



River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

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WALK KANSAS 2018-CELEBRATE HEALTHY LIVING

Want to feel better and have more energy? Sign up to participate in Walk Kansas 2018. This health and wellness program begins March 18 and continues through May 12. Registration is set to begin February 26th and will continue through March 12th. It has been a COLD and snowy winter. Time to get up from the couch and get moving!

Recruit a team of four to six people including yourself. Your team might be family members, coworkers, friends, neighbors, members of a club you belong, or part of a faith-based community. Appoint one person to serve as a captain.

Teams log minutes of activity online or by reporting to the Extension Office for 8 weeks. A variety of activities count toward Walk Kansas goals. Anything you do for 10 consecutive minutes or more, at a moderate or a vigorous intensity can count, such as stretching and aerobic exercises. Your exercise time is converted to miles.

Each team decides one of three challenges they want to participate in:

Challenge 1. Explore the 8 Wonders of Kansas. This will encourage each person to log 2 ½ hours of moderate/vigorous activity per week.

Challenge 2. Go Cross Country. Begin in the northeast corner of Kansas at Troy and trek diagonally to Elkhart in the southwest corner of Kansas. Each person logs 4 hours a week.

Challenge 3. Explore the Little Balkans in southeast Kansas and then head to Nicodemus! This requires each person to log 6 hours a week.

Participants receive weekly newsletters containing health and wellness tips, recipes, and motivational messages. Besides keeping track of minutes exercised, participants can keep track of the number of their fruits and vegetables and water consumed. This is optional to record.

The team captain registers all members online or you can contact your local River Valley District Office to get a paper enrollment packet if you prefer. Individuals can register and the Extension Office can connect you with a team.

An \$8 registration fee helps pay for the weekly newsletters and online program. The cost is very minimal compared to joining a gym.

Challenge Only- \$8 registration cost

Challenge + t-shirt is \$17

Challenge + baseball shirt is \$22

Heart disease is the leading cause of death for men and women. Regular exercise strengthens your heart muscle, helps your lungs function, and reduces your risk for coronary heart disease. It also reduces your chances of having a heart attack. Participating in Walk Kansas is heart healthy.

Joining Walk Kansas will help you and others lead a healthier life. Participants become more active with family and friends, make better nutrition choices, and learn positive ways to deal with stress.

Are you seeking State of Kansas Health Quest credits? Participants can earn four credits by completing Walk Kansas. During Walk Kansas, the River Valley Extension District will be encouraging our staff to take morning and afternoon breaks to walk or do stretching exercises. If you see a note on our door and our office is closed for a short exercise break, understand that we are trying to walk the talk. Instead of a smoke break, take an exercise break!

Contact your local River Valley District Extension Office in Belleville 785-527-5084, Clay Center 785-632-5335, Concordia 785-243-8185, or Washington 785-325-2121 for more information about Walk Kansas. Sign up for Walk Kansas and Celebrate Healthy Living today!

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

FREE TAI CHI CLASS IN CLAY CENTER

Tai Chi exercises relieve stress, strengthen muscles, increase your flexibility, improve balance, and hand and eye coordination. A free class will continue to be taught by Jacquie Mack at the Apollo Towers Dining Room, 330 West Court, in Clay Center. Enter on the west side of the building. The class is the third Friday of every month from 10:15 am-11 am. The next two classes will be on March 16 and April 20th. Wear comfortable clothes. There is no cost. All interested men and women from the area are invited to participate. For more information, contact Amber Bowser at Apollo Towers, 785-632-5767, or Deanna Turner at 785-632-5335.

“MOVE MORE, SIT LESS” CLASS

The human body was made to move. Research is showing more people are spending too much time of our day sitting approximately 10-15 hours! Too much sedentary activity leads to numerous health issues, including weight gain, greater risk of osteoporosis, bone fractures, and muscle loss. Sitting can be hazardous to your mental health as it is associated with a higher risk of depression, dementia, and Alzheimer’s disease.

Discover ways to increase your time being active throughout the day. Research has shown that even if you get your 150 minutes a week of recommended physical exercise, you still are at risk. The program will also discuss why we need to be more active and ways for all ages to increase their activity levels and reduce their time sitting. Dress comfortable as the group will walk around the block in conjunction with Walk Kansas and do some simple exercises.

