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River Valley District

K-State Research and Extension News

*Knowledge
for Life*

March 2016
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Grab your tennis shoes, leash up the family dog, and get ready for Walk Kansas! This year's program will run from April 3 through May 28. The t-shirt has been updated with a revised sunflower and will be available in a bright green (short sleeve only), sand, or purple. **Registration in the River Valley District will begin March 7th and go through March 25th.** Registration for Walk Kansas can be completed online or on paper. Captain's packets are ready to pick up at your local RVD office.

Form a team of six co-workers, family members, friends, or neighbors and get moving. Select a team captain and team name and register your team. That can be completed by using the captain's packet or online at www.walkkansas.org you can now log directly onto the website, chat with your team, learn about local events, and more, through a new interactive system.

New this year, on May 7th in Manhattan is the Walk Kansas 5K for the Fight! The event will benefit the Johnson Cancer Research Center and we hope to continue this partnership and make it an annual event. Walk Kansas 5K for the Fight is open to everyone, not just Walk Kansas participants. A 1.5-mile fun walk will also be offered. The event will be on the K-State campus. More details, including how to register, coming soon!

Also new this year, is that the River Valley District will accept PayPal as an option of payment for registration and tee shirts for those who register online .

Participants will receive a weekly newsletter filled with tips on leading a healthy lifestyle, nutrition advice, recipes, and strategies to improve your quality of life.

Each team identifies a goal, or challenge, it wants to reach: Challenge #1 requires 150 minutes of exercise per week, per participant; Challenge #2 equals 4 hours of exercise per week, per individual and Challenge #3 is 6 hour of exercise per week for each participant.

The U.S. Department of Health and Human Services recommends at least 150 minutes of moderate and/or vigorous intensity activity per week. Moderate intensity activity is a level where you can barely talk, but not sing. Moderate is about 100 steps per minute. If you can only say a few words without stopping to catch your breath, you are working at vigorous intensity. A combination of moderate and vigorous activity is good. You can report any kind of activity you do at a moderate and vigorous level, as long as the activity is performed for at least 10 consecutive minutes.

Get online or pick up a packet at your local extension office and get your team registered for Walk Kansas 2016. Get moving and Celebrate Healthy Living with Walk Kansas today!

CAKE PANS AVAILABLE

Is there a special someone celebrating a birthday? All of the River Valley Extension offices now have a wide assortment of decorative cake pans available to check-out for a small \$2.00 deposit fee. (One dollar will be refunded when the clean pan is returned to the extension office.) Each office has different pans, but each office has pans in the shape of popular cartoon, sports, and holiday figures.

The cake pans have been either donated or bought with donations specific to that purpose. We hope the residents of RVD will enjoy and make use of these resources!

USING BLEACH AS A DISINFECTANT

The use of bleach for cleaning and disinfecting has become controversial because of its overuse in some cases.

Bleach is solely a disinfectant and can be inactivated by microscopic organic debris, the presence of soap and detergents, or a water temperature that is either too hot or too cold. To disinfect a surface, clean it first using a detergent solution followed by thoroughly rinsing and drying the surface. To disinfect bathrooms, diapering areas, etc. use a solution of ¼ c bleach and 1 gallon room temperature water. For a smaller amount, use 1 T bleach to 1 quart room temperature water. For disinfecting toys, a milder solution of 1 T bleach to 1 gallon room temperature water is acceptable. Check to make sure the bleach you are using is 5.25% sodium hypochlorite.

DOMESTIC VIOLENCE—WHAT CAN THE AVERAGE PERSON DO?

From the outside, it can be hard to understand why someone stays in an abusive relationship or is hesitant to report the problem. There are a lot of reasons: fear that no one would believe them (especially if the attacker is respected in the community), concern for their own or their children's safety, financial stability, or feeling (because of the abuser's mind games) that they deserve the abuse. Some individuals in abusive relationships are too embarrassed or ashamed to admit what's going on in the home. Many victims feel love for their partner, in spite of the abuse. There may be children involved and want to maintain the family.

