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The Marion County Extension Office would like to say thank you to the many supporters and dedicated volunteers that make our programs successful.

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- Tri-County Agriculture Economic Workshop Series
- K-State Corn Production & Soybean Production Schools

www.ksre.ksu.edu

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
Agriculture and Natural Resources

Tri-County Agriculture Economic Workshop Series
Kansas State Research and Extension
Dickinson County, Marion County, Flint Hills District

All events held in:
Herington Community Center, 810 S. Broadway

Grain Marketing Strategies
January 20th, 2016
Cost: Free (register by Jan 17th)
8:45 to 12:00 a.m.
Dr. Daniel O’Brien will speak on trends in the grain markets, top performing strategies of past grain marketing, and future market expectations.

Understanding Your Production Cost
January 30th, 2017
Cost: Free (register by Jan 25th)
8:45 to 12:00 a.m.
Dr. Doug Shoup will discuss how to use best management practices to control variable costs.
Dr. Gregg Ibendahl will explain how to use farm management guides to understand production cost.

Risk-Assessed Marketing
February 13th, 2017
Cost: $5 (register by Feb. 8th)
9:00 a.m. to 3:30 p.m.
Dr. Art Barnaby and Dr. Dan O’Brien will lead a detailed conversation on how to survive the current low commodity prices with forward contracts, revenue insurance, and grain storage. This workshop will utilize a case study so participants can work through a real marketing example.

To register, contact your local office.

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Sponsors

K-State Research and Extension
Marion County
A series of three K–State Corn Production Management Schools will be offered in early January of 2017 to provide in–depth training targeted for corn producers. The schools are primarily sponsored by Kansas Corn Commission and Pioneer. The one–day schools will cover up–to–date and specific corn topics: on–farm research, high–yielding corn production practices, weed control, soil fertility, and price and market perspectives. Schools will be followed by a tour.

**Jan. 9 – Wichita** – Drury Plaza Hotel Broadway Wichita, 400 West Douglas Ave.

**Contact Information:**
Zach Simon, Sedgwick County Extension, zsimon@ksu.edu, 316-660-0153
Ryan Flaming, Harvey County Extension, flaming@ksu.edu, 316-284-6930
David Kehler, Butler County Extension, dkehler@ksu.edu, 316-321-9660

Lunch will be provided courtesy of the sponsors. There is no cost to attend, but participants are asked to pre–register before or by January 6.


You can also preregister by emailing or calling the nearest local Research and Extension office for the location you plan to attend.

A series of three K–State Soybean Production Schools will be offered in late January 2017 to provide in–depth training targeted for soybean producers and key stakeholders. The schools will be held at three locations around the state.

The one–day schools will cover a number of issues facing soybean growers: weed control strategies; production practices; nutrient fertility; and insect and disease management.

The dates and locations of the K–State Soybean Production Schools are:

**Jan. 26th – Hesston**, AGCO building, 420 W. Lincoln Blvd

**Contact information:**
Ryan Flaming, Harvey County Extension, flaming@ksu.edu, 316–284–6930

Lunch will be provided courtesy of Kansas Soybean Commission. There is no cost to attend, but participants are asked to pre–register by Jan. 19.

Online registration is available at: [K–State Soybean Schools](http://bit.ly/KSCORNSchools)

You can also preregister by emailing or calling the nearest local Research and Extension office for the location you plan to attend.
While the Weather is Cold....

Think about taking care of important paperwork and projects such as reviewing insurance policies, getting important tax papers together, doing a household inventory and/or estate planning work. K-State has worksheets to help. Just give us a call at the extension office.

Holiday Spending—Does it have you feeling sick?

By the time many read this newsletter, much of the holiday spending will have already taken place. January is a good time to begin thinking about budgeting for the next year if using credit without being able to pay the bill in full was how things were paid for this holiday season.

Referring to publication MF3307 at the K-State Research and Extension online bookstore titled *Spend Some, Save Some, Share Some: Family Budgeting*, author Dr. Elizabeth Kiss asks the questions “What is your vision of the ‘good life’? Do you want to be in control of your spending rather than being controlled by it? Do you crave peace of mind that an emergency or rainy day fund could provide? Are you looking forward to retirement but are not sure if you can ever afford to stop work?” She calls this *Budgeting and Vision for the Future.*

Dr. Kiss encourages planning for the future, using that vision. Start working towards goals using a spending plan. If you are not sure where you are spending, track expenses for a few months. If you would like help, please contact the office.

Free expert help is just a phone call away. **888-995-HOPE™ (4673)**

Making Home Affordable is a program of the U.S. Department of the Treasury and the U.S. Department of Housing and Urban Development to help those who are struggling making their mortgage payment. Homeowners are encouraged to call the number for more info or look at [https://www.makinghomeaffordable.gov/pages/default.aspx](https://www.makinghomeaffordable.gov/pages/default.aspx) for more information. Some of the programs can help those with rental homes as well, but not all programs are available in Kansas.

Need help navigating the Market Place website for health insurance? Give us a call!
Do you ever get that “need-something-NOW” feeling in your stomach? As we head into the holiday season, when there is a greater abundance of sweet treats, it’s important to have healthy snacks on hand, such as fresh fruit or vegetables, low-fat cheese sticks, or nuts. Keeping fruit and veggies cut and ready to eat make them even more convenient to reach for. In fact, why not make fruits and veggies your choice when it’s time to BRING snacks to your holiday gathering.

