



# River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

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

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## 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

322 Grant Avenue  
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) or on  
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Extension District

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## “BETTER BRAINS FOR BABIES #1” WORKSHOPS

The development of a young child’s brain is a tremendous opportunity and an awesome responsibility. While brain development begins prenatally, it is not fully developed at birth. The wiring that connects the different parts of the brain to one another continues to evolve so that the child can develop meaningful relationships, learn language, make decisions, and basically learn new information. The environment in which a young child grows up strongly influences his/her brain wiring.

The workshop will be offered 2 times: Thursday, September 14 in Belleville’s Astra Bank meeting room and Thursday, September 28 at the RVD Clay Center Extension office. Both classes will be from 6:30 pm to 9:30 pm. While the class is pertinent to anyone interested in early brain development, it has been approved to give 3 KDHE credits for child care providers.

For more information and/or to pre-register, please call the River Valley Extension office in Concordia at 785-243-8185 by Friday, September 8.



## NEW JUICE RECOMMENDATIONS FOR CHILDREN

The American Academy of Pediatrics (AAP) issued a new policy statement that advises the daily intake of juice be limited for kids one year and older as follows:

- 4 ounces (1/2 cup) for ages 1-3
- 4 to 6 ounces (1/2 to 3/4 cup) for ages 4-6
- 8 ounces (1 cup) for ages 7-18

The AAP also advises that you need to make sure you are purchasing 100% juice (not fruit drinks that contain added sugar). Also, avoid giving juice in a bottle or sippy cup. These allow the juice to set on the teeth too long resulting in tooth decay.

The new recommendations are due to fears that juice can interfere with infants consuming milk or formulas that contain important nutrients they need. Juice lacks the fiber of whole fruit and can be easily over consumed. It can also contribute to weight concerns and increases risk of tooth decay, particularly if sipped throughout the day.

*Tufts University Health & Nutrition Letter August 2017 Vol 35 No 6.*

## PREEMIES DO BETTER IN SCHOOL

For years we’ve thought that prematurely born babies struggle more in school, but research at Northwestern University has found that not to be true. The study was completed on 1.3 million babies born in Florida between 1995 and 2012 with gestational ages of 23-41 weeks. Two thirds of the preemies in the study were ready for kindergarten on time with 2% of them even achieving gifted status in school.

The study did not take into account the children’s genetic background or extra assistance they might have received. It did show, however, most premature babies end up performing reasonably well on standardized tests through their middle school years.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

## HOW WOULD YOU LIKE IT?

Kids often hear from adults “How would you like it if...” as in “How would you like it if someone broke your toys?” or “How would you like it if you weren’t invited to their birthday party?” As adults use this terminology, they are trying to get children to see the other person’s viewpoint and think of others.

But, what would happen if kids did the asking? What might a three-year old’s questions be for the adults in his/her life?

“How would you like it if...

You had to eat a big plateful of food when you weren’t hungry?”

You had to run alongside an adult just to keep up with their steps?”

Someone told you to ‘hurry up’ and then stood there talking and talking to a friend?”

Everyone laughed when you asked a question you really wanted to know the answer to?

You had to go to bed and you weren’t at all sleepy?”

Maybe we adults need to stop and think once in a while about how the world looks from a child’s point of view. Maybe we wouldn’t get so frustrated and impatient. Seeing the situation from the child’s viewpoint just might make life less stressful for all of us.

## LAUNDRY POD DANGER

Between 2012 and early 2017 eight US Deaths related to laundry pods or packets were reported to the Consumer Product Safety Commission. The colorful detergent filled products can be mistaken for candy.

Six of the eight deaths were adults with dementia, and two were children. There has been a lot of stories in the past few years of the pods being a risk for young children. Their bright colors and interesting textures make kids think they are candy. However, this statistic shows that children are not the only ones we should be concerned about.

The packets, designed to dissolve in the wash, release highly concentrated liquid detergent. The concentrated formulation poses more risk than conventional detergent, says the American Association of Poison Control Centers.

Dr. James H. Dickerson, the chief scientific officer at Consumer Reports says that Consumer Reports is recommending that households and caregivers of anyone who might be cognitively impaired refrain from having the pods in their homes. They are also appealing to manufacturers to change the appearance of the packets so that they do not look like candy.