If someone is experiencing abuse at home, the effects of the abuse are likely to carry over into the school or work environment as well. Changes friends and co-workers may notice include excessive lateness or unexplained absences,

frequent use of 'sick leave', unexplained injuries or bruises, lack of concentration, disruptive visits or phone calls from their partner, sensitivity about home life, or hints of trouble at home.

People being abused often feel very alone with no one to talk to. Follow your instincts and if you feel like you should talk to them about what is going on, do so. The worst that could happen is that they won't talk---but at least they'll know someone cares, is supportive and willing to listen. If the individual does open up to you about the abuse, listen to what they have to say. Be sure to treat the matter confidentially and remember to be nonjudgmental.

We most likely can't fix the problem, but we can listen and refer them to professionals in a better position to help. Residents of River Valley are blessed to be served by very caring and supportive staff from the Domestic Violence Association. Clay County residents are served by Manhattan's crisis center (1-800-727-2785). Cloud, Republic, and Washington residents are served by the Concordia's DVACK office (785-243-4349). The national hotline at 1-800-799-SAFE (7233) is also available for any and every one.

IF YOU ARE THE ONE HURTING

Are you being abused? Does the person you love...

Threaten to hurt you and/or your children? Say it's your fault if he/she hits you and then promises it won't happen again, (but it does)? Are you put down in public or kept from contacting family or friends? Are you thrown down, pushed, hit, choked, kicked, or slapped? Are you forced to have sex when you don't want to?

Just one question answered with a 'yes' means you're involved in an abusive relationship. If so, you're not alone and you have choices. No one ever deserves to be abused. If you are threatened or assaulted and need emergency help, call 911. For non-emergencies, Clay County residents should call (800) 727-2785; other RVD counties are encouraged to call (785) 243-4349.

GROWING UP WITHOUT DAD

Children with involved, responsible, and committed fathers do better, on average, across a wide range of issues than children who grow up without fathers.

Fathers typically protect their children, so children without dads in their lives are more likely to be abused. Put simply, children are safer when their dads are around. Children with absent fathers are more likely to commit crimes. This applies

to both boys and girls because good fathers role-model appropriate ways to handle anger and aggression. Nearly ½ of children under the age of six who do not have a father in their lives live in poverty. In recent years, we've seen a rise in homeless families, most of which are headed by single mothers with young children.

A child's physical health is even tied to the dad's presence or absence. Children with an absent father are more likely to suffer from a low birth weight which is linked to mom not getting the necessary prenatal care. The link between good health and father presence continues into grade school where dads typically engage in more healthy robust physical activity with their children than mothers do.



Other advantages children have when there's an active father presence in their lives include drug and alcohol use. The closer

a child is to his/her father, the less likely the child will smoke, use alcohol or drugs. They also perform better in school, are less likely to be a teen parent or commit suicide.

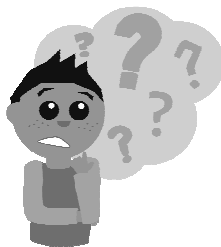
Mothers have a profound effect on how involved fathers are with their children. It's vital that all parties involved keep their focus on "what's best for the children". For more information specific to fathers, check out the National Fatherhood Initiative at <http://www.fatherhood.org/>

“WHO GETS WHAT WHEN I’M GONE?”

Almost everyone has personal belongings such as a family Bible, wedding photograph, an antique clock, or distinctive Christmas ornament that carries special memories and means a great deal to them and family members. What happens to these items when you die? Who decides who gets what? What can you do---now—to avoid future misunderstandings?

These aren't easy questions to answer but are things we should all be thinking about to avoid conflicts 'down the road'. "Who Gets What?" will stimulate participants to think about their non-titled possessions and what they want to happen to them. Topics will include how to tactfully bring the subject up with family members, transfer the items, determine what is 'fair', and deal with conflicts if/when they arise.

Revised from the popular "Who Gets Grandma's Yellow Pie Plate", this program will be given during Cuba's Rock-a-thon on Monday, March 14 at 9:30 a.m.



GETTING A TAX REFUND?

