



River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

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Extension District

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Women in Agriculture Farm Management Educational Series



Thursdays

February 3rd – March 10th

5:00 pm–9:00 pm

Cloud County Coop Conference Room
1401 E 6th Street Concordia, KS 66901

Who: Women in the agriculture industry who would like to advance their business and management skills to become more involved in a farming or ranching operation.

What: Women in Agriculture is a seven-session course with participation limited to 25 people.

When: Classes are held each Thursday afternoon February 3rd to March 10th from 5:00 pm to 9:00 pm. Dinner will be provided each session.

Where: Cloud County Coop Conference Room, 1401 E 6th Street

Cost: \$50.00

Contact River Valley Extension- Concordia Office

Phone: 785-243-8185

Sign up is open

Session One - February 3rd

- What type of gal are you?
- Telling Your Ag Story

Session Two - February 10th

- Marketing and Risk Management
- Precision Ag
- Cover Crops
- Horticulture Topics

Session Three - February 17th

- Cattle Handling
- Ag Marketing Partners

Session Four - February 24th

- Quick Books for Farm Record-keeping
- Working with your lender

Session Five - March 3rd

- FSA & NRCS
- Global Ag Economy

Session Six - March 10th

- Farm Succession

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Search: Women In Ag

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 Kelsey Hatesohl, River Valley Extension District. Phone: 785-325-2121. **Kansas State University Agricultural Experiment Station and Cooperative Extension Service.** K-State Research and Extension is an equal opportunity provider and employer.

LOW INCOME ENERGY ASSISTANCE PROGRAM (LIEAP)

The Low Income Energy Assistance Program (LIEAP) is a Federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit.

The 2022 LIEAP application period is Monday, January 3, 2022, through Thursday, March 31, 2022. Applications must be received prior to 5:00 PM, March 31, 2022.

Benefit levels vary according to household income, number of persons living at the address, type of dwelling, and type of heating fuel.

In order to qualify, applicants must meet the following requirements:

1. An adult living at the address must be personally responsible for paying the heating costs incurred at the current residence, payable either to the landlord or the fuel vendor.
2. Applicants must demonstrate a recent history of payments toward purchase of the primary heating energy.

The combined gross income (before deductions) of all persons living at the address may not exceed 150% of the federal poverty level according to the guidelines listed below:

2022 Income Eligibility Guidelines

Persons Living at the Address	Maximum Gross Monthly Income
1	\$1,610
2	\$2,178
3	\$2,745
4	\$3,313
5	\$3,880
6	\$4,448
7	\$5,015
8	\$5,583
\$568 for each additional person	

To apply, print or complete the application online at <http://www.dcf.ks.gov/services/eas/Pages/EnergyAssistance.aspx> or contact your local DCF office in Concordia (785 243-4671), Marysville (785-562-5338), or Manhattan (785-776-4011).

If you have any questions regarding LIEAP, you may also contact Monica Thayer, Family Resource Management Extension Agent, at 785-527-5084.

AVAILABLE FOR MEDICARE QUESTIONS

Are you turning 65 soon? Do you have concerns or questions about Medicare? All the advertisements and parts of Medicare can be confusing. Monica Thayer, Family Resource Management Agent and Jordan Schuette, Adult Development and Aging Agent, can help answer your Medicare questions. Call today to schedule an appointment. You can contact your local extension office to set up an appointment. Below are the local office numbers:

- Belleville - 785-527-5084
- Clay Center - 785-632-5335
- Concordia - 785-243-8185
- Washington - 785-325-2121

MEDICARE BASICS

Medicare can be confusing. Let us help.

If you are on Medicare or will be starting soon, join Extension Agents Monica Thayer and Jordan Schuette for Medicare Basics.



When: Monday, January 10, 2022

Time: 6:00 p.m.

Where: 4-H Building on the NCK Free Fair Fairgrounds
901 O Street, Belleville, KS 66935

Please RSVP to the River Valley Extension District - Belleville Office by calling 785-527-5084.

