Once again, K-State Research and Extension encourages everyone to be thinking about finances as we celebrate America Saves Week. Many are thinking about money right now as they complete tax returns, deal with holiday bills, or maybe have made a New Year’s resolution to pay down debt.

Go to http://kansassaves.org/ to learn more about the program. We also have resources that can help, such as financial check ups, retirement savings info and spending plan guides so contact us at the office for more information.

Now is also a good time to review all insurance policies and to check your credit report. Contact us if you need information on where to get a credit report.
Agriculture Technology Day
February 11th
10:00 am to 2:30 pm
Herington Community Building
810 S. Broadway

Keep your farming up to date and efficient
Drone usage, yield mapping, multi-map data inputs, fertilizer prescriptions, green seeker technologies, big data implications, phone apps for producers and more.

Guest speakers including state specialists:
Terry Griffin, Ignacio Ciampitti, Romulo Lollato, Brian McCormack, Lucas Haag

Cost: Free
Lunch Provided
RSVP by Feb 8th to:
Rickey Roberts, Marion Co (620)382-2325
rroberts@ksu.edu

Sponsors:
Concordia Tractor Inc.
KanEquip
Farmers & Drovers Bank, Council Grove

Kansas Cattle Drive
Join us at Buhler, Kansas on February 20, 2016
Time: 10:00 AM—3:30 PM
Place: Buhler High School, 611 N Main

Speaker & booth topics include:
- Beef Industry Economics
- Bull Selection
- Veterinarian Feed Directive
- Calving School Q&A
- K-State Research & Extension
- USDA/Prescribed Burn Assoc.
- FFA Senior Projects
- Semen Company Representatives

Plus More Speakers, Topics and Sponsor Booths!
Concessions Provided by Buhler FFA

Guest Speakers:
Trent Loos: Ag radio personality, storyteller, humorist and sixth generation farmer
Dr. Derrell S. Peel: Professor of Agribusiness and Extension Livestock Marketing Specialist at Oklahoma State University

Free to the public! Families, consumers, and producers encouraged to attend!

Check http://reno.ksu.edu for a schedule of events!
Nitrogen Management Considerations
For Wheat

Tillage systems affect nitrogen (N) management for wheat in many ways. Nitrogen rates, application methods, and timing can all be affected by tillage considerations. Some of the most important factors include the following.

*Even distribution of previous crop residues is extremely important for no-till wheat. Nitrogen applied on the surface can get tied up, or immobilized, on crop residues and be unavailable to the currently growing crop for several months or longer. Where there are windrows of residue, the N immobilization potential is especially high for surface-applied materials. Also, where wheat is planted into fields with an uneven distribution of crop residue, the wheat may have poor stand establishment and root development in the areas of especially heavy residue.

*No-till wheat may require an extra 20 to 30 lbs of N per acre compared to conventional-till wheat. One reason for this is that no-till soils are generally cooler, and have lower N mineralization rates. Another reason is that organic matter levels tend to build up slowly in no-till soils, and this process uses and stores soil N. For example, every percent organic matter in the top 6-7 inches of soil contains about 1000 pounds of N per acre. If the soil organic matter level were to increase by a full percentage point over 20 years, an extra 50 lbs N per year per acre would need to be invested just to build up the organic matter level. That’s over and above the needs of the crop.

*Topdress N should be in the root zone by jointing. Producers should not wait too long to apply topdress N. Topdress applications should be applied early enough to have a good chance of moving down into the root zone by jointing. By waiting until the last minute, producers run the risk of being prevented by wet weather from applying the N in time. On the other extreme, late-applied topdress N may not receive any precipitation for a time after it is applied, and thus may not get into the root zone when the plant needs it the most to maximize yield potential.

*On medium- and fine-textured soils with adequate internal drainage, applying N in a subsurface band is generally more efficient and consistent than surface-applied N in to-till. A subsurface band minimizes or eliminates the potential for immobilization, places N in the active root zone where it is needed, and would eliminate any potential for volatilization losses if it exists.

*For surface applications of N, applying it in a dribble or stream band is generally more efficient and consistent than broadcast N, but not as consistent as subsurface applications.

