

River Valley District

www.rivervalley.ksu.edu

K-State Research and Extension News

*Knowledge
for Life*

May 2017
Volume 12#5

BELLEVILLE OFFICE

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

CLAY CENTER OFFICE

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

CONCORDIA OFFICE

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

WASHINGTON OFFICE

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

Check us out on the Web at:
www.rivervalley.ksu.edu or on
Facebook @ River Valley
Extension District



K-STATE
Research and Extension

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

www.ksre.ksu.edu

UNDER PRESSURE??

LET'S MAKE SURE IT'S DINNER, NOT YOU!

At first, Chef Alli was completely skeptical....UNTIL she quickly discovered how electric pressure cooking could completely change the way she made dinner for her family. (Yay! No more overcooked meals from the slow cooker!)

Gone are the days of Grandma's hissing, rattling stove top pressure cooker, and we no longer have to worry about food explosions that wind up covering the kitchen ceiling. Electric pressure cooking is making a huge comeback in popularity due to efficiency, health, flavor, and the reduction of cooking times by up to 70%. Dinner can be ready in as little as 20 minutes (prep time included!) and delicious meats, grains, legumes, pastas, and soups are right at our fingertips. Though this method of cooking can be a little scary at first, it deserves some very serious consideration. Electric pressure cooking is life changing!

Chef Alli will be giving an in depth pressure cooking class on Saturday, June 24 at Life's Finer Moments, 1285 16th Road, Clay Center at 2:00 p.m. Cost to attend the class will be \$30. You can register with your local River Valley Extension District Office. Payment is due with registration. Please register by Tuesday, June 20th.



THE NEW WHOLE GRAIN STAMP



100% OF THE GRAIN IS WHOLE GRAIN



50% OR MORE OF THE GRAIN IS WHOLE GRAIN



EAT 48g OR MORE OF WHOLE GRAIN DAILY

The Whole Grains Council has introduced another Whole Grain stamp to help shoppers search for whole grain foods. The 50% stamp will show up on foods in the first half of 2017. The stamp is available on over 11,000 products in 55 countries. The three stamps include:

100% Stamp - The product contains all whole grains. The minimum requirement is 16g (a full serving) of whole grain per serving.

50% Stamp - The product contains half or more whole grains in the grain ingredients. The minimum requirement is 8g (a half serving).

Basic Stamp - The product contains at least 8g of whole grains (a half serving) per serving and may contain some refined grains.

Each stamp shows how many grams of whole grain ingredients are in a serving of that specific product. For more information go to <https://wholegrainscouncil.org/whole-grain-stamp>

SURPRISING WEIGHT-LOSS TOOL

Can phone coaching help you shed extra pounds? Nine hundred and fifty four obese adults who received personalized healthy advice by phone lost about 10 pounds in a year, while 19,080 people who got no such support gained weight or stayed the same in a recent study. Participants set a goal with a coach during an initial call, then had brief chats as needed to stay on track. Some health insurance benefits cover phone programs, so it doesn't hurt to ask.



Obesity, February 2017

MENU CHANGES TO WATCH FOR

By May 5, 2017 restaurants with at least 20 locations must list calories on print menus and menu boards. Calories should appear next to the name or price of regularly offered foods and drinks and must be in matching type size. Use these tips to help you use this information when making eating choices.

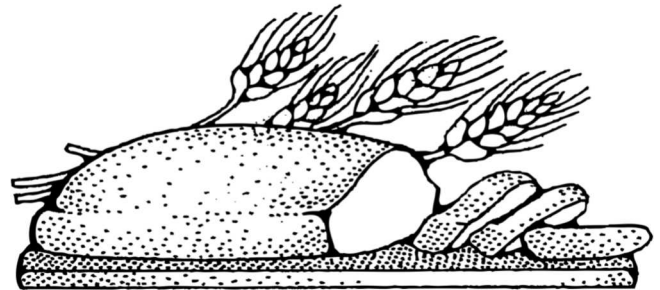
- Consider how a menu item fits into your daily calorie needs. If your entrée has 1,500 calories and you want to stick to 500 per meal, then you can ask your server to box up 2/3 of it before bringing you your plate.
- Understand the options. If an item has two variations, like maybe coming in different flavors, with different calories then listing the calories like Calories 350/425 is permitted. If there are three or more variations, then listing like Calories 400-600 is allowed. If you can't tell which options are at the low or high end, then ask your server. Different sizes of the same options must have separate listings as they will have different caloric amounts.
- Compare calories across restaurants. Tuft's University research showed that calories of similar items sometimes differed a lot among three fast-food chains. For example, a small order of French fries at one chain had 110 more calories than at another chain.
- Go beyond calories. Restaurants covered by the FDA calorie ruling have to provide additional nutrition information, such as saturated fat, sodium, and sugars upon request. Ask where to find these details at the restaurant.