Nuts are also a good choice as they are a great source of protein as well as unsaturated fats, a type of fat known to help protect against heart disease! Most nuts, including peanuts, pecans, walnuts and almonds, boast high amounts of heart-healthy fat, as well as other important nutrients. Nuts are very calorie dense, so keep your portion small: about 28 peanuts, 20 pecan halves, 23 almonds, 14 walnut halves, or a small palm full. While they are healthy, it’s important to not go completely nuts.

*Courtesy of K-State Research and Extension’s Healthy Worksite Wellness group—Denise Sullivan, FCS Agent, author*

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**Getting Ready for the Holidays Can Be Healthy!**

**Calories Burned per Hour**

- Wrapping gifts/writing holiday cards 150
- Dressing for a party (from shower to shoes) 160
-Trimming the tree 160
- Caroling 180
- Cleaning house (dusting, mopping, vacuuming) 180
- Grocery shopping 240
- Dancing at a party 270

*Chart courtesy of Texas A & M Extension*

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January is Kansas Radon Action Month. If you haven’t tested your home in recent years, consider purchasing a test from our office. Radon is prevalent in most of Kansas, including Marion County.

According to the Environmental Protection Agency (EPA), extended exposure of radon is the second leading cause of lung cancer. Under 2pCi/L is hard to mediate, but above that can be done. The average range in Marion County is 4 pCi/L. Please see http://www.kansasradonprogram.org/home for more info or call the extension office.
As you know, our local club day is going to look different this year. We are collaborating to provide a local and multi-county event all in one day. Mark your calendar to join us in the morning of Feb. 4th at Chisolm Trail Middle School in Newton.

More info will be coming soon via e-mail.

2017 Kansas 4-H Ambassador Training

The 2017 Kansas 4-H Ambassador Training will be February 24-25 at Rock Springs 4-H Center. Even though Marion County doesn’t have a specific ambassador program, any 4-H member in the 8th—12th grades may attend.

There will be six exciting workshops and a keynote speaker. Cost is $109 which covers all educational sessions, breakfast, lunch, break, and one night lodging at Rock Springs 4-H Center.

Registration deadline is February 9, 2017 using Cvent registration system.

Visit: http://www.kansas4-h.org/events/index.html

Southeast Leadership Forum
Saturday, January 21, 2017
Anderson Building, Emporia KS
Fairgrounds

This is an event that will help create leadership skills. This event is open to youth ages 12 to 18. Registrations will begin at 9:30 a.m. and the program will begin at 9:45 a.m. with small group gatherings followed by classes. The afternoon will include one class session, small group gatherings and a guest speaker. Closing is at 2:30 p.m.

Cost per person is $20 and includes materials, snacks and lunch.

Registration deadline is January 10, 2017. Register online through the Dvent Online system. You must make payment to the extension.

Love to BBQ? This Reality Show Could be for You!

Jennifer Sternberg, Senior Casting Associate, for Kids BBQ Championship is currently casting kid cooks for this reality show. She is seeking talented grill masters from around the country, for a chance to win a grand prize.

For more information and how to apply, please visit www.JSCasting.com or email Jennifer at jsternberg@jscasting.com

(Info sent from state 4-H office)
Kansas 4-H Day with Wildcat Women’s Basketball—Saturday, February 11, 2017
K-State vs Iowa State  1:00 p.m.
Join 4-H’ers from all around the state at this fun event. Group ticket rate of $20 per person, youth or adult, includes ticket, a game T-shirt and $7 meal voucher to use at the main concession stands at the game. 4-H and non 4-H families welcome to attend.
Online registration for this event will be due January 17, 2017. No paper registrations will be accepted. All orders must be paid by a credit card. To register go to: http://tinyurl.com/2017kae4ha

Horsemanship Panorama
January 27-29, 2017
Rock Springs Center
Horsemanship Panorama is a compilation of various contests related to the horse project. There will also be educational activities for 4-H’ers of all ages. Please go to www.kansas4-h.org for schedule, contest rules and registration. Registration deadline is January 15. This form must into the extension office by January 12th as we must complete the process. Fees are due at the time of registration.

State Scholarship Applications
Are you a current 4-H member and high school senior? Consider applying for a state 4-H scholarship. Form can be found at:www.marion.ksu.edu Due IN the State 4-H Office by February 1st.

Citizenship in Action
February 19-20, 2017
Topeka, Kansas
Citizenship in Action is an opportunity for youth to learn about the legislative process, and for legislators to see the positive impacts of 4-H. Any youth 13-18 years old before January 1, 2017 is able to attend. Cost is $170. Registration is due online by January 15, 2017. Visit http://www.kansas4-h.org

National Festival of Breads Contest
Kansas 4-H’ers...Do you like to BAKE? Put your creativity and baking skills to the test...enter your original quick bread or yeast bread recipes online and you could win a CASH prize! www.NationalFestivalofbreads.com Entry deadline for the 2017 National Festival of Breads baking contest is January 16, 2017. Be sure to use Red Star Yeast and King Arthur Flour in your recipe.

Kansas Junior Swine Producer Day
Saturday, March 11, 2017
Weber Arena, Kansas State University
Early Registration Due—February 22, 2017
Early Registration Fee—$15/person

Kansas Junior Meat Goat Producer Day—March 25, 2017
Weber Arena, Kansas State University
Early Registration Due—March 3, 2017
Early Registration Fee—$15/person
Upcoming Events:

January 2    Office Closed
January 20  Grain Marketing Strategies—Herington Community Center
January 21  Southeast Leadership Forum—Emporia
January 30  Understanding Your Production Cost—Herington Comm. Center
February 13  Assessed Marketing—Herington Community Center