



# River Valley District

## K-STATE RESEARCH AND EXTENSION NEWS

[rivervalley.ksu.edu](http://rivervalley.ksu.edu)

### September 2025 Volume 20 # 9

#### BELLEVILLE OFFICE

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

#### CLAY CENTER OFFICE

213 South 12th Street  
Clay Center, KS  
67432-2804  
Phone (785) 632-5335  
[cy@listserv.ksu.edu](mailto:cy@listserv.ksu.edu)

#### CONCORDIA OFFICE

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

#### WASHINGTON OFFICE

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

Check us out on the Web at:  
[www.rivervalley.ksu.edu](http://www.rivervalley.ksu.edu)  
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Extension District

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### SHOOTING SPORTS INSTRUCTORS NEEDED

Are you or someone you know interested in volunteering as a Shooting Sports instructor? We are always looking for extra instructors to lend a hand. This could be an additional instructor for a certain discipline or someone who could help fill in when an instructor is unavailable to be at practice. We have openings for individuals to get trained in the following disciplines for our River Valley District Shooting Sports Program:

- Air Rifle/BB Gun/.22 (Additional)
- Archery (Additional)
- Shotgun (Additional)

If you are interested in one of these areas, contact your local Extension Office for more information on the Shooting Sports Instructor process! All instructors must be screened through the River Valley Extension office and go to an in-person training to become certified. Your instructor certification will be paid for. If you are interested in being an instructor for the upcoming year, please call your local Extension office.

### K-STATE BEEF STOCKER FIELD DAY

It's time to mark your calendar for the 26<sup>th</sup> annual K-State beef stocker field day. This event will take place at the beef stocker unit, 4330 Marlatt Avenue, Manhattan on September 25, 2025. Registration is \$25 per person on or before September 11. Late registration will be \$35 per person. The day will start at 10 am with registration and should be finished by 5:00 pm with lunch provided.

For the morning session producers will hear about navigating the unknowns for the stocker operator. After lunch the first two sessions topics include fueling performance from the inside out: gut integrity and micronutrient support and making treatment choices for reducing BRD and death loss. The closing three sessions include Theileria: the anaplasmosis of stocker cattle, managing growth in the dry lot-K-State program feeding approach, and beef on dairy growing strategies. To register you can visit [www.KSUbeef.org](http://www.KSUbeef.org) or call Katie Smith at 785-532-1267.

### NATIONAL GRANDPARENT'S DAY

National Grandparents Day is Sunday, September 7, 2025. Mark your calendars to celebrate your grandparents! How do you plan to celebrate your grandparents this year?

This is a day to honor our grandparents. It is also a great opportunity for grandparents to show appreciation for their grandchildren and to educate grandchildren and younger generations about the knowledge, strength, and life experience the older generation has to offer.

Think about the special ways you can celebrate your grandparents. Perhaps you can plan to spend the day with them, choose an activity to do together, color them a picture, connect via technology, or share a meal with them. Happy Grandparents Day to all those celebrating in the River Valley Extension District!

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

## SEPTEMBER IS BETTER BREAKFAST MONTH

Following are several helpful ideas for incorporating breakfast into busy mornings, from eatright.org, which is the website for the Academy of Nutrition & Dietetics.

We've all experienced "morning madness" — whether it's a busy commute or working with picky eaters, many things can make for a stressful morning. Breakfast, however, is really an important meal!

Research shows that breaking an overnight fast with a balanced meal can make a significant difference in overall health and well-being, in particular for children and teens. Eating a smart breakfast can help improve behavior and school performance.

According to the Academy of Nutrition and Dietetics, individuals who regularly eat a morning meal usually consume more vitamins, minerals, and fiber for the day.

What's a good breakfast? Well, there's no real consensus on what foods make the best breakfast. In the United States we often think of eggs, oatmeal, waffles, breakfast sandwiches, cereal, and yogurt when we think of breakfast foods. But vegetable stew, rice, chiles, tomatoes, sweet potatoes, pickled veggies, and fresh veggies are delicious, nutrient dense foods and can be part of a healthy breakfast also! Choose foods from at least three of the food groups including protein-rich foods and whole grains which are high in fiber.