Tufts University Health & Nutrition Letter, April 2017 Vol. 35 No. 2

PLAN TO ATTEND THE NATIONAL FESTIVAL OF BREAD

We are fortunate to have this national baking contest take place so close to the River Valley District. For those that like to bake this event is a fun filled day. The Festival is held on Saturday, June 17th at the Hilton Garden Inn, 410 South 3rd Street, Manhattan. The Festival opens to the public at 8:30a.m. The only cost to attend is a donation of a canned good or non-perishable food item for the Flint Hills Breadbasket. There are commercial sponsors booths to look at and demonstrations to watch on the live stage. There are also wheat weaving demonstrations, bakery exhibits, and samples, the Oklahoma Wheat Commission Bake Truck, and a kids area with hands on tortilla making and flour milling.

There really is something for every member of the family to enjoy. For more information and a complete schedule go to <http://nationalfestivalofbreads.com/hints-and-happenings/2017/06/17/festival-schedule>



WATCH THE CALORIES IN YOUR CUP



There is some not-so-sweet news for people who are among the 51 percent of Americans who sip coffee every day or the 26 percent who prefer tea. When plain, these drinks have just 5 and 2 calories per cup, respectively. But a recent study

from the University of California in San Diego found that adding sugar, honey, cream, half-and-half, or flavored syrups, which up to two-thirds of beverage drinkers do, amps up the calories. The result? The typical cup of tea actually contains 43 calories, including 37 from sugar and 2 from saturated fat. The typical cup of java packs 69 calories, including 42 from sugar and 13 from saturated fat.

Public Health, Jan 30, 2017

BE PREPARED...JUST IN CASE!

Imagine leaving your home in the morning...and not having a home to come back to at the end of the day. It's scary to think that the four walls of your home may be blown away or burned down. But it's even scarier to think you may not be near your loved ones when a disaster occurs and have no way of finding out their status. Are they all okay? Where are they? How can you get to them?

While smart phones are handy, they may not be so useful if cell towers are down or when there's no electricity to recharge your phone. So, think and plan ahead. Here are seven things to do before a disaster occurs.

*Identify an out-of-state family member or friend willing to serve as your check-in person in the event of a disaster. Give their contact information to all your family members. In the event of a disaster, it is sometimes easier to contact a person outside the disaster area than to contact someone within the area.

*Teach all family members (children and older adults also) how to send a text message. Texting can be a more effective and reliable tool than voice calls when the network is overwhelmed.

*Know your family members' daily routines. Where are they/when?

*Designate a meeting place in case you cannot access your home.

*Double check that young children know their full names as well as your name and home address. Their knowing this information can help responsible adults reunite your family in a disaster or emergency.

*Assign emergency duties to older children and adults. Older children can be responsible for gathering pets, turning off lights, etc. Adults will need to be responsible for gathering cash, important papers and medicines, planning an evacuation route, etc.

Don't wait for a disaster to figure out how you will communicate with your family. Make a plan. Your plan will not be like my plan, or like your neighbor's plan. But just make it and share it with your family and close friends. Do it today!

DADS AND THEIR CHILDREN

With Father's Day on the horizon, now's a good time to reflect on the importance of dads. Besides providing love, support and comfort to their children, dads teach important values and lessons as well as serve as role models. Fathers who were involved in their child's first year of life had children with higher test scores in pre-school and kindergarten. Additionally, fathers who took two or more weeks off in conjunction with the birth of their child were more likely to engage in a wider range of childcare activities such as feedings and diaper changes.

