Knowledge for Life

Not a Goodbye, But a “See You Later”

This past month we said farewell to one very special lady as Doris Winkler retired from the K-State Research and Extension Office. She began her career with KSRE in the summer of 1961 as the Office Professional. Over the course of 55+ years, Doris has trained several Extension Agents, answered countless questions, and more than likely helped you when you were in 4-H as a child.

Doris will be greatly missed from our office. We wish her the absolute best on her new life adventure!

Doris, thank you so much for your dedication and passion with 4-H and K-State Research and Extension!

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Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, contact Rickey Roberts, 620-382-2325.
The keys to successful lawn seeding are proper rates, even dispersal, good seed to soil contact, & proper watering. Evenness is best achieved by carefully calibrating the seeder or by adjusting the seeder to a low setting & making several passes to ensure even distribution. Seeding a little on the heavy side with close overlapping is better than missing areas altogether, especially for the bunch-type tall fescue, which does not spread. Multiple seeder passes in opposite directions should help avoid this problem.

A more serious error in seeding is using the improper rate. For tall fescue, aim for 6-8 lbs of seed per 1,000 square feet for new areas & about 1/2 as much for overseeding or seeding areas in the shade.

Kentucky bluegrass is much smaller seed; less is needed for establishment. Use 2-3 pounds of seed per 1,000 square feet for a new lawn & half that for overseeding or shady areas. Using too much seed results in a lawn more prone to disease & damage from stress. The best way to avoid such a mistake is to determine the square footage of the yard first, then calculate the amount of seed. Using too little seed can be detrimental & result in clumpy turf.

Establishing good seed to soil contact is essential for good germination rates. Slit seeders achieve good contact at the time of seeding by dropping seed directly behind the blade that slices a furrow into the soil. Packing wheels then follow to close the furrow. The same result can be accomplished by using a verticul before broadcasting the seed, & then verticuting a second time.

Core aerators can also be used to seed grass. Go over an area at least three times in different directions, & then broadcast the seed. Germination will occur in the aeration holes. Because those holes stay moister than a traditional seedbed, this method requires less watering.

If the soil has been worked by a rototiller, firm the soil with a roller or lawn tractor & use light hand raking to mix the seed into the soil. A leaf rake often works better than a garden rake because it mixes seed more shallowly.

Water newly planted areas lightly, but often. Keep soil constantly moist but not waterlogged. During hot days, a new lawn may need to be watered three times a day. If watered less, germination will be slowed. Cool, calm days may require watering only every couple of days. As the grass plants come up, gradually decrease watering to once a week if there is no rain. Let the plants tell you when to water. If you can push the blades down & they don't spring back up quickly, the lawn needs water. Once seed sprouts, try to minimize traffic (foot, mower, dog, etc.) until the seedlings are a little more robust & ready to be mowed. Begin mowing once seedlings reach 3-4 inches tall.

- By Ward Upham

KSU Beef Stocker Field Day
September 21 in Manhattan
9:30 AM Registration
10:00 Introductions
10:30 Beef Cattle Outlook
11:15 Producer Panel- Implementing Cover Crop
12:15 PM BBQ Brisket Lunch
1:15 Setting Calves up for Success this Fall
2:15 Different Intensive Early Stocking Strategy for Optimized Marketing Opportunities
3:30 Breakout Sessions including: Proper Dosing at the Chute, Why Vaccines Sometimes “Seem” to Fail, Stocker & Backgrounding Budgets, and Cover Crop Decision Tool.
5:30 Cutting Bull’s Lament 2017
End the day with a Prairie Oyster Fry & Call Hall ice cream!
$25 PRE Registration due Sept 15.
For complete details & registration, visit www.KSUbeef.org
What Beef Producers Should Be Thinking About...

Cowherd Management
- Given unforeseen weather and market price volatility, price byproducts, grains and other feedstuffs on a per nutrient basis.
- Do you have sufficient harvested forage to encounter a potentially severe winter feeding season? Conduct an inventory of harvested forages and determine if you have an adequate supply on hand.
- Pregnancy check.
- Cull cows because of:
  - Open.
  - Late vs. Early calving.
  - Soundness—udder, feet/legs, eyes, teeth, disposition
  - Productivity—Most Probable Producing Ability (from herd performance records).
  - Disposition.