Before purchasing the laundry pods consider if anyone in your home could be at risk for accidental poisoning

*On Health Consumer Reports, Sept 2017, Vol 29 Issue 9.*



## BENEFITS OF TALKING TO YOURSELF

Normally we talk to ourselves in first person. (“I’m angry!” “Why did I say that?”) However, studies done at Michigan State University and the University of Michigan, have shown that talking to yourself in 3<sup>rd</sup> person (“Pat’s angry.” “Why did Pat say that?”), puts things in a different perspective and it’s easier to be objective about your own behavior. Referring to yourself in third person encourages a person to judge their own behavior in a more objective way and to be less judgmental. It helps a person gain a tiny bit of psychological distance which is helpful in regulating and controlling emotions.

## GIVING THE “RIGHT” GIFT

Research recently completed at the University of Wisconsin-Madison showed that gift recipients are happier with a present when the giver recently got themselves the same present. The study revealed that the gifts were ‘better’ if the giver let the receiver know “I hope you like the \_\_\_\_\_. I got one for myself too!” This is called ‘companionization’ and links the receiver to the giver. The more similar a person is to someone, typically the more they like one another. When you receive a gift that someone also bought for themselves, you feel more like them and that leads you to like the gift more.



The study revealed that the giver and receiver don’t have to be close friends or relatives for the companionization effect to work. The depth of the relationship doesn’t make a difference, either. The companionization effect doesn’t seem to work, though, if the giver received the gift at an earlier time.

## CUTTING DOWN ON SUGAR SWEETENED BEVERAGES MAY HELP DIET IN OTHER WAYS

A recent study in the *American Journal of Clinical Nutrition* had participants who were mostly overweight or obese take part in three classes and 11 interactive phone calls designed to teach them only how to cut down on sugary beverages. After six months, they not only reduced their intake of sugary beverages by a third, but they also cut their intake of total added sugars by a third and daily calories by 285. Plus, they improved their overall diet quality (“healthy eating index”). For example maybe they started eating slightly more fruits or vegetables or whole grains. The researchers suggested that this is an example of how healthy changes in behavior may “cluster” and how one dietary improvement can lead to others. So, consider making just one healthy change to your diet. You may be surprised to find that it will help lead to other healthy changes.

## TALKING ABOUT DIFFICULT TOPICS

Everyone seems to agree that family members need to talk about potential changes in health, inheritance, and estate planning issues before there is a crisis or someone is not able to communicate. But, more often than not, that doesn't happen. We avoid the very topics that have the potential to reduce conflict, misunderstandings, and feelings of guilt.

Denial of our own or another's mortality is often the reason conversations about inheritance can be so sensitive. Few family members want to give the impression that a family member might die or that they want someone to die. Talking about human losses or changes in health can be emotional and filled with confusing legal and financial complexities.

Marlene Stum, an Extension Specialist at the University of Minnesota offers the following tips for starting conversations about difficult topics:

- 1) Be clear about your own motives about raising the issue. What are your concerns? What do you want to have happen and why?
- 2) Respect the fact that others may not be ready to face their own or another's death. Be alert that timing of the conversation is everything. Look for natural opportunities to bring up the topic.
- 3) Remember that listening is the part of communication we often forget!
- 4) Use "what if" questions to start conversations. An example is "Dad, what would you want to happen with the things in the house if you and Mom were no longer able to live here?"
- 5) Recognize and value the differing feelings and opinions that others have.
- 6) When someone else raises the issue, be willing to listen and talk. Not speaking up means that others will not know your opinions or feelings.

For additional resources, call the RVD Extension office in Concordia at 785-243-8185 and ask for materials from the University of Minnesota's "Grandma's Yellow Pie Plate".

## WATCHING YOUR SALT IN-TAKE EASIER AT HOME

A new study in *Circulation* has found that more than 70 percent of the sodium consumed in the U. S diet comes either from commercially processed or restaurant foods. 14 percent is found naturally in the foods and only 5 percent of the sodium comes from salt added at the table. 6 percent comes from being added during preparation at home. So if you are trying to cut down on your sodium intake, this means that you need to limit consumption of pre-packaged foods and foods that are prepared outside of the home. Cooking as much as you can from scratch will help you control the amount of sodium in your final food products.



