowering plants. Consider using native plants in your landscape. Plant in clusters to create a "target" for pollinators to find. Pollinators will also assist in the healthy production of fruits and vegetables, so you both benefit.

2. **Protect Nesting Sites** – Consider allowing dead branches and logs to remain as nesting sites. Reduce the mulch to allow patches of bare ground for groundnesting bees to use. Consider installing wood nesting blocks for wood nesting natives.

3. **Reduce or Eliminate the Impact of Pesticides** – Pollinator's can be sensitive to certain types of insecticides. If you need to use a pesticide, then read and follow all label directions. Choose a product that is the most pollinator friendly and consult the label to see if it should not be used on pre-bloom or blooming plants.

4. **Support Local Bees and Beekeepers** – Purchasing local honey helps to support a beekeeper in your area. Visit your local beekeeper, ask questions, and learn.

5. **Reach Out to Others** – Be informed and spread the word to others about the importance of pollinators. Share on social media about what you are doing to help and encourage others to do the same.

#### **Best Practices for Lawn Maintenance**

K-State Division of Horticulture and Natural Resources

Lawns are growing which means many of us have resumed maintenance. Here are some guidelines for lawncare to minimize your costs and the environmental impact. Proper maintenance is a proactive approach to reduce weed growth and other stresses to the lawn.

Mowing

Optimal mowing height depends on the type of grass, lawn use and time of year. Mow at the high end of the recommended range for each species to improve drought resistance by encouraging deeper roots. Only one-third of the grass leaf should be cut at a time. Removing more results in physiological stress and possible heat or cold injury. If the lawn has become overgrown and needs more than one-third removed it will need to be done gradually with a few days between each mowing. Mowing frequency should be based on the growth rate of the lawn. Following a set schedule may result in excessive clippings left on the grass. Proper timing of mowing means the grass clippings are shorter and can be returned to the lawn. This contributes nitrogen back to the lawn. Long clippings can block sunlight to the live turf and promote disease so they should be bagged and removed. Maintaining a sharp blade on the mower is essential for a clean cut. A dull mower blade tears the grass and causes the tips to turn whitish. Mow using a different pattern each time to prevent soil compaction and turf wear from the mower wheels. The grass blades lean the direction of the mower's path so changing the pattern each time allows the grass to stand more upright. Trees can be severely damaged if bumped by the mower. Even what appears to be a minor wound can result in death for the tree. Cultivate the soil surrounding trees to prevent grass and weeds from growing up close to the trunk.

#### Watering

Apply water in the early morning. Nighttime watering promotes disease development. Wait as long as possible between watering. Signs the turf needs water include: darker bluish-green color and footprints remain in the lawn when someone walks across rather

than leaf blades bouncing back in place. Soak the soil to a depth of 6-8 inches and wait for signs more water is needed.

#### Fertilizing

Fertilize only to maintain a moderately green color during favorable weather and minimally or not at all during times of weather stress. Over-fertilizing increases the water and mowing requirements. Do not fertilize when heavy rain is expected and never dump excess fertilizer into storm drains or sewers. The timing of fertilizer applications should be based on turfgrass species.

- Fescue and bluegrass September November
- Bermudagrass and zoysiagrass May August
- Buffalograss June



Join us for the **K-State Garden Hour** every first Wednesday of each month from 12 pm to 1 pm. Sign up is free, and past webinars can be found on YouTube. Please register online at: <u>https://hnr.kstate.edu/extension/consumer-horticulture/garden-hour/</u>, or contact the extension office for assistance registering online. The upcoming May webinar topic is "Understanding water sources for your garden".