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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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www.ksre.ksu.edu

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• 48 Hours of 4-H •

The weekend of October 7th was the 4th annual 48 Hours of 4-H Community Service Event. 4-H Clubs around the entire state of Kansas participated as they each chose a way to give back to their community. In Marion County, 4-H’ers enjoyed time spent together while painting the livestock barns at the County Fairgrounds. It was a great way to mingle while also freshening up the place for future events.
New Label Amendments & Guidelines for Dicamba Products used on Xtend Crops

The key changes to the Xtendimax, Fexapan, and Engenia product labels:

- All products will be classified as “restricted use”, permitting only certified applicators to purchase and apply or supervise the application of the products.
- Supplemental labeling will be incorporated into the regular labels, and application guidelines will be the same for all uses, including dicamba and non-dicamba tolerant crops.
- Applicators must complete dicamba or auxin-specific training prior to application.
- Requires more specific record keeping of applications, including checking for the presence of sensitive crops in the area.
  - Do not spray when wind is blowing in the direction of neighboring sensitive crops, including non-Xtend crops. More clearly states that this restriction includes non-Xtend soybeans and cotton.
  - Restricts applications to wind speeds between 3 and 10 mph. Reduced maximum wind speed from 15 mph in 2017 and prohibits all applications at less than 3 mph when temperature inversions are more likely to occur.
- Prohibits applications between sundown and sunrise. All applications prohibited during temperature inversions regardless of time of day.
- Restricts the maximum application ground speed to less than 15 mph, with 5 mph recommended on field edges.
- Thoroughly clean spray equipment before and after application. Must be documented.
- Use an approved buffering agent if the water source or tank mix components result in an acidic spray solution less than pH 5.

In addition, remember that AMS is not allowed with any of these products because it greatly increases the volatility of dicamba. Approved tank-mixes, adjuvants, spray tips, and maximum pressures are still presented at the corresponding websites for each respective product as listed below:

Xtendimax:  www.xtendimaxapplicationrequirements.com
Fexapan: www.fexapanapplicationrequirements.dupont.com
Engenia: www.engeniatankmix.com
Cull cows represent approximately 20% of the gross income of any commercial cow operation. Cull beef cows represent 10% of the beef that is consumed in the United States. The most recent “Market Cow and Bull Audit” has shown that the beef industry has made significant improvements in proper cow culling over the past 20 years. Nonetheless, ranchers need to make certain that cow culling continues to be done properly and profitably. Selling cull cows when they will return the most income to the rancher requires knowledge about cull cow health and body condition. Proper cow culling will reduce the chance that a cow carcass is condemned at the packing plant and becomes a money drain for the entire beef industry.

Is she good for another year? At cow culling time, producers often face some tough decisions. Optimum culling of the herd seems to require a sharp crystal ball that could see into the future. Will she keep enough body condition through the winter to rebreed next year? How old is the cow? Is her mouth sound so that she can harvest forage and be nutritionally strong enough to reproduce and raise a big calf? At what age do cows usually start to become less productive?

Keep in mind that additional restrictions may be implemented by state regulatory agencies.

**Proper Cow Culling is Important to Your Business**

*Written by: Glenn Selk*

There is still a great deal of debate in the scientific community about the degree of vapor drift that might be occurring from dicamba applications. Most of the new application guidelines are directed more towards minimizing physical spray drift vs vapor drift. The time–of–day restrictions are intended to help reduce applications during temperature inversions, which could result in greater off–target movement from both fine droplets and vapor. Be aware that the majority of problems seemed to occur from postemergence applications made after soybeans were emerged and during warmer conditions. Applications earlier in the season may help minimize off–target issues.

There is great variability in the longevity of beef cows. Records kept by a large cattle operation of Florida in the 1980’s show how productivity changes over the life of the beef cows. These large data sets, (19500 cows, and 14000 cows in two separate years) compared the average percentage of cows determined to be pregnant based on their age in years. (Source: 33rd Annual Proceedings of the Beef Cattle Short Course by the University of Florida Animal Science Department).

This data would indicate that cows are consistent in the rebreeding performance through about 8 years of age. A small decline was noted as cows aged from 8 to 10 years of age. However the most consistent decline in reproductive performance was noted after cows were 10 years of age. A steeper decline in reproductive performance was found as they became 12 years of age. In other words, start to watch for reasons to cull a cow at about age 8. By the time she is 10, look at her very closely and consider culling; as she reaches her 12th year, plan to cull her before she gets health problems or in very poor body condition.
Basic Parenting Classes

When: Tuesdays Nov. 7th-Dec. 15th
Time: 10:00-12:00
Where: Marion Community Building
Cost: $10 Per Session
Contact: Tristen Cope
Email: tcope@ksu.edu
Phone: (620) 382-2325

Refreshments and take-home resources are provided for each session!