University of California, Berkeley Wellness Letter Aug 2017

## MEDICARE PART D PLANS 2018

Information about specific 2018 Medicare Part D Plans will not be available till October. Starting October 1st, Medicare beneficiaries with a Part D Plan will receive information from their company informing them of any changes for 2018. The Open Enrollment Period for Part D Plans will be October 15-December 7<sup>th</sup>.

SHICK Counselors are available in your area to provide assistance shopping and enrolling in 2018 Part D Plans. Refer to the Medicare Part D Enrollment handout for locations and appointment times available. Appointment times fill up fast in some locations. Call for appointments after September 1st.

## DISTRICT SHICK COUNSELORS

SHICK stands for Senior Health Insurance Counseling for Kansas. The counselors receive training annually on Medicare, Medicare Supplement Insurance, Part D Prescription Drug Coverage, and other health insurance subjects that concern older Kansans.

Counselors are available to meet with consumers for personalized free counseling sessions, to help with problems and questions, and to provide support during the decision-making process.

The information discussed in the sessions is confidential. SHICK Counselors will not recommend policies, companies, or agents, but will provide free unbiased answers to the questions of consumers, their family members, and other caregivers.

Thanks to these experienced SHICK Counselors who will be counseling Medicare beneficiaries with Part D at locations in the River Valley District:

Jim (James R.) Beck-Clay Center Extension Office

Nola Unruh- Clay Center Extension Office

Janet Elliott- Washington Extension Office

Sonya Garwood- Concordia Extension Office

Deanna Turner- All District Extension Offices

Judy Uphoff- Belleville Enrollment Events Belleville & Appointments at Library

Belinda Robison- Belleville Enrollment Events & Appointments as Requested

Lynne Elliott- Belleville Enrollment Events

Be sure and thank these SHICK Counselors! They are very dedicated to share their expertise and time.

**2018 Medicare Enrollment  
Begins October 15th and  
Ends December 7th, 2017**

**Medicare Part D Enrollment**  
**October 15 - December 7**  
**For 2018 Plans**

Open Enrollment dates for 2018 Medicare Part D Plans are October 15 through December 7. Plan to call for an appointment with a Senior Health Insurance Counseling for Kansas (SHICK) Counselor. PLEASE DON'T DELAY!

**The River Valley Extension District, Libraries, and some Senior Centers offer personalized help for Medicare Part D Enrollment. With high demand for counseling it is important to call and set up an appointment at any of these locations.**

**The following are dates available for SHICK Counselors in the River Valley Extension District:**

**BELLEVILLE:**

**SHICK Counselor, Judy Uphoff**- Call ahead to schedule for an appointment at 785-527-0118. Her appointments will be at the Belleville Public Library upon request.

SHICK Counselor, Belinda Robison- Call & leave a message at 785-527-3199 for an apt.

**Belleville Extension Office**

Deanna Turner, SHICK- Available Mondays on November 6, 20, & 27; December 4th.  
Call the Belleville Extension Office at 785-527-5084 for an appointment.

**Two Republic County SHICK Enrollments Events**- October 23 & November 13, Belleville Public Library, 1327 19<sup>th</sup> Street

Judy Uphoff, Belinda Robison, Lynne Elliott, Deanna Turner, and Stefanie Morris (North Central-Flint Hills Area Agency on Aging), SHICK Counselors will be taking individual appointments on the same day and same location these days from 8:30 a.m.- 4:30 p.m.

Call the Belleville Extension for an appointment at 785-527-5084. Tell Kim Kolman, Office Professional, which date you want an appointment.

**CLAY CENTER:**

**Clay Center Extension Office-**

Deanna and two other trained SHICK Counselors will be helping you at the Extension Office. Jim (James R.) Beck and Nola Unruh will be taking appointments.  
Call the Clay Center Extension Office at 785-632-5335 for appointments with these SHICK Counselors.

