

UPCOMING CLASS FOR CHILD CARE PROVIDERS

Most generally conflict, such as shouting, put-downs, hurt feeling and tears, is viewed as a negative. What if we turned conflict into a positive experience? The KCCTO class “Power of Positive Communication” will assist providers in understanding reactions to conflict in order to better manage attitudes and foster constructive communication. The class will also help providers develop strategies to resolve conflicts. The 3-hour KDHE approved class will be given from 6:30-9:30 p.m. on:

- | | |
|-------------------------------------|---|
| *Tuesday, February 16 – Clay Center | River Valley Extension meeting room
(322 Grant Avenue) |
| *Wednesday, February 17 – Concordia | Courthouse meeting room
(811 Washington Street) |
| *Thursday, February 18 – Washington | Colonial Acres meeting room
(350 Washington Street) |
| *Monday, February 22 – Belleville | Astra Bank meeting room
(1205 18th Street) |

Pre-registration is required one week prior to the class by calling (785) 243-8185. There will be a \$10 fee payable at the class.

January 2016 Volume 11 #1

BELLEVILLE OFFICE

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

CLAY CENTER OFFICE

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Clay Center, KS
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WASHINGTON OFFICE

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

Check us out on the Web at:
www.rivervalley.ksu.edu

WALK KANSAS COMING!

As you pull on your gloves and adjust those ear muffs, take heart! Spring will soon be here and it'll be time to tie on those tennis shoes and enjoy walking outside. Plan now to join the fun—and health benefits—of Walk Kansas 2016! This year's state-wide K-State Research and Extension program is scheduled for **April 3-May 28**. Included in the 2016 program will be some suggestions for walking with your pets. Be watching for more details!

SPEEDY HOUSEKEEPING

Who has time for cleaning? Or, when you do have time, would you rather spend it reading or doing something you'd enjoy more? Here are some 'trade secrets' for quick cleaning.

Keep all your necessary cleaning tools and supplies in the same place, and put them back when you're finished. This saves not only time, but much frustration. Make every move count using both hands as you clean. That means work systematically around the room once, so that when you get back to the spot you started, you're done! Save the floor for last. Always work from top to bottom and to avoid going over the same area twice, avoid wiping a surface before it's been cleaned.

To be most effective, speed cleaning must be learned, practiced, reviewed and perfected. It's worth it. The payoff is that you will save hours every week, with hours adding up to days, days to weeks, etc. With the pay-off being more free time to do what you really enjoy!

KEEPING YOUR HOME SAFE

Your home is your refuge. It's the place where you can relax, unwind, and regroup to go out and face the world again. It seems inconceivable that your home's air might, unbeknownst to you, contain the #1 cause of lung cancer for nonsmokers. (Radon exposure is the #2 cause of lung cancer for smokers.)

Have you tested your home for radon? Radon is a naturally occurring radioactive gas which is the result of the decomposition of uranium in the soil. The counties in northcentral Kansas typically have high amounts of radon, so it's important that each individual home be tested. Not detectable by sight or smell, radon levels can only be determined by testing. Test kits and information on radon are available at each River Valley Extension office. For a measly \$5 test kit fee, you can secure some relief knowing your family is not breathing radioactive radon particles. If needed, you can take the measures necessary to eliminate the radon. Stop by your RVD Extension office and pick up a radon testing kit today.

CHILDREN HELPING AROUND THE HOUSE

Children learn responsibility, develop a sense of pride and can be a big help to parents by taking care of their own things and performing simple chores.

Most three year olds, with a limited amount of help, are able to get dressed by themselves and put away their pajamas, brush their hair and teeth, make their own bed, pick up toys, and hang up clothes on hooks.



Five year olds can do the above, plus help set and clear the table, feed and clean up after pets in the home, dust furniture, put dirty laundry in hamper/basket, etc.

For a seven year old, add the responsibilities of emptying the garbage, using the microwave, helping in the kitchen fixing/cleaning up after meals, and hanging clothes up in the closet.



As children grow, more and more responsibility can and should be given to them. When your children begin helping more around the house, your standards might have to be altered. Remember, you are asking for their help not only to aid you, but to teach skills and responsibility.

