

MAY 2015
Volume 10 #5

BELLEVILLE OFFICE
1815 M Street
Belleville, KS
66935-2242
Phone: (785) 527-5084
rp@listserv.ksu.edu

CLAY CENTER OFFICE
322 Grant Avenue
Clay Center, KS
67432-2804
Phone (785) 632-5335
cy@listserv.ksu.edu

CONCORDIA OFFICE
811 Washington—Suite E
Concordia, KS
66901-3415
Phone: (785) 243-8185
cd@listserv.ksu.edu

WASHINGTON OFFICE
214 C Street—Courthouse
Washington, KS
66968-1928
Phone: (785) 325-2121
ws@listserv.ksu.edu

Check us out on the Web at:
www.rivervalley.ksu.edu

Plan To Attend
Senior Consumer Fraud



Friday, May 1
1:30 - 3:00 p.m.
Apollo Towers Dining Room
330 West Court
Clay Center, KS
Presented by Adrian Serena
Kansas Assistant Attorney General

Sponsored by
Clay County Wellness Council
River Valley Extension District, K-State Research & Extension
In Cooperation with Clay County Task Force

Everyone Invited

For more information Contact
Deanna Turner
River Valley K-State Research & Extension at
785-632-5335



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 John Forshee, Director, River Valley Extension District #4, 322 Grant Avenue, Clay Center, KS 67432. Phone 785-632-5335.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.

GET INTO THE ACT MAY IS OLDER AMERICAN MONTH

Celebrate how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others during Older Americans Month. This annual event dates back to 1963, when President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month, honoring older Americans and celebrating their contributions to our communities and our nation.

In 1963, only 17 million living Americans had reached their 65th birthday. Now 10,000 baby boomers turn age 65 every year. In 1963 about a third of older Americans lived in poverty and there were few programs to meet their needs.

Older Americans Month is encouraged and supported by the federal Administration on Community Living (ACL). This year's theme, *Get into the Act*, is in honor of the upcoming 50th anniversary of the Older Americans Act. Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country. Thank Older Americans for all they have done for the community and for you. They deserve a big THANKS! People over Age 65 & Older are a wealth of information-

14% of Kansans are age 65 and older according to the 2013 Census. In the River Valley District counties, men and women age 65 and older in 2013 made up almost one-fourth of the population.

Clay County- 21.5%

Cloud County- 20.9%

Republic County- 27.3%

Washington County- 23.7%

River Valley Men and Women Age 65 & Older Average- 23.3% of the population.

Register on MyMedicare.gov

Go on the Medicare web site and register on MyMedicare.gov It will provide you online information with all your Medicare claims and benefits. It allows a beneficiary to track health care services received.

Registered users can:

- View most recent Medicare Summary Notice (MSN) – which are being redesigned – review for errors
- Check Part B deductible status
- View eligibility information
- Track available preventative services
- Find Medicare health or prescription drug plans

ATTEND THE 2015 KANSAS SAMPLER FESTIVAL MAY 2ND & 3RD

Explore what there is to see, do, taste, and learn in Kansas. Enjoy this event close to home! Bring your family and friends!

WHERE: Wamego City Park, 406 E. 4th St., between Fourth & Sixth Streets, east of Ash Street & west of Plum

WHEN: Saturday, May 2, 2015, 10 a.m.-5 p.m.
Sunday, May 3, 2015, 10 a.m.-4 p.m.

COST: Adult admission, \$5. Children 7-12, \$3. Children under 6, free. Week-end pass-\$8 adults; \$4 children

WHO: More than 150 communities (of 626 incorporated) in the state are represented. They come from every corner of the state and every size attends from the smallest rural town to the largest metro area.

WHAT: Primarily this is a travel show to educate the public about what every corner of the state has to offer. Kansas made products are showcased and sold in one tent and scattered throughout other tents. Kansas entertainers and historic performers take the stage at different venues. Food vendors sell Kansas, ethnic, or specialty foods.

WHAT TO EXPECT: Expect tent after tent of exhibitors placed in geographical regions promoting tourism attractions. Food booths and entertainment stages are placed around the grounds. There are little pockets of surprises such as a row of historical performers, someone on a stump asking Kansas questions, artists at work, a petting zoo, blacksmith demonstrations and who knows what else.

WEB SITE: For more information visit the Kansas Sampler website: www.kansassamplerfestival.com

TOOLS FOR RELEASING STRESS

Try some of these techniques to relieve stress this spring!