\* **Jim Beck**- Available on these Mondays- October 16, 23, & 30; November 6, 13, 20, & 27; December 4

\* **Nola Unruh**- Available on Tuesdays, October 17, 24, & 31; November 7, 14, 21, & 28; December 5

\* **Deanna Turner**- Available on these Thursdays & Fridays, October 26, & 27; November 3 (Morning only), 9, & 17; December 7

\* **Three Clay Center SHICK Enrollment Events**- November 16 & 30; December 1

Clay Center Extension Office. Jim Beck, Nola Unruh, Deanna Turner, & Area Agency on Aging will be taking individual appointments on the same day and same location these days.

Call the Clay Center Extension Office for an appointment at 785-632-5335.

**Medicare Part D Enrollment  
For 2018 Plans  
-CONTINUED-**

**CONCORDIA:**

**Concordia Extension Office-**

Deanna and Sonya Garwood will be helping you at the Extension Office Meeting Room located in the basement of Courthouse in Concordia.

Call the Concordia Extension Office at 785-243-8185 for an appointment.

**Deanna Turner-** Available Tuesdays October 24; November 7, 21, & 28; December 5.

**Sonya Garwood-** Available Tuesdays, October 24; November 7, 21, & 28; December 5.

**One Concordia SHICK Enrollment Event** – November 14, Extension Office & Meeting Room (Basement of Courthouse).

Area Agency on Aging Counselor, Sonya Garwood, & Deanna Turner will be taking individual appointments (8:30 a.m.-3:30 p.m.) on the same day and same location on November 14. Call the Concordia Extension Office for an appointment at 785-243-8185.

**WASHINGTON:**

**Washington Extension Office-**

Deanna Turner and Janet Elliott will be helping you at the Extension Office. Call the Washington Extension Office at 785-325-2121 for an appointment.

**Deanna Turner-** Available on Monday, October 30; Wednesdays, October 25; November 8, 15, 22, & 29; December 6.

**Janet Elliott-** Available on Monday, October 30; Wednesdays, October 25; November 8, 15, 22, & 29; December 6.

**Medicare Part D Prescription Drug Coverage Worksheet**

Stop by one of the District Extension Offices in Belleville, Clay Center, Concordia or Washington to pick up a Medicare Prescription Drug Worksheet. Regardless of who provides you help, Medicare beneficiaries need to know the prescription drugs taken, dosage & 30 Day Quantity. You will need to put this information on the worksheet before seeking help. Call your pharmacy or where you purchase your medications to discover the specific Prescription Drug Plans your pharmacy will handle.

**Drop off the worksheet to the Extension Office at least one week prior to your appointment, and it will speed up your appointment.**

Bring any recent letters you have received from Social Security or Medicare and your Medicare card to your appointment.

Thanks to all the SHICK Counselors for assisting Medicare beneficiaries. They keep up-to-date with several Medicare trainings throughout the year. Please be considerate of their time by making your appointments early during the enrollment period, being on time to your appointment, and having the appropriate paperwork that is listed above turned in and/or with you for your appointment. There is typically a waiting list for appointments so if you must cancel, please do so as soon as possible to allow time for the sites to schedule someone on the waiting list.

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.

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**  
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## SADDLE UP AND BRING YOUR POSSE TO THE 'FEST OF THE WEST!'

The *Sunflower Fair* will be held Tuesday, September 19 8 am-4 pm in Salina at Tony's Pizza Event Center (Formerly the Bicentennial Center) and is sponsored by the North Central-Flint Hills Area Agency on Aging

The day's festivities will include:

- Educational Workshops**
- Informative Exhibits**
- Inspiring Speakers**
- Health Screening**

Meet new friends and visit with old friends. You will learn while having fun!

The \$20 registration cost includes lunch. Pre-register for the Sunflower Fair by credit card by calling 800-432-2703 or go to [www.ncfhaaa.com](http://www.ncfhaaa.com) or send your \$20 registration by mail to:

North Central-Flint Hills Area Agency on Aging  
401 Houston Street  
Manhattan, Kansas 66502

Registration deadline is September 8, 2017

## EXTENSION FALL FLING

The 4-H Conference Center at the Clay County Fairgrounds will be the site for the Extension Fall Fling on October 9th. Enjoy the fun, fellowship and learn at the upcoming Fall Fling on Columbus Day. All interested men and women in the area are encouraged to attend. Please bring a salad. Silverware and a beverage are provided. Refrigeration is available for salads.