DOING THINGS FOR LESS

If your household budget is a little tight after the holidays, you're not alone. You know there are some expenses you can't eliminate (food, housing, utilities, etc.) but there are other things that are easier to cut back on. One example is entertainment. Do you take advantage of public resources? Many are low-cost or free such as the public library, museums, and historical sites.

Your River Valley Extension office also has access to a wealth of information on you-name-it! There's gardening, parenting, foods/nutrition, conducting a meeting, crops, livestock, public speaking, etc. readily available for the asking.

Look around your house. Do you have some old-time games the family would enjoy? Invite extended family, friends, and neighbors to join you for a fun time. Gather the gang around the Monopoly board, dominoes, or playing cards. Clean off the ping pong or pool table and enjoy a rousing tournament. What about bundling everyone up and tossing a football or frisbie around? End the good times with hot chocolate and popcorn.

When finances are tight within a family, let everyone know that the family is needing to reduce their spending on some items. Answer the kids' questions as best you can and reassure them you will work things out. This is an excellent opportunity to reinforce the difference between 'wants' and 'needs'.

Involving teens in family problem-solving helps teach them the reality of managing money. Asking teens to help with household expenses will necessitate discussing openly the family budget, income and needs. However, remember teens should be limited to working 10 hours a week and should be relieved from doing extra chores around the home.

ADULT CHILDREN MOVING HOME?

It's not unusual for adult children to move back in with their parents. As this move will change the household expenses, adult children have the responsibility to contribute to the household expenses. Being as specific as possible, talk openly and honestly about money arrangements. Be sure to discuss how monthly household costs will be shared and paid; who is responsible for cooking and cleaning; how overnight guests will be handled, employment expectations, discipline of children, meal expectations, etc. Sharing a home is a big decision for everyone involved, so make sure important items are discussed and decided on before anyone moves anywhere.

CELEBRATE NATIONAL POPCORN DAY

Popcorn can be an excellent whole grain snack as long as we are careful about how we top it and what oil we pop it in. Americans eat more than 500 million pounds of popcorn each year. A third of that is consumed at movies, circuses, ball games, and county fairs.

Popcorn is not a new snack. The Indian people of the Americas were eating popcorn thousands of years ago. Columbus recorded that the Indians of San Salvador sold popcorn and wore it as jewelry. While it never caught on as traditional Thanksgiving food, popcorn was brought to the first Thanksgiving by Algonkian Indians. The colonists liked it so much that they would eat it for breakfast with cream poured on it, much like we eat puffed wheat today.

The Native Americans believed that each kernel had a spirit that got mad and burst out of its home when the kernel was heated. However, what actually happens is that each kernel contains a small amount of water. As the kernel is heated the moisture expands and turns to steam. The steam creates pressure within the kernel until the kernel explodes. A single kernel expands to 40-50 times its original size. Take some time on January 19th to pop up a bowl of this tasty and healthy treat.



STAYING HEALTHY DURING FLU SEASON

It's that time of year again. Colds, flu, and various other germs are happily being spread. While it can be hard to protect yourself from everything that seems to go around there are some basic steps you can take to help keep yourself from catching everything that is being circulated.

The best thing you can do is wash your hands correctly and frequently. Obviously this doesn't strengthen your immune system, but helps to reduce the number of germs on your hands, thus reducing the risk of germs being transferred to your mouth, eyes, or nasal cavity. Warm water and soap are really one of the best defenses you have.

If soap and water are not available the next best thing is using an alcohol-based hand sanitizer. Make sure it contains at least 60 percent alcohol. That is the level needed to be effective against germs. Carry a bottle with you so that you can use it whenever you have been in a public setting.

Don't touch your face. Most people touch their eyes, nose, and mouth about 16 times over the course of 3 hours according to researchers at the University of California, Berkeley. This allows bacteria, viruses, and other germs to be transferred into the body.

Lastly, get your shots. Vaccines prompt your immune system to produce antibodies that protect you from disease. While not always fully effective, the flu vaccine can help shorten the length and severity of the flu even on the years where the strains aren't an exact match.

DIET CHANGES FOR THE NEW YEAR

Did your New Year's Resolution include dieting or making changes to your diet? Research shows that those people that are most successful in their resolutions are people who make realistic and attainable goals. It's also best to make small incremental changes that can be easily incorporated into your lifestyle.

Here are five small changes that have a big impact on your health over the long term.

