

River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

February 2024
Volume 19 #2

BELLEVILLE OFFICE

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

CLAY CENTER OFFICE

322 Grant Avenue
Clay Center, KS
67432-2804
Phone (785) 632-5335
cy@listserv.ksu.edu

CONCORDIA OFFICE

811 Washington—Suite E
Concordia, KS
66901-3415
Phone: (785) 243-8185
cd@listserv.ksu.edu

WASHINGTON OFFICE

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

Check us out on the Web at:
www.rivervalley.ksu.edu
or on Facebook @ River Valley
Extension District

K-STATE
Research and Extension

K-State Research and Extension is an equal
opportunity provider and employer.

ksre.k-state.edu

AMERICAN HEART MONTH AND METABOLIC SYNDROME

February is American Heart Month, an opportunity to raise awareness about cardiovascular disease and possibly even make a small change to better care for our hearts. The American Heart Association has a wonderful website, heart.org, where you can find information about a plethora of heart health topics, including diabetes, heart murmurs, sleep disorders, cholesterol, stroke, high blood pressure, the list goes on! Their site also includes fascinating animations that detail how exactly the heart works, what exactly is happening when someone experiences a stroke or other heart health problem, or what a stent looks like. They also have a multitude of handouts in both English and Spanish to share with family, friends, or coworkers. They even have their own recipe webpage! One convenient place to look for heart healthy recipes. I'd strongly encourage you to check out their website at some point this month. It is a wonderful resource.

This month I wanted to highlight the heart health topic **Metabolic Syndrome**.

Metabolic syndrome is a group of five conditions that can lead to heart disease, diabetes, stroke, and other health problems. Metabolic syndrome is diagnosed when someone has three or more of these risk factors:

High blood glucose (sugar)

Low levels of HDL ("good") cholesterol in the blood

High levels of triglycerides in the blood

Large waist circumference or "apple-shaped" body

High blood pressure

Although each of these is a risk factor for cardiovascular disease, when a person has three or more and is diagnosed with metabolic syndrome, the chance of developing a serious cardiovascular condition increases. For example, high blood pressure is an important risk factor for cardiovascular disease, but when combined with high fasting blood sugar levels and abdominal obesity (large waistline), the chance for developing cardiovascular disease is intensified.

Metabolic syndrome is a serious health condition that puts people at higher risk of heart disease, diabetes, stroke, and diseases related to fatty buildups in artery walls (atherosclerosis). Underlying causes of metabolic syndrome include being overweight and obesity, insulin resistance, physical inactivity, genetic factors, and increasing age.


Although metabolic syndrome is a serious condition, you can reduce your risks significantly by losing weight; increasing your physical activity; eating a heart-healthy diet that's rich in whole grains, fruits, vegetables and fish; and working with your health care team to monitor and manage your blood glucose, blood cholesterol, and blood pressure.

Continued on page 2

If you have any questions about increasing your physical activity, eating a heart healthy diet, or monitoring your blood pressure do not hesitate to reach out to me, Kaitlin Moore. I am the District's Nutrition, Food Safety & Health Agent. I offer a few programs that do address some of these topics, perhaps you've heard them advertised over the radio, or have read about them in local newspapers. A couple of these programs include Stay Strong Stay Healthy (also offered by Jordan Schuette, our Adult Development and Aging Agent) and the Hypertension Awareness & Prevention Program. Keep your eyes and ears peeled for any information about future classes near you! If you have questions you can reach me at the Concordia office, 785-243-8185 or email me at kaitlimoore@ksu.edu.

**NATIONAL WEAR RED DAY IS
FRIDAY, FEBRUARY 2ND**

**WEAR RED TO RAISE
AWARENESS ABOUT
CARDIOVASCULAR
DIESEASE**



**UPCOMING CHRONIC DISEASE
SELF MANAGEMENT PROGRAM
TO BE HELD IN BELLEVILLE**

The Chronic Disease Self-Management Program (CDSMP) was originally developed at Stanford University Patient Education Research Center. In a five-year research project, the CDSMP was evaluated in a randomized study involving more than 1000 subjects. This study found that people who took the program when compared to people who did not take the program, improved their healthful behaviors (exercise, coping skills, and communications with physicians), improved their health status (fatigue, disability, social activities), and decreased their days in the hospital. Studies by others had similar results.