Marion County Health Fair

Saturday, November 4th
8:00-11:00 AM
USD 408 Sports and Aquatic Center

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 are ineligible for Medicare or Medicaid through the government’s marketplace. Open enrollment will begin in October for these programs.

Contact Gayla, Department on Aging Coordinator, at 620-382-3580 to schedule your appointment.
Did You Know?
Many favorite holiday dishes such as: candied sweet potatoes, green bean casserole, and pumpkin pie begin with a healthy main ingredient. Foods such as apples, sweet potatoes, and green beans have great flavors of their own and are members of the healthful fruit and vegetable food groups.

The large amounts of fats and sugars added to those fruits and vegetables cause the dishes to become less healthful. Each gram of added sugar adds 4 calories to a recipe, and each additional gram of fat brings with it another 9 calories.

Cooking Healthy for the Holidays: KSRE Fact Sheet

Having a Canned Food Drive?
We Can Help!
Our K-State Research and Extension Office has helpful handouts for donating non-perishable items to build a healthy plate!

Contact Family and Consumer Sciences Agent, Tristen Cope to get your organizations copy!

Phone: (620) 382-2325
Email: tcope@ksu.edu

Guiltless Pumpkin Pie

Ingredients:
- 2 large eggs
- ¼ cup granulated sugar
- 1½ teaspoons pumpkin pie spice
- ¼ teaspoon salt
- 1 15-ounce can pumpkin
- 1 5-ounce can evaporated fat free milk
- Low-fat whipped topping and additional ground cinnamon

Directions:
1. Preheat oven to 350°F. Lightly grease or spray a 9-inch pie plate; set aside.
2. Place eggs in large bowl, beat with fork or whisk. Add sugar, pumpkin pie spice, and salt. Stir until well mixed.
4. Bake for 40-45 minutes - or until center is set.
5. Remove from oven and cool on wire rack. Serve immediately or refrigerate until serving time. If desired, add a spoonful of low-fat whipped topping to each serving and sprinkle with additional ground cinnamon.

Nutrition Information: One serving provides 80 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 90mg sodium, 19g total carbohydrates, 2g dietary fiber, 17g sugars, 2g protein.
Enroll Now!

Online enrollment system has opened for the new 4-H year. 4-H’ers can re-enroll and new members can enroll at this time.

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

If you are re-enrolling, login with 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. Community leaders and project leaders will have to reenroll. We would like to have this process completed by December 1.

Citizenship Washington Focus
June 14-25, 2018

Road trip across the USA stopping to see Philadelphia, Gettysburg, the Liberty Bell and more! Walk among places that have made history and places that are making news today. Visit Capitol Hill, government departments, historic sites, and memorials. Get a close-up view of political process through visits to Capitol Hill. Meet with the Kansas Congressional and Senate delegations to discuss legislative issues. Participate in workshops and assembly groups to learn life skills and discuss possible solutions to domestic and international problems.

Who: Youth 15-18 years old by January 1, 2018
Registration Deadline: January 15 or until 50 spaces are filled

Adults (21 years and older) interested in serving as a chaperone should complete the same application as the youth, online. Chaperones must be Volunteer Registered. There will be at least one adult chaperone for every 15 youth participants. There is no fee to be a chaperone.

http://www.kansas4-h.org/events/index.html
Have a cool photo you’ve taken and want to share? Send it to us! We would love to feature it online or in our next newsletter.

**Club Leader Check List**

- Remind members to complete online enrollment.
- Assist families with online enrollment as needed.
- Remind new leaders to turn in KS 4-H Volunteer Application.*
- Remind returning leaders and project leaders to complete and turn in Volunteer Renewal Form.*
- Have project leaders complete the Project Leader Agreement.*
- Plan club holiday party/community service.
- Complete program book and send a copy to the Extension office.
- Select 1 adult and 1 youth to serve on the Development Fund board.
- Encourage members and parents to volunteer for a county committee.
- Encourage 4-Hers, leaders and parents to read the monthly extension newsletter.

*All forms can be found on our website: [http://www.marion.k-state.edu/4-h/](http://www.marion.k-state.edu/4-h/)

**DUE by November 30:**

- Program books
- Meeting evaluation sign-up sheet
- Names of volunteers for county committees
- Names of Development Fund representatives

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4-H Calendar

**NOVEMBER**

- **5** Achievement Banquet
- **13** 4-H Council Meeting
- **17-19** KS Youth Leadership Forum (KYLFF), Rock Springs
- **17-19** KS 4-H Volunteers Forum, Rock Springs
- **25-29** National 4-H Congress, Atlanta

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*If your actions inspire others to dream more, learn more, do more, you are a leader.*

- John Quincy Adams
Upcoming Events

November 5: Extension Council Election & 4-H Achievement Banquet

November 10: Veteran’s Day—Office Closed

November 23-24: Thanksgiving Break—Office Closed

November 27: Extension Council Annual Meeting