

River Valley District

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K-State Research and Extension News

Knowledge
for Life

January 2017

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FEELING STRETCHED AS A CAREGIVER?

Are you helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country? Plan to attend an upcoming program, “Powerful Tools for Caregivers” designed to benefit family caregivers. The program series begins Tuesday afternoons starting January 24th for five Tuesdays and concludes February 28th. The sessions are at the handicapped accessible Cloud County Courthouse Meeting Room, in the basement at 811 Washington in Concordia from 1:30 to 3:00pm. Enter on the west side of the courthouse and take the elevator to the basement.

The series of five how-to sessions include *Taking Care of You; Four Steps in Identifying – and Reducing Stress; Communicating Feelings, Needs and Concerns; Communicating Effectively in Challenging Situations; Learning from Emotions; and Mastering Caregiving Decisions*. The educational programs are designed to help family caregivers of all ages take care of themselves while caring for a relative or friend. Caregivers benefit by talking to other caregivers. Many tips are given to encourage and assist the caregiver.

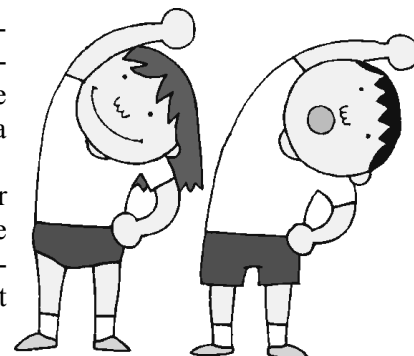
The classes will be led by K-State Research and Extension Family and Consumer Sciences Agents, Patricia Gerhardt and Deanna Turner, River Valley District. K-State Research and Extension River Valley District is sponsoring the caregiver classes. Registration is required to ensure program materials for each participant, but there is no charge for the classes. Please register by January 13th to the River Valley District Extension Office in Concordia at 785-243-8185 or the Clay Center Office at 785-632-5335 or email Deanna Turner at dturner@ksu.edu Sign up today!

STAY STRONG, STAY HEALTHY CLASSES

Improve your health and quality of life. Sign up for this strength building program designed for older adults. Participants meet on Wednesday and Friday mornings for 8 weeks from 9 am- 10 am at the Cuba City Hall. The program builds muscle strength, which, in turn, improves balance, reduces fractures, decreases arthritis pain, heart disease, and depression. Other benefits may include better stress management and improved sleep quality.

Activities included in the classes include warm-up exercises, strengthening exercises with and without weights, and a cool-down period. The cost to participate in Stay Strong Stay Healthy will be \$20 with the class limited to 14 participants. Weights will be furnished for all participants. Participants only need to bring a heavy bath towel. No special clothes or equipment are needed. The classes will be led by River Valley District Extension Agents Patricia Gerhardt and Deanna Turner.

Registration will start February 13th at the Belleville or Concordia District Extension Office. Call the Belleville Office at 785-527-5084 or the Concordia Office at 785-243-8185 to pre-register. For more information contact Deanna Turner at dturner@ksu.edu or call 785-632-5335.



FREE TAI CHI CLASS IN CLAY CENTER

A few of the benefits of Tai Chi exercises are it relieves stress, promotes deep breathing, and improves strength. Jacquie Mack is offering a free class the third Friday of every month from 10 -10:45 a.m. at Apollo Towers Dining Room, 330 West Court in Clay Center. The first class will be on Friday, January 20th. Wear comfortable clothes and non-skid shoes. Participants can sit or stand during the class. There is no fee for the class. Please pre-register by calling Amber Bowser at Apollo Towers, 785-632-5767, or Deanna Turner, River Valley Extension District at 785-632-5335. All interested men and women from the area are invited to participate.

KEEP COMPUTER HACKERS AWAY

Keep your personal information secure on the internet. If you do any financial activity on the Internet, inform the financial account institution if anything looks suspicious. Report it immediately if fraudulent charges were made on your account. Follow these suggestions from the Kansas Insurance Department for computer and smart device consumers.