Classes will be held:

Tuesday, April 10

Concordia Extension Office- 10am
Belleville Extension Office- 2pm

Wednesday, April 11

Washington Extension Office- 10am
Clay Center Extension Office- 2pm

Please RSVP to the office where you plan to attend the class by April 5th.

WATCH FOR NEW MEDICARE CARD

The Centers for Medicare & Medicaid Services (CMS) is required to remove Social Security numbers from all Medicare cards by April 2019. Kansas residents with Medicare should expect their new card to arrive after June 2018. A new, unique Medicare Number will replace the old Social Security based Health Insurance Claim Number on each new Medicare card. Removing Social Security numbers from Medicare cards will help prevent fraud, fight identity theft, and keep taxpayer dollars safe.

Watch the mail for your new card arriving July 2018 and after. Be on the alert for fraudulent phone calls on your new card. Medicare representatives will not call you about this. Open all your mail to avoid tossing your new Medicare card. You will need to show your current health care providers your new card.

STRESS MANAGEMENT

Managing Stress

Everybody experiences both good and bad stress. It can come from mental activity (for example, working on income tax), emotional activity (for example, having a milestone birthday or paying the bills when the money is short), or physical activity (for example, working in the garden or walking down to the mailbox).

The way you interpret stress is unique and personal. For example, what may be relaxing to one person may be stressful to another. Good stress can be healthy and useful. It helps you get to an appointment on time or meet a deadline. When stress becomes overwhelming, it becomes distress, or bad stress. Bad stress can lead to chronic stress, which can leave you feeling nervous, on-edge, and tense. It also puts you at greater risk for numerous health problems, including heart disease, sleep problems, digestive problems, depression, obesity, memory impairment, and various skin conditions, such as eczema. Learning what causes stress and different ways to cope with it helps you be more balanced and healthy throughout life.

What is Stress?

Stress is the way your body responds to experiences and events. It helps you rise to a challenge in addition to preparing to meet tough situations with focus, strength, stamina, and heightened alertness. The events that provoke stress are called stressors. Some stressors are caused by negative events, such as a family argument, physical danger, test anxiety, or concern over finances. Events that you look forward to, such as celebrations, or going to a movie with a friend, are also stressors. It can be single events or a result of multiple events that pile up.

People who are experiencing stress overload may notice:

- anxiety or panic attacks
- a feeling of being constantly pressured, hassled, and hurried
- irritability and moodiness
- physical symptoms, such as stomach problems, headaches, or even chest pain
- allergic reactions, such as eczema or asthma
- problems sleeping
- drinking too much, smoking, overeating, or doing drugs
- sadness or depression.

Identify the sources of stress in your life

Everyone experiences stress a little differently. Some people become angry and act out their stress or take it out on others. The first step in stress management is to identify the stressors in your life. Are there any stressors you can change by avoiding, reducing exposure to, or eliminating completely?

Learn healthier ways to manage stress

Since everyone has a unique response to stress, there is no “one size fits all” solution to managing it. No single method works for everyone or in every situation; therefore, it is important to experiment with different stress-reduction strategies to lessen your feelings of stress. Focus on what makes

you feel calm and in control.

Two common strategies for managing stress include changing the situation and changing your response to the situation. If there is a situation that you can identify that causes stress, avoid it. For example, if the crowds and chaos of a local festival make you feel anxious to the point that you do not like to go, stay home. In unavoidable situations, such as a holiday dinner with relatives, you may have to change your reaction. Accept it for what it is, focus on what is really important, adapt to the environment, and move on.

Stress Management Strategy 1: Change the Situation

- Evaluate your physical environment. If the color on the walls affect your mood, or if you are worried about a toddler falling down the stairs or a loved one with dementia wandering out of the house in the middle of the night — modify your environment with paint, gates, or alarms on the door.
- Take a look at the people in your life. Is there a person or group of people that really causes you stress? If so, you may need to distance yourself or resign from that organization or group.
- Review your calendar. Sometimes stress results from your inability to say “no.” Look at your commitments. Are you doing what you want to do, should do, have to do? If part of your stress is over-committing yourself, cut back. Many commitments and tasks are beneficial, but if it is hurting your health, it may not be worth it.