Taking a walk or exercising

Being with children

Watching a movie

Writing in a journal

Music-playing the piano or singing

Playing with your pet

Get a massage or manicure

Laughing

Sewing or crafts

Deep breathing for relaxation

Praying

Dancing

Reading a book

CONGREGATE MEAL SITE MEALS

Food, fellowship, and fun are enjoyed at the congregate meal sites in the River Valley District. The sites coordinated by the Area Agency on Aging serve well-balanced, nutritious, and delicious meals. They improve the lives of men and women age 60 and older.

Older Americans pay a suggested donation for the meals. Some sites have music before the meal and other activities at the Senior Center. Call the meal site in your area for details. A friendly meal site director will answer your questions. Participants call in by a certain time to reserve a meal for that day. Try it! You will like the fellowship, food, and laughter!

Area Agency on Aging meal sites in the District counties of Clay, Cloud, Republic, and Washington are:

Clay Center

Clay County Friendship Meals

330 West Court Street, Clay Center, KS 67432

785-632-5767

Leisure Center

803 5th St. Clay Center, KS 67432

785-632-5397

Concordia

Concordia Senior Center

109 West 7th St., Concordia, KS 66901

785-243-1872

Belleville

Golden Bell Haven

1401 17th St., Belleville, KS 66935

785-527-5760

Clifton-

Senior Citizen Center

113 East Parallel St., Clifton, KS 67432

785-455-3525

Hanover-

Kloppenber Senior Center

512 E. North St., Hanover, KS 66945

785-337-2521

Washington-

Friendly Corners

100 B St., Washington, KS 66968

785-325-3231

HOME DELIVERED MEALS AVAILABLE, TOO

Meals on Wheels delivers a hot, nutritious noon meal each weekday to homebound people age 60 years and over who cannot cook for themselves. Each meal provides 1/3 of the recommended daily allowance of nutrients. Meals are low salt. They are prepared daily from menus certified by a dietitian and are delivered by a team of dedicated volunteers.

Meals on Wheels delivers much more than just a well-balanced meal. It also delivers:

- A friendly face— Volunteers enjoy delivering meals, and meal recipients enjoy the daily contact with those volunteers. For some, the Meals on Wheels volunteer may be the only person a homebound person might see each day.
- Peace of Mind— Children, other family members, and friends of homebound persons rest assured that if they cannot check up on their loved one each day, the Meals on Wheels volunteer makes sure that everything is all right.
- Independence— Meals on Wheels allows these people to remain in their own neighborhoods rather than in assisted living facilities or nursing homes. It allows them to remain as independent as possible for as long as possible.

Call the location closest to you to sign up for Meals on Wheels. A suggested donation is requested for Meals on Wheels to cover the cost of food.

SO YOU WANT TO BE A FOODS JUDGE

Do you love to bake? Do you enjoy kids and the county fair? Would you like to make a little extra money in the summer? If you answered yes to any of these questions than maybe you should consider becoming a food judge. It's not hard and you probably know more than you think you do. The River Valley District is hosting a foods judges training and you may want to attend. Maybe you're a 4-Her or a 4-H parent that has always wondered what exactly judges are looking for. If that is the case then a foods judges training might be just what you need also!

The judges training will be held on Thursday, May 28th in Clay Center at the 4-H Conference Center at the Clay County Fairgrounds. The evening will begin at 5:30 with a light supper prior to the training. The training will be conducted by Karen Blakeslee who runs the Rapid Response Center at Kansas State University and who judges every year at the state fair. Karen will show you what to look for and how to look for food safety issues. Participants are asked to bring a baked item that will be used to demonstrate proper judging techniques. Cost for the training is \$5.00 per participant that will cover the cost of supper and materials. We are asking participants to pre-register so that we have enough food for supper and a variety of baked goods to be judged. You can pre-register by calling the Belleville Office at 527-5084 or emailing Gina Aurand at gaurand@ksu.edu.

MAY IS ASPARAGUS MONTH



Asparagus is very versatile vegetable that can be enjoyed a variety of ways. Asparagus is a good source of vitamins A and C as well as being high in folate. You should select stalks that are dry with tight tips. Do not pick limp or wilted stalks. If you are going to store asparagus wrap the ends of the stalks in a damp paper towel and place it in a plastic bag. You can store it in the refrigerator this way for up to four days. You can enjoy

pieces of it raw in salads or dipped in hummus. Try shaking it in olive oil with a little sea salt and roasting it at 400 degrees for 20 minutes.