- Set strong passwords and do not share them with anyone. Set them with at least eight characters, including letter, numbers, and symbols.
- When using unfamiliar websites, be sure the URL begins with "https." The "s" at the end indicates it is a secure site.
- Keep your operating system, browser, and other critical software optimized by installing updates, including antivirus and anti-spyware updates.
- Maintain an open dialogue with your family, friends, and community about internet safety.
- Limit the amount of personal information you post online, and use privacy settings to avoid sharing information widely.
- Be cautious about what you receive or read online- if it sounds too good to be true, it probably is. Also, if a message sounds out of character for the sender, or includes nothing but a link in the body of the email, it may be suspicious. Check with the person who sent you the message to make sure it is legitimate.
- Limit the type of business you conduct on public Wi-Fi networks. Avoid doing online shopping from an Internet café.
- Password-protect your smart phone.
- Turn off your Bluetooth option on your smart phone when you are not using it.
- Check your homeowners or identity theft insurance policies for the level of coverage you have in case of a cyberattack on your devices.
- Follow these common-sense precautions to be safe on the Internet

Kansas Insurance Department

KEEPING THE BATHROOM SAFE

The bathroom is often the most dangerous room in the house for older Kansans. Slips and falls occur in the bathroom. Take a look in your bathroom and see how you can make it safer before a fall occurs.

THE SHOWER:

- Attach sturdy grab bars anchored to the wall studs in the shower and surrounding walls. They need to be able to support the full weight of an adult. Portable grab bars are available, but be sure they have super strong suction cups. Often the portable ones are easy to apply and remove. Have a family member put up the permanent grab bars. They will be happy to help or will hire it done.
- A shower chair works great to keep you safe in the shower. Use a flexible hand held shower wand when bathing on the shower chair. Some wands have an on and off button to make it easier.

THE BATHTUB:

- Consider replacing your bathtub with a walk-in shower. It will make it easier to access. Bathtubs may be harder to step over, too low to sit down into, and difficult to get up and out of the tub.
- Check the temperature on your water heater. 120 degrees F is hot enough to avoid scalding your skin.



THE FLOOR:

- Inspect your rugs to make sure they are nonskid. Bath mats should be slip proof too.

THE TOILET:

- Replacing your toilet. Install the taller raised-height models to lessen the chance of a fall. It will be much easier to get on and off of the toilet plus less stressful on the body.

THE SINK:

- Traditional faucet handles may be more difficult to grip and turn if you have arthritis.
- Replace your faucet with an Americans with Disabilities Act, ADA-compliant one that is easier to use. It will improve the look of your bathroom too.

STORAGE:

- A vanity with lots of storage make it easy to keep towels and other items out of site to avoid any falls. Attach a small cabinet to the wall above the toilet tank for more storage.

MEDICARE 2017

The Social Security Administration announced that the cost-of-living adjustment (COLA) for Social Security benefits will be 0.3 percent, resulting in a small raise in 2017.

Medicare Part B covers mainly physician services, outpatient hospital services, certain home health services, durable medical equipment, and ambulance. The majority of Medicare beneficiaries who have Medicare Part B had \$104.90 deducted from their monthly Social Security in 2016 and that is rising to a deduction of \$109.00 in 2017.

Medicare beneficiaries who added Medicare Part B in 2016 paid a premium of \$121.80 and this is raising to \$127 for Medicare Part B in 2017. People whose premium was not deducted from Social Security, have a higher income, penalty, or new to Medicare in 2017 will pay \$134 for their Medicare Part B premium.

Medicare beneficiaries with a Plan D, G, K, L, M, or N Supplement Insurance will pay \$183 for their Part B annual deductible in 2017 compared to \$166 in 2016.

CMS News 11/10/2016

BECOME A SHICK COUNSELOR

Do you like to help people? If so, become a Senior Health Insurance Counseling for Kansas (SHICK) Counselor. SHICK is a program of the Kansas Department for Aging and Disability Services.

The rewards are numerous helping Medicare beneficiaries in your county enroll in Medicare Part D Plans during the Open Enrollment October 15- December 7th.