Stress Management Strategy 2: Change Your Reaction

- Laugh, don’t cry. Some things you just can’t change. These are the things that you need to learn to accept instead of letting them bother you. So your neighbor painted his garage hot pink. Instead of getting worked up when you drive past, accept the pink and laugh at his lack of style.
- Compromise. The need to be “right” often interferes with good communication and can cause stress when you are so focused on what the other person is doing. If you ask someone to change, you need to be willing to change yourself.
- Let it go. Ask yourself, “Does it really matter? Will it matter in five years?” Sometimes you have to pick your battles. Having realistic expectations of yourself, shifting your focus to looking at what is really important, and taking care of yourself emotionally and physically will also increase your confidence to deal with stressors. Sometimes, taking a deep breath, meditating, relaxing, or taking time to smell the roses allows you to appreciate the little things so you don’t overreact to the big things.

Keys to Embracing Aging- Stress Management MF3264

REVIEW BENEFICIARIES ON POLICIES

When was the last time you reviewed your insurance policies? Changes happen in people’s lives. Parents and spouses may die or divorce. Locate your life insurance policy. Who is listed as the beneficiary on the policy? Update those and make any necessary changes.

EXERCISE WHILE WATCHING TV

Too cold or windy outside to exercise? No excuse. Put on your walking shoes. March in place. Just marching in place during the commercials during 90 minutes of television, can add 3,000 steps equal to about a half hour of exercise. Try lifting your feet about 6 inches. Your heart will pump more and more calories are burned, the more steps you take and the higher you lift your feet.

DOGS ARE GOOD FOR YOUR HEALTH

Owning a dog gives a person love and lengthens the owner’s life according to a recent study.

Sure some dogs shed but the rewards are many. The owners are more active and enjoy some time outdoors. Walking your hound could bring you more friends talking to people along your route.

Owners may lose weight walking their canine friend.

Dogs keep you company easing loneliness. They make the owners laugh. Have no dog? Adopt a dog. The rewards are many.

HEALTHY COOKING STYLES CLASSES TO BE HELD

Have you ever tried sautéing with water or prepared a boiled salad? It is easy to get in a rut and prepare the same foods in the same way. This class will introduce you to some healthy cooking techniques that will result in creating more variety in the dishes you serve your family.

Gina Aurand, District FCS Agent in Foods & Nutrition will present this lesson at the following times:

Wednesday, March 14 10:00am at the Washington Office Meeting Room.

Wednesday, March 14 2:00pm at the Clay Center Office Meeting Room.

Thursday, March 15 10:00am at the Cloud County Courthouse Meeting Room.

Thursday, March 15 2:00pm at the Belleville Office Meeting Room.

Please RSVP to your local office by March 9th if you plan to attend so that we can have enough materials ready.

WHY IS VANILLA SO EXPENSIVE?

If you have purchased vanilla lately you probably noticed that it has had a pretty sizeable price increase. Currently prices can range from \$12.00-\$25.00 for a 4-ounce bottle. Producing vanilla is very labor and time intensive. Most of the vanilla used to make extract is grown in Madagascar. A cyclone hit that region a year or so ago which destroyed many vanilla fields and facilities. This naturally reduced the supply and it takes time to get the fields of orchids growing again. This means don’t look for the prices to drop anytime soon.

THE POWERFUL POTENCY OF PLANT FOODS

For years, nutrition experts have touted the benefits of eating plant foods to combat inflammation and chronic diseases.

Researchers from the University of Illinois at Urbana-Champaign have discovered the power of plant foods rich in anthocyanins may have in preventing or reducing colorectal cancer cell growth. Anthocyanins are color pigments that include purple, red, and blue hues.

The research included in vitro studies. They found that the anthocyanin extracts induced apoptosis in colorectal cancer cells. Apoptosis is essentially the destruction of cells so they die. Therefore, the growth of colon cancer is inhibited.

Foods rich in anthocyanins include blueberries, blackberries, cherries, grapes, purple corn, red cabbage, red beets, and more!

Source: www.ift.org/IFTNEXT/010918.aspx

REMOVING STUBBORN ODORS FROM APPLIANCES

When the power goes out or a refrigerator or freezer fails, food will likely spoil leaving unpleasant odors behind. These odors can be difficult to remove, but worth a try.

