



River Valley District

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K-State Research and Extension News

*Knowledge
for Life*

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PRACTICAL WAYS TO SAVE AT THE GROCERY STORE

It seems like everything I pick up at the grocery store costs more than it did the last time I purchased it. If you're like me, and asking yourself, 'what can I do to save money?' Here are some tips from extension agents across the U.S.

A good place to start is by figuring out how much you're spending now and what, exactly, you're buying. Save your receipts and carefully look them over. What items did you 'need' and which did you simply 'want'? How much money could be saved if you spent less on 'wants'?

Before grocery shopping, make a menu of the meals and snacks you plan to prepare for the next week. Check your freezers and cupboards. Is food going to waste simply because you aren't using it before it is spoiled or outdated? Plan to make, serve and eat meals made out of those foods you 'discover'. Add these dishes to your weekly menu. You may also want to consider recipes that are easy to double. Serve one and label and freeze the other for a later date. Often it doesn't cost much more to double a recipe and it allows you to have a quick meal readily available.

Experts say that planning meals in advance and making detailed shopping lists can cut your grocery spending by 20% or more. If possible, prepare your list in the order of the grocery store where you will be shopping. Grocery stores are designed to entice you to buy more than you planned. By shopping with a complete list prepared in the order of the store's layout, you're more likely to buy only what you need, won't have to backtrack and save money (and time).

Avoid shopping when you're hungry and shop alone, if possible. Young children tend to want all of the products marketed to them and which are conveniently placed at their eye level.

Generally, generic or store brands are better buys than name brands. Basic commodities such as sugar, flour, tomato sauce, and paper towels are often indistinguishable when the label is removed. Some store brands are different from name-brands, though, so buy small amounts first to test quality and flavor. Be aware that items on the upper and lower shelves are often less expensive. Big brands are able to pay more to have their products at eye level.

It's easy to get into the habit of running into the store for one or two items. For many of us, though, the one or two things seem to multiply and you find yourself leaving the store with numerous sacks.

Do not let yourself become discouraged if the money saved seems very small. Significant savings won't come overnight. By sticking to it week after week, you'll continue to save. Be proud of the money you're saving!



INFORMATIONAL MEETING FOR POTENTIAL CHILD CARE PROVIDERS

Do you know there are employers right here in north-central Kansas who need more employees but are unable to hire them due to a shortage of child care slots? It's true! Most existing child care providers have waiting lists! River Valley Extension is partnering with Republic County's Economic Development office to sponsor an educational meeting to recruit more home-based child care providers. The evening workshop will be Monday, June 13, at Belleville's Astra Bank meeting room beginning at 7:00 p.m.

The program will include comments from Luke Mahin, Republic County's Economic Development director, the Health Department, Child Care Aware and home-based child care providers. Topics to be covered include licensing, space and equipment requirements, costs, etc. A panel of current child care providers will provide practical tips and advice for anyone thinking of going into the child care business.

The program is free but pre-registration is requested so that adequate hand-outs will be available. Please call the River Valley Extension office in Concordia at 785-243-8185 one week prior to the workshop.

UPCOMING CHILD CARE PROVIDER CLASS

Whether you're a seasoned early childhood professional or just starting your career, this course offers information on the importance of contracts, procedures and policies for your child care program. You will learn family-friendly ways to create and implement contracts and policies that are easy to understand, fair, and comprehensive. Information will also be included to assure that your program's contracts and policies meet state licensing, legal, and the Dept. for Children and Families requirements.

The 4-hour KDHE approved class will be offered in 2 two-hour sessions: ***Tuesday, June 28, 2016**
***Thursday, June 30, 2016**

Both sessions will be from 6:30-8:30 p.m. at The Branch, 507 Broadway, Clyde (the former United Methodist Church).

To receive the 4 hour KDHE credit, participants must attend both evenings' classes.

Pre-registration is required by calling the RVD Extension office in Concordia at 785-243-8185. Providers wanting to receive the 4 hours KDHE certification credit will need to pay \$5.00 the evening of the class.

HOME ALONE?

Many times, parents wonder if children are ready to care for themselves at home. Parents need to decide whether self-care will encourage responsibility or place the child at risk. Below are some questions to ask yourself about your child's readiness to care for himself/herself at home:

*Has your child expressed an interest in staying home alone and taking care of him/herself?

*Does your child use good judgment?

*Is your child able to complete tasks, follow directions, observe rules, and communicate problems and feelings to you?