If you've recently received a tax refund, or anticipate getting one, consider adopting the 30-40-30 plan. When using this plan, you apply 30% of the refund to pay off debt or bills, 40% to use currently for immediate needs and things you want to do, and the final 30% for future goals or an emergency fund.

For the first 30%, pay off debt with the highest interest rate first, as well as any outstanding bills for necessities such as heat, electricity, water, or insurance. When planning to use the 40% for current purposes, think about something you want or need immediately, rather than using credit. The last 30% may take some extra thought. If you don't already have an emergency fund, consider putting that at the top of your list. Emergency funds are to be used for just that---emergencies. Examples are when the car suddenly breaks down, the water heater quits, or there's a family emergency that requires you to make a quick long distance trip.

If you start to think of yourself as a saver---someone who puts money aside on a regular basis and is prepared for emergencies---then many times you are less stressed and have more peace of mind. It doesn't have to be a big amount, whatever amount works for you. It all adds up.

TIPS FOR USING AND STORING CANNED FOODS

Canned foods are convenient and can help create quick and nutritious meals. In fact, canned foods can sometimes be more nutritious than fresh produce because canned fruits and vegetables are picked at the height of ripeness and quickly processed to ensure high quality. Canned goods are often on sale so they can help you fill your cupboards at reasonable prices especially in the winter months when fresh produce prices tend to be higher. In order to keep your canned foods at optimal quality be sure to store them in clean, dark, cool, and dry spaces. You do not want them in places that have extreme temperature changes. The ideal temperature is room temperature or somewhere between 50-70 degrees Fahrenheit. Freezing can bring changes in food textures. It can also cause cans to rust, burst, or break seals which can allow bacteria in and contaminate the food.

To prevent food waste, use the first in, first out rule in your can storage. Write the purchase date on top of your cans store the oldest ones to the front so that you use them first. This way you will use the oldest items first.

Compare food labels to make the healthiest possible choices. Compare calories, fiber, fat, sodium and sugar. Canned vegetables can be high in sodium. If possible select lower sodium or no salt added versions of canned foods

WHAT DO LABEL DATES MEAN?

Are you confused by some of the terms used on labels to help you know if food can still be safely eaten? Here are some terms that you may see on a container or label and what they mean.

Sell by: tells the store how long to display the product for sale. You should purchase before this date in order to have time to use it before the date expires in order to use it at its best quality.

Best if used by: This is recommended for best flavor or quality. This is not a purchase or safety date.

Use by: The last date recommended use of the product while at peak quality and is determined by the manufacturer.

Closed or coded: These are packing numbers for use by the manufacture to rotate the stock as well as to locate products in the event of a recall.

HOW ARE YOUR RESOLUTIONS COMING?

It's hard to believe that it was already two months ago that we were looking at a new year and making resolutions. Often times we resolve to lose weight and eat healthier in the New Year, but sometimes it can be hard to make that happen. Because 2 out of 3 Americans are currently overweight or obese the National Institutes of Health (NIH) has helped develop The Body Weight Planner. This online planner is a totally free tool that uses specific information about diet and physical activity changes that are needed to help people reach and stay at their goal weight over time. To use the planner just go to <http://BWPlanner.niddk.nih.gov>. You will input your weight, sex, age, height, and physical activities during work and leisure. Then enter a target date for reaching your goal weight. The Planner then calculates personal calorie and physical activity targets to help you reach your goal and maintain it over time. This free planner can be used in conjunction with the free SuperTracker tool developed by the USDA. This tool can help you plan menus and track food intake. It can be found at www.supertracker.usda.gov. These free tools are very similar to other tools on the market that can be very costly. Take advantage of these tools to keep your resolutions and help make them successful!