*Although broadcast surface applications of N are often somewhat less efficient and consistent overall than subsurface band application, there are many reasons why broadcast applications better fit many producers operations;

—Can cover more acres per day
—Does not require specialized equipment
—Does not require extra horsepower or fuel use
—Allows producers to tank mix with herbicides in a single application.

While topdress N application to wheat may sometimes result in some leaf burn (especially late applications in early spring), it is generally cosmetic only and has not resulted in noticeable yield loss in Kansas trials.

*On well drained medium- and fine-textured soils, there is generally no agronomic advantage to making multiple split applications of N. For no-till wheat, however, there may be an advantage to applying at least 20 to 30 lbs of N preplant or at planting time in order to supply adequate N for fall growth.

*On poorly drained or claypan soils, topdress applications of N are preferred. Fall applications of N are subject to denitrification losses on these soils.

Tom Maxwell, Crop Production Agent
Central Kansas Extension District #3
Family and Consumer Sciences

Free 6 Hour Parenting Class
Managing Emotional Mayhem:
5 Steps For Self-Regulation
Class based on concepts from Dr. Becky Bailey’s Conscious Discipline ® program and book: Managing Emotional Mayhem

Participants will learn:

- Ways to achieve better self-regulation skills for ourselves and our children.
- How to identify emotional triggers and accurately name the feelings involved.
- To respond to children’s acting out and emotional upset in an attuned way at the moment the event is occurring.
- How to coach children to independently use the five-step self-regulation process.
- Hands on activities to promote self-regulation

Free childcare, snacks, lunch, book & handouts will be provided! This class is for parents, grandparents, foster parents, child care providers & teachers!

DATE: Saturday, February 13, 2016
TIME: 9:00am-4:00pm
Location: Peabody Burns High School
810 N Sycamore St
Peabody, KS 66866

Space Is Limited!
Register by February 8, 2016
Contact: Rachel Boden
bodenrm@gmail.com
(620) 327-4198

* Funding for this class is provided by KIDS FUND Grant awarded to Families And Communities Together, Inc. (FACT, Inc.)
Grapefruit is one of the many fruits and vegetables considered to be in season in the winter months. Choose medium size fruits, that feel heavy for their size. Try to pick ones that have a smooth, thin, firm, blemish-free skin. Uncut grapefruit can be kept at room temperature for one week or up to three weeks refrigerated.

One medium grapefruit is considered 1 cup of fruit. USDA dietary guidelines recommend 1-2 cups of fruit per day, depending on your age and gender. For more information, go to www.choosemyplate.gov or contact our office.

**Salmon Patties**

*Makes 4 servings*

- 14 oz can salmon, remove skin and large bones
- 1 slice of bread, torn into small pieces
- 1T light mayonnaise
- 1T lemon juice
- 1 egg, lightly beaten
- 1/2 c. celery, chopped
- 1/2 c. carrot, chopped
- 1/2 c. onion, chopped

In a medium bowl break salmon into small pieces, add rest of ingredients and mix well.

Lightly press about 1/2 c of mixture into a 3 to 4 inch patty that is about 1 inch thick. Repeat to make 4 patties total.

Lightly spray or oil a large skillet and heat over medium heat.

Add patties and cook until golden brown—about 5-7 min per side.

Refrigerate leftovers within 2 hours.

**Serving size:** 1 pattie. 160 calories, 5 total g fat—1 g saturated fat, 105 mg cholesterol, 380 mg sodium, 6 g total carbs, 1 g dietary fiber, 22 g protein

*Source: Oregon State University Extension Service*

**If You Drink Grapefruit Juice and Take Medications Read This:**

A cold glass of grapefruit juice is part of the morning routine for a lot of people. What you may not realize, however, is that this same juice might interact with drugs you are taking.

The interaction between grapefruit and some medications was discovered by accident when researchers were looking for an interaction between a particular blood pressure medicine and alcohol. Grapefruit juice was used as a vehicle to mask the taste of the alcohol. While the alcohol did not affect the amount of the drug circulating in the body, the grapefruit juice greatly increased the levels of the medication. Contact your doctor or pharmacist for more information.  