*Is your child able to find safe, useful, and interesting things to do?

If you are able to respond favorably to the above questions, you're ready for the next step. Discuss with your child specific issues that could come up while he/she is home alone. Include topics such as 'house rules' (what to do/whom to call in an emergency, basic first aid, usage of telephone, computer, appliances, friends over, homework, chores, snacks, etc.)

BOOSTERS ARE FOR BIG KIDS

Most children need to ride in a booster seat from about age 4 until 10-12 years old. Not only are they safer, but the child can see outside easier and the ride will be more comfortable for him. If your child isn't using a booster, ask yourself the following questions to determine if he is riding as safely as possible:

- 1) **Does your child sit all the way back against the auto seat?**
- 2) **Do the child's knees bend comfortably at the edge of the auto seat?**
- 3) **Does the belt cross the shoulder between the neck and arm?**
- 4) **Is the lap belt as low as possible, touching the thigh?**
- 5) **Can the child stay seated like this for the entire trip?**

If you answered 'no' to any of these questions, your child needs a booster seat to make both the shoulder belt and the lap belt fit right for the best crash protection. Your child will be more comfortable too! For the very best protection, all children should ride in the back seat until they are ready to drive. It's twice as safe as riding in the front seat.



FIVE SIMPLE WAYS TO IMPROVE YOUR MOOD

Are you having a rough day? Maybe it's the weather or some disappointing news that has you down. Maybe it's a disagreement with a family member or work colleague, did you have a rough night and not sleep very well? Whatever has you feeling blue, there are at least five no-fail ways to brighten your day:

*Give a little something back. Maybe you don't feel the best right now, but it's been proven that moods can improve with random acts of kindness. Help someone with a chore, write a quick cheery note of appreciation, or surprise a loved one by doing something special for them.

*Get moving! Whether it's a brisk walk around the neighborhood, trimming a bush or pulling a few weeds, exercising will improve your physical and mental well-being.

*Remove that frown. Even if you're faking it, a smile will improve your mood, confidence and the way others see you.

*Stay positive. Instead of dwelling on what's wrong, get into the habit of positive self-talk. Remember, the way you think affects the way you feel.

*Give yourself some credit. Just because you're having a tough day, or you've run into a string of bad luck, it doesn't mean it's always going to be that way. Think about your blessings and what you have accomplished. Be proud of what you have done!

HOW GREEN IS YOUR GRASS?

It's been said that 'in marriage, the grass grows greener on the side of the fence you water the most'. Like a nice lawn, marriages need to be consistently and conscientiously nourished. That is not to say that there will never be problems—all couples experience challenges. What makes the difference are the choices each partner in the relationship makes when faced with challenges. Consistent and conscientious choices to strengthen, prioritize, and protect a relationship will help couples weather the inevitable storms and droughts while promoting healthy, stable, and satisfying unions. (The National Extension Relationship and Marriage Education Model, 2013, p. 16.)

MEDICARE APPOINTMENTS IN RVED—WASHINGTON OFFICE

Medicare appointment days at Washington District Office
Deanna will be taking Medicare appointments on the upcoming Wednesdays: May 11, June 15, August 3, September 7, and October 5. Call the Washington Office at 785-325-2121 for an appointment.

MEDICARE BASICS –NEW TO MEDICARE WORKSHOPS

Do you have questions about Medicare? All men and women in the area who are nearing age sixty-five, who are soon to qualify due to a disability, or who are helping family members with insurance and financial matters will find this program beneficial. Medicare eligibility, how and when to apply, what is covered in Medicare and how to fill the gaps will be discussed. Programs will be explained that are available to assist low income individuals and how to watch for Medicare fraud.

Attend one of the following upcoming Medicare Basics Workshops and discover answers to your questions about Medicare.

Concordia

Tuesday, August 2, 6:00-8:00 p.m.

**Concordia Senior Center
109 West 7th Street, Concordia**

Instructors:

Marsha Rogers, Manhattan
Judy Uphoff, Belleville
Deanna Turner, Clay Center

Pre-register by Monday, July 25th to Concordia District Extension Office at 785-243-8185, or call the North Central- Flint Hills Area Agency on Aging at 800-432-2703.

Clay Center

Monday, August 15, 6:00-8:00 p.m.

**River Valley District Extension Office Meeting Room
322 Grant Avenue, Clay Center**

SHICK Instructors:

Marsha Rogers, Manhattan
Deanna Turner, Clay Center

Pre-register by Tuesday, August 9th to Clay Center District Extension Office at 785-632-5335 or call the Area Agency on Aging at 800-432-2703.