TIPS TO HELP YOU REACH YOUR WEIGHT LOSS GOAL

Eat Healthy

- Eat smaller portions
- Select a mix of colorful vegetables everyday
- Choose whole grains
- Go easy on fats and oils



Be Active

- Stick with activities you enjoy
- Go for a brisk walk, ride a bike, or do some gardening
- Do strengthening activities- Lift canned foods or books if you don't have weights
- If you're short on time get active for just 10 minutes, several times a day

Build Healthy Habits

- Make a healthy shopping list and stick to it
- Keep a food and physical activity diary to track progress
- Be realistic and aim for slow, modest weight loss

WOMEN WITH DIABETES ARE AT GREATER RISK FOR CORONARY DISEASE

Diabetes has long been associated with a greater risk for coronary artery disease, but a recent study by the American Heart Association in the *Journal of Circulation* stated that the risk is actually twice as great for women than men. Diabetes also increases the risk of stroke and heart failure more in women. This means that it is important that women with diabetes pay special attention to risk factors such as obesity, high cholesterol, and physical inactivity. They also need to be sure to seek medical treatment when they need it. If you are a woman with diabetes it may be a good idea to talk with your doctor about what you need to do to lower your other risk factors in order to stay in optimum health.

University of California, Berkeley Wellness Letter Vol. 32. Issue 7



MEAL DELIVERY SERVICE GAINING POPULARITY

Forget pizza and submarine sandwich delivery! The latest trend is meal kits sent to your door with all the ingredients and without the hassle of grocery shopping.

Boxed meals delivered to your door are designed for two to four people. They include a recipe and all the main ingredients to prepare the meal. The cost ranges from \$10-\$30 per plate. For four people, it can add up to \$120 for that meal. Some shipping costs may be added. Subscriptions allow for flexibility.

The average calorie content per meal is 500-800 calories depending on the meal. The meals allow you to try new ingredients, flavors, and recipes.

Packaging for shipping is key to success. Recipes help the user know which ingredients need to be used first. Ice bags and insulated boxes help keep food cold and each ingredient is individually packaged. Some services deliver nationally, others are local. Some home meal delivery companies include: Hello Fresh, Blue Apron, Plated, Sun Basket, Chefday!, Munchery, PlateJoy, SpoonRocket, PeachDish, Purple Carrot, Marley Spoon, and Freshology.

THE HIGH PRICE OF VANILLA

Have you noticed the high price of vanilla lately? Prices have increased up to four times in the last 10 months. So what is behind this price hike?

In 2015, the vanilla crop had a poor flowering season which reduced the potential crop size for 2016. Other factors include farmers choosing more lucrative crops to grow; speculators controlling current supplies and prices; and using vanilla beans for money laundering reasons.

Some companies who produce vanilla extracts and flavorings forecasted this high cost market and were able to buy vanilla beans when costs were lower. With the help of technology, some users are able to use a lower amount of vanilla and not affect the final product. Vanilla extraction technology is being more innovative to achieve a more intense vanilla product to lower usage amounts.

CONSUMER ALERT!

ELIGIBLE BENEFICIARIES CAN KEEP MEDICARE SUPPLEMENT PLANS C & F

Kansas Medicare beneficiaries can still purchase Medicare Supplement Plans C or F through the end of 2019. The plans, which are regulated by the Kansas Insurance Department (KID), will not be sold beginning in 2020. However, those who are already eligible or enrolled in Medicare before 2020 will be able to **keep those plans** if they have them.

Plans C & F will still be in force for you if you have them before 2020. You do not have to replace them. Your insurance company will still service your claims under those plans' provisions.

Congressional changes to the Medicare Access CHIP Reauthorization Act of 2015 prohibit the sale of Plans C & F beginning in 2020. Medicare Supplement insurance can help cover the expenses that come with coverage gaps in original Medicare. Plans such as these are often referred to as Medigap plans.

The plans are described in the insurance department's "Medicare Supplement Insurance Shopper's Guide," which is available to order in hard copy form or available at District Extension Offices or online at www.ksinsurance.org

Kansas Insurance Department, 1-800-432-2484

SENIOR PERSONAL HOME SAFETY

The safety of older Kansans is important. Many seniors live alone. Follow these tips to protect yourself at home.

- When someone knocks at your door, open it only if you know your visitor.
- If someone comes to your door that you do not trust or you think might be dangerous, immediately call your local police or sheriff.
- Planning to have a sales person come to your house? Always have a friend or relative with you to listen to the talk and for your protection. Two sets of ears are better than one.

