Knowledge for Life

48 Hours of 4-H

Many county 4-Her’s, parents, and leaders participated in the state wide service weekend by collaborating with the Marion PRIDE group to work on the landscaping and plants in the Marion City Park.
**Fall control strategies for marestail in soybeans**

Herbicide effectiveness on marestail depends largely on the stage of growth and size of the plants. Marestail generally is most susceptible to herbicides when it is small and still in the rosette stage of growth. Once marestail starts to bolt and exceed 4 to 6 inches tall, it becomes very difficult to kill with most herbicides. Since marestail can germinate throughout much of the year, a single herbicide application probably will not provide season-long control, particularly in no-till.

The most effective marestail control program should start with fall treatments, especially in fields with a history of marestail problems or fields that we can see now with adult plants setting seed. A number of different herbicides can be applied in the fall for marestail control ahead of soybeans, such as 2,4-D, dicamba, Clarity, Sharpen, Canopy EX, Autumn Super, or Valor XLT. The addition of glyphosate helps control grasses and other broadleaf weeds, and can even help on glyphosate-resistant marestail.

Fall applications can be effective even into December as long as applications are made to actively growing weeds during a stretch of mild temperatures. In fact, for fall applications, it may be better to wait until November to allow most of the fall-germinating winter annuals to emerge.

A residual herbicide such as metribuzin-, Valor- or Classic-containing products (unless the marestail is ALS resistant) can be added to help control marestail through winter and early spring. But don’t expect a residual herbicide applied in the fall to provide good residual weed control through the spring and summer of the next year. If a fall treatment isn’t made, early spring treatments in March to early April should be applied to help control fall-germinated marestail.

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**Doug Shoup, Southeast Area Crops and Soils Specialist**

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**Perennial Garden Clean-up**

Fall is traditionally a time for cleaning up gardens. Normally, we recommend clear-cutting dead stems to help control insect and disease problems. With herbaceous perennials that have been pest free, you might want to consider leaving some to provide structure, form, and color to the winter garden. For example, ornamental grasses can be attractive even during the winter months. But those near structures should be cut to the ground because they can be a fire hazard. Perennials with evergreen or semi-evergreen foliage can provide color. Of course, some perennials are naturally messy after dormancy and should be cut back in the fall.

**Preserving Garden Tools**

Hoes, shovels and other common garden tools often have wooden handles that can deteriorate over time. Storing tools in a protected location can slow that process, but normal use will still expose the tools to the elements. The end of the season is a good time to clean up and protect the handles so they will last for many years. Weathering can raise the grain of wood, resulting in splinters. A light sanding can smooth the handle. Follow that with a light application of wood preservative, linseed oil or polyurethane to protect the wood. Wipe off any excess after a few minutes as oil-based products can attract dirt. Cleaning any dirt off metal parts and coating with a light application of oil can prevent rust. Good tools are expensive. A few minutes of care after the season is over can help preserve them for many years to come.
**Management Minute** – Chris Reinhardt, Ph.D., Extension Feedlot Specialist

“Define Quality”

What makes a quality employee and team mate? Work ethic, intelligence, and integrity would likely all come to mind for most of us. But what about how a person contributes to the workplace environment? Mentoring of newer or younger team mates? How about creative problem solving skills? Any others?

I was recently asked to serve as a work reference for a colleague and was forced to consider all the many ways this person contributes to our organization. This provided me with an opportunity to define, or re-define, what it means to be a “quality employee”.

This person in question has all the “tangibles”, but also all of the “intangibles” as well. This person is what my baseball-loving friend would call “a five-tool player: can run, can field, has a good arm, and can hit for both average and for power.”

Billionaire business tycoon Warren Buffet is quoted as saying something to the effect of, “When hiring we look for integrity, intelligence, and work ethic. But if they don’t have integrity, we hope they’re also stupid and lazy or else they’ll rob us blind!” I guess the point is, as much as we all want to have 5-tool players, integrity may be the single greatest asset for an employee to possess. If there’s integrity, a person who lacks experience can be taught, and even a person who may not be intelligent can be taught some useful skills.