Marsha Rogers is a SHICK Coordinator from the Manhattan North Central- Flint Hills Area Agency on Aging. Judy Uphoff and Deanna Turner are Senior Health Insurance Counseling for Kansas Counselors or SHICK Counselors and help people throughout the year with their Medicare and health insurance needs so they can make informed decisions.

Pre-register by calling the offices listed above for each site or e-mail Marsha at marshar@ncfhaaa.com or Deanna at dturner@ksu.edu. Pre-registration insures we have enough materials on hand for each participant.

Parking is available in front of the Concordia Senior Center or in the west parking lot. At the Clay Center Extension Office, people can park in the front or behind the office but please do not block the staff parking or the storage units.

The program is sponsored by River Valley District K-State Research and Extension and is open to the public at no cost. Bring friends or family and come learn about Medicare.

READY, SET, ENTER EXHIBITS AT THE COUNTY FAIR

Time is ticking to get your exhibits ready for the County Fair. Walking through the fair buildings sometimes a comment is heard that the person has a better entry at home. Now is your golden opportunity to prepare and enter one or more exhibits.

The four District Fairs are in July and August. Plan to attend one or more of the District Fairs. There is something for every person to enjoy. Check at your local District Extension Office for a fair book listing all the exhibits for 4-H and Open Class. Watch several of the exhibits being judged. Visit with family and friends. Participate in the many events at the Fair. There is something for everyone at the County Fair.

The District Fairs dates are:

July 19-23 Washington County Fair

July 20-24 Clay County Fair

July 26-30 Cloud County Fair

July 28- August 1 Republic County Fair

Kansas State Fair- September 9-18

“UNEXPECTED HEROES” PROGRAM

“Unexpected Heroes”

Intergenerational Program

By Rosie Cutrer, Storyteller

Friday, July 29 from 1:30-3:00 p.m.

Apollo Towers Dining Hall

330 West Court Street

Clay Center

No Cost to attend - Snacks Provided

Uncanny grannies, bold boys and gutsy girls take the stage in storyteller Rosie Cutrer’s delightful retellings of old folktales and songs. Rosie’s hilarious bear puppet comes along for the ride to help tell the story. Rosie is a former elementary school teacher and shared her stories throughout the Midwest at festivals, schools, libraries, and museums.

Young and older people are welcome to join in the fun. Parking is available on the west and north side of the building. There is no preregistration needed for this meeting. The program is sponsored by the River Valley Extension District, K-State Research & Extension, and Clay County Wellness Council through a grant by the Clay County Task Force.

Here the stories of Unexpected Heroes! Invite your young friends and older friends, children and grandchildren!

KNOW THE 10 SIGNS OF ALZHEIMER’S DISEASE

Forty five people recently attended the Alzheimer’s programs that Deanna presented the middle of April. Lots of questions were asked and stories shared. She wanted to answer some questions in more depth and clarification.

1. **When was Alzheimer’s disease first discovered?** In 1906, Dr. Alzheimer noticed changes in the brain tissue of a woman who had died of an unusual mental illness. Her symptoms included memory loss, language problems, and unpredictable behavior. After the woman died, the Dr. examined her brain and found many abnormal clumps (now called amyloid plaques) and tangled bundles of fibers (now called tau tangles) which are still considered some of the main features of Alzheimer’s disease.
2. **Is there any research on risk factors being higher for Alzheimer’s if a person had several stressful life events happen?** Since we do not know the cause of Alzheimer’s disease, there is no conclusive answer on this. There has been some research done on this only on animals which were injected with cortisol, an unnatural representation of stress-induced cortisol production in humans. Taking care of your brain throughout your life reduces your risk for many types of chronic disease. Managing your stress, eating healthfully, exercising, challenging your mind, being socially active, and getting good medical care are important to reduce your risk of getting the disease.
3. **What age does early-onset Alzheimer’s disease occur?** Surprisingly early-onset Alzheimer’s occurs in people age 30 to 60. This represents less than 5 percent of all people with Alzheimer’s.

One of the best strategies for dealing with Alzheimer’s and it’s effects on the individual and the caregivers is to become informed. To learn more plan to attend on of the following:

“Everything You Always Wanted to Know About Alzheimer’s Disease and Dementia But Never Asked”

Thursday, August 4

1:30- 3:00 p.m.

