

# River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

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

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## SIMPLE, EASY MEALS For Busy Schedules

DO YOU DREAD COOKING FOOD ON THOSE BUSY NIGHTS? THEN THIS EVENT IS PERFECT FOR BUSY FAMILIES, BUSY YOUNG PROFESSIONALS, OR THOSE GEARING UP FOR BEING IN THE FIELD DURING HARVEST.

### When

Thursday August 24th.  
Starting at 6 pm

### Where

Family Life Center, Methodist Church  
921 5th St., Clay Center

### What to Expect

There will be cooking demonstrations and taste testing opportunities. We ask that each participant bring one copy of a favorite, simple recipe they like to use on those busy nights.

### REGISTER NOW

Registration fee is \$10 per person

Register by Monday August 21st

Call the Concordia office at 785-243-8185 or the Clay

Center office at 785-632-5335

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 contact, Wade Reh, two weeks prior to the start of the event at 785-632-2868. Requests received after this date will be honored when it is feasible to do so. Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
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## RECENT GUIDELINES ON NON-SUGAR SWEETNERS

I have received several questions over the last 18 months about non-nutritive sweeteners, sometimes called artificial sweeteners, or sugar alternatives. I recently read this article from the Harvard T.H. Chan School of Public Health nutrition newsletter and thought I would share it with the River Valley District. Any questions can be directed to me, Kaitlin Moore, Nutrition, Food Safety & Health Agent at 785-243-8185 or [kaitlinmoore@ksu.edu](mailto:kaitlinmoore@ksu.edu).

### Unpacking WHO Guidelines on Non-Sugar Sweeteners

The **World Health Organization (WHO)** released a new guideline on non-sugar sweeteners (NSS)—often referred to as artificial or low-calorie sweeteners—that advises against use of NSS to control body weight or reduce the risk of non-communicable diseases. After conducting a research review, they concluded that replacing sugar sweeteners with NSS did not promote weight loss in the long term in adults and children. However, clinical trial data showed that higher intakes of NSS resulted in lower calorie intake when they replaced sugar and sugar-sweetened foods/beverages. There was no significant effect of NSS on hunger or satiety levels. Some trials showed less hunger with use of NSS, but others showed a stronger appetite in participants with higher intakes of NSS-containing beverages.

When looking at observational cohort studies, long-term use of NSS-containing beverages was associated with an increased risk of cardiovascular disease and early death in adults. A higher intake of NSS, either in beverages or added to foods, was also associated with increased risk of developing type 2 diabetes. The WHO noted that “reverse causation” may have contributed to the positive association: participants with the highest intakes of NSS tended to have a higher body mass index and obesity or metabolic risk factors, and therefore may have already been predisposed to chronic disease (for which they were choosing NSS as a health measure). No association was found with intakes of NSS-containing beverages and cancer or cancer deaths.

Based on these findings, WHO advised that people work to lower the overall sweetness in their diet starting early in life, as NSS do not provide nutritional value. Examples of NSS include acesulfame K, aspartame, saccharin, sucralose, and stevia. Their analysis did not study sugar alcohols (polyols) such as maltitol, xylitol, and sorbitol that are added to many foods and beverages.

Harvard Chan School experts agreed with the WHO recommendation to tame our sweet teeth, but had some criticisms that the meta-analysis excluded certain large studies. The omitted cohort studies—which included more than 100,000

people—found that increasing consumption of artificially sweetened beverages at the expense of sugar-sweetened beverages was associated with less weight gain over time, consistent with findings from small, short-term randomized controlled trials. Based on statistical modeling, it was estimated that replacing one serving of a sugar-sweetened beverage with an artificially sweetened beverage was associated with a 4% lower risk of total mortality, 5% lower risk of cardiovascular disease-related mortality, and 4% lower risk of cancer-related mortality.

Of course, when it comes to optimal beverages for long-term health, we should look to other options. Frank Hu, Chair of the Department of Nutrition at the Harvard T.H. Chan School of Public Health, explains that “for habitual consumers of sugar-sweetened beverages, artificially sweetened beverages can be used as a temporary replacement, although the best choices would be water and unsweetened coffee or tea.”

## SCAM CALLS

Scammers are convincing. Being aware and taking a few steps may help stop you from being a victim.

Don't answer calls from unknown numbers. Many times, scammers will spoof numbers so your caller ID may show local or maybe even trusted numbers. If you answer and the caller isn't who you expected, hang up immediately.

