Knowledge for Life

48 Hours of 4-H

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“How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and strong.”
— George Washington Carver

48 Hours of 4-H is held statewide on the first weekend after National 4-H Week in October. The purpose is to bring together volunteers to make a difference with a service project in their communities.

We thank the approximately 25 volunteers who participated in a Marion County Fair Grounds project.

Thank you to South Cottonwood 4-H Her Ellie Just for snapping and sharing the bottom three pictures!
Cowherd Clean Livin’ Workshop
Monday — November 16, 2015
Tampa Community Center

9:30 a.m. Register
10:00 Program Begins

Dr. Joel DeRouchey, KSU Animal Environmental Management

Water Still Runs Downhill—Taking Topsoil, Sediment, Nutrients, and Bacteria

Dr. Dave Rethorst, KSU - DVM

Anaplasmosis Prevention Strategies and VFD Update

Noon COMPLIMENTARY LUNCH

Please RSVP by November 11 to Marion County Extension Office at 620-382-2325 or email Rickey Roberts at rroberts@ksu.edu

Afternoon Tour

Stop 1: Scott David “Evaluating Native Pasture” with Doug Spencer, NRCS Range Specialist
Stop 2: Kelly Novak “Grazing Cover Crops”

Sponsors:
Cottonwood WRAPS
Marion County Extension Service
NRSC—Natural Resource Conservation Service
Marion County Conservation District

Anaplasmosis
Informational Meeting
November 11, 2015

Location:
Inman Community Building
406 E Center
Inman, KS 67546
(3 blocks E of Main)

Time: 6:30 pm — Meal

Sponsored by:
Kansas State Veterinary Diagnostic Laboratory
College of Veterinary Medicine

Please RSVP!
Contact: Jonie James jjames@ksu.edu
(620) 241-1523

7:00 pm — Anaplasmosis Presentation

A presentation by Dr. Gregg Hanzlicek, DVM
KSU Veterinary Diagnostic Lab
With Q&A time following

Sponsoring Agencies:
McPherson Co. Ext.
Reno Co. Ext.
Harvey Co. Ext.
Marion Co. Ext.
“Dealing with Pigweeds”
December 1, 2015
Goessel Engine Club Building

Registration 9:00 a.m.
Program Begins 9:30 a.m.

Program:
Doug Shoup—K-State Agronomy Specialist
“Pigweed Biology and Pigweed Control In Soybeans”
Curt Thompson—K-State Weed Management Specialist
“Pigweed Control in Corn and Sorghum”
Marshall Hay “Pigweed Control in burn down Wheat Stubble”

Noon Complimentary Lunch
RSVP by November 25 to 620-382-2325 or Email rroberts@ksu.edu

Same Program-2nd Location, McPherson
Registration—2 p.m. Program 2:15 p.m.
RSVP—Jonie James jjames@ksu.edu
McPherson Co Extension 620-241-1523

Apply Late-Season Nitrogen Application in November

November is the time to give cool-season lawns the last nitrogen application of the season. Why November? Because while top growth slows in response to cool temperatures, grass plants are still making food (carbohydrates) by photosynthesis. A November nitrogen application helps boost the photosynthesis rate.

Carbohydrates that are not used in growth are stored in the crown and other storage tissues in the plant. These carbohydrate reserves help the turfgrass green up earlier in the spring and sustain growth into May without the need for early-spring (March or April) nitrogen. Those early-spring nitrogen applications are less desirable because they can lead to excessive shoot growth and reduced root growth. Other benefits of November-applied nitrogen for cool-season grasses include improved winter hardiness, root growth and shoot density.

How much should you apply? One to 1 1/2 pounds actual nitrogen per 1,000 sq. ft. of lawn area is sufficient. In order for this application to be effective, the nitrogen must be readily available to the plant, because the growing season is nearly over. Therefore, for a November application, use a soluble (quickly-available) nitrogen such as urea or ammonium sulfate. Many turfgrass fertilizers sold in garden centers also contain soluble nitrogen. Avoid products that contain water-insoluble nitrogen (slow release) for this application.
Points to Ponder...

PUMPKIN

Pumpkin and pumpkin seeds are high in vitamin A, protein, fiber, zinc, iron and monounsaturated and polyunsaturated fat. Health benefits of eating pumpkin include: healthy cardiovascular system (mono and polyunsaturated fats), healthy skin (vitamin A), healthy vision (vitamin A), decreased osteoporosis (zinc), decreased arthritis, decreased prostate enlargement and decreased colon cancer (fiber). Use egg whites or egg substitute and fat-free evaporated milk in the filling when making pie.

Source: Utah State University Home & Family Newsletter, October 2012

Try the recipe below...can’t taste the pumpkin...just pumps up the nutrition!

Pumpkin Turkey Chili (6 servings)

1 tablespoon vegetable oil
1 cup chopped onion
1/2 cup chopped green bell pepper
1/2 cup chopped yellow bell pepper
1 clove garlic, minced
1 pound ground turkey
1 (14.5 ounce) can diced tomatoes
2 cups pumpkin puree
1 1/2 tablespoons chili powder
1/2 teaspoon ground black pepper
1 dash salt
1/2 cup shredded cheddar cheese
1/2 cup sour cream

Directions:

1. Heat the oil in a large skillet over medium heat, and sauté the onion, green bell pepper, yellow bell pepper, and garlic until tender.
2. Stir in the turkey, and cook until evenly brown.
3. Drain, and mix in tomatoes and pumpkin.
4. Season with chili powder, pepper, and salt.
5. Reduce heat to low, cover, and simmer 20 minutes.
6. Serve topped with cheddar cheese and sour cream.