Senior Health Insurance Counseling for Kansas provides, free, unbiased, and confidential assistance to Kansans who have questions about Medicare and related insurance issues. Beginning counselors take two days of training and a self-study at home. Returning counselors attend a one day Update training every year. The training all helps to answer questions of Medicare beneficiaries. Often the training is in Manhattan and counselors carpool with Deanna Turner. Deanna guides and mentors new SHICK Counselors in the River Valley District.

During the Open Enrollment for Medicare Part D Plans, Deanna coordinates the Medicare Part D appointments at the District Extension Offices where she and one or more counselors take appointments. A couple of Enrollment Events were held at the Belleville Public Library, one event at the River Valley District K-State Research and Extension Office in Concordia, and three Enrollments Events at the Clay Center Extension Office in partnership with the North Central-Flint Hills Area Agency on Aging SHICK Counselors. Contact Deanna at 785-632-5335 or dturner@ksu.edu if you are interested in becoming a SHICK Counselor

THANKS SHICK COUNSELORS

Big thanks to these SHICK Counselors who helped Medicare beneficiaries shop and enroll in Medicare Part D Prescription Plans this fall. Deanna appreciates all these Counselors helping her with this big project every year. If you see one of these Counselors in town, please thank them. The Counselors are awesome to volunteer their time and expertise! They are very much appreciated.

Belleville- Judy Uphoff
Belinda Robison
Betty Cerny (training)
Lynn Elliott (training)
Concordia- Sonya Garwood
Clay Center- Jim Beck
Nola Unruh
Washington- Janet Elliott

North Central-Flint Hills Area Agency on Aging

Open Enrollment Events and Training Support Throughout the Year

Josh Huston

Marsha Rodgers, SHICK Coordinator

AVAILABLE FOR MEDICARE QUESTIONS

Have questions or concerns about your 2017 Medicare Part D Plan or other Medicare questions? Deanna Turner will answer questions and be in the following Extension Offices on these dates in January:

- Concordia Office on Tuesday, January 3, 8:30 am-3:30 pm
- Washington Office on Wednesday, January 4, 8:30 am-3:30 pm
- Belleville Office on Thursday, January 5, 8:30 am-3:30 pm
- Clay Center Office Friday, January 6, 8:30 am-3:30 pm

Call for an appointment at your local office if you need assistance.

You can call and leave a message at the Clay Center Office, 785-632-5335. Deanna will return your call.

Deanna comes to Washington once a month to address questions. Additional upcoming dates are February 15th and March 8th. Call the Washington Office if you need an appointment. She comes to the other District Offices upon requests throughout the year.

FIGHTING FOR THE GOOD OF THE FAMILY

Parents are no different from other people. They have their disagreements and argue. That's human nature. Parents might be asking themselves "Should we fight in front of the children? Or should we go behind closed doors when we know an argument is beginning?"

Research studies indicate that children from divorced families list watching their parents fight as one of their greatest fears. They see fighting as being very destructive to the family. So, the question is: How did those parents fight in front of their children? Were they hateful to one another? Did they say hurtful things? Did they break agreements with one another? Were they physically violent? Those are all examples of fighting styles that are harmful to a family unit.

Parents can, however, disagree and even have arguments in front of their children if they remain courteous and respectful to one another. No name calling, swearing or blaming one another. Children who observe their parents clearing the air and straightening out misunderstandings without insulting one another are picking up cues on how to peacefully resolve conflict. They also are learning about accepting responsibility for their own actions and mistakes. Children who see their parents behaving in this way are learning valuable communication skills.

Couples who are divorcing (or are divorced) may have a more difficult time fighting for the good of the family. When parents' emotions easily erupt, children see their parents in destructive conflict. Parents need to keep a check on their emotions and try to maintain a business-like approach. Developing beneficial communication skills in difficult situations is just like anything else---it takes practice, but for the good of the family, it's the smart thing to do.

NATIONAL RADON ACTION MONTH

Winter, when homes are closed up, is the best time of year for testing your home for radon. This odorless, colorless gas causes more deaths every year than carbon monoxide poisoning.

Radon is a naturally occurring gas that is produced as uranium in the soil decomposes. This invisible and odorless radioactive gas seeps into homes undetected through foundation cracks and can easily reach harmful levels when trapped indoors. Once breathed into the lungs, it acts like a spark zapping lung tissue and causing mutations that can lead to lung cancer.