The morning speaker, Marjorie Abel, will share some of her unique vintage toy sewing machine collection. "Tiny Treasures" will be presented by this former Family & Consumer Sciences teacher from rural Wakefield.

Hear about the excitement going on at the Prairie Lavender Farm, Bennington, from Mike Neustrom. They grow twelve varieties of lavender in north central Kansas and market limited quantities of handmade lavender products. Hear how they got started growing lavender in 2002 and the details. Enjoy this afternoon speaker.

The Clay County Homemaker Extension women invite everyone to attend this free event.

Registration	10:30 am
Welcome, awards & recognition	11:00 am
By Carol Adams & Deanna Turner	
"Tiny Treasures"	
By Marjorie Abel	
	11:15 am
BLESSING & SALAD LUNCHEON	Noon
FELLOWSHIP	
"Prairie Lavender Farm"	
	1pm
By Mike Neustrom	
Door Prizes	2pm

## UNDERSTANDING HOSPICE: WHAT YOU NEED TO KNOW

Do you have questions about what hospice care provides?  
Plan to attend one of the upcoming programs.

Thursday, September 7

6:30 pm

Belleville Public Library, 1327 19<sup>th</sup> Street

or

Tuesday, September 12

6:30 pm

River Valley Extension District Office

322 Grant Avenue, Clay Center

Presented by Meadowlark Hospice Staff

Sponsored by K-State Research & Extension-River Valley  
District & Meadowlark Hospice

Hospice care is more than caring for a patient in their last moments of life. It focuses on improving the quality of life for persons and their families faced with a life-limiting illness. The primary goals of hospice care are to provide comfort, relieve physical, emotional, and spiritual suffering, and promote the dignity of terminally ill persons. Hospice can help ease the burden on families in those final days, but when initiated early enough hospice can also help the patient and family prepare for the road ahead. Hospice is about living and making moments last when faced with a terminal illness.

Discover answers to your questions at this presentation about hospice care ranging from how it works, how it's paid for, and how you get started. It will provide an understanding of how hospice can ease the burden when a patient is faced with the decision of how to spend their last moments.

No pre-registration is required. For more information, contact Deanna Turner at [dturner@ksu.edu](mailto:dturner@ksu.edu) or call her at the Clay Center District Extension Office at 785-632-5335.

Everyone is invited.

## FALL CLEAN-UP PLANNING A SUCCESSFUL EVENT

Fall is just around the corner and so it is time to turn our attention to fall Community Clean-up, Fix-up, Paint-up events. Kansas 4-H will continue the 48 Hours of 4-H Community Service events on October 7th and 8th to coincide with 4-H Week. Many clubs will be taking on clean-up, fix-up, and paint-up activities and so we encourage communities to contact their local 4-H club and join in making our communities a better place to live, work, and play. Contact any River Valley Extension Office for 4-H Club contact information.

Contact John Forshee at the Clay Center office for a copy of the new K-State Research and Extension bulletin MF931, Conducting a Community Clean-up, Fix-up Campaign. This handy, four-page guide will help you have a successful event and achieve your community goals.

## 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 been presenting the “Keys to Embracing Aging” program to groups across the River Valley District and participants have shared more tips that help them as they age.

The following are “Aging Wisdom from District Participants:”

- Challenge your mind to think by putting puzzles together and doing crosswords. It keeps my mind alert.
- Take your cell phone with you at all times when outdoors—in the garden, taking a walk, and in the cemetery. Also carry it inside when in the basement. Just in case you fall, you can call for help.
- Try to have a positive attitude. Look at the mirror without your glasses on.
- Try to look at all situations with a positive attitude and a sense of humor.
- Appreciate the little things. Do a gratitude journal.
- Visit and laugh with friends.
- Take time to enjoy family and enjoy life.
- A daily visit to my 9-year-old granddaughter’s house keeps me going. Play with all the grandkids too.
- Get out of the house. Eat out with friends. Travel and see a new place and be gone from home a few days.
- Enjoy each stage of life!
- Do not worry about what you can’t change.
- Never think you are too busy or old to help others!
- Keep busy and move, move, and move. Helps to keep up with the kids and grandkids.
- Every morning, do a few free style exercises.
- Stay active mentally and physically.
- Eat less than you did as a kid. You don’t burn calories like a kid anymore.
- Drink plenty of water.
- To stand up easily, scoot to the edge of the chair and lean forward. You’ll probably be able to avoid using your arms to push up.
- Add hand rails on the stairways and steps everywhere.
- Keep tatting!