Remove the spoiled food and dispose of it. Take out shelves, trays, and storage bins. Wash them in hot water with detergent. Rinse and sanitize. Wash the unit interior, the door, and gasket with hot water and baking soda. Rinse and sanitize. Leave the door open at least 15 minutes to air dry.

If odors remain, try any or all of the following ideas:

Mix equal parts of vinegar and water and wipe the inside of the unit.

Leave the door open to air out several days

Stuff the interior of the unit with wads of newspaper, close the door and let sit several days. Remove paper and clean with vinegar and water.

Sprinkle fresh coffee grounds or baking soda in a shallow container. Let sit in the unit for several days.

Use commercial product to remove odors and follow manufacturer's instructions.

MEDS CAN INCREASE DRIVING DANGER

Up to 42 percent of drivers are unaware that their prescription drugs could impair their ability behind the wheel, according to a national survey. About 20 percent of those surveyed had recently taken a prescription drug—such as an antidepressant or a sedative—that could affect concentration, alertness, or reaction time, but many didn't know about those side effects. Ask your doctor whether any of your meds could affect your driving ability.

Journal of Studies on Alcohol and Drugs, Oct 31, 2017

CELEBRATE NATIONAL NUTRITION MONTH-GO FURTHER WITH FOOD

Whether you're starting the day off right with a healthy breakfast or fueling before a workout, the foods you choose can make a real difference. March is National Nutrition Month, a month designed to help you return to the basics of healthful eating. This year, the Academy of Nutrition and Dietetics encourages everyone to "Go Further with Food".

Planning meals and snacks in advance will add nutrients, save you money, and help reduce food waste. Create a meal prep plan that includes a variety of your favorite, healthful foods. Buy only the amount of food that your family can eat or freeze within a few days and plan ways to use leftovers later in the week. Be mindful of portion sizes—just eat and drink the amount that's right for you.

Learn how to go further with food by visiting eatright.org

DASH AND LOW-SALT DIET BEST FOR HYPERTENSION

Reducing sodium consumption while following the heart-healthy DASH diet substantially lowers systolic blood pressure (the top number in a blood pressure reading), according to a study published Nov. 12, 2017 in the *Journal of the American College of Cardiology*. Study participants had either prehypertension or stage 1 hypertension (a mean blood pressure of 135/86 mm Hg) and were not taking antihypertensive drugs. After four weeks on the DASH diet, participants had an average 11 mm Hg reduction in their systolic blood pressure, but those who combined the DASH diet with a low-sodium diet had an average reduction of 21 mm Hg. The DASH diet is rich in fruits, vegetables, and whole grains, along with low-fat dairy, fish, poultry, beans, seeds, and nuts. *Women's Nutrition Connection, February 2018 Vol. 21, Number 2*

CATARACT SURGERY BONUS

An analysis of the records of 74,044 women with cataracts showed that those who had surgery for the condition were at a 60 percent lower risk of premature death than those who didn't. Better eyesight may cut fall risk and has been associated with better cognition, the researchers noted.

JAMA Ophthalmology, Oct 26, 2017

MONEY MATTERS

While we all have good intentions, it's hard to manage finite money with infinite wants. Here's some barebones advice:

1. Buy what you 'need'.
2. Play with a little.
3. Save the rest.



SAVER OR SPENDER...OR SOMEWHERE IN BETWEEN?

People know that having an emergency fund and money set aside to purchase larger items is important. Even so, turning that knowledge into action is a real challenge. That's why at the end of the month, you can end up without enough left over to save.

Are any of the following stumbling blocks for you and your desire to save more each month?

- Does the cost of living keep you from saving? Without a plan, that can easily be the case. Whether you call it a budget, spending plan, or something else, it can be the secret to having enough money for your regular expenses, a few extra frills and savings.
- Are you an impulse shopper? Whether you shop online or physically go into stores, impulse buying tends to encourage satisfying "wants" versus "needs".
- How are your time management skills? Although it may seem unrelated, leading a hectic and busy life doesn't allow time for thinking through and planning purchases. It also encourages purchasing for convenience which can be costly.
- Do you have credit card balances? There are 3 ways we can spend money each month: We can choose to pay for the past, live in the present, or invest in our future. By carrying credit card balances, you're allowing past behavior to influence your present and future.