Testing for radon is easy, inexpensive and something every homeowner in northcentral Kansas should do. It doesn't matter if your home is old or new, however, homes can be planned and built to include radon resistant features.

The River Valley Extension offices in Belleville, Clay Center, Concordia, and Washington all sell at cost (\$5) a do-it-yourself test kit. Homes that have already been tested do not need to test again unless the soil around the home has been altered. (As in digging around the foundation, an earthquake, etc.)

MORNING ROUTINES

A mother recently described the struggle of waking her son up as "It's like waking a bear from its cave." Waking a child and getting through the 'morning routine' is one of the most common complaints of parents.

Like adults, many children despise the idea of getting out of a warm, cozy bed to face the challenges of another day. Parents can ease this stressful time by getting up 15-30 minutes before the children so they can begin preparations for the upcoming day. Most parents find it easiest if they can complete the majority of their own morning routine (ie shower, dressing, etc.) before waking the children. After waking the kids, parents work on making breakfast or lunches so they can easily check up on the kids' progress in their morning routines.



A major complaint of parents is that the kids "forget" to do something when they're getting ready. A morning routine chart listing items like wash face, brush teeth, feed dog, make

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Analyse all the information -)	Conclusions of the information -)	synthesis of the information -)	Start taking action
Read action type of page -)	plan action -)	request permission of Patricia	
Do the surveys -)	Get the percentages of the survies -)	mentor meeting	
Plan -)	Plan -)	Plan	Plan
Reflection -)	Reflection -)	Reflection	Reflection

bed, etc. can be really helpful. List all the morning activities you can reasonably expect your child to complete on the left side of the paper.

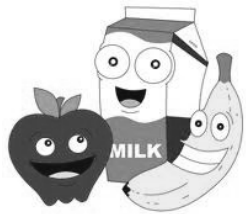
Across the top of the paper list the days of the week. Give your child a sticker or star for every morning activity they successfully complete on time. Some examples of rewards include: choosing an afternoon snack or dessert at suppertime, earning 5-10 minutes of free time before school or choosing a fun weekend activity.

This process needs to be started, at the very latest, the night before. Explain to your children that you would like to help them learn to wake up and get ready for the day like big boys or girls. Focus on you're helping them to do something they want to do. (Remember that being a parent includes talking your children into doing things that are good for them---even if they disagree. Some children respond really well to having their own alarm and waking up on their own without your prodding.) Make the morning routine an opportunity for your children to achieve and succeed. Avoid making it sound like another set of rules or limits on their behavior.

If your child is still in bed after 3-5 minutes, remind them to get up while opening the curtains or blinds to let more light into the room. Use a pleasant voice without anger or frustration. Return in a minute or two and turn on the t.v. or radio outside your child's reach. Using a firm voice, warn your child again that it's time to get up.

EATING HEALTHY THIS YEAR

Many of us make diet and exercise resolutions at the beginning of a new year and then have trouble sticking to them.



This often falls short because we set unrealistic goals and try to make drastic dietary changes that set us up for failure. A new study found that by replacing just twenty five percent of discretionary foods, like desserts, snacks, and sugary beverages, with healthy foods made a big difference in overall diet quality. So,

in other words a small change, like replacing a piece of cake for a piece of fruit, can make a difference. Consider some of the following changes to make your resolutions successful this year:

1. Eat healthy foods you like. It seems logical that you won't succeed for long forcing yourself to eat things you don't enjoy. Choose fruits and vegetables that you like and substitute them in place of snacks or desserts.
2. Replace one sugary drink a day with water. We all know that pop isn't the best choice but don't forget about fruit juice. Even 100% juice made from concentrate can have a high amount of sugar. By replacing one drink a day with water you reduce calorie intake and lower sugar consumption.
3. Eat your veggies first. Research suggests that by having a salad or other vegetables before the rest of the meal increases vegetable consumption better than when vegetables are offered as part of the meal.
4. Make a small snack more satisfying. A Cornell University study found that you can eat a quarter of your usual size favorite sweet and be just as happy. They recommend eating the smaller portion then doing something distracting like taking a walk or completing a chore for at least fifteen minutes. You should find that you will feel just as satisfied as if you had eaten the larger piece.
5. Be grateful. Researchers found that by thinking of one positive thing that had happened that day before eating a meal people tended to eat 9% fewer calories and chose a healthier mix of foods. By trying one or more of these little changes you will be more likely to be happy with the resolutions you made and will be more likely to be successful.