People with a high level of integrity do their best to get their job done to the best of their ability, but they also look for additional ways to contribute. They go outside their job duties to look for ways to make the organization better. They intentionally strive to make those around them better at their job and happier in the workplace and in their personal life.

In short, the high-integrity person is worth more to the organization than we can probably afford to pay them. If we have one, we need to hold on tight; they just don’t come along every day. For more information, contact Chris at 785-532-1672 or cdr3@ksu.edu.

**What Producers Should be Thinking About in December.....**

**Beef—Tips by Dale Blasi, Extension Beef Specialist—Cow herd management for spring-calving cows**

- In late fall and early winter, start feeding supplement to mature cows using these guidelines:
  - * Dry grass — 1-2 lb. per day of a 40% crude protein (CP) supplement
  - * Dry grass — 3-4 lb. per day of a 20% CP supplement
  - * Dry grass — 10 lb. good nonlegume hay, no supplement needed

- Compare supplements based on cost per pound of nutrient.
- Utilize crop residues.
- Strip-graze or rotate cattle to improve grazing efficiency.
- Cows in average body condition can be grazed 1-2 acres per cow for 30 days, assuming normal weather. Available forage is directly related to grain production levels.
- Limiting nutrients are usually rumen degradable protein, trace minerals and vitamin A.
- Control lice.

**General management**

- Document your cost of production by participating in Standardized Performance Analysis (SPA) programs.
- Review management decisions; lower your costs per unit of production.
- Check your financial management plan and make appropriate adjustments before the end of the year.
Kale, rich in vitamin K, vitamin A and calcium, is a cabbage that doesn’t form the typical head. When purchasing, look for dark colored, small to medium leaves. Try to use within 3-5 days of purchase as the flavor tends to become stronger and more bitter as kale ages. Storing in an open or perforated bag will help keep it fresher in the refrigerator. Wash only when ready to use, as wet leaves will speed up spoilage.

One recommended way to wash is to fill a large bowl with cool water. Swish leaves in the water, then allow them to soak and float to the top. Once the dirt has settled to the bottom, take leaves off the top, dump and replace water, and repeat process until no dirt settles.

Kale can be blanched and frozen for up to one year. Fresh or frozen, kale can replace spinach in many dishes. Try blending some into your favorite smoothie.

Senior Health Insurance Counseling Available

Open enrollment for Medicare Part D is October 15-December 7. Free counseling assistance is available at the extension office or the Marion County Department on Aging. Please call to make your appointment.

Keys to Embracing Aging

Starting November 16th, we will be starting a monthly lunchtime series on the “Keys” at the Peabody Senior Center. Please contact Renae at the office for more information.

November is American Diabetes Month.
If you have not had routine blood work done with your doctor in a while, come to the Marion County Health Fair on November 5, 8am-11am at the Marion Sports and Aquatic Center.
College Borrowing Responsibly

Dr. Melissa Leiden Welsh, CFCS, CPFFE, University of Maryland, offers the following information in her Extension.org personal finance student loan fact sheet:

1. Student loan debt should be proportional to projected earnings as a graduate.

2. Shop around for schools. Make sure you look at different types of post-secondary schools and understand ALL the costs.

3. Complete a Free Application for Federal Student Aid (FAFSA)...the gateway to federal loans and a guide schools use to award financial aid.

4. Understand the financial aid awarded from each school. Get educated on any loans offered and understand you are promising to pay them back.

5. Make sure you know the potential career earnings specific to the field of study. (Do your homework, this is an investment)

6. Only borrow what you truly NEED for tuition, books and education supplies. (Housing might need to be a part of this too). Make a spending plan.