YOGURT COVERED SNACKS NOT NECESSARILY A BETTER CHOICE

Yogurt covered snacks like pretzels and raisins are something to be careful of if you are choosing them because you think they are a healthier option. In most cases the yogurt coating is predominately sugar and fat, with very little if any yogurt. Some even claim to be covered in Greek yogurt which wouldn't make them any healthier. For example a popular brand of yogurt pretzels contains 7 grams of saturated fat in an 8 piece serving. It contains 200 calories and 40 milligrams of calcium which is only 4 percent of your daily calcium need. A better choice would be plain low-fat or nonfat yogurt which has as much as 450 milligrams of calcium per cup. Top it with your favorite fresh fruit to add flavor and fiber

HELP YOUR FAMILY GATHER YOUR FAMILY HEALTH HISTORY

Conditions such as cancer, heart disease, and diabetes often run in families. Tracing the illnesses of your parents, grandparents, and other blood relatives can help your doctor predict your risk for specific disorders. It could suggest vital screening tests and treatments before any disease is evident. That's why it's so important to discuss your family's health history. The U.S. Surgeon General has an online tool called, *My Family Health Portrait* at <https://familyhistory.hhs.gov>. This tool can help you gather and record your family health history. It allows you to save family information to your computer and share it with other family members. This tool is available in several languages.

This information can be valuable to all family members and future generations. Take a few minutes to record your family history and talk to others in the family to get the most accurate health picture. Your family will thank you.

BEWARE OF PERSONAL CARE PRODUCTS CLAIMS

If you see the terms "hypoallergenic" or "dermatologist tested" on healthcare products like shampoo, soap, or cosmetics, keep in mind these are just marketing terms. There are no official standards or definitions for these terms. That means they can stand for whatever the company wants them to mean. In the 1970's the FDA tried to regulate the term hypoallergenic and require substantiation for such claims, but cosmetic companies successfully challenged this in court. A recent study in the *Journal of Allergy & Clinical Immunology* analyzed 187 products marketed as hypoallergenic and found that 89 percent of them contained at least one chemical known to cause allergic skin reactions in sensitive people. Some of the products even contained five or more allergens. Many of the allergens are preservatives or fragrances. If you have allergies do not rely on label claims when selecting these items.

MENOPAUSE-RELATED SYMPTOMS? TAKE STEPS TO PROTECT YOUR BONES

If you have menopause-related hot flashes or night sweats, you should take extra steps to protect your bones. According to a recent study in the *Journal of Clinical Endocrinology & Metabolism* women who had these symptoms tended to be at increased risk for osteoporosis. The study included thousands of women ages 50 to 79 that enrolled in the Women's Health Initiative. Those who reported moderate or severe symptoms had lower bone density than symptom-free women. These women were also more likely to have a hip fracture over the eight years of follow up. If you suffer from these menopause symptoms be sure to consume adequate calcium and Vitamin D; do weight-bearing exercise; and don't smoke or consume more than moderate amounts of alcohol. You may also want to consider getting a bone density test done.

IS YOUR ELECTRONIC DEVICE INTERFERING WITH YOUR SLEEP?

A Harvard study that was published in the *Proceedings of the National Academy of Sciences* in January showed that devices such as tablets, computer monitors, or smartphones emit blue light which can increase alertness and suppress production of the sleep-facilitating hormone melatonin. When participants read on these devices for four hours before bedtime, they had lower melatonin levels, were less sleepy, had more trouble falling asleep, spent less time in restorative REM sleep, and were less alert the next morning when they read a printed book. Some previous research found similar problems with shorter use. If you read on a light-emitting device and have sleep problems, limit its use at night or at least dim it as much as possible.

University of California, Berkeley Wellness Letter Vol. 31 Issue 8

STRENGTH TRAINING HELPS LIMIT AND PREVENT ABDOMINAL WEIGHT

Abdominal fat increases the risk of cardiovascular disease, diabetes, and many other disorders, especially if it's deep fat surrounding organs. In a large study of healthy male health professionals published in the journal *Obesity* in February, those who increased the time they spent lifting weights by at least 20 minutes a day over a 12 year period averaged smaller gains in waist size (which is a measure of abdominal fat) than those who similarly increased daily aerobic exercise. Not surprisingly, men who spent more time being sedentary (notably watching TV) had the biggest gain in waist size. To get the most benefit in terms of body composition and overall health, do both strength and aerobic training, which is standard fitness advice.