If a caller claims to represent a health insurance provider or a government agency, simply hang up. You can then call back using a phone number from an account statement, in the phone book, or on an official website to verify the caller's authenticity. Unless you initiate the contact, you will usually get a written statement in the mail before you get a phone call from a government agency.

Never give out personal information. Scammers may claim to have your information, but ask you to verify your Medicare number, Social Security Number, date of birth, etc. Typically, they do not have your information and are phishing for you to give it to them.

Use caution if being pressured for information immediately. Scammers may engage you in a conversation to put you at ease, but they also may make it seem urgent and push for you to give your information. If the person is saying something that seems too good to be true, it probably is.

Be vigilant and report any instances of fraud or abuse to Medicare, the Federal Communications Commission, and/or Federal Trade Commission.

(source: [fcc.gov](http://fcc.gov))

## SCHOOL SUPPLY SHOPPING

If you've been in any store lately, you've probably seen the shelves full of school supplies. As kids groan and parents rejoice, the truth is that school is about to start, which can mean a large expense purchasing those school supplies. Consider these tips and tricks while back-to-school shopping.

- **Take inventory.** Before you do any shopping, grab that school list, and see what you have on hand. Go through school supplies and clothes to determine what your child can reuse instead of purchasing new. Maybe a little deep scrub can make used things look brand new. For example, not replacing a backpack or pair of shoes can be a big savings.
- **Set a budget.** Once you know what you need to purchase, be realistic when looking at your finances to determine what you can afford. This is also a great teachable moment for young children. Give them the budget amount, supply list, and help them make smart choices to stick to the budget. Do you need that \$5 designer notebook when you can purchase a generic one for \$1?
- **Compare prices.** You could do this in the store, which may take more time, but you could also check prices online at multiple stores to find the cheapest option. It may take a few moments, but it can be a big savings, especially when considering purchasing more expensive items, such as clothes and shoes.
- **Consider second-hand shopping.** Check out garage sales, thrift stores, and consignment shops for gently used items. You could also consider swapping with friends or family to get new-to-you things, such as backpacks, clothes, and shoes.
- **Watch for sales.** During August, most school supplies are on sale, but if your child has clothes or a backpack they can continue to use, sometimes prices are even lower in September as stores work to sell remaining school supplies.

Don't let the expense of starting back to school put a dent in your budget. Take the time to consider all your options and be a smart shopper.



## UNDERSTANDING ADVANCED DIRECTIVES AND HOSPICE

Do you have questions about advance directives or what hospice care provides? Plan to attend the upcoming program, Understanding Hospice and Advanced Directives on Monday, August 28, 2023, at 6:00 p.m. at Good Shepherd Lutheran Church in Washington. 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 to 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. If you have any questions or would like to RSVP, please call Jordan Schuette at the River Valley Extension Washington Office at 785-325-2121.

## FALL FLING

Fellowship and fun will be a large part of the upcoming Fall Fling, Monday, October 9<sup>th</sup>. It will be held at the new building on the Clay Center Fairgrounds. Registration will begin at 10:30 a.m. and the program will begin at 11:00 a.m.

The morning program will be presented by Lou Ann Scheider on the topic of Import and Export. The afternoon program will be presented by A&H Farms from Manhattan. All interested men and women are encouraged to attend. Be on the look-out in our September Newsletter for more information about the Fall Fling.

## MEDICARE 2024 PART D PLANS

It may be August, but that means Medicare Part D Open Enrollment is right around the corner. Information about specific 2024 Medicare Part D Plans will not be available until October. Near the end of September or first part of October, Medicare Beneficiaries with a Part D Plan will receive information from their company informing them of any changes for 2024. The Open Enrollment Period for Part D Plans will be October 15th -December 7th.

Senior Health Insurance Counseling for Kansas (SHICK) Counselors are available in your area to help in shopping and enrolling in 2024 Part D Plans. Appointments will be available at all four office locations in the River Valley Extension District. Be on the lookout in the September River Valley Extension District Newsletter for more information on appointment times. Some location's appointment times fill up fast, so make sure to call after September 4, 2023, to schedule your appointment. If you are new to Medicare or have any Medicare questions, please contact either Monica Thayer, Family Resource Management Agent, in the Belleville Office at 785-527-5084 or Jordan Schuette, in the Washington Office, by phone at 785- 325-2121.