Healthy breakfast options are available no matter what morning hurdles you face. Make time for your morning meal with these simple solutions.

### **If You Wake Up on Time, Enjoy...**

- Scrambled Eggs: Serve with fruit and whole-grain toast. Mix in extra vegetables such as spinach and mushrooms when cooking the eggs.
- Whole-Grain Waffles: If you have a waffle iron, try a whole-grain waffle mix from the grocery store for a special treat. Serve topped with fresh fruit.
- Porridge: Use millet, sorghum or maize and add spices like cinnamon or ginger.

### **If You Hit the Snooze Button One Time, Eat...**

- English Muffin Sandwich: Toast a whole-grain English muffin. Put low-fat cheese and sliced deli ham on the toasted muffin. Warm the sandwich in the microwave to melt the cheese. Grab a piece of fruit to round out the meal.
- Classic Cereal Gets an Upgrade: Cut up some fresh fruit and add to an unsweetened breakfast cereal.
- Yogurt Parfait: Layer yogurt with fresh or frozen fruit and granola or whole-grain cereal.

### **If You Hit the Snooze Button Two (or More) Times, You Can Still Break the Fast...**

- Instant Oatmeal: Look for varieties without added sugar and just add boiling water. Stir in dried cranberries and almonds.
- 45-Second Scrambled Eggs: Put eggs and a splash of milk in a bowl, whisk it up and put it in a microwave for 30 seconds. Stir and put back in for another 10 seconds.
- Peanut Butter Sandwich: And, grab a banana while you're at it.
- Cream Cheese on Whole-Grain Bread: Try it on a bagel or tortillas.

### **If Your Time is Tight in the Morning, Get Organized Ahead of Time.**

- Omelets or Frittatas: Prepare fresh vegetable omelets or frittatas ahead of time to reheat all week long.
- Brown Bag Breakfast: Grab a banana, a bag of trail mix made with whole-grain cereal, shelled pistachios, and a favorite dried fruit (try diced apricot, pineapple, or mango).

### **If Your Picky Eater Needs Coaxing...**

- Instead of Doughnuts: Offer whole-grain toaster waffles or pancakes. Add other foods such as low-fat milk and fruit to ensure some extra nutrition.
- Gobble, Gobble, Gobble Bacon: Switch to turkey bacon, which is much lower in fat than traditional bacon.

- **Toast with Peanut Butter:** Use whole-grain toast to boost fiber and use peanut butter for a morning protein boost. Add a glass of low-fat milk or 100% orange juice.
- **Not So Sugary Cereals:** Substitute low-sugar, whole-grain cereals and pair with fresh or frozen berries.
- **Fresh Fruit:** bananas, kiwi, pears, apples, mangoes, melon, grapefruit, or whatever is in season.
- **Savory Breakfast Foods:** The best breakfast for kids is the breakfast they'll eat, and that doesn't mean they need to be traditional American breakfast foods. If your child prefers savory to sweet, there are plenty of foods that can be encouraged, too.

### **If Your Little One Doesn't Eat Much In The Morning...**

- **Spread It Out:** Have your child eat a piece of fruit and drink a glass of low-fat milk before they leave the house. Then, when they get to school, they can have a small snack; such as an oatmeal muffin or a low-sugar breakfast bar.
- **School Breakfasts:** Many schools serve a variety of nutritious breakfasts for kids. If this is available in your area, encourage your children to take advantage of these options.

**Role Model It:** If your child sees you making time to eat a healthy meal, they'll be more likely to follow your healthy example. With these easy and family-friendly healthy breakfast tips, you can help your family rise, shine and get ready for a busy day!

Source: <https://www.eatright.org/food/planning/meals-and-snacks/6-tips-for-better-breakfasts>

Questions can be directed to Kaitlin Moore, Nutrition, Food Safety & Health Agent at 785-243-8185.

## **2026 MEDICARE PART D OPEN ENROLLMENT FOR PRESCRIPTION DRUGS**

Open Enrollment for 2026 Medicare Part D Prescription Drug Plans is October 15 through December 7. Call beginning Monday, September 15th, to schedule an appointment with a Senior Health Insurance Counseling for Kansas (SHICK) Counselor to review your prescription drug plan. There are limited counselors, so please do not delay in making your appointment. These appointments are free and SHICK Counselors are unbiased.