University of California, Berkeley Wellness Letter Vol. 31 Issue 8

QUICK CLEANING TIPS

With families' schedules as busy as they are, it's hard to find the time to keep things as clean as you'd like. Check out these quick cleaning tips from the Soap and Detergent Association:

Sponges: Sponges are handy for cleaning up messes. But, they get dirty and need to be cleaned regularly too. An easy way to do this is in your dishwasher. Keep several sponges on hand and rotate using them. As soon as your dishwasher is empty, tuck a dirty sponge into the silverware basket so that the next time the dishwasher is run, the sponge will get cleaned. If the sponge is too large or you don't have a dishwasher, soak it in $\frac{3}{4}$ cup of chlorine bleach and 1 gallon of water. Rinse and let air-dry.

Hand-held vacuum cleaners: While handy for quick crumb cleanups, be sure to empty the dirt receptacle and dump the crumbs into the trash after each use and brush off the filter. (Otherwise, you'll be providing the food crumbs an ideal nesting area for germs to flourish!)

SAY AHhh...

A smart thing to teach your child is to open his mouth, stick out his tongue, and say "Ahhh".

This trick will make going to the doctor easier and is helpful when you want to see what your baby put in his mouth. To teach your child to say "Ahhh", open your mouth wide and stick out your tongue. Your child will learn by copying you.



CHORES AND CHILDREN

It's good for children to have some chores around the house. When delegating chores, parents need to be sure the chores are appropriate for the age and skill-level of the child. Of course, a child needs to know how to do the chore! Teaching a child the skills needed to complete the chore is the parent's responsibility. Demonstrate how the chore should be done and be careful not to expect perfection the first few times the child carries out the task. If a child is setting the table, he must first observe how it is properly done. Keep the chore simple to begin with and gradually make the task more difficult while keeping your verbal instructions clear and simple. For instance, "please clear off the table" may not have the same results as "take the plates over to the countertop by the sink".

PARENT/CHILD COMMUNICATION

One way to get a child of any age to talk is to ask the right question in the right way.

A closed-ended question usually calls for a yes or no answer and may cut off the conversation. Some closed-ended questions ask the child to agree with the parent "Don't you think you should put that away?" These types of questions can seem like an accusation.

Open-ended questions, however, usually begin with where, when, what, who, which, or how. They tend to keep conversations going because they ask for information regarding the child's opinion, activities, feelings, etc. A good example of an open-ended question is, "What did you like best about school today?"

CO-PARENTING AGREEMENT

Parenting with a partner you're no longer with is, at best, difficult. There are probably many issues you disagree on, but hopefully, you agree that you want your child to have the best and happiest childhood possible. In order to reach this goal, both parents should agree to:

- *Treat the child as a child and not as a spy or pawn.
- *Do not use the child as a messenger.
- *Speak positively about the other parent.
- *Encourage the child to love both parents.
- *Talk about adult problems with other adults---not the child.
- *Pay child support on time.
- *Encourage & support the child's visit with the other parent.
- *Treat the other parent with respect and courtesy.

CHILDCARE PROVIDER CLASS

K-State Research & Extension Child Development Specialist Bradford Wiles will present “Emergent Literacy” to child care providers on Monday evening, May 11 from 6:30-8:30 p.m. at the Belleville Public Library.

Wiles will discuss how providers can make reading more fun, engaging, and beneficial for the child’s overall development.

The free class will provide 2 hours of KDHE approved credit. Pre-registration is required to the RVD-Concordia office at (785) 243-8185 by Wednesday, May 6.

“TOGETHER WE CAN” PARENTING CLASS

Being a parent is a tough job. Adults parenting alone, couples who have a child together, but don’t share a household, and anyone who genuinely wants to improve his/her parenting skills is invited to attend the free series of “Together We Can—Creating a Healthy Future for Our Family”.

The classes will be held from 11:45 a.m. to 1:00 p.m. on Tuesdays, June 9, 16, 23 and 30 in the 4-H building located on the fairgrounds in Belleville.

This is during the summer children’s free lunch program. Adults attending the parenting classes will have their lunches provided by the Republic County Resource Council.

The “Together We Can” classes include much opportunity for discussions on topics such as communication, parenting challenges and responsibilities, financial accountability, etc. Incentives will be given for class attendance.

Pre-registration is required by Tuesday, June 2 by calling either the River Valley—Concordia Office at (785) 243-8185 or the Domestic Violence Association at (785) 243-4349.