## PRODUCT HANDLING AND EFFICACY

*K-State beef cattle veterinarians share tips for managing animal health products appropriately.*

When handling food, people often know to read the label to guide them on how to properly store the product so that the ingredient can be used at its peak and food waste is minimized. In much the same way, livestock producers need to read the label on animal health products to know how to best store them for optimum performance, according to the veterinarians at the Kansas State University Beef Cattle Institute.

### Product storage

“While products that are labeled to be refrigerated need to be maintained in a refrigerator, there are many products out there labeled for room temperature,” said K-State veterinarian Brian Lubbers on a recent Cattle Chat podcast. “The upper limit of room temperature for non-refrigerated drug products is usually considered 85 degrees (Fahrenheit).”

In a Kansas barn in the summer, those temperatures often creep much higher. “We know that those summer temperatures can exceed well over 100 degrees, so it is important to use a temperature-controlled location to store products,” Lubbers said. “Heat and extreme cold can change the drug molecules and have a negative impact on the product.”

Along with temperature, sunlight exposure can also be an issue. “Drug products that are stored in amber bottles are affected by UV radiation and sunlight exposure will diminish

the effectiveness of those products,” Lubbers said.

When deciding if a product that has been stored on a shelf for a while is still good, Lubbers said it is important to look at the product consistency. “Any time there are lumps of material floating in the product, discard it because the product efficacy is likely diminished and in some rare cases the product could be toxic due to chemical changes.” If product changes have occurred when handled properly and the product has not passed its expiration date, Lubbers recommends reaching out to the supplier to see about getting a replacement product.

### Product handling when processing

At the time of cattle processing, Lubbers said it is important to keep cold storage products at the proper temperature by using coolers and ice packs. “I’ve seen people punch holes in the top of a Styrofoam cooler where they can drop in the syringes in a cooler with ice packs to help keep the product cool and minimize the number of times the lid is opened,” Lubbers said. He added that the cooler can also be used to keep products out of the sunlight.

Veterinarian Brad White said that he has seen producers place the product under a towel to keep it out of the sun when not needed during processing. “With modified-live products, it is especially important to keep them out of the sun,” White said. Another one of White’s tips is to only mix up the amount of product that is needed. “When giving shots, I try to only mix up what I need and then place those products in a cooler or under a towel until the next animal comes through.”

To hear the full discussion, listen to the Cattle Chat podcast online at <https://ksubci.org/2023/06/23> or through your preferred streaming platform.

## ROTATION OF VEGETABLE CROPS

Rotating vegetable crops is a standard way of helping prevent diseases from being carried over from one year to the next. Rotation means that crops are moved to different areas of the garden each year. Planting the same crop, or a related crop, in the same area each year can lead to a build-up of disease. Also, different crops vary in the depth and density of the root system as well as extract different levels of nutrients. As a rule, cool-season crops such as cabbage, peas, lettuce, and onions have relatively sparse shallow root systems and warm-season crops such as tomatoes, peppers, and melons have deeper better-developed root systems. Therefore, it can be helpful to rotate warm-season and cool-season crops.

As mentioned earlier, it is also a good idea to avoid planting closely related crops in the same area as diseases may be shared among them. Tomatoes, potatoes, peppers, and eggplant are closely related. Also, broccoli, cauliflower, cabbage, and brussel sprouts share many characteristics. For example, do not plant cabbage where broccoli was the previous year or tomatoes where the peppers were.

Why is this important to bring this up now going into fall? Now is the time to make a sketch of your garden so that the layout is not forgotten when it is time to plant next year.

## USDA ACREAGE REPORT SHOWS SOME SURPRISE MOVES

USDA-NASS released its annual Acreage Report on Friday, June 30<sup>th</sup> with a surprise reduction in estimated US and Kansas soybean acreage. The report estimated U.S. soybean acres sharply declining, at 83.5 mil. ac., down 5% or 4 mil. ac. from the 2022 Acreage Report and the 2023 Prospective Plantings Report, which was published at the end of March. Soybean acres in Kansas were also cut from 4.6 mil. ac. in March to 4.25 mil. ac. in the 2023 Acreage Report, down from 5.05 mil. ac. in 2022.

In contrast, the report estimated US corn acreage at 94.1 mil. ac., up 6% or 5.5 mil. ac. from 2022 and up 2.3% or 2.1 mil. ac. from Prospective Plantings. Kansas corn plantings, however, were reduced from Prospective Plantings' 5.6 mil. ac. to 5.5 mil. ac. currently, level with 2022 figures.