1. Eat the rainbow. When planning meals, choose a wide variety of fruits and vegetables. Each color group is full of different vitamins and minerals. This helps you get a wide variety of important nutrients.

2. Replace red meat with fish once a week. Fish, especially fatty fish like salmon or tuna, is an excellent source protein and omega 3 fatty acids. Consuming one to two servings of fish each week can decrease your risk of coronary death by more than 33 percent according to an article in the *Journal of the American Medical Association*.

3. Make half your plate vegetables for one meal a day. Eating more vegetables can help lower your risk for cardiovascular disease and some cancers. Filling half your plate with vegetables will help you consume more fiber, antioxidants, and phytonutrients.

4. Eat a piece of fruit as a snack. Fruit also helps to reduce your risk of cardio-vascular disease and some cancers. It is a great source of fiber and vitamin C.

5. Drink a glass of water before each meal. Staying hydrated is important for energy, cognition, and digestion. A study published in *Obesity Journal* showed that drinking a large glass of water before each meal helped study participants lose more weight because they felt satisfied with less food. If you don't like plain water try adding a piece of fruit or a splash of juice.

Women's Nutrition Connection, Volume 19, Number 1

CHOOSE FOODS THAT HELP CURB HUNGER

If losing weight was part of your New Year's Resolution then selecting foods that help you feel full can help play a role in making that resolution successful. Proteins, fats, and complex carbohydrates that contain fiber help you feel full longer. Fruits, vegetables, and whole grains are foods that can help you feel full and provide many vitamins and minerals to your diet. Avocados and nuts are good snack choices as they contain fiber and healthy, unsaturated fats. Nuts can be a good source of protein. However, keep in mind that avocados and nuts also have a lot of calories, so be sure to watch your portion sizes. Other good sources of proteins include low-fat dairy foods like yogurt, Greek yogurt, and reduced fat cheeses.

Looking for a sweet afternoon snack? Instead of heading to the cookie jar for a snack that provides no nutritional value

and lots of calories try taking a half cup of low-fat vanilla yogurt and pair it with a bowl of your favorite fruit. This will provide a significant amount of protein and fiber for less than 200 calories.

Maybe you are looking for something more savory. Try a piece of low-fat string cheese and some whole-grain crackers. This will give you protein, fiber, and a little fat. Try some hummus dip with a variety of your favorite vegetables like celery, carrots, bell peppers, or cucumbers. Hummus is a high protein low fat snack. It comes in many flavors or make your own and flavor it your way. This snack is high in protein and fiber.

Feeling satisfied at main meals is important too. Good breakfast options include: high fiber low sugar cereals, oatmeal, yogurt with fruit, eggs, and whole grain toast. For lunches and suppers include foods such as: whole-grain breads, salads topped with chopped walnuts or almonds and avocado with dressings that contain a healthy fat like olive oil. Many fat free dressings are high in sodium and sugar. Whole grain pastas and brown rice are high fiber carbohydrates that will help you feel full longer.

A few small changes on your part will help you be successful with this year's resolutions.

Women's Nutrition Connection, Vol 19, No. 1

BECOME A SHICK COUNSELOR

Want to help people? 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 plus take on-line short courses. The training all helps to answer questions of Medicare beneficiaries. Often the training is in Manhattan and counselors carpool with Deanna Turner. She will be happy to guide and mentor 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 if you are interested in becoming a SHICK Counselor. She will be happy to answer any questions and provide more information. Call today!

THANKS SHICK COUNSELORS!

Thanks to these SHICK Counselors who helped Medicare beneficiaries in the River Valley Extension District shop and enroll in Medicare Part D Prescription Plans this fall.

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

North Central-Flint Hills Area Agency on Aging provides assistance with Open Enrollment Events and Training Support throughout the year. Thanks to: Cindy Brake and Marsha Rodgers, SHICK Coordinator

HAVE MEDICARE QUESTIONS?

Do you have questions or concerns about your 2016 Medicare Part D Plan or other Medicare questions? Deanna Turner will be at each of the River Valley Extension Offices on these dates in January to help find answers to your questions:

Belleville	Monday, January 4	9:00 a.m.-4:00 p.m.
Concordia	Tuesday, January 5	9:00 a.m.-4:00 p.m.
Washington	Wednesday, January 6	8:30 a.m.- 3:30 p.m.
Clay Center	Friday, January 8	8:30 a.m.- 3:30 p.m.

