The New Year is off to a dry start, but hopefully more moisture, in any form, is on the way.

Winter kill in the 2018 Wheat crop is a concern due to some extremely cold conditions in late December, the dry soil conditions at the time and the poor root and crown development of some of our later planted wheat. As always, we won’t know much until the crop breaks dormancy and we can evaluate it.

If you plan on applying any of the dicamba herbicides Engenia, FeXapan, and ExtendiMax to Extend Soybeans, be aware these are now classified at Restricted Use Pesticides (RUP’s). Please read the article in this newsletter addressing the new license and training requirements needed before the application of Dicamba Herbicides. These will be offered by both K-State and Industry representatives. If you need more information, give me a call.

There are many Extension educational events taking place in the area this winter. Please take time to attend some of these events to gain knowledge and information that will benefit your farming operation.

Finally, if you are feeling the stress of the down turn in the farm economy, don’t hesitate to reach out for help. K-State Research and Extension offers a number of services to producers from the Kansas Ag Mediation Service to the Farm Analyst Program that facilitates business planning for Kansas Ag Producers. We are here to help.

Rickey Roberts, County Extension Agent
Training Required for Application of Dicamba Herbicides

As we embark on the 2018 growing season, producers should be aware that dicamba herbicides Engenia, FeXapan, and XtendiMax have been reclassified as Restricted Use Pesticides (RUPs). In order to purchase and apply these herbicides, you must be certified as a private or 1A (Agriculture Plant) commercial pesticide applicator. In addition, anyone planning to apply these herbicides this coming season will be required to attend dicamba or auxin specific applicator training.

In Kansas, these trainings will be sponsored by K-State Research and Extension, as well as industry representatives from BASF, Dow/Dupont, and Monsanto. It will be the responsibility of the applicators to obtain this training before the application of these herbicides.

The purpose of these trainings is to cover the label changes and application requirements in detail and provide information on what you, as an applicator, need to do to meet these requirements.

The labels for these herbicides include mandatory record keeping requirements, modified wind speed restrictions (3 to 10 miles per hour only), limited times of day that applications can be made (between sunrise and sunset), a revised list of sensitive crops and sensitive sites, buffer zone requirements, and revised sprayer cleaning procedures and documentation.

The dates and locations for K-State Research and Extension sponsored trainings will be posted on the KSU-IPM website:

https://www.ksre.k-state.edu/pesticidesipm/private-applicator.html

PHOTO: Significant cupping of leaves from dicamba drift on non-Xtend soybeans planted next to Xtend beans in research plots at the Ashland Bottoms farm near Manhattan. *Photo by Dallas Peterson, K-State Research and Extension.
Dicamba Issues in Soybeans
Regulations and ways to minimize off-target movement

February 6, 2018
10:00 a.m. to 1:00 p.m.
Thunderstruck (by Great Plains Theater)
401 Cottage Ave., Abilene

Dicamba resistant soybeans have emerged as a powerful tool for weed control in soybeans. However, off-target movement of dicamba has been a substantial drawback. We will cover new rules and regulations, understanding thermal inversions, and what can be done to minimize damage to non-dicamba crops. The new KDA mandated training to use dicamba products on Xtend crops is part of the program!

Speakers include:
Dallas Peterson, K-State Weed Management Specialist
Chip Redmond, K-State Weather Scientist
Jeff Stroup, Monsanto Representative

This event is FREE, but please register:
Call: 785-263-2001
Email: jcoover@ksu.edu
Online: http://www.dickinson.k-state.edu/

WIBW Radio Farm Profit Conference

February 7, 2018
Herington Community Building (810 S Broadway)
Conference starts at 6:45 p.m. (Doors open at 5:30 p.m., Dinner at 6:00 p.m.)

Speakers include:
Parry Briggs, Regional VP– NE KS Frontier Farm Credit
David Schemm, Director– KS Farm Service Agency
Darrell Holaday, Country Futures

FREE meal and program, but please make reservations by February 6:
Call: 785-263-2001
Email: jcoover@ksu.edu OR greg.akagi@alphamediausa.com
Ready to accomplish your New Year’s Fitness Goal? Join Marion and Harvey County Extension for Stay Strong, Stay Healthy!

SSSH is an evidence based eight-week program for older adults that meets the recommendation for healthy muscle strength.

**Location:** Alexanderwohl Church in Goessel

**Dates:** Mondays and Thursdays 3:00-4:00 PM
February 26th to April 19th

**Cost:** $20.00/Person

Register Today!
Phone: 620-382-2325
Email: tcope@ksu.edu

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**KANSAS WINTER**
Creating Your Winter Weather Travel Kit

**PLAN AHEAD to STAY SAFE DURING WINTER WEATHER**

**WINTER WEATHER TRAVEL KIT**
- SnowShovel
- Windshield Scrapper
- Flashlight
- Lantern
- Battery-Powered Radio
- Extra Batteries
- Matches
- Water, Snack Food
- Tow Chain or Rope
- Travel Salt or Sand
- Jumper Cables
- Emergency Flares
- Fluorescent Orange Flag

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**Garden Helpers**
The Marion Community Garden is looking for volunteers for the 2018 gardening year!