This is so important because millions of adults live with one or more chronic health conditions. I'm thinking of arthritis, heart disease, diabetes, Parkinson's Disease, and others.

How people manage their conditions on a day-to-day basis greatly determines their symptoms and quality of life.

Even if we have long-term conditions we want to continue

doing the things we need and want to do. At the same time, there are challenges such as pain, depression, fatigue, disability, and anxiety. Relationships with friends and family change. We may not know how to use our limited time with healthcare providers.

This is where the CDSMP comes in. The CDSMP helps people and their caregivers manage their symptoms, improve quality of life, and reduce healthcare costs.

It is hoped that each person will leave the program with new ideas and a commitment to try a new tool to manage their long-term health conditions.

The CDSMP is a workshop for adults with at least one chronic health condition. That might be a chronic lung disease, bipolar disorder, high blood pressure, IBS, chronic pain, chronic heartburn, HIV, diabetes, or other conditions.

This interactive program aims to increase confidence, physical and psychological well-being, knowledge of ways to manage chronic conditions, and motivation to manage challenges associated with chronic diseases.

There will be interactive educational activities like discussions, brainstorming sessions, and action planning. There will also be symptom management activities like breathing exercises and relaxation activities.

If you would like to learn more about the program, its history, and maybe some of the research behind it, I highly encourage you to check out the website selfmanagementresource.com.

The program is FREE. Participants will also receive a free copy of a wonderful book titled *Living a Healthy Life with Chronic Conditions*.

We will meet a total of six times. The meetings will be at the Republic County Hospital in Belleville. The meetings will be on Thursdays from 10:00 am to noon, starting on Thursday, March 14. Light refreshments will be provided.

Jordan and I are capping this program at 18 participants, so please register. You can do so by calling your local Extension Office.

Questions can be directed to Kaitlin Moore, Concordia office, at 785-243-8185, or Jordan Schuette, Washington Office, at 785-325-2121.

LIVING WELL WEDNESDAYS

The Living Well Wednesday team is pleased to announce upcoming webinars in 2024. The webinars are on the second Wednesday of the month from 12:10 – 1:00 pm Below are the topics for the winter series.

Continued on page 3

Women's Health and Functional Medicine

Women often take care of everyone else before prioritizing their own health. This leads to sleep deprivation, poor eating habits, gut issues, and increased stress which in turn can all cause a compromised immune system and other health issues. During the webinar "Women's Health and Functional Medicine" we'll look at common root causes of illness in women including the impact that trauma and ACE's have on well-being. Join us for this informative webinar on February 14 at 12:10 pm. presented by Joleen Zivnuska, Women's Health Nurse Practitioner in Wichita, KS.

Navigating Diets, Supplements, and Women's Health in a Confusing World

With so much information on health, it's hard to know what is true. This session will cover keys to a healthy and balanced diet, discuss how/when to use supplements, and explore wellness tips for women. Learn if medications that facilitate weight loss work for long-term wellness during this informative webinar on March 13, at 12:10 pm. Join us and bring your questions as Priscilla Brenes, State Extension Specialist in the Department of Food, Nutrition, Dietetics, and Health shares her expertise.

All Living Well Wednesday webinars are recorded and posted at <https://www.ksre.k-state.edu/fcs/livingwellwed/> Register today to attend live or to receive a link to the recording and information. <https://bit.ly/47WAPoN>

REGISTRATION NOW OPEN FOR 2024 CATTLEMEN'S DAY

The 111th Cattlemen's Day will be hosted on Friday, March 1 in Weber Hall and Arena in Manhattan, KS. Registration will be \$25 in advance or \$35 per person at the door. Morning refreshments and lunch are included with registration. A trade show will open in the morning starting at 8:00 am. The morning session will begin with a welcome from President Richard Linton, ASI department head Mike Day, and a beef industry economic outlook from Glynn Tonsor. Starting off the afternoon sessions attendees will here from the ASI beef team as they present on K-State ASI Beef Research Update. Participants will then be able to attend two breakout sessions with topics covering beef cuts that add value, reproduction update, or wildlife and ranching. Rounding out the day, everyone is invited to attend the 47th annual Legacy Sale starting at 4 pm. If you are interested in registering for the event, please contact Katie Smith (katiesmith@ksu.edu or 785-532-1267) or by visiting www.asi.ksu.edu/cattlemensday.