Call for an appointment at your local office if you need assistance. Feel free to call and leave a message at the Clay Center Office, 785-632-5335. Deanna will return your call.

Deanna Turner, SHICK Counselor, comes to Washington once a month to address questions. Additional upcoming dates are February 10th and March 9th. Call the Washington Office if you need an appointment. Deanna visits the other District Offices upon request throughout the year.

MEDICARE 2016

The Social Security Administration has announced that there will be no Social Security cost of living increases for 2016. The majority of Medicare beneficiaries who have Medicare Part B will have \$104.90 deducted from their monthly Social Security check as in 2015. People who are new to Medicare and enrolling in Part B for the first time in 2016 and people who are not collecting Social Security benefits will pay \$121.80 monthly in 2016 for Medicare Part B. Some Medicare beneficiaries pay a higher Part B premium due to having a higher income. Since 2007, beneficiaries with higher incomes have paid higher Part B monthly premiums. Under the Part B section of the Bipartisan Budget Act of 2015, high income beneficiaries will pay an additional amount. Medicare beneficiaries will receive a letter if their Part B premium is adjusted according to a high income.

BE INFORMED ON YOUR MEDICARE SUPPLEMENT PLAN

Do you have a Medicare Supplement Plan? Look on your Supplement member card to determine the letter of your plan. The chart will tell you what coverage you have. For example, looking at the chart a Plan F Supplement Plan will cover all the gaps in Medicare if the expense is a Medicare covered expense.

Let's discuss the difference between a Supplement Plan F and Plan G. The Medicare beneficiary pays the annual Part B deductible which is \$166 for 2016 with a Plan G. Otherwise the Supplement Plans F and Plan G are the same.

What is Medicare Part B? Physician charges in or out of the hospital, durable medical equipment, ambulance, outpatient hospital charges, and excess charges are under Medicare Part B. If a person has a Supplement Plan G, he or she would pay the first \$166 when they went to the doctor and had lab work done.

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 starts Friday mornings on March 11 for five consecutive Fridays and concludes April 8th. The sessions are at the handicapped accessible Astra Bank Meeting Room, 1205 18th St. in Belleville from 10:00 to 11:30 a. m..

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 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. A similar program was presented in Clay Center last fall.

Registration is required to ensure program materials for each participant, but there is no charge for the classes. Please register by March 4th to the River Valley District Extension Office in Belleville at 785-527-5084 or the Concordia Office at 785-243-8185 or the Clay Center Office at 785-632-5335. Or email Deanna Turner at dturner@ksu.edu or Patricia Gerhardt at pgerhard@ksu.edu Sign up today!



WOODCHUCKS IN KANSAS

Woodchucks, also known as groundhogs, used to be commonly found east of a line from Manhattan southwest to Arkansas City. However, in recent years, the number of this rodent has increased significantly and it has moved its range further west in Kansas.

The woodchuck is a compact critter with a chunky body supported by short, strong legs. Its tail is short and bristly. Its forefeet have long, curved claws that are adapted to digging ground burrows where it seeks refuge and hibernates during winter months. Its color is usually a grizzled brownish-gray, with variations from white to black. Woodchucks have chisel-like incisor teeth. From the tip of the nose to the tip of the tail woodchucks are typically 20 to 27 inches long and weigh anywhere from 5 to 12 pounds.

The early morning and evening hours are preferred for feeding as woodchucks depend on dew for much of their water intake. They eat large quantities of succulent plants. Woodchucks can become a nuisance when their feeding conflicts with people's gardening efforts or when they dig burrows in hayfields. They may feed in gardens, flower beds, alfalfa, and clover fields. Occasionally, woodchucks damage young trees in orchards or nurseries. Although woodchucks will climb trees, they prefer to eat fruit on the ground and normally do not cause damage by climbing trees to eat fruit.

Woodchucks often can be observed basking in the summer sun during the warmest hours of the day. They sleep on the tops of fence posts, on stone walls, large rocks, fallen logs, and grassy areas, all of which are close to the burrow entrance. Even feeding woodchucks normally do not travel farther than 50 yards from their dens. There are exceptions as male woodchucks have been known to travel long distances to find a mate, to find food in time of drought, or to eat fallen fruit in orchards.