Contact Tristen for more information!
Your mood has a lot to do with many of the foods you crave when you are not physically hungry. Eating to feed an emotion instead of physical hunger is considered emotional eating. This kind of eating can get the best of anyone and can contribute to overeating, which can lead to obesity later in life.

**Emotional Hunger**
- Sudden Onset
- Eats to Feed a Feeling
- Craves Specific Foods
- Eats Despite Fullness

**Physical Hunger**
- Gradual Onset
- Eats to Feed Self
- No Specific Foods
- Stops When Full

It may take a while for you to identify which hunger you are experiencing, so whenever you have a desire to eat something outside your planned meal times, do a self-check to determine your hunger level.

Here are a few tips you can try if you suspect you are experiencing emotional hunger: exercise, talk to a friend/coworker, read a book, Do some light cleaning, go for a short walk, drink water, or listen to music.

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**Family and Child Development Programs**

Needing an Educational Program for your upcoming event? The following Programs are just a few of the enrichment offerings the Marion County K-State Research and Extension Offices are able to provide. Need more information on the listed Programs? Contact the Extension Office by phone 620-382-2325 or email tclope@ksu.edu.

**Family and Youth Development**
- Together We Can
- Strengthening Families
- Better Brains for Babies
- Family Dance!
- Essential Living Skills
- Welcome, We Plan!

**Adult Development and Aging**
- Stay Strong, Stay Healthy
- Advanced Healthcare Planning
- Keys to Embracing Aging
- Alzheimer’s 101
- Assistive Technology

**Educators**
- Choose MyPlate
- Bread in a Bag
- Hand Washing/Germs
- Gray for a Day

**Food Safety, Nutrition, Health**
- ServSafe
- Dining with Diabetes
- Food Preservation
- Family Meal Planning
- Choose MyPlate
- Walk Kansas
4-H Focus

4-H is a community of young people across America who are learning leadership, citizenship and life skills.

Sheep, Swine and Goat Tagging

Wednesday, May 2nd - 6:00 p.m. - Marion County Fairgrounds
If your animals need tagged before May 2, bring them to Rickey at any time.
NOTE: There will be a $75.00 trip charge for tagging done at your own farm.

Beef Tagging

Friday, March 9th - 5:00 p.m. - Hillsboro Animal Clinic
All market steers & commercial heifers will need to be tagged. For the steers, this will serve as the beginning weight for our county rate of gain contest.

Kansas Junior Sheep Producer Day

Join us for Kansas Junior Sheep Producer Day on Saturday, March 17, 2018 in Weber Hall on the Kansas State University campus. Presentations and demonstrations by featured guests, as well as K-State faculty and staff members. This event will be a fun filled, educational day of activities in which youth, parents, and sheep project leaders can increase their knowledge and experience of sheep production and management. Topics include market and breeding project selection, nutrition and feeding, health, meat science, wool, grooming, showmanship, and youth livestock quality assurance training. This event is designed for all ages and skill levels. All participants will receive a complimentary lunch and t-shirt (early registrations).

Cost: $15/person by February 23rd or $20/person after February 23rd
*Registrations received after February 23rd cannot be guaranteed a t-shirt.

Tentative Schedule:

8:45am - Registration
9:30am - Welcome & Opening Remarks
9:45am - Breeding & Market Lamb Selection
10:00am - Break
10:45am - Morning Breakout Sessions
11:45am - Nutrition, Management, Meat Science
12:00pm - State Livestock Nomination Process
12:45pm - Lunch
1:30 pm - Sheep Health, Wellness, & Diseases
3:15pm - Afternoon Breakout Sessions
8:00pm - Wool, Showmanship, Grooming, YOCA
3:15pm - Final Questions, Wrap-up, & Evaluation

*The annual KSU Sheep & Meat Goat Sale will be held at the Sheep & Meat Goat Center following the junior producer day program.
**The KS 4-H SpaceTech Program** and the Kansas Cosmosphere are again teaming up to provide fun, hands-on and science-based programming for Kansas 4-H Youth Development. This program will feature “The Alien Adventure.”

**WHEN:** Fri, April 6, at 4 p.m.— Sat, April 7, at 4 p.m.

Includes: a tour of the Cosmosphere, hands-on experiments and microscope examinations, finding out how scientists are searching for life in our solar system, learning about the search for extra-solar planets, decoding alien messages, developing an alien species with its own unique planet and culture, and much more!

Visit this website after February 1 for online registration:

[http://www.kansas4-h.org/events/index.html](http://www.kansas4-h.org/events/index.html)

Registration will close March 22 at 11:59 p.m.
Upcoming Events

Feb 6—Dicamba Issues in Soybeans
Feb 7—WIBW Radio Farm Profit Conference
Feb 19—President’s Day (Office Closed)

ALSO INSIDE: Stay Strong Stay Healthy,
Walk Kansas, Ag Education,
and 4-H Livestock Tagging dates