*Source: Center for Disease Control*

**Did You Know...**

- The small bones in salmon are soft after canning.
- Mash and eat them for more calcium.
4-H Club Day
February 20, 2016

Starting at 1 pm Marion County Club Day will be held at Hillsboro United Methodist Church, 905 East D Street.

Participants must register no later than February 8th. Registration form can be found on our website at: www.marion.ksu.edu. REVIEW the materials online to refresh your memory of the requirements for each event. The club day schedule will be posted on our website.

Room monitors will need to be at the facility by 12:30pm on February 20.

Beef Exhibitors Take Notice!

Tagging for Market Beef and Commercial Heifers will be held Friday, March 11 at 5:00 p.m. This year the tagging will be held at Hillsboro Animal Clinic. Once again we will run them through the outside chute so we can capture a weight.

* The Spring Beef Show will be held on April 16. Look for details soon.

FCS Judging Event Held Feb. 20th Only!

Due to a number of changes at the state level, only one county FCS judging event will be held this year. Please note the following:

All 4-Her’s will be judging the same classes using the intermediate classes recently designed at the state level. This year’s county competition is similar to the form you are use to (pictures and reasons). We will only be doing this one modified component of the complete judging contest. Contestants are encouraged to work in groups of 2 who are in the same age category if possible. You do not have to be from the same club.

One of the things I really want to do is to have a brief “answers” session where the 4-Her can learn what the official answer is to each ‘class’. I will post this time with the club day schedule...most likely it will be later in the afternoon. This session will be optional...just a learning opportunity.

Marion County is only allowed to enter one team at the state level for intermediate and senior competitions and we will use this county event to help determine the qualifiers.

Please contact Renae with questions.

Project leaders are requesting lists of project enrollees. Returning families that are not yet enrolled in 4-H Online are missing opportunities. This is also making it difficult for club leaders to get the year organized. If you have not enrolled for the 2015-2016 year, DO IT TODAY!!!!!!
Kansas Junior Sheep Producer Day

Join us for Kansas Junior Sheep Producer Day on Saturday, March 19, 2016 in Weber Hall on the Kansas State University campus.

Cost: $15/person by February 24th or $20/person after February 24th. *Registrations received after February 24th cannot be guaranteed a t-shirt.

Tentative Schedule:
8:45am Registration
9:30am Welcome & Opening Remarks
9:45am Breeding & Market Lamb Selection
10:45am Break
11:00am Health & Wellness
11:45am Lunch
12:30pm Feeding, Nutrition & Management
1:15pm Break
1:30pm Breakout Sessions (select 3 total)
Wool Education & Judging; Lamb Meat Cuts & Cookery; Breed ID & Function; Showmanship & Grooming
3:45pm State Livestock Nomination Process
4:00 pm Final Questions, Wrap-up & Evaluation

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Swine, Sheep and Goat Tagging

Two dates to choose from: Wednesday, April 20 at the fairgrounds and Friday, May 6, 6:00 p.m. at the fairgrounds

Kansas Junior Beef Producer Day

Join us on March 5, 2016 for the Kansas Junior Beef Producer Day in Weber Arena on the Kansas State campus.

Cost: $15/person by February 10th or $20/person after February 10th.

Tentative Schedule:
8:45am Registration
9:30am Welcome/Opening Remarks
9:45am Nutrition & Management
10:45am Meat Science Rotations
12:15pm Lunch
1:00pm Leadership & Communications
2:00pm Health, Reproduction, & Showmanship breakout Sessions
3:45pm State Livestock Nomination Process
4:00 pm Wrap-up & Evaluation

UPCOMING EVENTS

March 12 — Regional Club Day in ElDorado
Saturday, April 23—Shutterbugs at the Garden at Botanica in Wichita
May 31-June 3— Discovery Days at K-State Campus at Manhattan
June 4-7  4-H Camp—For those completing grades 3rd through 7th
June 4-5 –Rookie Camp - For those completing grades 1st and 2nd
Upcoming Events:

2/14/16  Happy Valentines Day

Join us for Walk Kansas April 3-May 28, 2016—more info in March newsletter