Children's school success and emotional well-being are influenced by father's presence in the home. Teens with fathers who were actively involved in their lives (even when the father no longer lived in the home) had fewer mental health problems and were less likely to behave in ways that got them in trouble with the law.

Research shows that fathers who are positively and actively involved in their children's lives, (whether married or not), are better able to cope with stressful situations and everyday hassles. They feel as if they can depend on others more, are more comfortable in their occupation and, overall, have higher self-esteem. Being an involved parent not only benefits the child (ren) but the parent as well.

Divorced fathers, even if no longer living in the home or married to the child's mother, are still "Dad". The children still look to him and need from him his love, encouragement, and support.

THOUGHTS TO REMEMBER

*You will be as happy as you are willing to be; choose to be happy!

*Have fun and enjoy your life, but never confuse fun or pleasure with happiness.

*Never let your happiness or sense of self-worth depend on someone else's love or approval.

*Pain is inevitable but suffering is a choice.

*How you deal with what happens to you is more important than what happens to you.

*Real friends make you feel good about yourself while still encouraging you to be even better.

*It's not just what you say, do, or intend, but how you make people feel that is most important.

*Failure is not a fact. It's a perspective. Find the lesson in every setback and you'll never fail.

*It's never wrong to admit you were wrong; no one is always right.

*Don't let grudges or resentments run your day or your life. Let go, forget and move on!

UPCOMING BABYSITTING CLINICS

River Valley Extension will be offering babysitting clinics in Clay Center (Wednesday, May 31) and Belleville (Friday, June 2) from 9:00am – noon. The Clay Center session will be in the RVD Extension office meeting room and Belleville's will be in the Astra Bank basement meeting room. The classes will discuss parents' expectations, characteristics of a good babysitter, first aid, ages and stages of children, safety concerns, appropriate toys and snacks. The classes are free with pre-registration required by calling the RVD Extension office in Concordia at 785-243-8185 three days prior to the class.

BEFORE SAYING “I DO”

Dress bought and tux rented? Check. Cake? Check. Flowers and decorations? Check. Ok....You're ready for the wedding but are you ready for what comes after? The marriage?

It's important for couples get to know each other well and realize that marriage is a lifelong commitment that takes more preparation than planning the wedding itself. Getting ready for the marriage means effectively communicating and discussing important items like finances, children, hopes, dreams, and expectations.

Finding out more about the other person by asking questions or just being closely observant of words and body language is essential. How does your special person like to observe special holidays or birthdays? Does he/she like to be silly, let go and have fun? What are the person's daily household habits? Is your loved one early, late, or right on time? What does he/she like to do for leisure? When discussing these things, couples often find they think differently on certain things. Also observe how the other person reacts to certain situations and how you interact with one another's families. Absorbing all these things about the other person can help you decide what you can or can't live with.

It's natural for two people from different backgrounds to disagree sometimes. What's important, though, is handling the disagreements respectfully. Disagree in gentle ways using soft startups, meaning you don't come in yelling or pulling in baggage from earlier disagreements. Always be respectful toward one another, even when disagreeing. This won't be easy. Stereotypically, men are sometimes said to be more resistant to sharing feelings. But, a willingness to talk depends on the individual and anyone can shut down.

Finances are a huge and tough issue but need to be talked through. How will big-ticket items be paid for in the future? Who pays the everyday household bills? Money drives families and how people make financial decisions is often determined by how those decisions were made in their own families. The other person might have different expectations, so couples have to figure out how to mesh two different ways into one. The amount of time it takes to truly know one another is different for everyone.

KANSAS STATE FAIR READING CHALLENGE

The Kansas State Fair is offering a special reading challenge for kids this summer to encourage youth to read and learn about agriculture. The challenge consists of reading eight qualifying books about agriculture and keeping a journal of the book titles and authors as well as a short description of your favorite part of the book. Individuals whose journals are received in Hutchinson by August 15 will receive a Kansas State Fair 'fun pack'. To sign up, contact any River Valley District Extension Office.

HEALTH INSURANCE Q & A PROGRAM

Do you have questions about health insurance in Kansas? Plan to attend the upcoming program:

Health Insurance – Are We There Yet?

