**Knowledge for Life**

**Walk Kansas** is a team-based program that will help you and others lead a healthier life. Join this program and be active with friends and family, make better nutrition choices, and walk away your stress! Register Online at: [www.walkkansasonline.org](http://www.walkkansasonline.org)

**Join Walk Kansas**

**WALK KANSAS 2019**
**AN 8-WEEK HEALTHY LIFESTYLE CHALLENGE!**

Gather your team of six people by March 15!
Register online at www.walkkansas.org or by contacting your local K-State Research and Extension Office.

**MARCH 17 TO MAY 11**

**Start your journey toward a healthier life!**

Local K-State Research and Extension Office contact:
Tristen Cope
Family and Consumer Science & 4-H Extension Agent
Phone: 620-382-2325
Email: tcope@ksu.edu
Address: 202 S. 3rd Street, Suite A Marion, KS 66861
Engenia Training

March 5, 2019
9:30 – 11:30 AM
Hillsboro United Methodist Church
905 East D. Street
Hillsboro, KS

Guest Speakers
Rick Vrbas
Katie Straphman
(BASF Corporation)

Additional Topics Covered
- BASF Key Portfolio Brands for Corn Soybeans and Wheat
- 2019 Grow Smart Rewards Program (Pairing Brands)
- 2019 Grow Smart Financing through RABO and JDF

• FREE EVENT •
• 9:00 AM REGISTRATION •

Video of the Month: Improving Soil for Gardens
Consider calving in April: stress is minimized and forage/grass management may be optimized.

Supplement and feed cows to maintain or improve body condition prior to the breeding season (cows should be in moderate body condition by the start of the breeding season to maximize fertility).

For thin, young cows, consider feeding fat to improve rebreeding rates. Research indicates that when feeding about .4 lb/head/day of a plant source, fat can increase first-service conception and pregnancy rates (0—15%). Feeding fat can be effective both before and after calving. Consult your nutritionist.

Mineral supplementation should include greater levels of magnesium (intake should be between 15-30 grams/ head/day, or at least 11% of the mineral mix) for grass tetany prevention.

Plan: Make sure all supplies and semen are on hand prior to the breeding season. For natural-service programs assign yearling bulls to 10-15 cows, 2- and 3-year-old bulls to 20-25 cows, and older bulls to 25-40 cows. Breeding for 65 days should be long enough; less than 90 days is a key sign of good management. Some suggest the service capacity of a yearling bull (less than 24 months) is equal to his age in months at turn out.

Bulls should be in good body condition prior to the breeding season. Thin bulls can run out of stamina. Now is the time to make sure bulls are physically capable of performing for the upcoming summer breeding season. Breeding soundness examinations are recommended for all bulls!

Consider breeding heifers 3 weeks prior to the mature cow herd to give them a greater chance to rebreed.

Good fences make good neighbors. Summer pastures should have fences checked/repaired/replaced by now.

**Tractor Safety Operator’s Class**

**Saturday, March 16 - 8:30 a.m. - 4:30 p.m.**

PrairieLand Partners LLC

2401 E Northview, McPherson KS 67460

**PURPOSE OF COURSE & TEST:**

To provide teenagers with a fuller appreciation and awareness of needed safety practices around tractors and farm machinery. As well as provide 14 & 15 year old youth an opportunity to receive a tractor operator’s permit, required by the Child Labor Regulations in regard to agricultural hazardous occupations before they can be employed to operate a tractor.

**WHO MAY PARTICIPATE:**

14 & 15 year olds. Those completing the course and test will receive an operator’s certificate upon completion. Those who are 16 or older do not need an operator’s certificate, but are welcomed and encouraged to attend.

**SCHEDULE:**

Tractor & Farm Machinery Safety Instruction will be given from 8:30 a.m. — 4:30 p.m., Saturday, March 16. Classes will take place at Prairieland Partners LLC, 2401 E Northview, McPherson KS 67460.

**COST:**

$15.00 - made payable to the McPherson County Extension Council. Free lunch will be provided by Prairieland Partners LLC.

**ENROLLMENT:**

All participants will need to complete a registration form in order to participate. Youth must pre-register and pick up their manual prior to the class. Registration forms can be filled out or picked up at the Extension Office when picking up the manual.

**PRE-REGISTRATION FOR TRACTOR COURSE IS REQUIRED BY MARCH 11.**

to McPherson County Extension, 620.241.1523; email tregehr@ksu.edu
Garden Helpers
The Marion Community Garden is looking for volunteers for the 2019 gardening year! Contact the Office for more information: 620-382-2325

Don’t know how to work out? Want to try something new? Register for Walk Kansas and you will have the chance to try all of these Marion County activities for FREE: Water Aerobics, WERQ Hip-Hop, Yoga, and Lap Swim.

