We are in search of a Family and Consumer Science Agent for our county. Please refer anyone who might be interested to http://www.ksre.k-state.edu/jobs/current_openings/index.html

Looking for a Marion County Fair 4-H Food Stand Manager. Please contact Rickey for more information.
Mid America Farm Expo — Salina
March 28, 29, 30, 2017
Bicentennial Center and Saline County Livestock & Expo Center, 900 Greeley St.
Salina, KS
Expo Hours—9 am—5 pm, March 28 & 29
9 am — 4 pm, March 30

Tuesday, March 28
Fine Tuning Your Cover Crop Program
10 am—11:30 am; 4-H Building
Weed Control
1:30—3 pm; 4-H Building

Wednesday, March 29
Training Cattle to Excel
10—11:30 am; 4-H Building
Cattle Handling
1:30—3 pm; Agriculture Hall

Thursday, March 30
Livestock and Grain Market Outlook
10—11:30 am; 4-H Building

Free parking, free admission

Prescribed Burn Meeting
March 16, 2017

Location:
Harvey County Fairgrounds
4-H Building
800 West 1st
Newton, KS

6:00 PM — Meal
7:00 PM — Program
Cost: $5.00 person—Pay at the door
Cash or check only
Please pre-register by March 14-noon
K-State Research & Extension
Harvey County
Ryan Flaming, Ag Agent
Ph: 316-284-6930
Email: flaming@ksu.edu

Prescribed Burning has long been used as a tool to control weeds and boost the value of land.

Dusty Tacha, from the USDA, will talk about using fire for weed & brush control.

Walter Fick, Professor of Agronomy at Kansas State University, will talk about the nutrient boost you get from burning pastures.
Mud and Cattle Growth

A slow, soaking timely rainfall works wonders for forage and crop growth. Fertile prairie soil mixed with ample moisture makes mud. Mud roads make rural travel a difficult endeavor. Muddy fields make fertilizing, spraying, and harvesting crops almost impossible. Mud doesn’t just affect cars and crops. Excessive mud can decrease cattle performance by reducing intake levels and increasing nutrient demands.

Research studies have tried to get a handle on the effects of mud on cattle in chilly weather conditions. Research performed in Nebraska looked at the effects of various depths of mud on feeder cattle. The table below from Beef Feeder, August, 1991, “A Sure Cure To Sure Footing” from the University of Nebraska Institute of Agriculture illustrates the potential loss of gain from muddy environments.

<table>
<thead>
<tr>
<th>Mud Depth</th>
<th>Potential Loss of Gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Mud</td>
<td>0%</td>
</tr>
<tr>
<td>Dewclaw</td>
<td>7%</td>
</tr>
<tr>
<td>Shin Deep</td>
<td>14%</td>
</tr>
<tr>
<td>Below Hock</td>
<td>21%</td>
</tr>
<tr>
<td>Hock Deep</td>
<td>28%</td>
</tr>
<tr>
<td>Belly Keep</td>
<td>35%</td>
</tr>
</tbody>
</table>

For every move upwards to a major physiological landmark in mud depth feeder cattle potentially forfeit 7% of gain capacity. For me, I appreciate this methodology. It is easier to visualize mud dewclaw deep on a pen of steers than three inches of mud.

This research was performed on feeder cattle in a feedlot setting. The concept can be applied to all classes of cattle though. Yearlings in a grow yard, weaned calves on wheat pasture, cows loitering in a mucky winter feeding site, and bulls in a soggy grass trap can all succumb to reduced performance due to limited mobility, reduced dry mater intake, and increased nutrient demands. All because of mud.

Soil pH and Liming

Many Kansas soils require periodic applications of ag lime, or other materials, for optimum crop production. Liming has several beneficial effects: 1) it reduces harmful or potentially toxic conditions which can develop in acid soils, especially aluminum toxicity; 2) it increases the availability of some nutrients; 3) it replaces the supply of calcium and magnesium essential for plant growth (these nutrients are depleted as soils become acid); 4) it ensures favorable conditions for the activity of certain herbicides such as atrazine; and 5) it provides a suitable environment for microbial activity.