Dens are typically located on the edge of woodlands, in fields along fence rows, or in little used barns or sheds. Often woodchucks will take up residence in stonewalls or woodpiles, using several auxiliary dens for shelter. The burrows dug are from 25- to 30-feet long and from 2- to 5-feet deep. Normally two or three entrances are used, although there may be as many as five. The main entrance is identified by the mound of excavated dirt and stones.

Hibernation begins with the killing frosts, usually in October and ends in the early spring, usually in early February. Woodchucks mate in February and March. Gestation requires 31 to 33 days. A single litter with two to nine (usually four) young is produced each season. The young are weaned by late June or early July, and soon strike out on their own, usually occupying old, abandoned dens or dig new dens. The average life span of woodchucks is 4 to 5 years. Predators such as foxes, bobcat, coyotes, dogs, and people are the main forces that limit woodchuck numbers.

Currently woodchucks may be taken in Kansas by with legal equipment and license requirements. Landowners may control woodchucks causing damage by shooting or trapping or may exclude by fencing.

For more information pick up bulletin L-865, Woodchucks Urban Wildlife Damage Control.

WOMEN IN AG SERIES TO BE HELD IN CLAY CENTER

The share of U.S. farms operated by women nearly tripled over the past three decades, from 5 percent in 1978 to 13.7 percent by 2012, according to USDA's "Characteristics of Women Farm Operators and Their Farms". Since 2012, the trend is certainly continuing. Whether it be from inheriting farm ground, continuing the family operation, marrying into a farm family, or a host of other reasons, women find themselves in a position that requires knowledge of managing a farm operation.

The Women in Agriculture educational series is designed to provide information and training on a wide variety of farm management topics that are catered directly to farm women. Participants are provided a comfortable environment where they feel free to ask questions and learn critical skills. Women with any level of experience in farm management or with any degree of farm involvement are invited to attend; there is something for everyone to learn. You must sign up to attend the entire series. Sessions will be held on Thursdays, beginning February 4th, from 3:00 to 8:00 p.m. at the CTI John Deere meeting room in Clay Center, Kansas.

Topics for the Six Sessions include:

Session One - February 4th: True Colors (personality profile), Agricultural Advocacy, Social Media, Farm Technology

Session Two - February 11th: Ag. Marketing and Risk Management, Calculating Cost of Production, Crop Insurance

Session Three - February 18th: Kansas Lease Law, Developing Equitable Farm Leases, Farm Safety

Session Four - February 25th: Quicken for Farm Record-keeping, Financial Management

Session Five - March 3rd: Livestock Management, FSA and NRCS Programs

Session Six - March 10th: Family Communication, Farm Succession and Estate Planning

The last session will also be open for family members of participants to attend at no additional cost. Registration for the series will continue until a maximum of 25 participants is reached. A registration fee of \$50 will cover a notebook of materials, snacks, and meals at all 6 sessions and must be received at registration to reserve your seat. Please contact any River Valley Extension District office for more information or to register. The office can be reached at 785-243-8185. The RVED website, www.rivervalley.ksu.edu, also has registration forms that can be mailed or brought in to the office.

Sponsors to make this educational series possible include: K-State Research and Extension, AgMark LLC., Crop Production Services, Kansas Crossroads RC&D, Dr. Dean Klentz-VitaFerm Dealer/Noffsinger Veterinary Hospital, The Citizens National Bank, Crop Protection Agency, Wilbur-Ellis, Reed Seed, and Concordia Tractor Inc. A special thank you goes out to the organizing committee of Katelyn Brockus, Jericho Hammond, Rebecca Frerking, Kim Larson, Suzanne Larson, and Barb Lenhart.

This is the fourth year to conduct the WIA program in the RVED. Previous sessions filled early and were very successful. Don't miss your opportunity to attend. Register now!

FARMLAND LEASE MEETING JANUARY 11 IN CLAY CENTER

The River Valley Extension District will host a Farmland Lease Meeting on Monday, January 11, 2016 from 7:00 to 9:00 p.m. at the Clay Center United Methodist Church Family Life Center, 921 5th Street in Clay Center.

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 2015 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.

Presenters for the evening will be Dr. Mykel Taylor and Robin Reed.

Dr. Taylor joined the Kansas State University Department of Agricultural Economics in 2011. Among other research and extension work Dr. Taylor estimates land values for crop and pasture land in Kansas.