On Health Vol. 28 Issue 12

EXERCISE CAN MEAN MONEY IN YOUR POCKET

A new study has found that if you have heart disease and work out thirty minutes a day, five days a week you can save yourself almost \$4,000 in medical expense each year. If you don't have heart disease, being active can help reduce your medical costs by \$2,100 a year. Sometimes it can be hard to be motivated to work out in the cold, gray days of winter, but saving money can help motivate you to get up and get moving!

Journal of the American Heart Association, Sept 7, 2016

PREVENTING FALLS

Falls can happen any time of the year, but are especially prevalent in the winter with winter weather conditions. You can help prevent falling by following some simple steps.



1. Don't wait for a fall. Many healthy conditions can make you prone to falling. Conditions such as low blood pressure, anemia, inner-ear disorders, dementia, Parkinson's, and arthritis are just a few conditions that can affect movement and make falls more prevalent. If you have any of these taking steps to prevent falls is important.
2. Strengthen your legs. Walking for 30 minutes five days a week can help. Exercises that target leg muscles are also helpful. You can find some good ones on the National Institute on Aging's web site at nia.nih.gov. Look for balance exercises.
3. Check your vision. Multifocal lens can throw off depth perception and obviously poor vision can make you more prone to falls. Make sure that your current prescription is right for you.
4. Wear sturdy shoes. Wear sturdy shoes with a firm sole. This will help you feel the ground and make you steadier.
5. Walk carefully. Use handrails. Slow down and take it easy. Bend your knees, take tiny steps, and walk sideways.
6. Look for home hazards. Replace loose rugs, move cords and other obstructions from pathways. Install handrails in the shower and near the toilet. Make sure areas inside and outside of the house are well lit. Use the highest wattage bulbs that are recommended and use night lights.
7. Consider your meds. Many medications can cause dizziness as a side effect. This can be worsened by multiple medications or changing the medicines dosage. Be sure to visit with your doctor if you experience dizziness.

Falls can be life threatening. Taking the time to prepare yourself and your home can be worth the time and energy.

On Health Vol. 28 Issue 12

EXERCISE CAN LOWER DEMENTIA RISK

Looking for yet another reason to keep that New Year's Resolution to exercise? A study published in the July 2016 *Journal of Gerontology* found that exercise has a protective effect on the aging brain. The researchers found that even a modest amount of exercise reduced the risk of dementia by 50 percent. An examination of brain scans taken of more than half of the 3,700 participants revealed that those who regularly exercised, particularly those older than age 75, had less shrinkage of the areas of the brain involved in cognition and memory. Just one more reason to get up and talk that walk after lunch!

Women's Health Advisor Vol. 20 No 12

EAT A RAINBOW



If eating healthier was part of your New Years resolution then remembering to eat a rainbow can play a big part in helping you to succeed. It is important to eat vegetables of all colors because different colors tend to offer different vitamins, minerals and antioxidants. Red and yellow vegetables like tomatoes, bell peppers, carrots, and squash contain lycopene which helps protect your skin from UV rays and support heart and bone health. Green vegetables, especially those that are dark, leafy greens help to lower cholesterol and are a good source of calcium and iron. Purple colored vegetables like eggplant, purple potatoes, and red cabbage have anthocyanins that help prevent cancer and heart disease. Sometimes we are stuck in a rut and eat the same vegetables all the time. Make it a goal to eat one new vegetable a week. When eating salad be sure to use dark greens like spinach, kale, and romaine and add a variety of other vegetables. Use vegetables as your go to snack. Sliced raw sweet potatoes taste a lot like carrots. Pair snow peas, sliced bell peppers, cucumbers and other raw vegetables with hummus for a low fat, high protein snack that will help you feel full longer. Kale and spinach can be added to many soups and stews at the very end of cooking to add color and more nutrients. When getting a sub sandwich pile on the veggies. The added fiber of the vegetables is another bonus. It helps to keep your digestive system moving and helps prevent digestive cancers like colon and stomach cancer. Remember to eat a rainbow to help you reach those New Year's goals!