Tuesday, May 2

By Cindy Hermes, Director of Public Outreach and Health Care Consumer Ombudsman, Kansas Insurance Department

Presented in Two Locations-

Concordia, 1:30 p.m., Courthouse Basement Meeting Room (Enter the west entrance & take the elevator to the basement.)

The program will be repeated-

Clay Center, 5:30 p.m., Apollo Towers Dining Room, 330 West Court, Clay Center

(Enter at the west or north entrance.)

Cindy will answer your questions and share helpful information about health insurance in Kansas. She previously was a Consumer Assistance Representative for the Kansas Insurance Department.

Please pre-register for the Concordia meeting by calling the Concordia District Extension Office at 785-243-8185 or register for the Clay Center meeting by calling 785-632-5335. Light refreshments will be provided. The program is sponsored by the River Valley Extension District, K-State Research & Extension and in Clay Center sponsored by the Clay County Wellness Council through a Clay County Task Force grant. For more information contact Deanna Turner, District Extension Agent, at 785-632-5335 or e-mail dturner@ksu.edu Everyone is invited.

DEFENSIVE DRIVING CLASS

Sharpen your driving skills! Prevent an accident from happening. Lower your auto insurance premium too. Enroll in the upcoming Defensive Driving Course offered at the K-State Research and Extension River Valley District Office, 322 Grant Avenue in Clay Center. The class will be taught Monday, June 12, 9 a.m. - 3 p.m. There is a \$20 registration fee per person due by June 5. In order to have a class, a minimum of 15 people are needed. The fee pays for educational materials.

Many defensive driving tips will be presented by Trooper Ben Gardner from the Kansas Highway Patrol. The class is completed in one day. Participants can bring their lunch with refrigeration available or break for a one-hour lunch. Breaks and snacks are provided.

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

If interested in participating and for more information, pre-register to the Clay Center Extension Office by calling 785-632-5335. Sign up and pay your \$20 registration today!

KEYS TO EMBRACING AGING

Aging is inevitable but there are 12 keys to aging that help people grow older gracefully, successfully, and with increased longevity. Deanna Turner has recently been presenting this program in the River Valley District. Participants were asked to share a tip that helps them as they age. They shared a wealth of wisdom.

Aging Wisdom from District Participants:

- Enjoy family including grandkids and “great” grandkids and friends.
- Having friends to share the journey!
- Just keeping up with the grandkids keeps me going!
- Keep active!
- Do something positive every day!
- Enjoy life every day!
- Stay positive! Keep in a good frame of mind. Avoid getting stressed over little things.
- Count your blessings.
- Laugh especially at yourself.
- Write down what I need to do and what I need to remember in the same notebook.
- Be patient with yourself and take time to figure out the answer.
- Try to eat a healthy diet!
- Exercise every day.
- Work puzzles, read, go to clubs, and socialize.
- Have coffee every day with friends.
- Take advantage of Senior Center meals and activities.
- Play music when doing housework, especially when doing dishes.
- Wear keys around your neck to keep track of them. When my purse was stolen in the grocery store, I was so glad I still had my car keys around my neck and cell phone in my pocket.
- Take your cell phone when you go to the basement and when walking.
- Schedule a day of rest if you’ve had some busy days.
- Go to bed early.
- Slow down and be conscious of doing automatic things like putting keys away.
- Use a key rack to hang your keys when returning home.
- To keep young, I go every time someone asks me. This really does help a person to keep from feeling sorry for themselves.
- Don’t be afraid to ask for help if you need it.

EXTENSION FALL FLING

OCTOBER 9, 10:30am

**4-H CONFERENCE CENTER, CLAY CENTER
PROGRAMS: PRAIRIE LAVENDER FARM &
MINIATURE SEWING MACHINE COLLECTION**

MEDICARE HELP

Are you on Medicare and struggling to pay your bills? Find out if you might qualify for Extra Help to pay a lower premium for your Medicare Part D prescription plan and lower co-payments at the pharmacy. You might even qualify to get your Medicare Part B premium paid resulting in a higher Social Security check. Contact a Senior Health Insurance Counseling, SHICK, Counselor for assistance.