Robin Reed is a former RVED Livestock Agent who joined the KSU Ag Econ Department as the Commercial Agricultural Economist in August of 2014. Reed provided education about the 2014 Farm Bill and is the dairy specialist for the department as well as working on a variety of projects including livestock farm management guides and financial planning and management.

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 by Jan. 7th by calling the River Valley Extension—Concordia Office at 785-243-8185. Participants may also contact John Forshee at jforshee@ksu.edu, Kim Larson 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.

AGRICULTURE AND BEES

Informational/Discussion

Meeting to be Held January 19th



Are our farming practices affecting bee populations? What is causing their recent decline? KSU Specialist, Dr. Raymond Cloyd will discuss these and similar topics at this meeting.

The meeting is free and open to everyone. RSVP is appreciated. The meeting begins at 5:30 p.m. at the Cloud County Courthouse Basement Meeting Room, Concordia.

-Kim Larson, Agent



2016 Winter Ranch Management Seminar Series

HOSTED BY:

River Valley,
Central Kansas and
Post Rock Ext.
Districts

JANUARY 20, 2016

5:00 — 8:30 PM

Cloud County
Community College
2221 Campus Dr.
Concordia, KS 66901

RSVP by Jan. 13, 2016

Please Contact:

River Valley Ext. Dist.:
Katelyn Brockus
Dist. Livestock Prod. Agent
785-325-2121
kbrockus@ksu.edu

Central KS Ext. Dist.:
Anthony Ruiz
Dist. Livestock Prod. Agent
785-392-2147
anruiz@ksu.edu

Post Rock Ext. Dist.:
Neil Cates
Dist. Livestock Prod. Agent
785-738-3597
ncates@ksu.edu

Any and all beef cattle producers welcome! We will be discussing a variety of beef topics ranging from the influence of branding on consumer satisfaction of beef, the new Veterinary Feed Directive regulations, beef sire selection, and mineral supplementation of the beef herd. This meeting is fully sponsored and FREE to participants!

SCHEDULE:

- 5:00 pm Registration Begins
- 5:30 pm "The impact of branding on beef eating satisfaction" -*Dr. Travis O'Quinn*
- 6:00 pm "Veterinary Feed Directive and antimicrobial stewardship" -*Dr. Dave Rethorst*
- 6:30 pm Dinner
- 7:00 pm "Year around mineral supplementation of the beef herd" -*Dr. Chris Reinhardt*
- 7:30 pm "Update on beef sire selection tools" -*Dr. Bob Weaver*
- 8:00 pm Town Hall Q&A
BRING QUESTIONS for Q&A!!!
- 8:30 pm Adjourn



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**RIVER VALLEY DISTRICT
“2016 UP-COMING MEETINGS & EVENTS”**

DATE	TIME	PROGRAM	LOCATION
Jan. 11	7-9pm	Farmland Lease Meeting	United Methodist Church-Clay Center
Jan. 15		2016 Corn Schools	Salina
Jan. 20	5-8:30pm	Winter Ranch Management Seminar	Concordia-Cloud Co. Community College
Jan. 28		2016 Soybean Schools	Beloit
Jan. 29		2016 Soybean Schools	Marysville
Feb. 3		2016 Sorghum Schools	Phillipsburg
Feb. 4		2016 Sorghum Schools	Ellsworth
Feb. 4-Mar. 10	3-8pm	(Thursdays) Women in Agriculture	CTI John Deere Mtg. Rm., Clay Center
Feb. 16	6:30-9:30pm	Child Care Provider Training: Power of Positive Communication	Clay Center Ext. Office Mtg. Room
Feb. 17	6:30-9:30pm	Child Care Provider Training: Power of Positive Communication	Concordia Courthouse Mtg. Room
Feb. 18	6:30-9:30pm	Child Care Provider Training: Power of Positive Communication	Colonial Acres Meeting Room-Washington
Feb. 19	8:30-1pm	Tuttle WRAPS Livestock Meeting	Hanover-Kloppenbergl Center
Feb. 22	6:30-9:30pm	Child Care Provider Training: Power of Positive Communication	Astra Bank Meeting Room-Belleville
March 11-April 8	10-11:30am	(Fridays) Powerful Tools For Caregivers	Astra Bank Meeting Room Belleville

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.