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K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services, and activities. Accommodations for persons with disabilities may be requested by contacting the event contacts, Monica Thayer or Jordan Schuette by December 27, 2021 at 785-527-5084 or at mthayer@ksu.edu or jschuette@ksu.edu. Requests received after this date will be honored when it is feasible to do so.

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TAKE ACTION AGAINST RADON NOW

Radon is a tasteless, odorless, and colorless radioactive gas that is naturally occurring. Most counties in the state of Kansas, including all four counties in the River Valley District, are known to have high levels of radon. One in four homes in Kansas have a high level of radon. Testing is the only way to know the radon levels in your home. January is Kansas Radon Action Month so now is a perfect time to check your home for radon.

Outdoors, radon is diluted and poses no problem. However, inside an enclosed space, radon can accumulate to dangerous levels. Radon can become trapped inside homes, schools, and workplaces through cracks and holes in the foundation. Breathing radon over time increases your risk of lung cancer. Radon is the second leading cause of lung cancer in the United States. Nationally, the EPA estimates that about 21,000 people die each year from radon-related lung cancer. Only smoking causes more lung cancer deaths.

There are steps you can take to check and mitigate radon if needed. You can purchase a radon test at your local Extension Office today for a small fee. Each test comes with everything you need, including detailed instructions on how to properly implement the test. You'll mail the completed test with no additional cost to receive your results.

Once you receive your test results, if radon levels are high, installing a radon mitigation system is the answer. The Kansas Radon Program has a list of certified radon service professionals that can install a radon mitigation system. If you are a do-it-yourself kind of person, the Kansas Radon Program even has information on how to complete this in-depth project. Both these resources can be found online at www.kansasradonprogram.org.

Additional resources, facts, and information on radon can be found online at www.kansasradonprogram.org, at your local Extension Office, or by contacting Monica Thayer, Family Resource Management Extension Agent, at 785-527-5084 or mthayer@ksu.edu.

HEALTHY LIVING TIPS DURING RETIREMENT

Retirement can be an exciting and overwhelming time. Life is changing and your daily routine might start to look different. Below are some tips for how you can live healthfully during retirement.

- Schedule your doctor's visits, stay-up-to-date on health checks, and think of how you can proactively address health issues.
- Stay connected socially to your family, friends, former co-workers, and those in the community. Look for clubs or groups you can join and get involved with in your community.

- Volunteer your time. Find organizations you are passionate about within your community and volunteer. Remember small contributions can make a big difference and these volunteer positions do not have to turn into full-time jobs.
- Look into community wellness resources such as a fitness program that are offered within your community.

PREVENTING FALLS

Falls can happen at any time during the year for older adults, age 65 and older. However, winter weather tends to make falling during the colder months more prevalent. These falls, unfortunately, can become serious. According to the CDC, these are some simple steps you can take to help prevent falling.

- Check Your Eyes
 - * Schedule an appointment to have your eyes checked. It is important to have your eyes checked annually and update your eyewear if the prescription changes.
- Exercise
 - * Specifically focus on exercises that improve balance and strengthen your legs.
- Increase the safety in your home with some home modifications such as:
 1. Installing grab bars in your bathroom (e.g. next to the toilet and inside or outside of the shower/tub)
 2. Utilize non-slip mats in the bathroom (e.g. shower floor or bathtub)
 3. Do you have enough light in your home? Assess the amount of light in your home and increase it by adding lights or utilizing brighter bulbs
 4. Remove items that you could trip over
 5. Install railings along staircases
 6. Store commonly used items in easy to reach places, so you can avoid using a step stool
- Schedule a Doctor's Appointment
 - * Ask your physician to assess your risk of falling and how you may address your risk.
 - * Review your medications (both prescription and over-the-counter) with your physician since some medication side effects can cause dizziness or sleepiness.
 - * Take the time to help prevent falls by preparing yourself and home. For more information regarding falls and preventing falls check out <https://www.cdc.gov/falls/facts.html>.