Extra Help is a savings program that reduces the costs of your Medicare Part D prescription plan premium, co-payments or coinsurances, and may lower your deductible. A Medicare beneficiary must meet specific income and asset or resource guidelines. To qualify for any degree of Extra Help, an individual must have an income of \$1,508 or less, or a married couple an income of \$2,030 or less. This income is the gross amount before the Medicare Part B premium is deducted from your Social Security check. Also guidelines must be met for your assets or resources which include money in checking and savings plus additional sources. Resources do not include your primary residence and one vehicle. The maximum resources that an individual can have are below \$13,820 or below \$27,600 for a married couple to qualify.

Applying for Extra Help is easy to do on the Social Security website. It will take a maximum of 6-8 weeks to determine if you qualify for Extra Help. Social Security will send you a letter telling you if you qualify and what degree of Extra Help. The Medicare Savings Program requires a person to have a lower income and resources than Extra Help. As mentioned earlier, it will help pay for your Medicare Part B premium and Part D premium, co-payments or coinsurance, or deductibles. Gross income guidelines are a maximum of \$1,357 or less for an individual, or an income of \$1,827 or less for a married couple. Resources for an individual can be at or below \$8,890, or at or below \$14,090 for a married couple. A Medicare Savings Program application must be completed and mailed. Beneficiaries will receive a letter in the mail if they are approved.

SHICK Counselors are trained to answer your Medicare questions and provide unbiased answers. The counselors educate and assist the public to make informed decisions on what’s best for your Medicare needs. They are happy to assist Medicare beneficiaries apply for Extra Help and assist with a Medicare Savings Program application. During the Medicare Part D Open Enrollment Period, SHICK Counselors help people shop and enroll in a Medicare Part D Plan for the upcoming year.

Contact a SHICK Counselor near you for these free services. In Republic County, Judy Uphoff will be happy to help you. Call Judy at 785-527-0118. Deanna Turner can help in any of the District Offices. Call the Belleville River Valley District K-State Research & Extension Office at 785-527-5084. In Cloud County, call the Concordia District Office at 785-243-8185. In Washington County, call the Washington District Office at 785-325-2121. SHICK Counselor, Deanna Turner, is available for appointments upon request. Or call Deanna at the Clay Center District Office at 785-632-5335. Find out if you or a loved one qualify for Extra Help or the Medicare Savings Program.

MEDICARE EXTRA HELP

Do you qualify for Medicare Extra Help? If you can answer **YES** to the following questions you should apply.

- Do have Medicare Part A, also known as hospital insurance?
- Are your resources at or below \$8,890 for an individual or \$14,090 for a married couple? Or, for Extra Help only, are your resources below \$13,820 for an individual or \$27,600 for a couple? Resources do not include your primary residence and vehicle.
- Is your income at or below the following limits?

| Savings Program | Individual Monthly Income Limit | Married Couple Monthly Income | Pays For |
|--|---------------------------------|-------------------------------|--|
| Qualified Medicare Beneficiary | \$1,005 | \$1,353 | Part A, Part B, and Part D co-payments, deductibles, and coinsurance |
| Low Income Medicare Beneficiary | \$1,206 | \$1,624 | Part B premiums and Part D co-payments, deductibles and coinsurance |
| Expanded Low Income Medicare Beneficiary | \$1,357 | \$1,827 | Part B premiums and Part D co-payments, deductibles and coinsurance |
| Medicare Part D Subsidy | \$1,508 | \$2,030 | Part D premiums, co-payments and deductibles. |

**Qualification information effective Jan. 27, 2017*

There is no estate recovery with Medicare Savings Programs and Extra Help. These programs **WILL NOT** put a claim on your estate. Apply by calling your local SHICK Counselor.

RABBITS IN THE GARDEN

When you think of problems in a garden the first thing most people think of is insects, but one of the biggest problems is rabbits. Rabbits in gardens are a perennial problem because of the wide variety of plants they can feed on. This time of year, they gravitate to young vegetables and flowers. There are some vegetables that are rarely bothered by rabbits including: potatoes, tomatoes, corn, squash, cucumbers, and some peppers. The question is how do you protect plants that are more susceptible? Fencing provides a quick and effective control method. The fence does not need to be tall; 2 feet is sufficient for cottontail rabbits. The mesh must be sufficiently fine (1 inch or less) so young rabbits will not be able to crawl through it. When building your fence be sure to secure the fence into the ground so the rabbits can't push the fence up and crawl under. Fence is one way to keep rabbits out of your garden.