When you schedule an appointment, you will receive a Medicare Part D Prescription Drug Coverage Worksheet that must be completed and returned to your local RVED Office before your appointment. Regardless of who assists you, Medicare beneficiaries will need to list all prescription drugs taken, dosage, and 30-day quantity on the worksheet. Call your pharmacy or where you purchase your medications to find out the specific Prescription Drug Plans they will handle.

Return the worksheet to the Extension Office at least 10 days prior to your appointment to speed up your meeting. Also, bring any recent letters you have received from Social Security or Medicare to your appointment and also bring your Medicare card. Please call to set up your appointment at your local K-State Research and Extension Office. Belleville Office: 785-527-5084, Clay Center Office: 785-632-5335, Concordia Office: 785-243-8185, Washington 785-325-2121.

## **TEN HEALTHY HABITS FOR YOUR BRAIN**

Take charge of your brain health! It is never too early—or too late—to start building better habits for your brain. Learn science-backed ways to reduce your risk of cognitive decline, including tips on staying mentally, socially, and physically active. These 10 habits are practical, research-informed, and designed to support lifelong brain health at any age. Small changes like managing your blood pressure, eating a balanced diet, and staying mentally engaged can make a big difference. Join us for a free 45-minute community education session on the 10 Healthy Habits for Your Brain. Hosted by K-State Research and Extension and the Walk to End Alzheimer's - Manhattan, Kansas.

This program is being offered in two locations of the River Valley Extension District on Tuesday, September 16<sup>th</sup>. The first session will be offered in Belleville at the Belleville Public Library at 2:00 p.m. and the second session will be offered in Clay Center at the 4-H Building at 5:30 p.m. Again, this is a free program and we do ask that you RSVP by calling the Washington Office at 785-325-2121. If you have any questions please contact Jordan Schuette, Adult Development and Aging Agent in the Washington Office. Let us build a healthier future—starting with your brain.

## WITs WORKOUT

Many factors contribute to brain health throughout life. Two of these factors include intellectual challenge and social connectedness. WITs Workout provides a purposeful opportunity to engage intellectually and socially.

Join Adult Development and Aging Agent, Jordan Schuette for two different WITs Workouts at the Washington Public Library. The first session is “Roam in Rome,” and it will be held on Thursday, September 4<sup>th</sup> at 11:00 a.m. The second session is “Apple a Day,” and it will be held on Thursday, September 18<sup>th</sup> at 11:00 a.m.

These are free, stand-alone programs, so you can attend one or both. We do ask that you RSVP for this event, to get an accurate number for materials. For any questions and to RSVP contact the River Valley District – Washington Office at 785-325-2121.

## NUTRITIONAL STRATEGIES FOR SUCCESSFUL CALF WEANING

Keys to a successful weaning are reducing stress, supporting the calves’ immune system and maintaining good nutrition. Here are some management strategies to have success at weaning. Help calves learn to eat from bunks and drink from troughs before weaning if possible. This will make the transition from mom easier when they understand where to find their food and water. Provide a high-quality feed immediately after weaning. Always use palatable feeds to encourage calves to eat. When calves are first weaned, providing them with plenty of access to palatable, fresh, long-stem grass hay is always a good approach and gradually introducing them to a weaning ration over a period of several days. Feedstuffs low in starch and high in digestible fiber such as distillers grains or gluten feed are good choices to include in weaning diets.

To aid in the transition from mom to the feedlot water plays an important part in keeping calves healthy. Weaning is a stressful time for calves as they transition from relying on milk to a diet primarily composed of solid feed. Fresh, clean water plays a crucial role in ensuring a smooth and healthy transition. Drinking fresh water can help with rumen development, starter feed intake, hydration and health, and prevent health issues. Weaning can increase the risk of dehydration, especially if calves experience diarrhea (scours) or heat stress. Dehydration can weaken the immune system and increase the calf’s susceptibility to illnesses. Ensuring a constant supply of fresh, clean water helps maintain proper hydration and supports the calf’s immune function.