- Body Condition Score
  - Provide thin cows (body condition score 3’s & 4’s) extra feed now. Take advantage of weather, stage of pregnancy, lower nutrient requirements, and quality feedstuffs.
  - If body condition scores warrant it, you may want to start feeding supplements in late October to mature cows using these guidelines:
    - Dry grass: 1.5-2 lb supplement/day of a 40% CP supplement
    - Dry grass: 3-4 lb supplement/day of a 20% supplement
    - Dry grass + 10 lb good nonlegume hay, no supplement needed
  - Utilize crop residues. Grazing crop aftermath can reduce daily cow costs by 50 cents or more.

- Strip graze or rotate fields to improve grazing efficiency.
- Average body condition cows can be grazed at 1 to 2 acres/cow or 30 days assuming normal weather.

Calf Management
- Wean calves:
  - Reduce stress. Provide a clean, dust-free, comfortable environment.
  - Provide balanced nutritional program to promote weight gain and health.
  - Observe feed and water intake. Healthy, problem free calves have large appetites.
  - Observe calves frequently, early detection of sickness reduces medical costs and lost performance.
  - Vaccinate calves & control internal/external parasites through veterinary consultation prior to weaning.
  - Vaccinate all replacement heifer candidates for brucellosis if within 4-10 months of age.
  - Use implants and feed additives to improve efficient animal performance.

- Select replacement heifers which are:
  - Born early in the calving season. This should increase the number of yearling heifers bred during the early days of the subsequent breeding season.
  - Daughters of above average producing cows. Performance traits are moderately heritable traits.
  - Of the proper frame size to compliment desired mature size and weight.
  - Structurally correct. Avoid breeding udder, feet, and leg problems into the herd.

- Vaccinate replacement heifers with first round of viral vaccines.

- Plan replacement heifer nutrition program so that heifers will be at their “target weight” (65% of their mature weight) by the start of the breeding season.

-Tips by Dale Blasi, Extension Beef Specialist
Financial Preparedness
“Take the Challenge”

We’ve had drought, wildfires, a spring blizzard and flooding in Kansas this year and it’s only August. If your home or office was affected by a disaster, would you have an accurate record of what you lost? Would you easily know who to report it to and how to reach them?

Prepare Kansas 2017, an online challenge to all Kansans and others available through the K-State Research and Extension Facebook page, will provide tips to guide you through steps to be more prepared to handle emergencies. We will also share information, links, and resources here. That can make recovery smoother and faster.

Prepare Kansas will run through September to coincide with National Preparedness Month, coordinated by the Federal Emergency Management Agency.

Information Derived From: Dr. Elizabeth Kiss

Have you ever had a chance to put yourself in another individual’s shoes? Gray for a Day is a Program that brings awareness to sensory declines that comes with age or sometimes diseases.

The Program encourages participates to “age” in impairing gear and partake in daily tasks that would reflect ones daily challenges with a sensory decline.

Gray for a Day is designed for adolescents to adults. If you are interested in this Program, please call the Extension Office!

Did You Know?
The top selling item in America that was sold during Amazon Prime Day was an Instant Pressure Cooker!

Need the gauges of your Pressure Cooker checked? Stop by the Extension Office!
Back to School: Food Safety

Heading back to school can bring on several new challenges. Don’t let your family’s meal be one of them! Follow the tips below for food safety when packing meals:

**Packing Tips**

- If the lunch/snack contains perishable food items like luncheon meats, eggs, cheese, or yogurt, make sure to pack it with at least two cold sources. Harmful bacteria multiply rapidly so perishable food transported without an ice source won’t stay safe long.

- Pack lunches containing perishable food in an insulated lunchbox or soft-sided lunch bag. Perishable food can be unsafe to eat by lunchtime if packed in a paper bag.

- If packing a hot lunch, like soup, chili or stew, use an insulated container to keep it hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Tell children to keep the insulated container closed until lunchtime to keep the food hot - 140 °F or above.