Often fencing is not an acceptable choice because it affects the attractiveness of the garden. A couple other ways to control rabbits include repellents or trapping. Repellents are often suggested for control but often do not last long and require frequent reapplication. Also, many are poisonous and cannot be used on plants or plant parts destined for human consumption. Live traps can be used to collect and move the rabbits to a rural area several miles away from where they were trapped. A number of baits can be used to entice the rabbit to enter the trap including a tightly rolled cabbage leaf held together with a toothpick. However, rabbits often avoid baits if other attractive food is available. Repellents and traps might work but are not 100% effective.

Another possibility to help control rabbits is to use a motion-activated sprinkler. These are attached to a garden hose and release a short burst of water when motion is detected. Motion-activated sprinklers are advertised as protecting up to at least 1000 square feet. Just remember, to shut it off before you go work in your garden or you might get a little wet!

2017 CENSUS OF AGRICULTURE

America's farmers and ranchers will soon have the opportunity to strongly represent agriculture in their communities and industry by taking part in the 2017 Census of Agriculture. Conducted every five years by the U.S. Department of Agriculture's (USDA) National Agricultural Statistics Service (NASS), the census, to be mailed at the end of 2017, is a complete count of all U.S. farms, ranches, and operators.

"The Census of Agriculture remains the only source of uniform, comprehensive, and impartial agriculture data for every county in the nation," said NASS Administrator Hubert Hamer. "As such, census results are relied upon heavily by those who serve farmers and rural communities, including federal, state and local governments, agribusinesses, trade associations, extension educators, researchers, and farmers and ranchers themselves."

The Census of Agriculture highlights land use and ownership, operator characteristics, production practices, income and expenditures, and other topics. The 2012 Census of Agriculture revealed that over three million farmers operated more than two million farms, spanning over 914 million acres. This was a four percent decrease in the number of U.S. farms from the previous census in 2007. However, agriculture sales, income, and expenses increased between 2007 and 2012. This information and thousands of other agriculture statistics are a direct result of responses to the Census.

Producers who are new to farming or did not receive a Census of Agriculture in 2012 still have time to sign up to receive the 2017 Census of Agriculture report form by visiting www.agcensus.usda.gov and clicking on the 'Make Sure You Are Counted' button through June. NASS defines a farm as any place from which \$1,000 or more of agricultural products were produced and sold, or normally would have been sold, during the census year (2017).

For more information visit: www.agcensus.usda.gov
Call: (800) 727-9540.

PLANTING TOMATOES TOO EARLY

Spring might feel like it's here, but when planting your garden you need to be sure the soil has warmed up enough to plant. Gardeners often try to get a jump on the season by planting tomatoes as early as possible. Though this can be successful at times, there are certain precautions that should be taken, especially with the up and down temperatures we have been having this year.

The first precaution that should be taken is checking to make sure the soil is at an adequate temperature. Tomato roots do not do well until soil temperatures reach a consistent 55°F. Use a soil thermometer to check the temperature at 2 inches deep during the late morning to get a good average temperature for the day. This should be done for three or four days to get an average temperature for the week. To warm your soil up quicker try putting down black plastic mulch. This plastic mulch should warm up your soil enough for you to get that early jump on planting your tomatoes.

The second precaution that should be taken is to harden off plants that you are transplanting into your garden. Plants moved directly from a warm, moist greenhouse to the more exposed and cooler conditions outside may undergo transplant shock. Transplant shock causes plants to stop growing until they are acclimated to the weather. Plants can be acclimated to outside conditions by placing them outdoors in a location protected from wind and full sunlight for a few days before transplanting. The best conditions for transplanting is an overcast, windless day, or as close as we can get in Kansas.

The third precaution that should be taken is to protect your tomatoes from frost. Tomatoes cannot tolerate frost. Though we are past the average date of last frost in most of Kansas, watch the weather and cover the plants if frost is predicted. A floating row cover or light sheets can be used for protection. A floating row cover can be left on the plants for two to three weeks to increase the rate of growth and establishment.