DEFENSIVE DRIVING CLASS

Sharpen your driving skills! Prevent an accident from happening. Lower your auto insurance premium too. Enroll in the upcoming Defensive Driving Course offered at the K-State Research and Extension River Valley District Office, 322 Grant Avenue in Clay Center. The class will be taught Tuesday, March 29, 9 am - 3 pm. There is a registration fee of \$20 for materials per person due by March 22nd to the Extension Office. In order to have a class, a minimum of 15 people have to sign up.

Many defensive driving tips will be presented by Trooper Ben Gardner from the Kansas Highway Patrol. He has taught the class several times in the District. The class is informational and interesting. Participants become updated on current driving laws and are encouraged to ask questions. The class is completed in one day. Participants can bring their lunch with refrigeration available or leave for a one hour lunch. Breaks and snacks are provided.

Participants do not drive or take a test. Several insurance companies recognize the benefits of defensive driving classes and provide a 5-10% premium discount to graduates of this course. The certificate received is effective for three years. All ages of drivers can sign up for the class.

If interested in participating and for more information, pre-register to the Clay Center Extension Office by calling 785-632-5335. The registration fee is due by March 22nd. Make your check to AAA of Kansas. Stop by 322 Grant Avenue in Clay Center or mail the check.

Sign up today! If the weather is bad, the class will be rescheduled. For more information contact Deanna Turner at the Clay Center Office.

KNOW THE 10 SIGNS OF ALZHEIMER'S DISEASE

More and more people are being diagnosed with Alzheimer's disease. Learn more about the 10 signs of the disease, the risk factors for Alzheimer's, what is involved in getting a diagnosis, and the benefits of early detection.

Deanna Turner, District FCS Agent, will be presenting this program on the following dates and locations:

Monday, March 14, 10:15 am, Rock -A-Thon, Cuba

Tuesday, April 12, 2:00 pm, Belleville Extension Spring Tea, Library

Wednesday, April 13, 10 am, Concordia Extension Spring Tea, Courthouse Meeting Room

Thursday, April 14, 10 am, Washington Extension Office

Thursday, April 14, 2 pm, Clay Center Extension Office

Participants wanting to attend the April 14th programs in Washington and Clay Center are asked to pre-register to the Extension Offices by April 7th. Five or more people are needed to sign up to present the program.

POWERFUL TOOLS FOR CAREGIVERS

Powerful Tools for Caregivers is designed to help family caregivers take care of themselves while caring for a relative or a friend. You will benefit from this educational program whether you are helping a parent, spouse, and friend, someone who lives at home, in a nursing home, or across the country.

Taught by: K-State Research and Extension District Agents, Patricia Gerhardt and Deanna Turner.

The class meets each Friday for five consecutive weeks.

Dates: Fridays, March 11, 18, & 25; April 1 & 8

Times: 10:00 am-11:30 am

Location: Astra Bank Meeting Room, 1205 18th St., Belleville, Kansas

To Register: Call the Belleville District Office at 785-527-5084 or Concordia District Office at 785-243-8185 or the Clay Center District Office at 785-632-5335. Or email Patricia Gerhardt at pgerhard@ksu.edu or Deanna Turner at dturner@ksu.edu

There is no cost but registration is required by March 4th.

Topics: *Taking Care of You, *Four Steps in Identifying and Reducing Stress, *Communicating Feelings, Needs, and Concerns, *Communicating Effectively in Challenging Situations, *Learning from Our Emotions, and *Mastering Caregiving Decisions

Discussion: Talking with Other Caregivers is Very Helpful

Do you know of someone who could benefit from this program? Encourage them to sign up today!

Being a caregiver is a challenge. This program provides tools to make being a caregiver easier. Sign up today!

WOMEN IN AGRICULTURE LADIES NIGHT OUT!