VALUE OF RECORD KEEPING

K-State beef cattle experts outline the herd data that producers should be documenting

By Lisa Moser, K-State Research and Extension news service

With the new year, many people work to lose holiday pounds by following a weight loss program that typically involves keeping a daily record of food consumption as a way to help them learn how to develop healthy food habits. In other words, data-driven decision-making.

That is also the concept that the K-State experts at the Beef Cattle Institute encourage producers to follow to guide their herd management system. This was the topic of a recent Cattle Chat podcast.

"It is important for producers to follow a record-keeping system that is appropriate for the complexity of their operation," said K-State veterinarian Bob Larson. An electronic system that Larson recommends is one that was developed at K-State called CalfDex.

"This system is an easy way to collect records and then if a producer wants to share some of the information, the app can facilitate the electronic transfer of the records to the buyer of the feeder calves," Larson said. Records that Larson places a high value on are tracking dates of calving and weaning as well as the weaning weights and cull cow weights.

K-State beef cattle nutritionist Phillip Lancaster, meanwhile, said there are two levels of data he advises producers to document. "One is herd-level data that allows producers to track production over time, and the other is recording individual data that can help give information about the calf's genetic performance," Lancaster said. "If I am keeping replacement heifers, knowing which cow lines are most productive is good information to help me make that decision."

K-State veterinarian Brad White agreed, adding: "Having data on subgroups within the herd such as breeds or sire lines helps producers better sort the cattle into management groups."

Along with cattle performance records, K-State agricultural economist Dustin Pendell said producers also need to closely monitor feed expenses. "The largest expense for any operation is feed cost, so producers need to know how much they are feeding and the associated costs," Pendell said. "If you are in a drought situation and need to reduce feed costs, having this data will be helpful in your decision-making."

To hear the full discussion, listen to the [Cattle Chat](#) podcast online or through your preferred streaming platform.

MILD DECEMBER, FRIGID JANUARY: WHAT THAT MEANS FOR 2024 WINTER WHEAT

Prior to the wheat crop's entry into dormancy, it utilizes the remaining warmth and moisture of autumn to germinate, emerge, and establish its first tillers. While timing of planting, germination, and emergence of the wheat crop were not uniform across north-central Kansas due to ongoing moisture issues, several timely rains were able to bring up many wheat acres. A milder December also allowed many wheat acres to get ahead of schedule on tillering. Now that the weather has turned much colder, the wheat crop is fully under way with vernalizing to establish the wheat head from inside the plant in preparation for coming out of dormancy in the spring. However, it is too early to say whether or not the wheat crop will be made or broken on the weather patterns of these past two months alone.

The US Department of Agriculture released its annual report on wheat seedings on January 12 and reported that national wheat acres are down 6% versus last year, and in Kansas, planted wheat acres are down 7.5%. These statistics parallel a growing trend in sentiment towards wheat in the region, that more and more farmers are slowly removing it from their cropping system, or at least are incorporating it in their rotation less frequently. Conditions these last several years have been brutal for wheat growers, and with international demand for US wheat on the decline and prices falling off, it's just getting more and more difficult to grow a profitable winter wheat crop in north-central Kansas as of late.

However, for the first time in several years, the outlook on the 2023-2024 winter wheat crop's prospects is not glaringly negative. On the other hand, there haven't been any developments that have been obviously positive, either. Conditions, while not superb by any means, are better than they have been at this point in the last two years. The region is still running a multi-year moisture deficit, but the right amount of precipitation has come at the right times to keep many acres afloat throughout the first half of winter. Even if you can grow a decent crop, it will be challenging to turn a profit on it with the direction that global markets have been moving.

Perhaps one of the best things that growers can do right now, aside from the regular regimen of raising their wheat crop, is to engage in risk management practices that can ensure they're getting the most out of the hard work they put into this state's wheat production. If you have any questions about how you can incorporate risk management strategies

into your winter wheat enterprise, please reach out to Luke Byers, the River Valley Extension District Agriculture & Natural Resources Agent, at 785-632-5335 or by email at lsbyers@ksu.edu.

KEEP SMELLING THE ROSES

For everyone who receives vases of flowers on Valentine's Day, or anytime of the year, here are a couple of tips and tricks to help get the most out of your flowers. Follow these helpful guidelines to help extend the life of your flowers.