Here are a few other tips for getting your tomato plants off to a fast start. Use smaller stockier plants rather than tall spindly ones. The smaller plants tend to form roots and become established faster than the tall overgrown plants. Don't mulch your plants as soon as you plant them; give them time to start growing well, then mulch. Mulching too early will prevent the soil from warming up and slows down the growth of the tomato plants. These tips will help you have a successful tomato crop.

IT'S NEVER TOO LATE TO QUIT

Smokers who kicked the habit lived longer than those who kept on puffing, even if the quitters didn't stop until they were in their 60s. These findings come from a National Cancer Institute study that tracked more than 160,000 men and women older than 70. If you have considered giving up smoking but thought it was too late, go ahead and kick that habit! You can still get benefits from quitting.

American Journal of Preventative Medicine. Nov 30, 2016

KANSAS OPEN MEETINGS ACT GUIDELINES

Many of us serve on public boards that are subject to the open meetings act. It is important that boards follow proper procedure to insure that proceedings of the boards are open to the public. The Kansas Open Meetings Act (KOMA) requires board that are subject to the KOMA requirements to:

1. Conduct affairs and transact business in meetings which are open to the public.
2. Refrain from taking any binding action by secret ballot.
3. Provide notice of the date, time and place of any regular or special meetings to anyone requesting such notice.
4. Make the agenda for any meeting available to anyone requesting the agenda.
5. Recess into Executive Session only for those reasons stated in the statute, which are:
 - a. Personnel matters of non-elected personnel
 - b. Consultation with an attorney which would be deemed privileged in attorney-client relationships
 - c. Matters relating to employer-employee negotiations
 - d. Preliminary discussion relating to the acquisition of real property
 - e. Matters relating to actions adversely or favorably affecting a person.
 - f. Confidential data relating to financial affairs or trade secrets of corporations, partnerships, trusts and individual proprietorships.

The motion for recessing into executive session must contain the following information:

1. The justification for executive session.
2. The time and place at which the open meeting will resume.
3. Any individual(s) invited to participate in the executive session.
4. Discussion shall be limited to subject stated in motion.
5. No binding action shall be taken during executive session.

The right of the public to view the workings of the board should not be confused with a right to speak at the board meetings. Visitors do not have the right to express their views or participate in the board meetings. The board may grant this right and most public boards have set aside a



specific time for public comment. Boards may set guidelines as to the amount of time and number of times an individual from the public may address the board. The board may ask questions of the public but is not bound to take any action on the public comments.

For more information visit the Frequently Asked Questions of the KOMA page at:

<http://ag.ks.gov/open-government/koma-faq>

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

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

| DATE | TIME | PROGRAM | LOCATION |
|-------------|-------------|---------------------------------------|---|
| May 2 | 1:30pm | Health Insurance-Are We There Yet? | Concordia-Courthouse Basement Mtg. Room |
| May 2 | 5:30pm | Health Insurance-Are We There Yet? | Clay Center-Apollo Towers Dining Room |
| May 7 | 2pm | Master Gardner Spring Field Day | Clay Center-4-H Conference Center, Fairgrounds |
| May 13 | 8:30-4:30pm | Tractor and Machinery Safety Training | Concordia-CTI, 1441 Union Road |
| May 31 | 9am-Noon | Babysitting Class | Clay Center-Extension Office Meeting Room |
| June 2 | 9am-Noon | Babysitting Class | Belleville-Astra Bank Basement Meeting Room |
| June 12 | 9am-3pm | Defensive Driving Class | Clay Center-Extension Office Meeting Room |
| June 20-23 | | Kansas Range Youth Camp | Murdock, KS-Camp Mennoedah, Kingman County |
| June 17 | 8:30am | National Festival of Bread | Manhattan-Hilton Garden Inn, 410 South 3rd Street |
| June 24 | 2pm | Chef Alli-Pressure Cooker Class | Clay Center- Life’s Finer Moments, 1285 16th Road |
| Oct. 9 | 10:30am | Extension Fall Fling | Clay Center-4-H Conference Center, Fairgrounds |

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.