STEPFAMILY MYTHS AND TRUTHS

Although known by many different names (ie blended, remarried, combined, binuclear, etc), stepfamilies are becoming more and more common in the United States. Every week thousands of new stepfamilies are formed. Stepfamilies are unique in that they are a ready-made family from the very beginning with their own set of challenges. The new family members must learn to live together. Stepchildren and stepparents have to learn to get along. Then, there are the former spouses, grandparents, friends, current and former in-laws, teachers, clergy, and all the other people involved in the family's life.

Another issue these families have to contend with is all the myths associated with stepfamilies. These can be burdensome stumbling blocks the new family has to overcome.

People are naturally anxious to get on with their lives after a divorce or death of a spouse. They may think that forming a new stepfamily will make life more complete, less lonely and be instantly happier. Not so. Adjusting to the loss...and then to these new people and new living arrangements takes time and it isn't easy to do.

Although we all recognize fairy tales aren't true, the myths about wicked stepparents, especially stepmothers, continue. The impact of a wicked stepparent can impact you in a very personal way. It can make you very self-conscious and hinder your efforts to create a positive relationship with your

stepchildren. With time, patience and understanding, positive adjustments can happen.

Another belief that we may not even be aware of is first-marriages are the 'best' and the only type of 'real' family. This couldn't be further from the truth. Many stepfamilies are very successful and offer the support and care each individual in the family needs.

River Valley Extension has available (free of charge) the six-part "Stepping Stones for Stepfamilies" home study program. Its purpose is to help adults living in a stepfamily with children under 18 understand the challenges and realities common to many stepfamilies. The course is designed to take approximately 6 weeks with readings and activities. It can be done individually or with others, including your new spouse. For more information, contact the Concordia office at 785-243-8185.

GETTING ORGANIZED

We may not literally be able to add minutes to the clock or days to the calendar, but it is possible to find more time to do the things we want to do. How? By doing a better job managing the minutes, hours, and days that we do have.

One problem many of us have is running late in the morning. This is usually caused by not thinking through or knowing what you need until it's time to leave the house. A good solution for this is to start the evening before. Gather what you will need and set it by the door. Establish a routine of the chores you have to do every morning. A routine will help you to do things more quickly and smoothly. If necessary, get up 10 minutes earlier. It's amazing how much calmer your day will start out if you're not rushed.

If you, or family members, have trouble remembering appointments and upcoming events, establish a family calendar. Put it in a prominent place in your home and note everyone's activities and schedules. Try using a different color of pen for each family member. A family calendar can be really helpful to keep track of the busy coming and goings of family members.



Do you find yourself having to pay extra fees because bills weren't paid on time? Set up an automatic bill paying system. It's easy and you will never have a late fee again! Of course, you will need to make sure you deduct the bill from your checking account.

If you want to write the checks and pay bills yourself, be organized. Figure out when bills are due and then make a plan for when you'll pay them. As bills arrive, place them in a special envelope marked 'unpaid bills'. Then, at a regular time each week, pay bills and send out other correspondence such as birthday or anniversary cards. To keep important papers from getting misplaced, set up a filing system and use it.

CUTTING BACK ORNAMENTAL GRASSES

March is a good time to remove dead foliage from ornamental grasses. Ornamental grasses will green up earlier if the old foliage is removed. They are also more attractive without a mixture of dead and live leaves. A number of tools can be used to cut back the previous years' growth. You could use hand clippers, weed whips (if the foliage is of a small enough diameter), weed whips with a circular blade attachment, or even a chain saw. If you are going to use a chain saw, you will want to use the top of the chainsaw bar to cut so the saw doesn't pull in debris and clog.

In addition, it is often helpful to tie foliage together before cutting so it doesn't interfere and is easier to dispose of. Another option to removing the previous years' growth is to burn it. You only want to burn the grass if it is safe and legal to do so. Burning works well on smaller ornamental grasses, if it is too large, it could be hard to control the fire. Another tip is that these grasses may not burn for long, but they will burn extremely hot. So, you will want to check the surroundings of your grasses before you burn to make sure burning is a safe option.