To help keep floral arrangements longer follow these easy three steps:

1. Keep the vase filled or the floral foam soaked with warm water. Add fresh, warm water daily. If the water in the vase turns cloudy, replace the water immediately. If possible, recut stems by removing one to two inches with a sharp knife. When cutting the stems, cut them under water, as this will allow the stem to draw in water instead of air.
2. Keep flowers in a cool spot (65 to 72 degrees Fahrenheit), keep away from direct sunlight, heating or cooling vents, near radiators, and directly under ceiling fans.
3. If a rose begins to wilt in your arrangement, remove it and recut the stem under water.

For loose stems that don't come with in a vase follow these easy steps:

1. If you can't get your flowers in a flower food solution right away, keep flowers in a cool place.
2. Fill a clean, deep vase with water and add the flower food obtained from your florist. Be sure to follow the mixing directions on the package.
3. Remove leaves that will be below the waterline. Leaves that are in the water will promote bacterial growth.
4. Recut stems under water with a sharp knife and place the flowers in the vase solution you've prepared.
5. If a rose begins to wilt, remove it and recut the stem under water.

For those of you who receive planted tulip bulbs for Valentine's Day instead of roses, here is what you can do with them after they are finished blooming. Once the bulbs have stopped blooming, discontinue watering and allow the foliage to die back. Don't try and remove any foliage while it is still green, but once the foliage is dried and brown, remove it from the pot by gently tugging on the leaves until they break away from the bulb and come out of the ground. If the leaves don't pull away from the bulbs easily you haven't waited

Continued on page 5

quite long enough for the foliage to die. Once you have removed all the leaves allow the soil in the pot to dry out. Gently brush off any excess dirt from the bulb. Do not wash the bulb, because this can add excess water to the bulb and cause it to rot. Store your bulbs in a cool dry place until the ground has warmed up in the spring.

Plant your tulips in an area that gets afternoon to full sun exposures. Plant tulips 6 to 8 inches deep and make sure you plant them pointy side up, otherwise the bulb will be upside down, and might not grow. Once you have planted the bulbs your job is done until next spring, then all you have to do is enjoy the spring color. 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.

PRUNING MATURE FRUIT TREES

Mature fruit trees can be pruned from now through March as long as the wood isn't frozen. Below are some general recommendations on pruning mature fruit trees as well as more specific instructions on how to prune different species of fruit trees. The number one thing to remember when pruning fruit trees is to never remove more than 30 percent of the tree at one time. Removing more than 30 percent will stress out the tree and keep it from properly healing the pruning cuts.

Here are a few general recommendations that can be used on all fruit trees.

- Take out broken, damaged or diseased branches.
- If two branches form a narrow angle, prune one out. Narrow angels are weak and tend to break during wind or ice storms.
- Take out all suckers. Suckers are branches that grow straight up. They may originate from the trunk or from major branches.
- If two branches cross and rub against one another, one should be taken out.
- Cut back or remove branches that are so low they interfere with harvest or pruning. If cutting back a branch, always cut back to another branch or bud, don't leave a stub.
- Cut back branches to reduce the total size of the tree, if necessary.
- Thin branches on the interior of the tree.

Here are some specific pruning instructions for different types of fruit trees.

Peach and nectarine trees require more pruning than any other fruit trees because they bear fruit on growth from the year

before. Not pruning results in fruit being borne further and further from the center of the tree allowing a heavy fruit crop to break major branches due to the weight of the fruit.

Apple trees tend to become overgrown if not pruned regularly. Wind storms and ice storms will then cause more damage. Also, trees that are not pruned often become biennial bearers. In other words, they bear a huge crop one year and none the next. Biennial bearing is caused by too many fruit on the tree. Though pruning helps, fruit often needs to be thinned as well. The goal is an apple about every 4 inches. Spacing can vary as long as the average is about every 4 inches.

For Cherry, Pear, and Plum trees a light pruning is usually all that is needed. Simply remove branches that are causing or will cause a problem. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

PRUNING YOUNG FRUIT TREES

When pruning fruit trees, the way you would pruning a young tree differs from the way you would prune a mature tree. Young trees will need to be handled a little more delicately than mature trees. When you are pruning young fruit trees, you are wanting to develop a strong structure of the scaffold branches. Scaffold branches are the primary limbs that form a tree's canopy. This will help prevent breakage over the years when the scaffolds carry a heavy fruit load.