US winter wheat acres held steady relative to the Prospective Plantings Report, estimated at 37 mil. ac. compared to an estimate of 37.5 mil. in March. The June 30<sup>th</sup> figure is up sharply (11%) from the 2022 figure of 33.3 million acres. Winter wheat plantings in Kansas also rose significantly from 7.3 million acres in 2022 to 8.1 million acres in 2023, up 11%.

Kansas remains the dominant player in milo plantings, with 3.3 mil. ac. planted in 2023 and 48.5% of all US milo acres. However, this share is reduced from 52.2% in 2022 as total US milo acres have risen 7.6%, which is a dramatic increase from the March estimate (up 13.9%).

Grain markets responded accordingly in the wake of the Acreage Report, which has historically contributed to market volatility. Soybeans have rallied, and several other grains have followed behind to lesser extents. However, with these figures now baked into the markets, major moves from here will likely depend on weather patterns in the latter half of summer and on how smoothly harvest progresses from there.

An interesting figure on the Acreage report is the occurrence of double-crop soybeans. In the US, it is estimated that 4% of soybeans are planted after another crop in 2023, whereas in Kansas double-cropping rate is at 12% for 2023. This is the highest rate of double-cropping soybeans since 2020, when Kansas was estimated at 13%.

The use of biotechnology in corn and soybean varieties is also documented in the report. Genetically modified corn varieties in Kansas were estimated at 95%, compared with 93% nationally. Genetically modified soybean varieties were estimated at 93%, compared with 95% nationally.

Nationally, corn is estimated to be harvested for grain at 91.7% of its planted acreage, up from 89.4% in 2022. Sorghum, also, is estimated to be harvested for grain at a higher rate than in 2022, 87.3% compared with 72.3%. The soybean

harvest rate is up marginally at 99.0% compared with 98.7% in 2022. Winter wheat, however, is estimated to have a lower harvest rate, at 69.5% compared with 70.5% last year. While this is a national figure, many winter wheat growers around the area and the state anecdotally attest to lower wheat harvest rates than are published in this report. Likewise, winter wheat yield in the area will likely fall short of the national average posted in this report, which was pegged at 44.9 bushels/acre, down from 47.0 bushels/acre in 2022.

For more information about crop production data or about how you can manage production risk on your farm, please reach out to Luke Byers, your River Valley Extension District Agriculture & Natural Resources Agent, at 785-632-5335 or by email at [lsbyers@ksu.edu](mailto:lsbyers@ksu.edu).

## IS MY LAWN STILL ALIVE

Is your lawn turning brown like it does through the winter? During the hot periods of the summer, lawns will enter in to a dormancy. Normally, a healthy lawn can stay dormant for a good 5 weeks and still recover. After the five weeks are up, it is important to keep the crown hydrated because if the crown dies, the plant dies.

The recommendations differ for a lawn that was overwatered or received so much rain this spring that it produced a limited root system. Such a lawn may die unless allowed to slowly enter dormancy. This is done by shutting off the water gradually. For example, instead of watering several times a week, wait a week before irrigating. Then don't water again for two weeks. Thereafter, water every two weeks as described below.

Apply about 1/4 inch of water every two weeks to hydrate the crown. This will be enough to hydrate the crown but not enough to encourage weed germination and growth.



If you are wondering if the turf is still alive, pull up an individual plant and separate the leaves from the crown. The crown is the area between the leaves and the roots. If it is still hard and not papery and dry, the plant is still alive.

When rains and cooler weather arrive, the turf should come out of dormancy. However, you will probably have to deal with weeds that germinate before the turfgrass grows enough to canopy over and provide enough shade to keep weed seeds from sprouting. If you have any questions please contact Kelsey Hatesohl at the Washington Office at 785-325-2121 or at [khatesohl@ksu.edu](mailto:khatesohl@ksu.edu).

## BLOSSOM END ROT

Do you have tomatoes with a sunken, brown leathery patch on the bottom of the fruit? If so, then you probably have blossom end rot. Blossom end rot is not a disease; it is a condition that is caused by a lack of calcium in the soil. In Kansas this is not necessarily the case, because Kansas soils are derived from limestone, which is partially made up of calcium. So, what causes blossom end rot in Kansas? Actually, there are a number of possible causes, especially on tomatoes. Let's look at some of the other possible causes of blossom end rot.

The first possible cause could be that the tomato tops have outgrown the root system. During cooler spring weather the root system can keep up, but when it turns hot and dry, the plant tries to keep itself alive by sending water; with the calcium it carries; to the leaves and the fruit is bypassed. The plant responds to the heat and lack of calcium with new root growth which should allow the condition to correct itself after a couple of weeks.