A weaning nutrition program isn’t one size fits all. Producers should consider individual herd characteristics, calf age

and intended market endpoint when designing weaning nutrition strategies. Work with a nutrition expert or consultant when formulating rations. Use highly digestible fiber products and avoid straight corn to prevent rumen issues at the beginning of the weaning process. Make sure to introduce new feed sources gradually when transitioning calves from one feed source to another. The main goal is to support calf health, minimize stress, maintain growth performance and possibly improve future meat quality through nutritional management during the weaning period. If you have questions feel free to reach out to livestock production agent Kaitlyn Nelson at [khildebrand@ksue.edu](mailto:khildebrand@ksue.edu) or by calling the Washington office at 785-325-2121.

## DATA DRIVEN DECISIONS TO IMPROVE HERD PERFORMANCE

*K-State beef cattle experts advocate for data as a valuable decision-making tool*

Like a coach studying game statistics to unlock a team’s potential, it’s equally important for cattle producers to track herd data to make informed breeding, feeding and marketing decisions. Understanding what data matters most can be overwhelming. That’s why Kansas State University’s Beef Cattle Institute veterinarians Brad White and Bob Larson, along with agricultural economist Dustin Pendell – shared insights on setting data priorities for beef operations in a recent episode of Cattle Chat. Although every operation is different, there are a few core metrics that are universally important. “These include pregnancy percentage, weaning weights, death loss percentage and sickness rate,” Larson said. Tracking these numbers annually helps producers evaluate progress and catch potential issues early, he added. “It’s really important to monitor whether we’re improving the herd, or if we’re already doing well, in order to maintain that success, and look for areas where problems may be creeping in before we fully recognize them,” Larson said.

White emphasized the connection between production data and rising input costs. “Maintaining balance between expenses and performance is a challenge, especially as production costs continue to climb,” White said. “You can’t always target both decreasing expenses and increasing production.” The experts agreed that the producer’s goals will influence what numbers matter most, but all producers need to be aware of the relationship between cost and return. “You should always manage your expenses, but you also have to pay attention to the market conditions,” Pendell said. “Are they at record highs? What is the cost of putting on additional weight, and how does that compare to the price you’ll receive?” Once a cattle operation reaches a profitable level, making further improvements requires closer attention to detail, said Larson.



“At that point, you really have to sharpen your pencil and weigh the cost-benefit of every input,” Larson said. “Some expenses don’t offer much return, while others — like nutritional inputs — can make a significant difference in maintaining body condition.” Larson noted that if cows maintain consistent body condition year-round, additional feed may not be necessary. Tracking core data points — such as pregnancy rate, weaning weights, death loss and sickness — can help identify where changes are needed or confirm what’s working. “These numbers help you monitor progress and catch potential problems early,” he said. White added that as production stabilizes, cost-efficiency becomes harder to achieve —especially with today’s higher input costs.

With rising input costs and more complex decisions at higher production levels, K-State veterinarians and economists alike point to data tracking and cost analysis as useful tools for evaluating herd performance and input value. To hear the full discussion about record keeping and advice on consumer demand, listen to the <https://ksubci.org/2025/07/18/research-update-records-consumer-demand/>.

## **ONE BIG BEAUTIFUL BILL PASSAGE UPDATES CROP INSURANCE AND ARC-PLC PROGRAM**

On July 4<sup>th</sup>, the One Big Beautiful Bill was signed into law, and it included several new provisions to the Commodities and Crop Insurance titles of the Farm Bill.

Through the bill, the Federal Crop Insurance program was updated to allow farmers to purchase the Supplemental Coverage Option (SCO) while enrolled in Agricultural Risk Coverage (ARC). Previously, farmers could only purchase SCO if they were enrolled in Price Loss Coverage (PLC). For review, SCO is a crop insurance option that provides additional, county-level coverage on top of an individual crop insurance plan, from 86% coverage down to your individual policy coverage level. For example, if you have an RP policy that covers up to 80% of your yield, SCO will provide coverage from the 81% to the 86% yield level for a partially subsidized upcharge.