**Courthouse Extension Office (Basement)
Meeting Room, Concordia**

-or-

Thursday, August 4

5:30-7:00 p.m.

**Apollo Towers Dining Room
330 West Court, Clay Center**

**Presenter: Cindy Miller, Dementia Care Specialist
Alzheimer’s Association, Topeka**

KNOW THE 10 SIGNS OF ALZHEIMER'S DISEASE

(continued from previous page)

Are you a caregiver for a loved one with Alzheimer's disease or want to learn more? Alzheimer's disease currently affects over 200,000 people in Kansas every day- 51,000 sufferers and over 150,000 Alzheimer's caregivers. Cindy Miller will answer your questions and share helpful information. Through her work with the Alzheimer's Association, she provides support to individuals with disease, their family members, friends, and caregivers.

Everyone is invited to this informative meeting. Please pre-register for the Concordia meeting by calling the Concordia District Extension Office at 785-243- 8185 or 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.

ANOTHER STUDY LINKS PHYSICAL ACTIVITY AND REDUCTION IN RISK FOR ALZHEIMERS

A study published online in the March 10, 2016 *Journal of Alzheimer's Disease* found that virtually any type of aerobic physical activity, including walking, dancing, and gardening, can improve brain structure and reduce Alzheimer's risk in older adults. The researchers collected data on 876 participants whose average age was 78. They collected information from participants on their physical activity habits, gave them cognitive tests, and used MRI's to measure brain volume.

The study results showed that burning more calories by engaging in physical activity correlated with larger volumes of gray matter in several areas of the brain, including the hippocampus, which is the area of the brain that involves memory. The participants with the most physical activity had the largest brain volumes and were 50 percent less likely to develop Alzheimer's disease than the participants who got little or no physical activity.



The other interesting thing that the researcher's discovered over the course of the five year study was that the participants who increased their level of physical activity experienced increased brain volume. This means that it is never too late to increase your physical activity to make a difference in your health.

*Weil Cornell Medical College
Women's Nutrition Connection,
Vol 19 No 5*

NEW FOOD PRESERVATION PUBLICATIONS

It's hard to believe that it is time to start thinking about food preservation already! Many gardens are started and before long we will be benefiting either from our own garden or the wonderful fresh produce at farmers markets.

You may have been canning and freezing for years, but it never hurts to make sure that you are doing things correctly. Methods change to ensure that the food will be safe for you and your family to enjoy next winter. K-State Research and Extension has updated their publications to ensure that all of the information is timely and research based. These publications can help you ensure safe preserving and maybe give you some new ideas on things to do with some of your extra produce. Contact your local River Valley Extension Office to get a copy of these new publications or go online at www.rrc.k-state.edu/preservation/index.html



NOT ALL COLORED PEPPERS ALIKE

Bell peppers can add a variety of color to many recipes, but they also add different amounts of nutrition. Red, yellow and orange peppers are the ripe versions of the green pepper. Therefore, they cost more. They are all equal in the macronutrients of protein, fat, and carbohydrate. The differences are found in the vitamin, mineral and phytonutrient content. In the case of vitamin C, green peppers contain 80 mg per 3 ounce serving. Yellow peppers have 184 mg per serving.

The Recommended Daily Allowance is 75-90 mg per day so either pepper is a good choice.

Different colors of peppers have different amounts of carotenoids. Red peppers are bursting with beta-carotene. Yellow peppers have very little beta carotene. Orange peppers have 10 times the

amount of lutein and zeaxanthin. Carotenoids are beneficial for eye health.

Bottom line, don't skimp on peppers and add color to your meals!

Tufts Health & Nutrition Letter, Jan 2016



FOODS JUDGE TRAINING

Have you ever thought you might enjoy judging foods at County Fairs but aren't sure how to get started? We are always looking for judges in the River Valley District. If you think you would like to try judging but aren't sure you are ready then maybe consider attending a judges training. This year the closest one to the River Valley District is being held in Salina at the Salina City/County Building, 300 West Ash, on Wednesday, May 18th. For more information contact Leah Robinson, Central Kansas District FCS Agent at lmrobins@ksu.edu or call 785-392-2147.

SUMMER GRILLING AND FOOD SAFETY

Grilling season is here and we are all excited to hit the patio and enjoy the beautiful weather. Unfortunately, barbecues can also be a great source of food borne illness if proper precautions are not taken. Keep your family healthy this summer by following some basic food safety tips.

1. Keep it clean. Wash your hands with soap and water for at least 20 seconds both before and after handling food. If you don't have a source of clean water plan to bring some with you or have hand sanitizing wipes available.