WHAT ABOUT DISHWASHER COOKING?

Don't you just love fads and how they cycle? Dishwasher cooking seems to be making a come back. This is not a new idea, in fact recipes seem to be around from the 1970's. The theory is that the hot water and steam will cook the food very similar to poaching and steaming. However there can be many food safety issues with this method of cooking. Foods like meat and eggs may not get hot enough to reach the internal temperatures of 140-165 that are recommended to kill bacteria. Your dishwasher probably reaches that temperature range, but may not be at those temperatures for a long enough time to get your foods to reach the needed temperature. There really is no benefit to cooking with your dishwasher there is no time or money saving reason to try this. Just like hot pants and bell bottoms, it is best to let this fad go away and not get caught up in it!



WALK KANSAS WILL BE RIGHT AROUND THE CORNER

It's hard to believe but before we know it it will be time to be gearing up for Walk Kansas once again. This year's dates are March 19th through May 13th. We are waiting to get more information from the state, but registration will probably open sometime around mid to late February. Start thinking about your team and your goals for this year. Can you go a little further than you went last year? Can you get at least one new person to join your team or better yet start a new team? This is a great way to keep those New Year's Resolutions going. You may even decide that you want to participate in the 2nd annual Walk Kansas 5K being held on May 6th in Manhattan. You can walk or run the 5K. This might be the inspiration you need to move a little further or a little faster as you work out. Watch for more information in your local paper and on the River Valley Extension Website and Facebook page.

EATING OUT AND KEEPING YOUR NEW YEARS RESOLUTION

If eating healthy was part of your New Year's resolution then you probably think that you will never get to eat out again. By following a few simple steps you can eat out and not ruin your healthy eating resolution. It may take a little planning on your part but it's not as hard as you might think. Try this:

1. Have a plan. If you know you will be eating out then maybe have a lighter lunch or make adjustment in your diet accordingly.
2. Think ahead. Select a restaurant with more options ahead of time. If possible review the menu on line to make your selection before you ever get there. That will help you to resist temptation later.
3. Be deliberate when ordering. Try to make sure your meal includes lean protein, low-fat dairy, fruits, vegetables, and whole grains. Try ordering healthy side dishes like salads, baked potatoes, or fruit. Top your potato with vegetables, salsa, cottage cheese or chili instead of butter, sour cream, bacon, and cheese. Do not be afraid to ask to substitute. Ask for a side salad with the dressing on the side instead of fries in a combination meal. Watch your portion size. Many restaurants serve enough for two or three people. Have them put part of your meal in a to-go box right away so you can have another meal or order an appetizer in place of an entrée for your meal.
4. Eat slowly. It takes about twenty minutes for your brain to get the message you are full so eat slowly to give your brain time to process the messages it is getting from your stomach. Eating out can be intimidating when you are trying to make smart choices, but with a little planning you can enjoy a night out and not feel guilty.



FARMLAND LEASE MEETING JANUARY 9TH IN CLYDE

The River Valley Extension District will host a Farmland Lease Meeting on Monday, January 9, 2017 from 7:00 to 9:00pm at the The Branch, 104 S Chestnut Street, Clyde.

Topics for the Lease Meeting will be:

- Explaining the differences and similarities of various leasing arrangements: crop share, fixed cash rent, flexible leases, AUM pasture leases
- Active management of the landowner-tenant relationship through effective communication and recognition of incentives
- Calculating an equitable lease using cost of production budgets, price and yield expectations, and other market-based information
- Results of the 2016 River Valley Extension District Lease Survey. The survey summary will be presented by RVED Agents with our lease survey publication available for pickup at the meeting.

Our guest presenter for the evening will be Dr. Mykel Taylor. Dr. Taylor joined the Kansas State University Department of Agricultural Economics in 2011. Among other research and extension work Dr. Taylor works extensively with land values and rental rates for crop and pasture land in Kansas.