For the 2025 crop year, the Commodities Title of the Farm Bill will pay out to farmers the greater of ARC or PLC, regardless of how farmers enrolled earlier this year. These payments will be issued at the end of the 2025 marketing year in October 2026. Regular enrollment in either ARC or PLC will resume with the 2026 crop year. ARC and PLC will continue as the payout method for the Commodities Title of the Farm Bill through the 2031 crop year.

PLC statutory reference prices for major commodities will be raised by 11%–21%. Corn rose from \$3.70 to \$4.10, wheat from \$5.50 to \$6.35, and soybeans from \$8.40 to \$10.00. Also introduced is an annual escalator of 0.5%, beginning with the 2031 crop year, capped at 115 percent of the new original statutory reference price. This increases the likelihood of payouts from PLC by raising the floor below which Marketing Year Average (MYA) prices must fall before a payment is triggered.

ARC payments are calculated by comparing county Actual Revenue and county Benchmark Revenue. Actual Revenue is calculated as MYA price times MYA Yield. 5-Year Olympic Average (OA) Price and OA Yield, which drop the highest and lowest values of each variable, are used to calculate Benchmark Revenue, against which Actual Revenue is measured. Guaranteed Revenue is the revenue level below which ARC payments are issued. The bill’s provisions boost the Guaranteed Revenue from 86% to 87.5% of the Benchmark Revenue for the ‘25-‘31 crop years. This also raises the floor below which Actual Revenue must fall before triggering payment, increasing the likelihood of payouts. Previously, the Maximum Allowable Amount (MAA) that ARC paid out was 10% of Benchmark Revenue; it has been raised to 12.5%, which will provide stronger protection during times when revenue declines steeply.

Producers will also be able to enroll new base acres to receive Commodity Title payments starting with the 2026 crop year. Base acre additions will be limited to the difference between average planted acres from 2019-2023 & current base acres and will be limited to 30 million new base acres nationwide.

Also, the total Commodities Title payment limit per owner-operator is increased from \$125,000 to \$155,000, and LLCs and S-corporations will be treated as general partnerships for payment limit purposes. This is a departure from previous rules, where LLCs and S-corps were limited to a single payment limit with entity members splitting payment amongst themselves by ownership percentages. However, with this provision the result is that there will not be an entity-level limitation for LLCs and S corporations.

If you have any questions about the new Farm Bill provisions enacted by the One Big Beautiful Bill, please contact Luke Byers, River Valley Extension District Agriculture & Natural Resources Agent, at 785-632-5335, or by email at [lbyers@ksu.edu](mailto:lbyers@ksu.edu).

**Sunflower Fair  
Tuesday, September 16, 2025  
8am to 4pm  
Tony Event Center, Salina, KS  
800 The Midway**

## DON'T LET FALL ARMYWORMS TAKE A BITE OUT OF YOUR PROFITS THIS AUTUMN

Fall armyworms are currently being reported across the state in various crops and pasture scenarios. The first fall armyworm flight into Kansas occurred during the first week of July in south central parts of the state, and trap counts of adult moths continued to increase in those areas through July, while moths also started showing up in the central and northeast parts of the state in notable numbers. There were scattered and treatable infestations of caterpillars in these areas during that timeframe. During the first week of August, trap counts of moths increased dramatically in south central areas, and reports of significant infestations in the central and eastern parts of the state have been reported.

Fall Armyworm, *Spodoptera frugiperda*, can damage several key Kansas crops as well as pasture, turf, and home landscaping. This insect does not overwinter in Kansas. Rather, it is native to the tropical regions of the western hemisphere and is active year-round along the Gulf Coast and southern Florida, migrating in from these locations each year. Two full generations are possible in Kansas, with defoliation and grain damage being the biggest concerns. Each generation's abundance and distribution across the landscape are usually different; the first generation does not necessarily impact the abundance of the second generation. Feeding damage from fall armyworms during the vegetative stage in corn and sorghum causes chewed-up and ragged-looking leaves. In fact, one of the common names used for fall armyworm during this stage is "ragworm". Sorghum is particularly at-risk during grain fill, as fall armyworm will completely consume berries as they develop. This caterpillar has been causing increased concern in eastern Kansas brome fields over the last couple of seasons. Brome fields can rapidly decline from fall armyworm feeding as large numbers of caterpillars can be present, consuming leaf material. Often, larger caterpillars are found along with younger ones.