After you have cut back your grasses, look at the center of your plant. If the center of the plant has started to die out, the plant would benefit from a division. The outer edge of the plant is the newest growth. As the plant gets larger, the middle will die out and the outer edges continue to grow causing the plant to expand out and get larger. If the grass is getting too large for the space it is in, you can dig up the entire clump and separate the plant. Then replant the vigorous growth found on the outer edge of the clump. By dividing the grass, you can plant the rest in other parts of your landscape or share the others with a friend! If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu

TIME TO PLANT POTATOES

St. Patrick's Day will be here before we know it, so 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 purchased 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. If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu

PLANTING STRAWBERRIES

Are you looking to plant strawberries in your garden this year? New strawberry plantings should be planted early in the growing season so the mother plants become established while the weather is still cool. The mother plants develop a strong root system during this cool period when soil temperatures are between 65 and 80° F. The most appropriate planting time is late March to mid-April in our area of the state. When planting space the plants 18 to 24 inches apart.

Later in the season, runners and daughter plants will develop. The earlier the mother plants are set, the sooner the first daughter plant will be formed and take root. These first daughter plants will be the largest plants at the end of the growing season and will bear more berries per plant the following spring. When planting is done later, the higher temperatures stress the mother plants resulting in reduced growth, weaker mother plants and delays in daughter plant formation. Fewer and smaller daughter plants produce fewer berries, resulting in a smaller crop.

Remove all flowers during the first year. New plants have limited energy reserves that need to go toward establishing the mother plants and making runners rather than making fruit. If fruit is allowed to develop the first year, the amount of fruit produced the second year is drastically reduced due to smaller, weaker daughter plants. If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu

KANSAS STATE OPEN HOUSES

If you haven't been on a K-State Campus lately than you are missing out. All three of the Kansas State Campuses will be hosting Open Houses on Saturday April 7th. The K-State Polytechnic Campus in Salina will be open from 8am to 1:00pm. The Olathe and Manhattan campus's will be open from 9am-2pm.

Open House has something for all ages and all interests. You can tour the Flour mill across from the stadium. Did you know that KSU is one of the only colleges in the world that you can get a degree in flour milling from? Touring the mill is truly an interesting experience. The College of Ag also has milking demonstrations and a bug petting zoo. The College

of Veterinary Medicine will tell you how to care for your dogs and cats. They also will have a petting zoo of unique animals. The College of Human Ecology will be doing free hearing screenings. At the Polytechnic campus in Salina you can use a Garmin Glass Cockpit to feel like you are operating a Cessna 1721.

Of course we have to mention the food! You can eat your way through the day across the Manhattan campus. You can start at the pancake feed held at Seaton Hall (the Engineering Building) from 7am to 1:30pm. From there you can head over to Shellenburger Hall where the Bakery Science majors will have baked up some delicious treats from breads, to cookies and brownies that you can purchase to have later at home. Then head to the Justin Hall patio to grab a bowl of frozen yogurt. After that, if you still have room you can grab a delicious barbecue lunch at Bosco Student Plaza near the Union.

To get more information go to <http://www.k-state.edu/openhouse/events/index.html>

PLANNING FOR BUSINESS SUCCESSION/EXIT

Any business, no matter how large or how small, needs a succession and/or an exit plan. In too many small businesses, and similar to what we see in agriculture, death of the owner/operator is the only exit plan in place. Unfortunately, this can place an extreme burden upon a surviving spouse and/or children and often leaves a community reeling from the loss and immediate closing of a viable business.

So, where do small businesses turn? In Kansas, we are fortunate to have the Kansas Small Business Development Center. The SBDC can offer succession/exit planning for businesses. According to Richard Jackim, Cofounder of the Exit Planning Institute, an exit plan asks and answers all the business, personal, financial, legal and tax questions involved in transitioning a privately owned business. It includes contingencies for illness, burnout, divorce, and death. Its purpose is to maximize the value of the business at the time of exit, minimize taxes, and ensure the owner is able to accomplish all his or her personal and financial goals in the process.

Exit planning will address personal issues, financial issues, tax issues, business issues, and legal issues. One of the most difficult issues that many small businesses face is placing a value on the business that is realistic and is "bankable" for a potential buyer. There are a variety of methods that can be employed to value a business and the SBDC can help a great deal in this process.