2. Marinate food in the refrigerator. **DO NOT DO THIS ON THE COUNTER!** This will allow bacteria to grow at a much faster pace. **DO NOT** use the marinade as a sauce on the finished product. This will cause cross contamination. If you want to use the marinade as a sauce you should save some separate from the raw meat or cook the used marinade until it comes to a boil.

3. Keep raw food separate. Keep raw meat in a separate cooler from foods that are cooked or will be served raw. Do not use a plate or utensils that previously held raw meat unless they have been washed in hot soapy water in between.

4. Seeing isn't believing. Just because it looks done doesn't mean that the inside has reached the proper temperature to kill bacteria. The only way to do that is to use a meat thermometer. Hamburgers must reach 160 degrees F before they are safe to eat.

5. Keep hot food hot and cold food cold. Hot foods need to be held at a temp of 140 degrees F or above until served. Cooked meats can be kept to one side of the grill or wrapped in an insulated container. Cold foods

need to be held at 40 degrees or less until served. Keep them in a cooler, out of the sun, and avoid opening the lid too often to keep the temperature low.

If you want more food safety information then go to www.rrc.k-state.edu.



CELEBRATE NATIONAL ASPARAGUS MONTH

May is National Asparagus Month. Since it is coming into season you will see it cheaper in the grocery stores and farmers markets. If you're not sure how to handle asparagus just follow these simple tips. Choose asparagus with odorless, firm stalks that are similar in size. Avoid buying limp or wilted stalks. You can store unwashed asparagus by wrapping the ends of the stalks in a wet paper towel and placing them in a plastic bag. Asparagus may be stored in the refrigerator for up to 4



days. When you are ready to use rinse the stalks thoroughly before preparing. Snap off tough end of stalks at their natural breaking point. Fresh asparagus can be boiled, steamed, microwaved, roasted, or cut into small pieces and stir-fried.

CHECKING FOR FRUIT BUD DAMAGE

Now that we are officially into spring, maybe we are done with the freezing temperatures. There isn't much that can be done for plants that have taken the warm days to mean it's time to start growing. You just have to let the plants ride it out and see what happens. If you have plants that don't bloom this year, don't worry about them too much, hopefully they will bloom next year.

To check for low temperature injury that has already occurred, use a sharp knife or a single edge razor blade and cut buds in half. Remove buds from the tree and make the cut starting at the base and cutting upward. If the fruit pistil in the center is greenish-white to cream color, no damage has been done. However, if the fruit pistil is dark brown or black, it has been killed. Cut a number of buds to find a percentage killed.

Some loss of buds is actually beneficial for peaches and apples. These trees often produce far too much fruit and require thinning for top quality. As a rule, we want an apple an average of every four inches and a peach an average of every six to eight inches on a branch. We can often achieve this with only 10% of the original buds developing fruit. I hope everyone's fruit trees survived the couple cold snaps we had.



HOLDING EFFECTIVE MEETINGS

Last month you may recall that we started a series for the newsletter on Board Leadership that was entitled “Board Members: Make a Quorum or Make a Difference.” This month we want to focus a bit more on what organizations can do to make better use of board member’s talents. These materials and much more were covered in our K-State Research and Extension Board Leadership Series that we offered in the RVED during February and March.

A few years ago I was asked to participate in some committee work. Several of us agreed that we did not have time but if the committee was effective we would participate. If we were simply meeting to cross off someone’s checklist then we did not have time. We had no agenda and at the third meeting we were still hashing over the same topics as we did in meeting one. You guessed it, I simply never wasted my time again. As boards and committees we must not waste our member’s time and must make effective use of board member talents by implementing a few simple strategies.

The first is to develop a board manual that can provide organizational guidelines, policies, and reference information. The following are some items that might be included: by-laws or constitution; documents describing legal status such as incorporation papers, annual report, etc.; tax exempt certificates if applicable; copies of state regulations that apply to the organization; material about the state, national, and/or international parent organization; job descriptions for board members and committee members; list of current board members and committee members; list of current board members contact information; copy or summary of last year’s minutes and financial reports; board policies and procedures; and a calendar of meeting dates, event dates, and deadlines for reports or committee work.

The next step that can be implemented is an advanced checklist. A few years ago after getting across the district only to find something had been forgotten, we had an agent that developed a meeting checklist to insure that we arrived at our programs with everything we needed. Boards can do this as well to make sure all items needed are available at meetings.