7. Don’t choose a school due to a friend’s enrollment

8. Keep a running total of the loans and keep your contact info current with the lender.

9. Check your credit report annually to look for unauthorized “action”. If for no other reason, this might help spot identity thief. (Using www.annualcreditreport.com, a person could check three different times per year for free, provided they do a search on only one provider (Equifax, Experian or TransUnion) each time.

10. Graduate on time and when it is time to repay loans, pay on time. Credit reports are used more and more even when credit is not being asked for...such as rent (usually paid up front), insurance and employment potential.

Once again, the season for more illnesses is upon us. Below is a reminder on washing hands effectively. The Extension Office is available to provide hand washing activities, including germ lotion/black light demonstrations to groups of all sizes and ages. For schools, we also have a rapid handwashing technique to show. If this is of interest, please contact Renae.

Recently, a group of Marion Assisted Living employees participated in a 1 hour in service called Gray For a Day. It brings awareness to potential age or disease related sensory declines...providing participants with a different perspective on what it feels like to do daily tasks. This program is designed for adolescents to adults. Call the office for more information.
Achievement Night

Date: Sunday, November 6
Time: 6:00 p.m.
Location: Marion Community Center
Cost: $3.00

Gather with other 4-H families as we celebrate the many achievements of our 4-H youth and leaders. Meat, drinks and table service will be provided. 4-H families are asked to bring potluck foods. Tickets are available from your community leaders.

Kansas Youth Leadership Forum

3.2.1. Blast Off Into Leadership
November 18-20, 2016
Rock Springs 4-H Center

Come and build your leadership skills and potential through workshops, inspirational speakers, delegate groups and more.

Open to all youth 14-18 years old before January 1, 2017. Regular registration is $245, October 16-November 1. Scholarships are available from Marion County 4-H Council. Registration is online at www.kansas4-h.org

ATTENTION!

4-H Online Enrollment

Online enrollment system opened up for the new year on October 1st. 4-H’ers can re-enroll and new members can enroll also.

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

If you are re-enrolling, login to 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.

Club Leaders & Project Leaders!

Returning project and club leaders need to complete the Volunteer Service Renewal form and turn it in to our office by November 15.

New project leaders need to complete the Volunteer Service application. These forms can be found at:

www.marion.ksu.edu
Citizenship Washington Focus
June 15—June 26, 2017

This is an exciting opportunity for youth, age 15-18 years of age by January 1, 2017 to travel with Kansas 4-H members from across the state to Washington, D.C. There are 50 spaces available for this trip. Applications will be accepted until January 15 or until the spaces are filled; whichever occurs first.

For more information, go to:
www.kansas4-h.org

Calling All 4-H Clubs....

Take a look at ‘4th H for Health Challenge’ at http://www.healthykidshub.org/. Click on the video under 4-H to see more about the challenge. This challenge takes place as a part of your club meetings. Don’t wait too long to decide as one part of the challenge takes nine meetings.

Please contact Renae if you have questions, wish to have more ideas of how to meet the challenge, or to see how she can help. Do let her know if you take the challenge as we will keep up to date on progress.

Project Help/Selection

We know that success in 4-H is enhanced with project help. If you know a 4Her that is enrolled in a project that doesn’t have a leader in your club, refer them to the extension office for help. I’ve had the chance to help a few families this fall. Whether I had the knowledge to help or was able to direct them to someone with the knowledge those conversations went well. So if you know a 4Her that needs project help please give them our number.

Photos Courtesy of the Gaines Family
Upcoming Events:

November 3  Medicare Part D Counseling—Hillsboro (Contact SR Center for appointment)
November 5  Marion County Health Fair—8 am-11 am—Marion Sports & Aquatic Center
November 6  Marion County Extension Council Election—5 pm—Marion Community Center
November 6  4-H Achievement Night—6 pm—Marion Community Center
November 15  Medicare Part D Counseling—Goessel (Contact Dept on Aging)
November 16  Medicare Part D Counseling—Peabody (Contact SR Center for appointment)
November 29  Medicare Part D Counseling—Hillsboro (Contact SR Center for appointment)