Register Online:
www.walkkansasonline.org

This incentive is only available for Marion County Walk KS Participants!

Don’t Forget to Stretch
Stretching is a form of exercise in which a specific skeletal muscle or muscle group is deliberately stretched to its fullest length in order to improve the muscle’s elasticity. Most endurance, strength, and balance exercises, naturally cause muscles to contract and flex—which is why regular stretching should be part of any exercise program. Stretching results in increased muscle control, range of motion and flexibility.

Information Derived From: University of Arkansas Publication FSFCS34, The Stay Strong Stay Healthy Program

EZ Does It Video Recipe of the Month: Pineapple Pork Chops
https://vimeo.com/album/4192370/video/216841367
StoryWalk®

The StoryWalk® is a chance to enjoy reading while taking a walk with family and friends!

Join Us for a FREE Marion County StoryWalk®!

Friday, April 5th 5:30-7:30 PM
Goessel Elementary School: Family Engagement Event

Tuesday, April 9th 5:00-7:00 PM
Hillsboro City Park (Library if Raining)

Wednesday, April 10th 5:00-7:00 PM
Peabody Park (Library if Raining)

Thursday, April 11th 5:00-7:00 PM
Marion City Park (Community Building if Raining)

Friday, April 12th 5:00-7:00 PM
Centre Elementary School

StoryWalk® Books: The Little Red Hen & From Head to Toe

Got Pain or Inflammation? Grab a Banana!

Playing sports or general exercising can cause pain and inflammation. Many reach for a sports drink or an over-the-counter drug for relief. But, what if there was a food that can help both issues?

Initial research conducted at the North Carolina Research Campus has found that Bananas eaten during exercise are equal to sports drinks and they contain metabolites that function like ibuprofen. Dopamine is one primary molecule that acts like a COX-2 inhibitor, but there are other compounds that are adding to this effect. They also found that banana peels contains 50 times more dopamine and could be incorporated into food products. More research is needed to verify these results.

Source: https://www.ncbi.nlm.nih.gov/pubmed/29566095
4-H Focus

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

4-H Council Meeting
Monday, March 11th
at 7:00 PM
Hillsboro United Methodist Church

Kansas Jr. Swine Producer Day
Saturday, March 9th
Manhattan, KS

Kansas Jr. Meat Goat Producer
Saturday, March 30th
Manhattan, KS
Visit our website for more information:
http://www.marion.k-state.edu/4-h/4HUpdate.html

Beef Tagging at the Spring Beef Show on Sunday, March 31 from 8:00-9:00 AM. All market steers & commercial heifers will need to be tagged. For the steers, the Spring Beef Show will serve as the beginning weight for our county rate of gain.

NOTE: There will be a $75.00 trip charge for tagging done at your own farm.

Sheep, Swine and Goat Tagging
Wednesday, May 1 - 6:00 p.m. - Marion County Fairgrounds
If your animals need tagged before May 1, bring them to Rickey at any time.

Sunday, March 31
@ the Marion Co Fairgrounds in Hillsboro
Visit our website for more details and registration information:
https://www.marion.k-state.edu/

Beef Tagging

4-H Fair Assistant
The Extension Office is currently seeking applicants to assist with the Marion Co 4-H portion of the Fair. The 4-H Assistant would help the office with tasks such as: Check-In Procedures, Assistance with Shows, Entering Results, Food Stand Assistance, and more. If you are interested, please contact the Extension Office!

Help Wanted
June 14-17: Join your friends for swimming, canoeing, horseback riding, and more nature-filled fun at the Rock Springs 4-H Center. **Rookie Camp** is available for those finishing 1st & 2nd grade this May. **Full Time Camp** is for those finishing 3rd - 7th grade. **Registration is due May 6.** The 4-H Endowment Fund is providing scholarships to all members! ($100 for Full Time Campers and $50 for Rookies) Do you enjoy kids, have lots of energy, and love the outdoors?! **Apply to be a camp counselor or an adult volunteer!**

More information and registration can be found on our website.

Check out our website for more information!

http://www.marion.k-state.edu/4-h/4HUpdate.html
Due to budget constraints, our office will no longer print and mail our monthly newsletters. Moving forward, our newsletters can be found on our website.

PLEASE CONTACT OUR OFFICE TO BE ADDED TO OUR EMAIL LIST

{ Upcoming Events }

March 4—Stay Strong, Stay Healthy Program Begins (M&Th)
March 5—Engenia Training
March 11—4-H Council Meeting
March 16—Tractor Safety Class
March 17—Walk KS Begins
March 23—4-H Multi-County Club Day
March 31—Marion County Spring Beef Show & Beef Tagging