The second possible cause could be heavy fertilization, especially with ammonium forms of nitrogen, which can encourage this condition. Heavy fertilization encourages more top foliage growth than root growth causing the ammonium form of nitrogen to compete with calcium for uptake through the roots to the fruit.

The third possible cause could be anything that disturbs the plant roots such as hoeing too deep. Mulching your plants will help because it keeps the soil surface cooler and reduces weed growth and promotes a better environment for root growth.

The fourth possible cause could be inconsistent watering. Keep soil moist but not waterlogged. Mulching can help by keeping the soil moisture level consistent over time. Even so, there are some years you do everything right and the condition shows up due to the weather. In such cases, remember that blossom-end rot is a temporary condition, and plants should come out of it in a couple of weeks. You want to pick off affected fruit to encourage new fruit formation.

Even though blossom end rot is most common on tomatoes, it can also affect squash, peppers and watermelons. If you are noticing that you have a lot of blossom end rot occurring, go through the possible causes and see if you can find what might be causing the problem. If you have any questions please contact Kelsey Hatesohl at the Washington Office at 785-325-2121 or at [khatesohl@ksu.edu](mailto:khatesohl@ksu.edu).

## TOMATO CRACKING

Tomatoes often have problems with cracking caused by pressure inside the fruit is more than the skin can handle. Cracks are usually on the upper part of the fruit and can be concentric (in concentric circles around the stem) or radial (radiating from the stem).

Tomatoes have a root system that is very dense and fibrous and is quite efficient in picking up water. Unfortunately, the root system can become unbalanced with the top of the plant. Early in the season, it may be small in relation to the top growth resulting in blossom-end rot during hot, dry weather. Later it may be so efficient that it provides too much water when we get rain or irrigate heavily after a dry spell. This quick influx of water can cause the tomato fruit to crack.

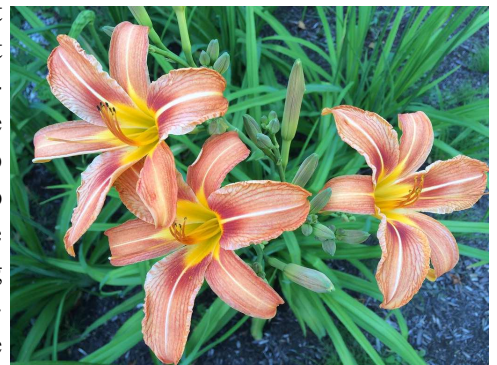
Therefore, even consistent watering can help with cracking. Mulching will also help because it moderates moisture levels in the soil. However, you can do everything right and still have problems with cracking in some years. If you have any questions please contact Kelsey Hatesohl at the Washington Office at 785-325-2121 or at [khatesohl@ksu.edu](mailto:khatesohl@ksu.edu).

## DIVIDING DAYLILIES

Daylilies are like Iris they need to be divided every three to five years to maintain good flower production. Though they may be divided in early spring before growth starts, it is more common to divide them at this time of year. Many gardeners cut back the tops to about half their original height to make the plants easier to handle.

Daylilies have a very tough root system that can make them difficult to divide while in place. Dividing in place is practical if it hasn't been long since the last division happened. In most cases, a spading fork can be used to peel fans from the existing clump. If the plants have been in place longer and are well grown together, it is more practical to divide them after the entire clump has been dug.

Use a spade to lift the entire clump out of the ground. Although it is possible to cut the clump apart with a sharp spade, you'll save more roots by using spading forks back-to-back to divide the clump into sections.



Each section should be about the size of a head of cauliflower. Space divisions 24 to 30 inches apart, and set each back to its original depth. The number of flowers will be reduced the first year after division but will return to normal until the plants need to be divided again. If you have any questions please contact Kelsey Hatesohl at the Washington Office at 785-325-2121 or at [khatesohl@ksu.edu](mailto:khatesohl@ksu.edu).

## **LINCOLN AND REPUBLIC COUNTY LEADERS DETAIL HOW THEIR RURAL COMMUNITIES ARE SPAWNING GROWTH**

By Pat Melgares, K-State Research and Extension news service

The way Kelly Gourley sees it, her rural Kansas county's past needs to be part of its future.

Gourley, director of the Lincoln County Economic Development Foundation in northcentral Kansas, said recently that communities can't talk about historic preservation without also talking about economic development.