April 11th at 6pm

Clyde School Apartments Meeting Room

620 Broadway

Clyde, KS

Speaker: Dr. Dan Thomson a third generation

Bovine veterinarian, host of "Doc Talk"

Pre-register by April 7th to Kim Larson

RVD Concordia Office 785-243-8185 or

by email to

kclarson@ksu.edu or kbrockus@ksu.edu

TIME TO PLANT POTATOES

St. Patrick's Day is right around the corner, so we know it's time to get seed potatoes in the ground. Actually, any time from mid-to-late March is fine for planting potatoes. Be sure to buy seed potatoes, not the ones bought for cooking. Seed potatoes are certified disease free and have plenty of starch to sprout quickly as the soil temperature gets warm enough. Most seed potatoes can be cut into four pieces; though large potatoes may yield more. Each seed piece should be between 1.5 and 2 ounces to insure there is enough energy for germination. Each pound of potatoes should yield 8 to 10 seed pieces. Cut the seed potatoes 2 to 3 days before planting so the freshly cut surfaces have a chance to suberize, or toughen, and form a protective coating. Storing seed in a warm location during suberization will speed up the process. Plant each seed piece about 1 to 2 inches deep and 8 to 12 inches apart in rows. Though it is important to plant potatoes in March, emergence is slow. It is often mid to late April before new plants poke their way through the soil. As the potatoes grow, pull soil up to the base of the plants. New potatoes are borne above the planted seed piece, and we don't want sunlight hitting the new potatoes. Potatoes exposed to sunlight will turn green and produce a poisonous substance called solanine. Keeping the potatoes covered with soil will prevent this from happening. These are just a few tips to help your potato crop be more successful.

CHECKING SOIL TEMPERATURE

One of the most neglected tools for vegetable gardeners is a soil thermometer. Soil temperature is a better way to measure when it is time to plant than using air temperature or the calendar. Just because the calendar says it's time to plant and you think it's warm enough outside, doesn't mean the soil is warm enough. Planting when the soil is too cold can cause seeds to rot and transplants to refuse to grow.

A number of vegetables can germinate and grow at cool temperatures. For example, peas will germinate and grow well at a soil temperature of 40°F. Though lettuce, parsnips, and spinach can sprout at a soil temperature of 35°F, they prefer at least 45°F for best germination and growth. Radishes also do well at a soil temperature of 45°F. Warm-season crops such as tomatoes, sweet corn and beans prefer at least 55°F for germination, but others such as peppers, cucumbers, melons and sweet potatoes need it even warmer, about 60°F.

Taking a soil temperature accurately is a bit of a science. First you want to measure the temperature at the right depth for the vegetables you are planting. If you are planting seeds or new plants, take your measurement at the recommended planting depth for the specific vegetables. If you are planting a mixed garden, where everything has a different planting depth, check the soil temperature at least 5-6 inches deep.

Use a metal soil thermometer, which is sold in many garden and hardware stores for anywhere between \$10 and \$25. Take the temperature 2.5 inches deep at about 10am to 11am. Temperature variations throughout the day and night affect soil temperature, with the lowest readings after dawn and warmest around mid-afternoon. Late-morning readings give a good average temperature. If taking the soil temperature in the middle of the morning isn't practical, take a reading before you leave for work and a second when you return home and take an average temperature from the two readings. Be sure to get a consistent reading for four to five days in a row before planting. You want to make sure the soil temperature is staying at a consistent warm temperature. Once your soil has warmed up you are ready to start planting your garden, just don't forget to check the weather to make sure that a cold snap isn't predicted for the near future.

LAND AND WATER CONSERVATION GRANTS IMPROVE COMMUNITIES

Does a park in your neighborhood need a new playground? Has your community been waiting for the right time to put in a new picnic shelter, ball fields or a dog park? Now, with the reauthorization of the federal Land and Water Conservation Fund Act (LWCF), the time is right to make those projects happen.

LWCF grants have provided funding for more than 700 outdoor recreation projects throughout Kansas since its inception in 1965. Kansas has received more than \$50 million that has helped create and enhance outdoor recreation opportunities in almost every county.