Crops are impacted differently by soil acidity. In Kansas, wheat is one of the most acid-tolerant crops we grow, while alfalfa is one of the least acid tolerant. The measured impact of soil pH and acidity on corn, soybeans and wheat yield is summarized in the table below:

<table>
<thead>
<tr>
<th>Soil pH</th>
<th>Corn</th>
<th>Soybeans</th>
<th>Wheat</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.5</td>
<td>89</td>
<td>82</td>
<td>37</td>
</tr>
<tr>
<td>5.0</td>
<td>94</td>
<td>90</td>
<td>97</td>
</tr>
<tr>
<td>5.5</td>
<td>97</td>
<td>96</td>
<td>97</td>
</tr>
<tr>
<td>6.0</td>
<td>100</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>6.5</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Benefits of Healthy Eating:

- Proper nutrition promotes the optimal growth and development of children.
- Healthy eating helps prevent high cholesterol and high blood pressure and helps reduce the risk of developing chronic diseases such as cardiovascular disease, cancer, and diabetes.
- Healthy eating helps reduce one’s risk for developing obesity, osteoporosis, iron deficiency, and dental caries (cavities).

Credit: CDC, Amanda Church

Though the above talks directly about children, it is never too late to make healthier choices. Some diseases can be reversed! Adding exercise such as walking and lifting light weights, proper sleep and stress management all lend to overall better health. Exactly the advice we got when we were younger.

10 Tips: Be a Healthy Role Model for Children

You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it’s easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1. Show by example
   Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2. Go food shopping together
   Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3. Get creative in the kitchen
   Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve “Janie’s Salad” or “Jackie’s Sweet Potatoes” for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4. Offer the same foods for everyone
   Stop being a “short-order cook” by making different dishes to please children. It’s easier to plan family meals when everyone eats the same foods.
10 Tips: Be a Healthy Role Model for Children (continued)

5. **Reward with attention, not food**
Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras” — such as candy or cookies — as replacement foods.

6. **Focus on each other at the table**
Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time. This is a no (cell) phone zone!

7. **Listen to your child**
If your child says he or she is hungry, offer a small, healthy snack — even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”

8. **Limit screen time**
Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

9. **Encourage physical activity**
Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child — instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.

10. **Be a good food role model**
Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

These tip are taken from the My Plate website. Looking for a neat game to play with your young ones? Check out the Grocery Store Bingo Game at: https://www.fns.usda.gov/sites/default/files/tn/Bingo_508.pdf

For the past two years over 2.5 million (2014) and 3 million (2015) consumer complaints were filed with the Federal Trade Commission (FTC) (FTC.gov). National Consumer Protection Week, March 5-11, 2017, is designed to help residents in our communities understand their rights as consumers and to help them be informed when making consumer decisions. The Office of the State Bank Commissioner of Kansas recently joined as a partner for America Saves Week with the Kansas Saves Campaign. The Commissioner’s office takes complaints against companies and individuals who “extend credit or engage in other financial related activities” (http://www.osbckansas.org/consumers/index.html). Please help spread the word about consumer safety and how to file consumer complaints when needed.

Cleaning out your spice rack or have an empty spice bottle? Please donate them lids/labels (do NOT wash out) to the extension office for a 4-H Sensory Event in the summer!
Multi-County 4-H Club Day

Thank you club day participants and helpers for taking the time to participate at the Multi-County 4-H Club Day. There was 47 entries, 16 first blues, 10 multi county champions.

Top winners in the FCS judging were:
- Junior Division—Tie—Micah Carlson & Ruby Shaver; Tie—Alexandra & Daniel Rziha
- Intermediate—Hanne McDermott, Olivia Carlson, Landon Roberts
- Senior Division—Brooke Nafziger, Cecilia Rziha, Addie Berens

Beef Exhibitors

Please note the new date for Marion County Spring Beef Show—Sunday, March 26. There will also be a clipping demonstration the evening before. Go to marion.ksu.edu for all the details and entry forms.