BABYSITTING 101

Youth aged 12 and older are invited to attend one of the babysitting clinics that the River Valley Extension District is sponsoring this summer.

“Babysitting 101” will be offered in Clay Center in the River Valley Extension office meeting room Friday, May 29 and at Belleville’s Astra Bank on Thursday, June 4. Both classes will be from 9-noon.

Topics we will cover include safety, children’s ages & stages, activities, snacks, basic first aid, etc.

Pre-registration is requested by calling one of River Valley Extension offices one week prior to the scheduled training. (Youth younger than 12 may attend at the discretion of the parents.)

SELLING AT A FARMERS MARKET? KNOW THE REGULATIONS!

Farmers Markets are growing in popularity across the nation and many operate in communities across the River Valley District. Whether it is produce fresh from the home garden, grandma’s apple pie, or farm fresh eggs, one must know the regulations before becoming a Farmers Market Vendor.

Foods allowed at Kansas farmers markets without licensing might include home baked goods; fresh, uncut fruits and vegetables; honey; or dry baking mixes.

Foods allowed with proper licensing might include such things as dairy products; milk; raw meat and poultry; ready-to-eat potentially hazardous foods such as burritos, egg rolls or grilled hamburgers; or naturally fermented canned foods such as sauerkraut.

Some foods must be sent for testing in order to be sold at a farmers market. These might include such things as pepper jams and jellies; salsa; barbeque sauce; or chocolate candies.

If a vendor chooses to provide food samples then the proper food safety protocol must be followed to do so. This would include offering the samples at no charge; providing a proper handwashing station; maintaining proper food temperature; and using appropriate tools for dispensing samples.

All these regulations and best management practices can be found in the Fact Sheet MF3138 (revised January 2015), Food Safety for Kansas Farmers Market Vendors: Regulations and Best Practices. The bulletin was developed specifically for Farmers Market Vendors by K-State Research and Extension and the Kansas Department of Agriculture

Contact John Forshee at the River Valley Extension—Clay Center office at 785-632-5335 for more information or for a copy of the Fact Sheet.

REMOVE BLOSSOMS ON NEWLY PLANTED STRAWBERRIES



Spring-bearing strawberry plants that were set out this spring should have blossoms pinched off. New plants have a limited amount of energy. If blossoms remain on the plants, energy that should go to runner development is used to mature fruit instead. Plants that are allowed to fruit will eventually produce runners, but those runners will not be strong enough to produce a good crop of berries the following year. For an adequate strawberry plant population and a good crop next year, early runner development is necessary. Early runners will produce more strawberries than those forming later in the season.

Newly planted ever-bearing plants also should have fruits removed for the first 4 to 6 weeks after planting, so they develop a strong root system.

STERILIZE YOUR CONTAINERS BEFORE SPRING PLANTING

It's about that time of year to get container gardens started and K-State Research and Extension Horticulture specialist Cheryl Boyer recommends sterilizing containers to help minimize the carryover of diseases and mineral deposits. Here are the steps:

1. Get a container larger than your pots that you can fill with water. Scrub it out with dish detergent and rinse before use.
2. Gather all of your pots, dish detergent, bleach, a scrub brush and maybe a putty knife or steel wool. Gloves and work clothes might not hurt either.
3. Fill the container with water and add dish detergent. While soaking each pot, scrub the inside and outside, removing the mineral buildup. If there are still rough sections, use a knife or steel wool to smooth the areas.
4. After all pots have been cleaned, dump the water and detergent mix and rinse well. Fill the cleaning container with water again and add bleach to make a 10% bleach solution (9 parts water, 1 part bleach).
5. Soak each pot for a minimum of 10 minutes in the bleach mixture. This will ensure that each pot is disinfected. Lay the pots out to dry and go buy your plants and potting soil!

JUNE IS THE TIME TO FERTILIZE WARM-SEASON GRASSES

June is the time to fertilize warm-season lawn grasses such as bermudagrass, buffalograss, and zoysiagrass. These species all thrive in warmer summer weather, so this is the time they respond best to fertilization. The most important nutrient is nitrogen (N), and these three species need it in varying amounts.

Bermudagrass requires the most nitrogen. High-quality bermuda stands need about 4 lbs. N per 1,000 sq. ft. during the season (low maintenance areas can get by on 2 lbs.). Apply this as four separate applications, about 4 weeks apart, of 1 lb. N per 1,000 sq. ft. starting in early May. The nitrogen can come from either a quick- or slow-release source. Plan the last application for no later than August 15 so the bermudagrass is not overstimulated, making it susceptible to winter-kill.