UNDERSTANDING HOSPICE AND ADVANCED DIRECTIVES

Do you have questions about advance directives or what hospice care provides? Plan to attend the upcoming program, Understanding Hospice and Advanced Directives on Tuesday, February 22, 2022 at 6:00 p.m. at the Clay Center Extension Office, 322 Grant Avenue. Presented by Meadowlark Hospice Director, Amy Burr. Sponsored by K-State Research and Extension-River Valley District and 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.

The presentation will also discuss advanced directives and the importance of having this critical conversation with your loved ones. Tools will be provided to help navigate those conversations. Advanced directives can help ease the burden your loved ones face when they have to make decisions for you. They will be confident they are following your wishes and not left trying to determine what your wishes are.

This program will be held in person and offered virtually via Zoom. Please RSVP to the River Valley Extension District Clay Center Office by calling 785-632-5335. For more information, contact Jordan Schuette at jschuette@ksu.edu or call her at the Washington Extension Office at 785-325-2121.

SAVE THE DATE!!!

Plan to join Walk Kansas, a health initiative presented by K-State Research and Extension. 2022 Walk Kansas dates have been set for **March 20th through May 14th**.

Walk Kansas is a team-based program that will inspire you to lead a healthier life by being more active, making better nutrition choices, and learning positive ways to deal with stress.

Watch for more details about this up-coming program.

ONE STEP AT A TIME

Happy New Year! This time of year is often focused on New Year's resolutions. Unfortunately, statistics show that often people don't feel successful in their resolutions, even after just a few weeks. Whatever your New Year's resolution may be, plan on making small changes as they can lead to big results. As a parent, I remind my children to take stairs one step at a time. We need to give ourselves the same advice.

When it comes to finances, there truly isn't a "one size fits all diet". You have to find what works best for you. If improving your finances is on the top of your resolution list, here are some ideas to start small. Only pick one thing to focus on. If you focus on too many, you'll get overwhelmed and you'll be part of those Americans that don't feel successful within their resolution.

Starting small can mean many different things. If you want to budget, focus on either your income or your expenses first - not both. Maybe you need to figure out your income so grab bank statements, paycheck stubs, and to get started. Maybe your expenses are out of control so start tracking spending by keeping receipts. Master one before tackling the next one.

Debt in America is normalized. The figures are astonishing and if you are swimming in debt, it can feel like you can't even make a dent, but starting somewhere is key. If you can add an extra \$10 a month to a payment, do it. Maybe you need to figure out how much debt you have, so start gathering bills. Again, pick one thing that you can do. Accomplish it and pick another thing.

Many people want to increase savings so again, start with a small amount. Just \$10 a week ends up being over \$500 over the course of a year. That is \$500 more than you had and can be very useful in an emergency situation.

Whatever area of financial management you need to focus on, choose one small thing you can do. Master that task before you add an additional area to focus on. If you need assistance or have questions on financial management, contact Monica Thayer, Family Resource Management Extension Agent, at 785-527-5084 or mthayer@ksu.edu.

BUILDING BLOCKS OF BABYSITTING

Whether it's just for one evening or the entire summer, being a babysitter is a great opportunity, but caring for a child is also a very big responsibility. The River Valley Extension District is excited to bring back "Building Blocks of Babysitting" so you can build a foundation to be the best babysitter possible.

Topics covered will include ages and stages of children, basic first aid and emergency procedures, activity ideas, healthy snacks and meals, and more!

Building Blocks of Babysitting is for youth that are currently in 5th - 8th grade and will be held in all four counties during Spring Break, March 2022.

More details, including dates, locations, and the registration process will be released in late January.

If you would like to be contacted when dates are set or have any questions regarding Building Blocks of Babysitting, please contact Monica Thayer, Family Resource Management Extension Agent, at [785-527-5084](tel:785-527-5084) or mthayer@ksu.edu

KANSAS AGRICULTURAL MEDIATION SERVICES

By Wade Reh

There is a general sense that this had been a great year for the agricultural community. Commodity prices are up and producers are making money. However, nothing is that simple. There are still many producers that continue to struggle and have found themselves in precarious financial and legal situations. The cause of stress in agriculture has its roots in financial and legal challenges of the farm or ranch business.