Also, beef tagging will be held Friday, March 10 beginning at 5 pm. All market steers and commercial heifers will need to be tagged. The tagging will take place at Hillsboro Animal Clinic.

4-H Photography Workshop

“Ingredients for Photo Success”
Sunday, March 19, 2017
Auburn Community Center, Auburn KS
Photo Judging Contest 11 am-1 pm
Workshops from 1 to 4 pm
Registration due March 11, 2017 No Refunds
Registration fee is $5.00 per person.
For more information go to: kansas4-h.org/projects and click photography

A 4-H Judges Workshop will be held at Hutchinson on Tuesday, April 25, 2017 at Our Redeemer Lutheran Church, 407 East 12th St.
Hosted by Reno & Harvey Counties.
Registration will be 3:30—4:00 p.m. with 2 sessions offered. Session I will be 4-5:30 pm and Session II—6:30-8:00 pm. Supper will be served between sessions—5:30-6:30 Cost is $14 if postmarked by April 17; $20 if postmarked after April 17
Meal and all handouts included in the registration cost.
Sessions on foods, photography, posters & displays, crops & flowers, arts & crafts, talks & demonstrations an horticulture & herbs.
Registration information can be found at www.reno.k-state.edu/4-h/ or call Reno County at 620-662-2371
Oz-Some 4-H Camp Information

Camp Counselors Wanted
If you are currently a 9th grader or older, we need YOU! Camp counselors are 9th through 12th graders (preference given to older youth). Camp will be June 10-13. Counselor applications are available at the Extension Office and on our website.

All counselor applicants must attend the Counselor Training on June 9 at Rock Springs and they must complete the Volunteer Screening process.

4-H Camp
Four action-packed days await 4-H’ers ready for exploring Rock Springs 4-H Center, June 10-13. Meet new and old friends to enjoy swimming, canoeing and horseback riding when you sign up for 4-H camp. All 4-H members and their friends who have completed 3rd-7th may attend. The cost is $222. Scholarships will be $100 which will be deducted when you register.

4-H Rookie Camp
Come one—come all 1st and 2nd graders for an overnight camp. There will be two rookie camp sessions-June 10-11 and June 12-13. Enjoy swimming, plus other Rock Springs activities. The cost of camp will be $107. Scholarships will be $50, which will be deducted when you register.

REGISTRATION NEWS—All registrations for camp will be done ONLINE this year! This will include registration information, scholarship paragraph for 4-H members, health profile and payment by credit card or electronic check. Registration is now open. Registration website is tinyurl.com/ozsome Deadline for registration is May 1, 2017. We will be sending out more camp information. Be checking your email.

Help Wanted!!
We are searching for a food stand manager during the Marion County Fair. If you know of someone that might be interested, please let us know. This is very important as the food stand is the primary fund raiser for 4-H Council.

Marion County 4-H Development Fund Scholarship
Applications are due April 1. Go to our website to 4-H Youth Development, then forms to find the application.

Sheep, Swine and Goat Tagging
A few changes to the small animal tagging. This year there will be only one tagging date. That date is Wednesday, May 3 beginning at 6:00 p.m. at the Marion County Fairgrounds. If you need to have your animals tagged before that, you can bring them to me any time. New this year, if you need me to come tag at your farm, that can be arranged, but there will be a $75 trip charge. As always, any questions?? shout at Rick.

PQA — PQA is now an online process. It is for youth, ages 8-19 years old. This is still required for all youth who show hogs, but rather than sitting through another of my classes, simply point your web browser to www.pork.org — click on certification then under youth PQA plus, click on program details—then click on certify online now. If you have any questions or problems, let me know.

State 4-H Sewing Camp
May 30-June 2—Justin Hall, KSU Manhattan Registration is now open to 13-18 year old 4-H members with sewing experience.
Upcoming Events:

3/10  4-H Beef Tagging
3/11  Kansas Junior Swine Producer Day
3/16  Prescribed Burn Meeting—Harvey County Fairgrounds, 4-H Buildng
3/19-May 13  Walk Kansas
3/19  4-H Photography Workshop, Auburn Community Center
3/26  Marion County Spring Beef Show