During the first year after planting, you will not want to prune the tree unless there aren't any side branches (laterals). Pruning will allow side branches to develop. If your tree already has side branches, don't prune. The tree needs the maximum number of leaves to help with establishment.

Apple, apricot, sweet cherry, plum and pear trees generally are trained using the central leader system. The growth pattern for these trees is for a center branch to be dominant and to grow straight up. Peach and nectarine trees are normally pruned using the open center method because they do not have a strong tendency for one shoot or branch to dominate the growth of other shoots or branches. In this system, the tree is pruning to a vase-like pattern with no central leader.

Regardless of which species of tree you have; the tree should have three or four scaffold branches. Those branches should be no lower than 18 inches from the ground. This will make it easier to prune and harvest once the tree matures. You want the branches to form wide angles (about 60-80 degrees) with the trunk. Wide angles are stronger connections that are less likely to break under wind, snow, or ice loads.

Continued on page 6

When picking out which branches will be the scaffold branches, it's best if they are spaced 6-10 inches apart on the trunk and try to keep them from being directly opposite or below one another on the trunk. This will help prevent possible damage when they start producing fruit. The scaffold branches should be distributed on different sides of the tree for good balance. This will help keep the tree standing up straight and will make your tree look more aesthetically pleasing to the eye. 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.

UPDATED LIMITS FOR MEDICARE ASSISTANCE PROGRAMS

There are two programs for Medicare beneficiaries needing assistance with paying for their Medicare premiums, copayments, and deductibles – the Medicare Savings Program for Part A Hospital and Part B Medical coverage and Extra Help for Part D Prescription Drug coverage.

The Federal Poverty Guidelines for 2024 have been updated, which is reflected below in the income allowance for Medicare Savings Program and Extra Help. This is your gross income, which means the amount before any deductions.

	Medicare Savings Programs			Extra
	QMB	SLMB	ExLMB	Help
Individual	\$1,255	\$1,506	\$1,694	\$1,883
Married Couple	\$1,703	\$2,044	\$2,300	\$2,555

In addition to meeting the income requirements, a resource limit is set that individuals or married couples must be under. The resource limits have been updated for 2024 to the following:

	Medicare Savings Program Resource Limit	Extra Help Resource Limit
Individual	\$10,930	\$17,220
Married Couple	\$17,130	\$34,360

Examples of resources would include bank accounts, individual retirement accounts, stocks, bonds, real estate (other than your primary residence), and cash at home or anywhere else. Assets do not count the home you live in, a vehicle, and personal possessions.

If you have questions on your Medicare coverage or believe you may qualify and would like to apply for assistance, please contact either Jordan Schuette at 785-325-2121 for an appointment in Clay Center or Washington or Monica Thayer at 785-527-5084 for an appointment in Concordia or Belleville.

**RIVER VALLEY DISTRICT OFFICES WILL
CLOSE AT 10:30am ON
THURSDAY, FEBRUARY 22, 2024 FOR STAFF
TRAINING**

**WALK KANSAS 2024
IS SCHEDULED
FOR MARCH 31st
THROUGH MAY 25th**

SHOP AUTO INSURANCE

As a consumer, it is easy to become comfortable. We find a brand, company, etc. that we like, and we stick to it like glue. It truly doesn't hurt to shop around, especially with your auto insurance right now.

According to the consumer price index, auto insurance has on average skyrocketed by 20.3% from December 2022 to December 2023. This can make a huge difference in your finances.

Auto insurance with different coverages, limits, and deductibles will have different premiums. You want to compare apples to apples, not an apple to an orange. Get quotes with the exact same coverages, limits, and deductibles to be able to compare prices accurately.

Consider that many companies may provide discounts for bundling policies, driving history, paying annually, and more. Let's say you are currently getting a discount for bundling renter's insurance and your auto insurance. You may need to consider more than just your auto insurance when you are shopping around so you don't lose discounts!

Finally, make sure you are satisfied with the customer service of the insurance company you choose. Typically, when you are dealing with auto insurance (or any insurance company really), it is at high stress times, like following an accident. You want to know you will receive the best service.

It is recommended to shop auto insurance at least every year to make sure you are still getting the best deal or when you have any household changes, like a new vehicle, a new driver, or removing someone. If you are switching companies, ensure that you are covered by the new policy before canceling your old policy. The old policy will refund you any overpayment of premiums.

In the end, your current policy may still be the best option for you. That's the point of being a wise consumer – researching your options and choosing what makes the best sense for you.