- If packing a child’s lunch the night before, parents should leave it in the refrigerator over night. The meal will stay cold longer because everything will be refrigerator temperature.

**Storage Tips**

- If possible, a child’s lunch should be stored in a refrigerator or cooler with ice upon arrival. Leave the lid of the lunchbox or bag open in the fridge so that cold air can better circulate and keep the food cold.

**Eating and Disposal Tips**

- Pack disposable wipes for washing hands before and after eating.

- After lunch, discard all leftover food, used food packaging, and paper bags. Do not reuse packaging because it could contaminate other food and cause foodborne illness.

Information Derived From: Foodsafety.gov
**You’re Invited!**

**48 Hours of 4-H Service**

**Date:** Sunday, Oct. 8th
**Time:** 2:00 p.m.
**Place:** 4-H Fairgrounds
**RSVP By:** Oct 2

Plan to work on projects until 5:00 PM. After, we will roast hot dogs and enjoy a potluck meal. 4-H Council will provide hot dogs, drinks & paper ware. Families are asked to bring side dishes.

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**Check It Out!**

The Kansas 4-H Foundation is pleased to present leadership training classes in partnership with the Kansas Leadership Center. If you are a 4-H parent, volunteer, alumni or agent, this training is for you!

**Class Dates:** October 13, 20, or 27th

If you are interested in attending this free training, contact the extension office today!

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**Marion County Fair**

And just like that, another Marion County Fair is in the books!

What a great week we had building memories, friendships, and life skills. This year, we had over 1,122 exhibits pre-entered, and over 889 exhibit at the Fair! What an awesome turnout!

It takes everyone to pull off an event as large as a fair, and we are truly blessed with some of the best 4-Hers, Leaders, Parents, Volunteers, and Sponsors!

The Extension Office would like to send a “BIG Thank You” to each of you who volunteered your time or resources during Fair Week. We could not have done it without your help!

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**4-H Officer Training and 4-H Council Meeting**

Monday, September 25th

Officer’s Training — 6:30 p.m.
4-H Council — 7:30 p.m.
Hillsboro United Methodist Church
From our Archery Program: Charlie Peters, Aden Nickel, Hayleigh Mendoza, Alexandria Stuchlik, Landry Duerksen, and Mia Duerksen have qualified for the Kansas State 4-H Archery competition in Topeka.

From our Shotgun Program: Logan Oborny, Jessica Saunders, and Rope Uhl have qualified in the State Shotgun Shoot in Trap, Skeet, and Sporting Clays. Samantha Saunders qualified in Skeet and Sporting Clays, and Tanner Stuchlik qualified in Trap and Sporting Clays.

Good Luck to each 4-Her in their respective disciplines!

Livestock Judging

A big CONGRATULATIONS! to Emily & Madeline Meier, Devon & Morgan Gaines, and Charlie Peters for representing Marion County in the State 4-H Livestock Judging Contest. The team finished 17th out of 43. Individually, Emily finished 15th out of 208, and is now qualified to try out for the Kansas All Star Livestock Judging Team that will represent Kansas at the National 4-H Contest in Louisville. Good Luck Emily!

Record Books

It’s that time of year again!!!! Books and Pin Applications will be due in the Extension Office by October 4 at 5:00 p.m.

Be sure to check with your local community leader to find out YOUR club deadline! Your club leader will look at your KAP’s as well as your pin applications before submitting them.

Pin Applications and KAP forms can be found on our web page:

http://www.marion.k-state.edu/4-h/forms/index.html

Achievement Night

Date: Sunday, November 5

Time: 6:00 p.m.

Location: Marion Community Center

Celebrate the many achievements of our 4-H youth and leaders!

More info to come!
Upcoming Events:

**September 4th:** Labor Day, Office Closed

**September 7th:** Kansas State Fair Project Drop-Off

**September 8th-15th:** Kansas State Fair

**September 25th:** 6:30-7:30 p.m. Officer Training
7:30-8:30 p.m. 4-H Council Meeting

**October 2nd:** 4-H Open Enrollment

**October 4:** 4-H Record Book Due

Prefer to receive newsletters by email? Let us know!