Zoysiagrass grows more slowly than bermudagrass and is prone to develop thatch. Consequently, it does not need as much nitrogen. In fact, too much is worse than too little. One and one-half to two pounds N per 1,000 sq. ft. during the season is sufficient. Split the total in two and apply once in early June and again around mid-July. Slow-release N is preferable.

Buffalograss requires the least nitrogen of all lawn species grown in Kansas. It will survive and persist with no supplemental N but giving it 1 lb. per 1,000 sq. ft. will improve color and density. This application should be made in early June. For a little darker color, fertilize it as described for zoysiagrass but do not apply more than a total of 2 lb. N per 1,000 sq. ft. in one season. Buffalograss tends to get weedy when given too much nitrogen. Slow-release N is preferable.

CARPENTER BEES IDENTIFICATION & CONTROL

Although carpenter bees look much like bumblebees, they are easy to identify if you know what to look for. Bumblebees have hairy abdomens that are usually yellow and black. Carpenter bees' abdomens are shiny blue-black. Carpenter bees are solitary (do not form colonies) and are nonaggressive unless provoked. Only the female possesses a stinger. The male may act aggressive and "dive-bomb" to scare intruders from the area but is actually harmless.

Carpenter bees get their name from the ability of the female to bore into wood. Holes are about a half-inch in diameter and may be 6 inches deep. The female then builds six to eight cells off the main tunnel and lays an egg in each of the cells. The developing larvae in the cell feed off of "bee bread" (pollen and nectar) regurgitated by the female bee. Larvae become adults by late August and September, but do not emerge until the following spring.



Individual holes may not cause much damage, but cumulative effects of numbers of bees can weaken structures. Prevention may be achieved by sheathing the undersides of rafters in open sheds. Painting wood surfaces also makes them less attractive to bees but stains seem to have little effect. One may want to consider filling open holes to help prevent reinfestation.

Insecticides can be used to treat openings. Sprays and dusts are both effective but sprays may only last for 1 to 2 weeks and require retreatment. Dusts are most easily applied with a puffer duster. It is best to treat near sundown when the bees have returned to their tunnel.

2015 FAIR DATES RIVER VALLEY EXTENSION DISTRICT

It is hard to believe but summer and county fair season is just around the corner. Extension Offices and Fair Boards are busy preparing for the sights, sounds, and smells that bring kids of all ages out to the county fair. Whether it is the bright lights of the Ferris Wheel, the smell and taste of a funnel cake, the opportunity to pet an animal, or the competition of the show ring or foods judging, the county fair truly offers something of interest to everyone.

County Fair Dates across the District are:

Washington County Fair:	July 14-18, 2015
Clay County Free Fair:	July 15-18, 2015
Cloud County Fair:	July 21-25, 2015
NCK Free Fair, Belleville:	July 27-August 1, 2015

Most fair books will be out in late May to early June, but start planning now to participate in your local county fair.

**NON-PROFIT
U.S. POSTAGE PAID
WASHINGTON, KS
PERMIT NO. 3**

**RIVER VALLEY DISTRICT
“2015 UP-COMING MEETINGS & EVENTS”**

DATE	TIME	PROGRAM	LOCATION
May 1	1:30-3pm	Senior Consumer Fraud Program	Apollo Towers-Clay Center
May 2&3		2015 Kansas Sampler	Wamego
May 9	8:30am-4:30pm	Tractor and Machinery Safety Training	CTI John Deere-Concordia
May 11	6:30-8:30pm	Childcare Provider Class	Belleville-Library
May 28	5:30pm	Foods Judge Training	Clay Center 4-H Conference Cntr.
May 29	9-Noon	Babysitting 101	Belleville-Astra Bank
June 3		Wheat Plot Tours	Republic County
June-Tuesday's	11:45am-1pm	“Together We Can”	Belleville- 4-H Building
June 10		Wheat Plot Tours	Clay & Washington Counties
August 10		Field Day/Horticulture Research Update	Olathe
August 20-21		Dealing With Drought	K-State Alumni Center
Sept. 29		Agricultural Lenders Conference	Garden City
Sept. 30		Agricultural Lenders Conference	Manhattan

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 John Forshee, Director, River Valley Extension District # 4, 322 Grant Avenue, Clay Center, KS 67432. Phone 785-632-5335.