The Kansas Agricultural Mediation Services (KAMS) is a state agricultural mediation program that helps farmers and ranchers explore options through mediation as well as other financial and legal concerns they might have. They are part of a national program funded by Congress beginning in 1988 to use mediation as a tool to work with producers and lenders to resolve financial difficulties short of bankruptcy or foreclosure. For example, KAMS helps with appeal options for USDA adverse decisions: farm loan delinquency, denial, or adverse decisions for USDA farm programs.

KAMS is designed to be a safe and confidential place for farmers and ranchers to call to receive assistance and be proactive in addressing their needs with legal, financial and mediation services. The program's staff serves as an unbiased party that can align people with resources to help them make a good decision.

The KAMS staff is available to visit with callers, confidentially and at no cost, regarding any agricultural legal or financial issue, including such topics as answering questions regarding USDA denial letters, clarifying confusing paperwork, understanding appeal options available, agricultural credit situations, property rights issues, farm foreclosures and landlord/tenant disputes.

What is Mediation?

The mediation process is designed to assist farmers, agricultural lenders and USDA agencies to resolve disputes in a confidential and non-adversarial setting outside the traditional legal process.

Mediation is a voluntary, confidential process in which a neutral third party (the mediator) helps those in conflict identify issues, options and possible solutions. A mediator does not make a determination nor a judgment of who is right or wrong. The mediator is there to facilitate open, frank discussion of the issues. The participants are encouraged to discuss all issues, options and possible solutions.

A successful mediation is almost always based on the voluntary cooperation and participation of all the parties. KAMS' support services contribute to successful mediations. Parties participating in mediation who understand their legal rights and obligations, have taken the time to explore financial options, and have satisfactorily prepared often have a more positive outcome. KAMS refers producers to the KSRE Farm Analyst Program and Kansas Legal Services as part of the mediation process.

Why Participate in Mediation?

Mediation maintains confidentiality, restores communication and fosters important business relationships, allows the parties to reach their own mutually acceptable solutions, provides a time-saving, affordable alternative to appeals and litigation, provides a neutral setting in which to openly discuss sensitive issues.

KAMS specialists provide initial information and guidance at no cost through a toll-free hotline, 1-800-321-FARM (1-800-321-3276). A statewide network of cooperating agencies and programs includes a pool of trained agricultural mediators, K-State Research and Extension financial consultants and Kansas Legal Services. To find out more about mediation and KAMS, you can go to the KAMS website at <https://www.k-state.edu/kams/> or the K-State Research and Extension Ag Manager web site at <https://www.agmanager.info>.

LONGFORD SWINE PRODUCER NAMED KSU DISTINGUISHED ALUM

By Angie Stump Denton

MANHATTAN, Kan. – A Kansas man whose commitment to the swine industry includes producing online videos to help the public learn about modern operations has been recognized as the Kansas State University Department of Animal Sciences and Industry Distinguished Alumnus for 2021.

Roy Henry of Longford received the award from department head Mike Day on Dec. 6.

“Roy has been a selfless giver of his time and knowledge at local, state and national levels,” said Joel DeRouchey, a swine specialist with K-State Research and Extension. “Roy is ingrained in the qualities that would represent this award to the highest degree and confer the true meaning of a distinguished alumnus award for our (department).”

Henry received a bachelor's degree from K-State in 1972 and has spent his career raising swine and crops on his family farm near Longford, located in north-central Kansas.

In 2000, Henry developed one of the first privately owned genetic seedstock boar multiplication sites in North America.

He partnered with Pig Improvement Company (PIC) to raise terminal boars that were merchandised for commercial producers throughout the U.S. and internationally. He remained in partnership with PIC producing seedstock until 2014.

Understanding the importance of exposure to modern swine production but not being able to offer farm tours, Henry developed on-farm YouTube videos to be used in school classrooms and by the public to learn about modern swine operations. He has served on the Kansas Pork Producers Council executive board, the National Pork Producers Council Board and the National Pork Board.

He is currently serving on the board for the K-State Livestock and Meat Industry Council Inc. He has been a strong advocate for student training at the K-State Swine Teaching and Research Center.