Grants require 50 percent matches, and properties where grants are used must remain in public recreational use in perpetuity. Grants are available to cities, counties, school districts and other government entities. Funding is administered by the Kansas Department of Wildlife, Parks and Tourism, through the National Park Service.

The application deadline is April 15, 2016, and competition for grants is intense, so it's important that applications be accurately and thoroughly completed. To learn more about the application process and to download an application, go to ksoutdoors.com/KDWPT-Info/Grants.

DEVELOPING VALUE-ADDED PRODUCTS

We commonly get calls into the River Valley Extension District offices from individuals or businesses that have an idea for a adding value to a product they currently produce or for expanding their agribusiness or specialty product line.

Often, the individuals do not know where to turn for assistance and that is where K-State Research and Extension can offer assistance in providing the appropriate connections.

Dr. Fadi Aramouni, Professor of Food Science in the Department of Animal Science and Industry at Kansas State University is the Director of the Kansas Value Added Food Laboratory (KVAFL) at K-State. The laboratory offers a wide variety of services including but not limited to:

- *Food product development from concept to commercialization, including feasibility studies;
- *Process Authority services – in the area of thermal processing of low-acid foods, acidified foods, and hermetically-sealed containers;
- *Nutrition Facts Panel generation and ingredients listing;
- *Regulatory Compliance – label review and nutrition analysis;
- *Sourcing of Ingredients and Packaging Materials;
- *Educational Opportunities – HACCP, GMPs, employee training, etc

The list of services makes Dr. Aramouni and the FVAFL a valuable resource for anyone that wishes to get a food product done successfully and safely, while meeting all regulatory guidelines.

The Kansas Department of Commerce has a wide array of programs that can offer financial assistance and incentives to rural and agribusiness. Tax credits, tax exemptions, grants, and loans are available for a wide variety of businesses over an expanse of size from small firms to large businesses. By expanding and adding jobs, many businesses in Kansas can take advantage of the Promoting Employment Across Kansas (PEAL) incentive program.

The USDA Rural Development Program also offers a wide variety of programs and services that are geared toward developing business in Rural America.

Our RVED Director and Community Development Agent, John Forshee, along with your local Economic Development Directors can put you in touch with the Kansas Department of Commerce and the Rural Development representatives for our area.

Finally, the Kansas Department of Agriculture offers a variety of program designed to grow Kansas farms, ranches, and agribusiness; assist in maintaining and growing rural Kansas communities; and expand the Kansas agricultural industry. These programs include Agribusiness Development; International Agribusiness Development/Trade; From the Land of Kansas; Education and Events; and Workforce Development. Many small-town businesses are now doing international trade thanks to the efforts of KDA so don't be afraid to think outside the borders of the state or country. The KDA director of Agribusiness Development can really assist those who might have a great product or value-added product to expand their marketing and reach. Let the RVED help put you in touch with our Kansas Department of Agriculture located on the campus of Kansas State University.

Opportunities abound so dream big, think outside the box, and build a team to help you succeed!

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**RIVER VALLEY DISTRICT
“2016 UP-COMING MEETINGS & EVENTS”**

DATE	TIME	PROGRAM	LOCATION
March 11-April 8	10-11:30am	(Fridays) Powerful Tools For Caregivers	Astra Bank Meeting Room Belleville
March 14	9:30am	“Who Gets What?”	Cuba Rock-A-Thon
March 29	9am-3pm	Defensive Driving Class	Clay Center Ext. Office Mtg. Room
April 3-May 28		Walk Kansas	State-wide Program
April 11	6pm	Women In Ag-Ladies Night Out	Clyde School Apts. Meeting Rm.-Clyde
April 12	2pm	10 Signs of Alzheimer’s Disease	Belleville Extension Spring Tea, Library
April 13	10am	10 Signs of Alzheimer’s Disease	Concordia Extension Spring Tea, Court-house Meeting Room
April 14	10am	10 Signs of Alzheimer’s Disease	Washington Extension Office
April 14	2pm	10 Signs of Alzheimer’s Disease	Clay Center Extension Office
May 14	8:30am-4:30pm	Tractor and Machinery Safety Training	CTI John Deere-Concordia

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.