Keep in mind that succession planning is a process that should be started well before nearing retirement and should be a continuous process over time. In general, the process should be started well before nearing retirement and should be a continuous process over time. The process should take 3 to 5 years if done correctly. Preparing an exit plan could take 6 months to a year. Once the plan is complete, the owner will spend the next year working on building value in the company and complete the tax planning.

The transition process could take a year or more depending upon whether the transition is an internal transition (family, sale to partner or partners, sale to employees – ESOP, or management buyout) or an external process (sale to third party, IPO, re-capitalization, or liquidation). Finally, the owner may spend a year or more wrapping up all the business things that go along with post-transition.

The process is not easy but if done correctly can yield positive results for the business owner/operator as well as the family.

For questions or to start the process of succession planning, contact Greg Panichello, Kansas SBDC state director, 214 SW 6th Ave., Ste #301, Topeka, KS 66603-3719, 785-296-6514.

TRACTOR AND MACHINERY SAFETY

Federal Law requires youth ages 14 and 15 to participate in a Hazardous Occupations Training and become certified in order to work for hire for anyone other than their parents. Youth must pass a safe tractor and machinery operation program to be certified.



To meet this requirement, the RVED (partnering with Post Rock District) will be conducting two Hazardous Occupations Training/tractor and machinery safety training in both March and May. The training provides trainees with knowledge of tractor, machinery, and other farm hazards to reduce the farm accident rate. It also provides sufficient information to pass a written examination and an opportunity to demonstrate their ability to pass a safe tractor driving examination. The trainings will be held on Saturday, March 17, 2018 from 8am to 4:30pm at Carrico Implement Inc. in Beloit *or* Saturday, May 12, 2018 from 8:30am to 4:30pm at CTI in Concordia. Youth must pre-register beforehand: to preregister for the Saturday, March 17, 2018 training at Carrico Implement in Beloit, contact Post Rock District Agents Sandra Wick or Barrett Simon at 785-282-6823 or 785-378-3174, respectively, by March 9, 2018. Cost to attend the Beloit training will be \$10 for materials. To preregister for the May 12, 2018 training at CTI in Concordia, contact any River Valley District Extension office by Monday, April 30, 2018. Cost of the course is \$20 and includes materials and refreshments. You must provide *name, address, date of birth, and contact information*; as well as pay the fee at registration time. Youth must *complete assignments before coming to class, attend the entire day, and then complete a driving requirement in order to receive certification*. Alternative tractor safety trainings in Kansas can be found listed on this site: <http://www.bae.ksu.edu/extension/fs/khot> Contact Tyler Husa at 785-243-8185 or by email at thusa@ksu.edu with any questions.

River Valley Extension DistrictWashington Office
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Washington, KS 66968-1928**NON-PROFIT
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PERMIT NO. 3****Address Service Requested****RIVER VALLEY DISTRICT****“2018 UP-COMING MEETINGS & EVENTS”**

DATE	TIME	PROGRAM	LOCATION
Mar. 2	8am	Cattlemen’s Day 2018	KSU- Weber Arena
Mar. 14	10am	Healthy Cooking Styles	Washington– Extension Office meeting room
Mar. 14	2pm	Healthy Cooking Styles	Clay Center-Extension Office meeting room
Mar. 15	10am	Healthy Cooking Styles	Concordia-Courthouse meeting room
Mar. 15	2pm	Healthy Cooking Styles	Belleville-Extension Office meeting room
Mar. 17	8:45-3:30pm	KS Junior Sheep Producer Day	KSU-Weber Hall –1424 Claflin Road
Mar.18-May 12		Walk Kansas	Statewide Program
Mar. 24	8:45-4pm	KS Junior Beef Producer Day	KSU– Weber Hall-1424 Claflin Road
Mar. 24	10am-3pm	Sheep Production Workshop	Clay Center-United Methodist Church-921 5th St.
Apr. 10	10am	Move More, Sit Less	Concordia Extension Office
Apr. 10	2pm	Move More, Sit Less	Belleville Extension Office
Apr. 11	10am	Move More, Sit Less	Washington Extension Office
Apr. 11	2pm	Move More, Sit Less	Clay Center Extension Office
Apr. 15	TBD	Spring Horticulture Field Day	Concordia-TBD