TWO MEDICARE BASICS PROGRAMS IN FEBRUARY

Medicare and its parts, options, and plans can be confusing. Whether you are starting Medicare soon or are already on Medicare, consider attending Medicare Basics to learn more about the benefits, enrollment, eligibility and more!

River Valley Extension District Agents Monica Thayer and Jordan Schuette will be presenting Medicare Basics twice in February.

Monday, February 12th
Belleville Public Library-Belleville
5:30 pm
RSVP to 785-527-5084

Monday, February 26th
Good Shepherd Lutheran Church - Washington
6:30pm
RSVP to 785-325-2121

Medicare Basics is free to attend, but registration is requested. If you would rather schedule a personal appointment or if you have specific questions regarding Medicare, please call Monica Thayer at 785-527-5084 or mthayer@ksu.edu or Jordan Schuette at 785-325-2121 or jschuette@ksu.edu.

POND MANAGEMENT PROGRAM

The drought dried up numerous ponds in the River Valley District and in 2023 many of the ponds were redone. To keep these ponds thriving for years to come now is the time to start planning the management needed to keep these ponds thriving in the future.

Join K-State Research and Extension fisheries & aquacultures specialist Joe Gerken as he talks about pond management from the ground up. Dr. Gerken will discuss general maintenance of the pond and how to be prepared for drought-like conditions. Keeping ponds happy and healthy is key to quality water supply for cattle.

Rounding out the night producers will hear from K-State Research and Extension wildlife specialist Drew Ricketts on how to take care of those pesky critters that sometimes call ponds home. Beavers can have a big impact on your pond and knowing how to manage them will help keep the longevity of the hard work you did to maintain your pond.

This program will take place **Tuesday February 27th** starting at **6:00 pm** in Belleville at the fairgrounds inside the commercial building, 901 O St. An RSVP is requested by **February 23rd** to be included in the meal count. There will be a \$10 registration fee payable at the door.

To register or if you have any questions, you can call livestock agent Kaitlyn Hildebrand at the Concordia office 785-243-8185 or email to khildebrand@ksu.edu. or scan the QR code to register.



River Valley Extension DistrictWashington Office
214 C. Street, Courthouse
Washington, KS 66968-1928**NON-PROFIT
U.S. POSTAGE PAID
WASHINGTON, KS
PERMIT NO. 3****Address Service Requested****RIVER VALLEY DISTRICT****“2023 UP-COMING MEETINGS & EVENTS”**

DATE	TIME	PROGRAM	LOCATION
Feb. 1, 8, 15, 22	5-8:30pm	Women In Action	Washington-KSDS East Meeting Room, 124 West 7th
Feb. 8	9:30-1:30pm	Farm Recordkeeping Workshop	Clay Center-Fairgrounds, 4-H Conference Center
Feb. 9	9-3pm	Local Food Producers Workshop	Clay Center-Fairgrounds, Event Center
Feb. 12	5:30pm	Medicare Basics	Belleville-Belleville Public Library, 1327 19th St.
Feb. 14	12:10pm	Women' Health and Functional Medicine	Webinar- See page 3 for Registration information
Feb. 20	6pm	Preparing the Calf for Market: Calf Management and Marketing Strategies	Clay Center-Fairgrounds, 4-H Conference Center
Feb. 20	10-2pm	Commodity Marketing Workshops: Beginner Back to Basics	Olsburg- American Legion, 316 North 2nd Street
Feb. 22	10:30-4:30pm	River Valley District Offices Closed for Staff Training	
Feb. 26	6:30pm	Medicare Basics	Washington-Good Shepherd Lutheran Church, 401 D St.
Feb. 27	6pm	Pond Management	Belleville-Fairgrounds, Commercial Building
Mar. 1	8am	KSU Cattlemen's Day	Manhattan-KSU-Weber Hall and Arena
Mar. 5	10-2pm	Winning the Game	Green- Community Center, 810 Dixon Avenue
Mar. 13	12:10pm	Navigating Diets, Supplements, & Women's Health In a Confusing World	Webinar- See page 3 for Registration information
Mar. 14, 21, 28 & Apr. 4, 11, 18	10-12pm	Chronic Disease Self-Management Program	Belleville- Republic County Hospital, 2420 G Street
Mar.31-May 25		Walk Kansas 2024	Statewide Program