Next the board should develop intended outcomes for the meeting. Does the meeting have a clear purpose? Do all participants understand and consent to the intended outcome? An effective presiding member will share a statement of purpose at the beginning of the meeting by simply stating, “At this meeting we plan to achieve the following: _____”

The meetings should have a written agenda that is typically developed by a director or executive committee and that is provided to all board members. I prefer that agendas be sent in advance in order that members may prepare for the meeting and know what is to be worked on. I once participated in a group where the president had an unorganized list of items to discuss but nobody else had it. The result was that anytime anyone thought of something they just started talking about it. The meetings were all over the place and took twice as long as necessary. There should be some mechanism for members to add to, modify, or delete agenda items.

Most people appreciate a clear starting time and a clear ending time or at least a target adjournment time as well.

Finally, the board should take steps to insure the logistics of the meeting are covered. Is the person in charge of the meeting prepared? Are all reports prepared and ready for the meeting? If advance study was required, were those materials sent out in a timely fashion? Is there additional promotion needed for the meeting and was it done timely? Are there any special needs that need to be considered such as handicap access, special food requirements, or such items as this? Finally, is the setting appropriate? Appropriate setting items might include: location, parking, lighting, acoustics, room size, adequate seating, audio/visual equipment, childcare, bathrooms available, refreshments, and custodial.

A friend once reminded me to never allow members to leave a meeting without everyone having a clear understanding of: what the next steps are, who is responsible for each item, what are the expectations or timeline for completion, and when will the group meet again.

Taking these steps does not insure effective boards or committees but it certainly eliminates a major list of frustrations that board members might have and can set the board on a course to achieving their goals or mandates.

FARM ECONOMIC REPORT

The Kansas Farm Management Association (KFMA) will present a Regional Summary Meeting in Clay Center. The meeting, which includes a free meal, is open to all farmers, agribusiness owners, farm accountants, and ag lenders who have an interest in the state of the farm economy in North Central Kansas. There is no cost and you do not have to be a member of KFMA to attend.

When: **Thursday, May 5th, Dinner served at 6:00 p.m.**

Where: **CTI John Deere meeting room, Clay Center**
Please RSVP by May 2nd by calling our River Valley Extension, Concordia Office at 785-243-8185

The meeting is sponsored by the Kansas Farm Management Association, N.C. and the River Valley Extension District. The free meal is being sponsored by: Union State Bank; The Citizen’s National Bank; Farmer’s & Merchants State Bank a branch of Riley State Bank, United Bank and Trust; Clay County National Bank, and The First National Bank of Hope.

WINTER CANOLA FIELD DAY

Come out to the field to learn the latest about winter canola production in Kansas! Brad Berk will host the field day at his winter canola field at 200th and Oat Road southeast of Concordia on Wednesday, May 25th. The event will begin at 10:00 a.m.. Light refreshments will be served.

RIVER VALLEY WHEAT PLOT TOURS!

Wheat Plot Tour dates are June 1, 2, and 8th.

Find a link to the plot map on our website:

www.rivervalley.ksu.edu

Look for details in upcoming weeks.

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

DATE	TIME	PROGRAM	LOCATION
May 5	6pm	KFMA Regional Summary Meeting	CTI John Deere-Clay Center
May 14	8:30am-4:30pm	Tractor and Machinery Safety Training	CTI John Deere-Concordia
May 18	6-9pm	Foods Judge Training	Salina City/County Bldg.-300 West Ash Street
May 25	10am	Winter Canola Field Day	200th Oat Road-Concordia
June 1, 2, & 8		Wheat Plot Tours	(Check the plot maps at rivervalley.ksu.edu)
June 4	8am-4pm	Barbecue 101	First National Bank-Washington
June 13	7pm	Informational Meeting for Potential Childcare Providers	Astra Bank-Belleville
June 28 & 30	6:30-8:30pm	Childcare Provider Class	The Branch-507 Broadway, Clyde
July 29	1:30-3pm	Unexpected Heroes	Apollo Towers Dining Rm.-Clay Center
August 2	6-8pm	Medicare Basics	Concordia Senior Center
August 4	1:30-3pm	Alzheimer's and Dementia Q & A	Courthouse Ext. Mtg. Rm.-Concordia
August 4	5:30-7pm	Alzheimer's and Dementia Q & A	Apollo Towers Dining Rm.-Clay Center
August 15	6-8pm	Medicare Basics	Extension Office Mtg. Room-Clay Center

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.