***“You don’t stop laughing when you grow old, you grow old when you stop laughing.” - George Bernard Shaw***

## LIKELY TOO LATE TO SPRAY FOR BAGWORMS

Bagworms can cause a great deal of damage during the last few weeks of feeding, and you may be tempted to spray for them now. However, late-August sprays are often ineffective because the insects have usually stopped feeding. Never spray in August unless the insects are actively feeding. There are two effective ways of controlling bagworms, handpicking and using insecticides. Handpicking is possible if there are not too many bags that it becomes impractical. Normally, handpicking is done on small trees or newly infected trees before the whole tree is covered.

Understanding the life cycle of this moth will explain why spraying in August is not recommended and help plan effective control measures. In Kansas, bagworms normally finish feeding and close their bags during mid-August. After that, insecticides are ineffective because they cannot reach the pest.

Bagworms are unusual insects because they use an uncommon form of reproduction called paedogenesis in which the female larva reproduces. The female larva never pupates, but produces mature sexual organs during the last larval instar. The male flies to the female’s bag and mates with her while she remains in the bag. After mating, the female’s body fills with eggs. She will eventually die inside the bag, and her body will become a dried, mummified egg case that will protect the eggs during the winter. Each female case normally contains 300 to 1,000 eggs. Egg hatch does not occur until the next spring, usually around the end of May, but could be earlier depending on spring weather patterns.

Small infestations can be picked off by hand once the larvae are large enough to see. However, any insecticide spray will be more effective if used on young larvae that are actively feeding. Start looking for the new



hatch about the middle of May. Wait several weeks after seeing the first larvae emerge to allow those still in the bag to make their appearance. This normally means spraying during the latter half of June. Insecticide sprays are more likely to be effective when the bagworms are small. Most commonly used pesticides include acephate, cyfluthrin, permethrin, Malathion, and Sevin. An organic product containing the active ingredient spinosad, (Ferilome Borer, Bagworm, Leafminer and Ten Caterpillar Spray; Monterey Garden Insect Spray), is very effective against both young and more mature bagworms.

During most years, spraying about June 15 will provide good control. Don’t forget that insecticides are not the only means of control. Hand picking and destroying the bags is effective any time. Remember when dealing with bagworms, to look for them early and look for them often.

**River Valley Extension District**  
Washington Office  
214 C. Street, Courthouse  
Washington, KS 66968-1928

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

<b>DATE</b>	<b>TIME</b>	<b>PROGRAM</b>	<b>LOCATION</b>
Sept.		Prepare Kansas 2017 (online)	K-State Research and Extension Facebook Page
Sept. 7	6:30pm	Understanding Hospice	Belleville-Public Library, 1327 19th Street
Sept. 12	6:30pm	Understanding Hospice	Clay Center-RVD Extension Office mtg. room
Sept. 14	6:30-9:30pm	Better Brains for Babies #1	Belleville-Astra Bank Meeting Room
Sept. 19	8am-4pm	Sunflower Fair- “The Fest of the West”	Salina– Tony’s Pizza Event Center (formerly Bicentennial)
Sept. 21	9:30am	KSU Beef Stocker Field Day	KSU Beef Stocker Unit-4330 Marlatt Ave.
Sept. 28	6:30-9:30pm	Better Brains for Babies #1	Clay Center– RVD Extension Office mtg. room
Oct. 4	8:30-4pm	Fall Forestry Field Day	Kennedy Tree Farm-Five miles south of Randolph
Oct. 9	10:30am	Extension Fall Fling	Clay Center-4-H Conference Center, Fairgrounds
Oct. 13	5:30-9:30pm	Animal Science Family and Friends Reunion	Manhattan -Stanley Stout Center
Oct.15-Dec.7		Medicare Part D Enrollment	