Given recent trap observations and reports of caterpillar outbreaks, scouting should continue until the first frost of the season for at-risk crops and pasture. It is critical to scout often and treat, if needed, when the caterpillars are less than an inch long. Larger caterpillars are harder to control and do the most damage. Recommended treatment thresholds can be found below.

### Fall Armyworm Thresholds

- **Alfalfa:** 1-2 caterpillars per square foot can destroy seedling alfalfa. 10-15 per square foot can destroy 12" tall plants.
- **Corn:** Damage to the whorl stage in early summer is typically not a concern and will not impact yield. Bt corn may prevent ear damage.
- **Sorghum:** Damage to the whorl stage in early summer is typically not a concern. 1-2 larvae/head during flowering to soft dough reduces yield by 5-10%.
- **Wheat:** Larval "window-paning" in early planted wheat can be a concern. Very late second-generation fall armyworm will be the biggest concern for wheat. If 25-30% of plants show damage, examine the field frequently. Treat at 2-3 active larvae/ft.
- **Pasture/Brome:** If damage is notable or there is window-paning, treatment may be warranted with 4 to 5 caterpillars per square foot.

Since fall armyworm is present for several months of the growing season, it is possible that sometimes mixed infestations of different caterpillar species can occur. As with any pest, proper identification is important to ensure that the right control recommendations are followed. A species often confused with fall armyworm is true armyworm, *Pseudaletia unipuncta*. The two species can be told apart with a couple of easily seen characteristics. Fall armyworm has a noticeable inverted "Y" on its head, while true armyworm does not. Additionally, the thickest stripe on the side of the fall armyworm caterpillar will be dark, while on true armyworm the thickest stripe is tan to orange.

A list of registered products for the control of fall armyworm in Kansas crops is available by calling the Extension office. For more specific information related to any insecticide, always refer to the actual label on the product.

If you have questions about protecting your crops from fall armyworms or other pests, contact Luke Byers, River Valley Extension District Agriculture & Natural Resources Agent, at 785-632-5335 or by email at [lbyers@ksu.edu](mailto:lbyers@ksu.edu).

This article was adapted from publications by Entomology Extension Specialist Anthony Zukoff and NE KS Area Agronomist Tina Sullivan.

## CELEBRATE 401(k) DAY

Observed on the Friday after Labor Day each September, 401(k) Day is a reminder to check in on your retirement savings and make sure you're on track for the future you want.

A 401(k) is an employer-sponsored retirement savings plan that lets you set aside part of your paycheck into an investment account. Many employers also match a portion of your contributions, giving your savings an extra boost.

There are two main types:

- Traditional 401(k): Contributions are made pre-tax, reducing your taxable income now, but you'll pay taxes when you withdraw the money in retirement.
- Roth 401(k): Contributions are made after-tax, so there's no immediate tax break, but withdrawals in retirement—both contributions and earnings—are generally tax-free if certain conditions are met.

Even small increases in your contribution percentage can make a big difference over time, thanks to the power of compound growth. This month, take a moment to review your account, update your beneficiary information, and consider whether you can increase your contributions.

Your retirement may feel far away, but every step you take now is an investment in the life you want later.



## FALL FLING

Join us for the Fall Fling on Monday, October 13<sup>th</sup> from 10:30 a.m. to 2:00 p.m. at the Event Center in Clay Center.

Kick off the day with Winter Bird Feeding, presented by retired Extension Agent and avid bird enthusiast, Chuck Otte.

During lunch, enjoy a delicious salad buffet! Bring your favorite salad to share and sample a variety of tasty dishes. A kitchen will be available to keep your contribution chilled or warmed as needed.

In the afternoon, get moving with Senior Fitness led by Gail Hileman. This session will feature warm-up and cool-down stretches, strength exercises, breathing techniques, and the option to use resistance bands and hand weights (provided). Exercises can be done seated or standing, with or without equipment—participate at your own comfort level.

For questions, contact Jordan Schuette – 785-325-2121 or Monica Thayer – 785-527-5084.