"The end result looks the same," Gourley said, "because you really can't do revitalization (of a downtown district) without doing preservation and economic development. "That's my attitude and approach to small towns and downtown areas in Kansas."

Gourley was a featured speaker during the July 7 First Friday e-Call, a monthly online series hosted by K-State Research and Extension that helps to nurture small businesses and inspire entrepreneurship in Kansas. The online discussions, which routinely host dozens of Kansas citizens from the public and private sectors, are available free each month.

Gourley said she regularly gets requests from downtown business owners for grants to help cover such costs as repairs to a roof, replacing a heating or air conditioning system, and the like.

Her answer is almost always the same: "There is not a grant for that."

But, she adds, "if you can say it's on the national register of historic places, then that's a big deal. To me, in my economic development role, the big advantage to that is it opens economic incentives that are not otherwise available."

In Lincoln and Sylvan Grove, Gourley is helping to manage major downtown building renovations as a result of having listed those areas as historic districts.

A couple examples:

In Lincoln, one city block has seen improvements to an old bank building, restaurant and clothing store; and a vacant building is now a fitness center. Planning is underway for ADA improvements at City Hall.

In Sylvan Grove, improvements are taking place to Fly Boy Brewery and Eats, the Old Sylvan State Bank, and a former farmer's elevator (which will become a community center).

From 2020 through 2023, Gourley said there has been "about \$1.3 million worth of investment put into our downtown buildings that probably would not have been happening if not for our historic designation." Funds for the historic designation have been provided by the Kansas Historical Society, the Dane G. Hansen Foundation, the cities of Lincoln and Sylvan Grove and the Lincoln County Historical Society.

Lessons learned? Gourley said Kansas communities – especially rural communities – should pursue historic designation for downtown districts, not just individual buildings.

Also, during the July 7 presentation, former Republic County economic development director Luke Mahin gave an update on similar projects happening in his area, including the improvement of downtown buildings and a partnership with K-State's community development program (formerly called PRIDE), to shape up its rural towns.

In just 15 years, he said, Courtland has improved parks, updated city signs, renovated numerous businesses, turned empty lots into new businesses, and established a therapy and physical fitness center, and micro-brewery.

City leaders also hosted "vacant building tours in Belleville" to help attract entrepreneurs to rural life, according to Mahin.

As business owners, "there was a mind shift we had to focus on," Mahin said. "We are learning how to attract people from a 90-mile radius to make our businesses work."

Gourley's and Mahin's full talk, and more information on how they're spawning rural community success, is available online in the archived presentations of K-State Research and Extension's First Friday program.

**River Valley District Extension Offices will be closed on Monday, September 4th**

**In observance of the Labor Day holiday.**

**Be safe as you travel and enjoy visits with your family and friends!**

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<b>DATE</b>	<b>TIME</b>	<b>PROGRAM</b>	<b>LOCATION</b>
July 31-Aug. 5		Republic County Fair	Belleville- NCK Free Fair
Aug. 4	4:30-6pm	Family Fun at the Fair	Belleville- NCK Free Fair
Aug. 9	6pm	Seasonal & Simple Cooking Demo & Taste Testing	Wakefield Library, 205 3rd St. -Call to sign up 785-461-5510
Aug. 17	4pm	North Central Kansas Fall Field Day	Courtland- Agriculture Experiment Fields, 1300 60 Road
Aug. 22	9-3pm	North Central Kansas Farm and Ranch Transition Tour	Clyde-Clyde Apartments Auditorium, 620 Broadway Street
Aug. 23	9-3pm	North Central Kansas Farm and Ranch Transition Tour	Delphos-Delphos Auditorium, 206 West 2nd Street
Aug. 24	9-3pm	North Central Kansas Farm and Ranch Transition Tour	Beloit- Methodist Church, 801 North Bell Street
Aug. 24	5:30pm	Medicare Basics	Concordia-Cloud County Fairgrounds, Commercial Building
Aug. 24	6pm	Simple, Easy Meals for Busy Schedules	Clay Center- Family Life Center, Methodist Church, 921 5th St.
Aug. 25	9-3pm	North Central Kansas Farm and Ranch Transition Tour	Phillipsburg-Phillips Co. Fair Building 1481 Hwy 183
Aug. 28	6pm	Understanding Hospice and Advanced Directives	Washington-Good Shepherd Lutheran Church, 401 D Street
Sept. 4		Labor Day	All River Valley District Offices will be Closed
Oct. 9	10:30am	Fall Fling	Clay Center-New building on the Fairgrounds