This is a free event open to interested land owners and crop and livestock producers. We do ask that attendees pre-register in order to guarantee adequate materials and refreshments for the evening. Pre-registrations are due by January 5th by calling the River Valley Extension Concordia Office at 785-243-8185. Participants may also contact John Forshee at jforshee@ksu.edu, Kim Kohls at kclarson@ksu.edu, or Katelyn Brockus kbrockus@ksu.edu.

This event is sponsored by K-State Research and Extension River Valley District and by the Kansas Crossroads Resource Conservation and Development Area, Inc.

STARTING ONION PLANTS INDOORS

In the spring it can be difficult to find specific onion varieties in sets or transplants, so growing the variety you want from seed may be a better option. Onions are one of the first plants that need to be seeded for transplanting. Onions take a significant amount of time about 6 to 8 weeks to reach a proper size for transplanting. They can be set out in late March, so you will want to start your seeds by mid- to- late January.



Onion seeds should be placed $\frac{1}{2}$ to $\frac{3}{4}$ of an inch apart in a pot or flat filled with a seed starting mix. Place the container in a warm (75° to 80°F) location until young seedlings emerge. Move the seedlings to a cooler location (60° to 65°F) when

they are 1 to 2 inches tall. Make sure they have plenty of light; you can use fluorescent lights if needed. You will want to start fertilizing when the seedlings reach 2 to 3 inches tall. You will want to use a soluble fertilizer with each or every other watering. You should start hardening off the onions in early March so they will be ready to plant towards the end of the month. To harden off your plants you should move the plants to a protected outdoor location.



You will want to move them inside temporarily to protect them from extreme cold snaps. By choosing to start your onions from seed you will be sure to have your favorite variety ready to go come gardening season.

AFRICAN VIOLET TROUBLES

If you grow African Violets, here are some potential problems you might have and some possible solutions to fix the problems.

1. Spotted leaves- this is caused by allowing cool water to contact the leaves. Only use room temperature water when watering your violet.
2. Small plants with pale yellow leaves- this is often caused by too much light and inadequate fertilization.
3. Leaves are curled downward- this may be the result of too low temperatures (below 60°F).



4. Long leaf stalks and few or small blooms- this often results from plants not getting enough light.
5. Buds have dried up- this might happen if there is not enough

moisture in the air/soil and if the temperature is too high.

6. Plants wilt quickly and crown rots- this happens when plants are getting watered too frequently and/or the drainage may be poor (due to potting mix or lack of holes in the container) or the plants are set too deep into the soil.
7. No flowers- this may be due to one or more of the following; temperatures are too low, the soil is over fertilized, too much light or too much shade, too much or not enough water.

African Violets can be a hard plant to grow, but once you figure out what they like you can enjoy them for years.

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**RIVER VALLEY DISTRICT
“2017 UP-COMING MEETINGS & EVENTS”**

DATE	TIME	PROGRAM	LOCATION
Jan. 9	7-9pm	Farmland Lease Meeting	Clyde- The Branch
Jan. 18	8:30am	Top 10 Considerations to Navigate a Struggling Farm Economy	Salina-Ambassador Hotel Conference Center
Jan. 19	9:30-1:30pm	Grain Marketing Meeting	Norway-Norway Gym
Jan. 20	10-10:45am	Tai Chi Class (Third Friday of the Month)	Clay Center-Apollo Towers Dining Room
Jan. 24-Feb. 28	1:30-3pm	Powerful Tool for Caregivers (Tuesdays for 5 weeks)	Concordia- Courthouse Meeting Room
Feb. 2	8:30-3:00pm	Sorghum School	Concordia-Cloud County Community College
Feb. 2-Mar. 9	3:30-8:30pm	Women in Ag Series (Thursdays for 6 weeks)	Washington-KSDS Meeting Room
Feb. 21- Mar.2	6-8pm	Community Board Leadership Series	Clay Center- RVD Office
Mar. 19- May 13		Walk Kansas	Statewide Program
Mar. 29-May 19	9-10am	Strength Training (Wednesday & Friday mornings)	Cuba-Cuba City Hall

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.