Henry and his wife Linda reside in Longford where they are operating a commercial swine herd – including a recently completed 5,000-head sow facility -- with their son Marc, and his wife Kate. Roy and Linda have three children and 10 grandchildren.

STARTING ONION PLANTS INDOORS

When spring hits, do you have problems finding the specific onion varieties you want to grow? If so, maybe growing the variety you want from seed is your best option. Onions are one of the first plants that need to be seeded for transplanting. Onions take a significant amount of time about 6 to 8 weeks to reach a proper size for transplanting. They can be set out in late March, so you will want to start your seeds by mid- to late January.

Onion seeds should be placed $\frac{1}{2}$ to $\frac{3}{4}$ of an inch apart in a pot or flat filled with a seed starting mix. Place the container in a warm (75° to 80°F) location until young seedlings emerge. Move the seedlings to a cooler location (60° to 65°F) when they are 1 to 2 inches tall. Make sure they have plenty of light; you can use fluorescent lights if needed. You will want to start fertilizing when the seedlings reach 2 to 3 inches tall. Use a soluble fertilizer with each or every other watering. You should start hardening off the onions in early March so they will be ready to plant outside towards the end of the month. To harden off your plants you should move the plants to a protected outdoor location. You will want to move them inside temporarily to protect them from extreme cold snaps. By choosing to start your onions from seed you will be sure to have your favorite variety ready to go come gardening season. If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

FEEDING BIRDS IN THE WINTER



Do you enjoy feeding birds in the spring and summer months? If so, remember it is important to feed the birds in the winter months as well. There are three things birds require to survive, food, water, and shelter. Food is often the resource that is most lacking during the cold weather months. Many different bird food mixes are available

because various species often prefer different grains. However, there is one seed that has more universal appeal than any other, black oil sunflower. If you are new to the bird-feeding game, make sure there is a high percentage of this seed in your mix. White proso millet is second in popularity and is the favorite of dark-eyed juncos and other sparrows as well as the red-winged blackbird.

As you become more interested in bird feeding, you may want to use more than one feeder to attract specific species of birds. The following is a list of bird species with the grains they prefer.

- * Cardinals, evening grosbeak and most finch species- Sunflower seeds, all types
- * Rufous-sided towhee- White proso millet
- * Dark-eyed junco- White and red proso millet, canary seed, fine cracked corn
- * Many sparrow species- White and red proso millet
- * Bluejay- Peanut kernels and sunflower seeds of all types
- * Chickadee and tufted titmouse- Peanut kernels, oil (black) and black-striped sunflower seeds
- * Red-breasted nuthatch- Oil (black) and black-striped sunflower seeds
- * Brown thrasher- Hulled and black-striped sunflower seeds
- * Red-winged blackbird- White and red proso millet plus German (golden) millet
- * Mourning dove- Oil (black) sunflower seeds, white and red proso plus German (golden) millet

Remember that extended cold periods can also make water unavailable. Having a heated birdbath can be a tremendous draw for birds during times when all other water is frozen. If you keep water and food available, you will have feathered friends to keep you company throughout the winter months. If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

River Valley Extension District

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RIVER VALLEY DISTRICT

“2022 UP-COMING MEETINGS & EVENTS”

DATE	TIME	PROGRAM	LOCATION
Dec. 24-31		RVED Offices Closed for Christmas	
Jan.10	6pm	Medicare Basics	Belleville– 4-H Building, Fairgrounds
Jan. 11	7pm	Ladies Night Out	Concordia Fairgrounds- Commercial Building
Jan. 12-Feb.2	5:30pm	Risk Management Skills for KS Women in Ag. (Wednesdays)	Clay Center- PrairieLand Partners
Feb. 3-Mar 10th	5pm	Women in Agriculture Series (Thursdays)	Concordia– Cloud County Coop Conference Room
Feb. 8	6pm	Medicare Basics	Clay Center-River Valley Office Meeting Room
March		Building Blocks of Babysitting	RVD– Dates and Times TBD
Mar. 20-May14		WALK Kansas	State Wide Extension Program