## NATIONAL PREPAREDNESS MONTH

When emergencies strike—whether it's a natural disaster, job loss, or sudden medical expense—being prepared financially can make all the difference. September's National Preparedness Month is the perfect time to take stock of your financial readiness and create a plan to weather life's unexpected events.

Start by building an emergency fund with three to six months' worth of essential expenses. Keep at least part of it in an easily accessible account. Review your insurance coverage—health, home, auto, and life—to ensure it matches your current needs. Store important financial documents (like bank account details, insurance policies, and identification) in a secure, waterproof, and fireproof location, and consider digital backups.

K-State Extension's publication, "Our Valuable Records" is a tool to gather important information that can be used in a variety of emergency situations. You may print this publication at [https://bookstore.ksre.ksu.edu/download/our-valuable-records\\_MF685](https://bookstore.ksre.ksu.edu/download/our-valuable-records_MF685) or download and create a digital version saved to a computer. It is a good practice to keep this document safe whether held digitally or physically as it holds personal and financial information that could be used to wreak havoc if in the wrong hands.

Preparedness isn't just about having supplies—it's about having the financial resilience to recover quickly. Taking steps now can protect your peace of mind and your wallet when the unexpected happens. If you have questions, please contact Monica Thayer, Family Resource Management Extension Agent, at 785-527-5084 or [mthayer@ksu.edu](mailto:mthayer@ksu.edu).

## SUICIDE PREVENTION AWARENESS MONTH

Every September, communities across the nation come together to raise awareness about suicide prevention, honor those lost, support survivors, and promote resources that can save lives. Mental health challenges can affect anyone—regardless of age, background, or circumstance—and reaching out for help is a sign of strength, not weakness.

One critical resource is the **988 Suicide and Crisis Lifeline**. By calling or texting **988**, or using the webchat at **988lifeline.org**, individuals in distress—or those concerned about someone else—can connect 24/7 with trained crisis counselors. The service is free, confidential, and available to anyone in the United States.

If you or someone you know is struggling with thoughts of suicide, mental health challenges, or substance use crisis, remember: help is only three numbers away—**988**. Together, we can break the stigma, offer hope, and save lives!

**River Valley Extension District**Washington Office  
214 C. Street, Courthouse  
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PERMIT NO. 3****Address Service Requested****RIVER VALLEY DISTRICT****“2025 UP-COMING MEETINGS & EVENTS”**

| DATE              | TIME      | PROGRAM                                      | LOCATION                                       |
|-------------------|-----------|--|--|
| Sept. 1           |           | RVED Offices Closed for Labor Day            |  |
| Sept 4th-Dec. 4th | 1-4pm     | Master Gardener Training                     | Online via zoom                                |
| Sept. 4           | 11am      | WITs Workout                                 | Washington- Public Library, 301 C Street       |
| Sept. 5-14        |           | Kansas State Fair                            | Hutchinson- 2000 N. Poplar                     |
| Sept. 8           | 6pm       | Medicare Basics                              | Washington- Hospital, 304 E 3rd Street         |
| Sept. 15          |           | Medicare Part D Scheduling Opens             | River Valley District offices                  |
| Sept. 16          | 2pm       | 10 Healthy Habits for Your Brain             | Belleville- Public Library, 1327 19th Streer   |
| Sept. 16          | 8am-4pm   | Sunflower Fair-50 Fruitful Years             | Salina-Tony Pizza Event Center, 800 The Midway |
| Sept. 16          | 5:30pm    | 10 Healthy Habits for Your Brain             | Clay Center- 4-H Building, 213 S. 12th St.     |
| Sept. 18          | 11am      | WITs Workout                                 | Washington- Public Library, 301 C Street       |
| Oct. 1            | 12pm      | Alzheimer's 10 Healthy Habits for Your Brain | Concordia- Concordia Chamber, 207 W. 6th St.   |
| Oct. 1            | 3:30pm    | Alzheimer's 10 Healthy Habits for Your Brain | Washington- Public Library, 301 C Street       |
| Oct. 13           | 10:30-2pm | Fall Fling                                   | Clay Center-Event Center, 213 S. 12th St.      |