30 Minutes to the table!
Health Insurance—Need Help?

Marion County’s Department on Aging has trained staff and volunteers to help you with Medicare questions as well as buying health insurance if you aren’t eligible for Medicare or Medicaid through the government’s marketplace. Open enrollment has started for these programs. Contact Gayla, Department on Aging Coordinator at 620-382-3580. K-State Research and Extension does have several related publications which can be found at www.bookstore.ksre.ksu.edu

A new website to help navigate the insurance open marketplace is http://www.coverks.org/

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Good Food Safety Information For Every Season

The guide to the left explains some commonly asked questions as to what to do when a power outage occurs. One thing to always ask yourself if you are considering consuming something potentially unsafe—is this worth the risk to my health?

Foodborne illness can be costly in time as well as missed work and medical costs. Not to mention, that for some, foodborne illness can be deadly.

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**Food Safety Before, During and After a Power Outage**

**Before Plan Ahead (If You Can)**
- Keep freezers 0°F or lower.
- If your refrigerator is 40°F or above, freeze containers of water and gel packs to help keep food cold if the power goes out.
- Refrigerator 40°F or above.
- Fridge will keep food safe for 4 hours.
- Store perishable foods on higher shelves to avoid food waste.

**During While the Power is Out**
- Keep the refrigerator and freezer doors closed to maintain cold temperature.
- If power will be out for an extended period of time, buy dry or block ice in the fridge or freezer cold.

**Open Enrollment**
- 48 hours
- 24 hours
- 4 hours

**After Once the Power is Back on**
- Never taste food to determine its safety.
- Check the temperature inside of your refrigerator and freezer. If they're still at safe temperatures, your food should be fine.

**What Should I Throw Out?**
- Meat, poultry, seafood products
- Soft cheeses and applications
- Milk, cream, yogurt, and other dairy products
- Opened baby formula
- Eggs and egg products
- Dough, canned pasta
- Canned goods
- Cookies and other baked goods
- Pre-packaged bread
- Canned goods
- Beverages
- Pats, snacks, ready-to-eat deli meats, and sandwiches
- Refrigerated foods

**Follow These Steps After a Flood**
- Do not eat any food that may have touched flood water.
- Discard food in waterproof containers; screw caps, soup lids, pull tabs, and canned tops are not waterproof.
- Discard cardboard juice and milk formula and shelf-stable foods.
- Discard any damaged cans that have wrinkling, leakage, punctures, bulges, flaking, extreme dents, rusting, or pulsing when dented severely enough to prevent normal stacking or opening.
Congratulations to the new 4-H Council Officers:

President — SaRae Roberts
Vice-President — Elizabeth Meyer
Secretary — Addie Berens
Treasurer — Madeline Meier

Online enrollment system opened up for the new year on October 1st.
4-H’ers can re-enroll and new members can enroll also.

Go to: https://ks.4honline.com

If you are re-enrolling, login to your user name and password from last year. (Please do NOT set up a new profile.) If you forgot your password, complete the “I forgot my password” process. Volunteers (project leaders and community leaders) will have to reenroll also.

4-H Online now includes the health/participation form. We would like for returning 4-H’ers enrollment to be completed by December 1.

Congratulations to Ethan Dailey, Elizabeth Meyer and SaRae Roberts—

4-H Key Award Winners
County Committee
Sign Up

Please consider being an active member of:

- 4-H Sunday/48 Hours of 4-H
- Spring Beef Show
- Swim Party
- Style Revue
- Recruitment
- Club Day Committee

As members of these county wide committees, expect to be part of the planning, set up/clean up, providing leadership and promotion. We will be looking for at least one adult volunteer for each committee in addition to 4-Hers. Please contact the office for more information or to sign up.

NEW 4-H Year=

Setting Goals

Please check with your fellow 4-Hers to make sure EVERYONE is reading the newsletter. We do our best to communicate—please help us help you. Thanks!

NOW—Before WE Forget:

A few items from Trips & Awards committee meeting

When filling out pin applications:

- Only use each “thing” once (event, leadership, committee work, participation, etc.) unless it otherwise specifies.
- Make sure to read the pin applications carefully.
- Make sure you understand what a talk or demonstration is. Use the guidelines posted on our website for more information.
- KJLS exhibitors from Oct. 2015 may use this event on their pin applications this 4-H year.

What do you wish to accomplish as a 4-Her this year? Earn a pin? Try a new project? Take your favorite project to a higher level of mastery? NOW is the time to make those plans. Look at the pin application to know the requirements, inquire about a project at the office if your club doesn’t have a leader, find people or information to help you gain the skills you are looking for. The power to change starts with YOU!
Upcoming Events:

November 11  Anaplasmosis Information Meeting—6:30 p.m.
Inman Community Building, Inman KS
(Please RSVP—Contact: Jonie James  (620) 241-1523)

November 16  Cowherd Clean Livin’ Workshop— 9:30 a.m.
Tampa Community Center  (RSVP for lunch by November 11)

November 30  4-H Council Meeting, Santa Fe Room, Marion City Library

December 1  Dealing with Pigweeds—9:00 a.m.—Goessel Engine Club Building
(RSVP for lunch by November 25)