



# River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

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

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## THAYER RETURNS TO RIVER VALLEY AS FAMILY RESOURCE MANAGEMENT EXTENSION AGENT

It is with much excitement and gratitude that I return to the River Valley Extension District as the Family Resource Management Extension Agent.

Seventeen years ago, the Extension bug bit me as I worked two summers at my hometown Extension Office as an intern while in college. This experience sparked my love for Extension and working with youth, individuals, and families. After graduating from Kansas State University, my wish of working for Extension did not come true, so I pursued a career in property management, a field in which I had almost three years of experience.

In 2015, while looking for opportunities to move to Republic County where my husband is originally from, I enthusiastically accepted the 4-H Youth Development Extension Agent position with River Valley District. After four years of being the 4-H Agent, I transitioned into the Family Resource Management Agent, where I developed new passions for financial management, family dynamics, health insurance, and Medicare, which I held for three years.

About a year ago, I was approached by a startup non-profit organization and took the opportunity to try my hand at something new. While I learned a lot and am thankful for the opportunity, something was missing, which brought me back to Extension.

I'm looking forward to increasing outreach to our communities in the River Valley District and assisting people with making informed decisions on financial matters, health insurance, Medicare, and more!

My husband, Jordan, and I live in Courtland with our four children – Quinton, Whitney, Valerie, and Xavier. As a family, we enjoy watching and playing sports, swimming, and playing board games.

If you have any needs or input on potential programming, please reach out to me at 785-527-5084 or [mthayer@ksu.edu](mailto:mthayer@ksu.edu).



## DIET SWAPS FOR LOWERING YOUR BLOOD PRESSURE

If you have high blood pressure (or would like to avoid it) you probably already know you should be limiting your intake of foods high in the mineral sodium. Did you also know you should be increasing your intake of foods containing other minerals? Potassium, magnesium, and calcium play important roles in blood pressure control. Increasing intake of foods rich in these minerals while decreasing intake of foods high in sodium may help keep your blood pressure under control.

**Sodium:** High sodium intake increases water retention throughout the body. Excess water in the circulatory system increases blood volume and therefore pressure on the arterial walls (blood pressure). Observational studies consistently demonstrate that dietary patterns high in sodium are associated with higher blood pressure and stroke risk. More importantly, many randomized controlled trials have shown that reducing salt intake decreases blood pressure. Most people consume too much sodium, typically as salt.

**Getting Less:** *Salt is extremely common in processed foods and restaurant fare. Only about five percent of sodium in the U.S. diet is added at the table. To cut sodium intake, cook meals from scratch more often and add only half the salt called for in recipes. Use herbs and spices rather than salt for flavor (avoiding seasoning mixes that have salt as the first ingredient). Purchase products labeled low-sodium or no-salt-added when available and curb the salty snacks in favor of fruit and unsalted nuts. Common favorites like pizza, sandwiches, bread, and tacos contribute a lot of salt to our diets. Try loading them with vegetables instead of some (or all) of the meat or having only one slice of pizza, a single taco, or half a sandwich with a side salad or vegetable. Canned soups are also high in sodium, so look for lower-sodium varieties, or find recipes to make at home.*

**Potassium:** The presence of potassium signals the kidneys to move sodium from the blood into urine—and out of the body. Increased potassium intake therefore helps lower blood pressure by decreasing levels of sodium in the body. Experts recommend increasing potassium intake while decreasing intake of salt.

**Getting More:** *Nearly all fruits and vegetables contain potassium. This mineral is also found in nuts, seeds, and dairy products. To increase potassium intake (while cutting sodium) try yogurt with fruit, or plain nuts with dried fruit, in place of salty snacks, and consider fruits and veggies instead of sodium-laden fries or breakfast meats. [Note: People with kidney disease or taking certain drugs (including some blood pressure medications and diuretics) should speak with a physician before increasing potassium intake.]*

**Magnesium:** Several large observational studies indicate that dietary patterns higher in magnesium are associated with lower blood pressure. Foods containing magnesium also tend to be high in potassium and other constituents that may help keep blood pressure in check. The majority of U.S. adults consume less than the recommended amount of magnesium.

**Getting More:** *Magnesium is found in nuts (like Brazil nuts, cashews, and almonds), whole grains (like brown rice and bran cereals), vegetables (especially leafy greens like spinach and Swiss chard), and legumes (Lima beans, peanuts, and chickpeas are high on the list). Sprinkle nuts and beans on leafy green salads instead of that sandwich at lunch; experiment with the wide world of whole grains in place of flavored rice or grain mixes; stir beans, greens, and grains (and your favorite herbs and spices) into low-sodium broth for quick and tasty soups.*

**Calcium:** Calcium's potential impact on blood vessel constriction and dilation could impact blood pressure. Dietary patterns higher in foods rich in calcium have been associated with lower blood pressure in several large observational studies.

**Getting More:** *Try for at least three servings a day of calcium-rich foods like milk (or the fortified milk substitutes), fortified orange juice, yogurt, cheese (reduced sodium), almonds, and cooked leafy greens. Calcium is also found in canned sardines, canned salmon with bones, and fortified cereals.*

**Putting it All Together:** Roughly one in three U.S. adults has high blood pressure. Over time, high blood pressure can lead to heart attacks, strokes and other serious health problems, including vision loss, kidney failure, and sexual dysfunction.

Adjusting your dietary intake can go a long way in helping you control your blood pressure and protect your health. Regular physical activity is also important, and some people will require prescription medication to help with blood pressure control. Remember, no special food or nutrient is going to provide the secret to good health. An overall healthy dietary pattern is the best way to ensure you get all the nutrients you need to support good blood pressure, and your overall health.

This article is from Tufts University Health & Nutrition Newsletter. You can learn more about the newsletter here: <https://www.nutritionletter.tufts.edu/>

Questions about high blood pressure or nutrition can be directed to Kaitlin Moore, Nutrition, Food Safety & Health Agent at 785-243-8185 or [kaitlinmoore@ksu.edu](mailto:kaitlinmoore@ksu.edu).



# MEDICARE BASICS

Thursday, July 13<sup>th</sup> at 5:30 p.m.

**Belleville Public Library**  
1327 19<sup>th</sup> St, Belleville

**Learn about Medicare eligibility, enrollment, options, benefits, supplements, and more with River Valley Extension District Agent Monica Thayer.**

**RSVP to River Valley District - Belleville Office at 785-527-5084.**

**K-STATE**  
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K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact, Monica Thayer, two weeks prior to the event (Thursday, June 29<sup>th</sup>) at 785-527-5084 or [mthayer@ksu.edu](mailto:mthayer@ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**  
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## ALZHEIMER'S AND BRAIN AWARENESS MONTH

June was Alzheimer's and Brain Awareness Month. Alzheimer's is a progressive brain disease which over time destroys one's thinking abilities, memories, and ability to carry out simple tasks. Currently, around five million Americans are living with Alzheimer's disease with this number projected to rise to 16 million by the year 2050.

Researchers believe early detection of Alzheimer's disease will be important to understand how to prevent, slow, and eventually stop it in the future. To detect Alzheimer's early it is important to understand the 10 warning signs of the disease. These have been defined by the Alzheimer's Association as memory loss that disrupts daily life, challenges in planning or solving problems, confusion with place or time, difficulty finishing familiar tasks (at home, work, or leisure), difficulty understanding visual images and spatial relationships, changes in mood and personality, withdrawal from social activities or work, new problems with words in writing or speaking, misplacing things and losing ability to retrace steps, and poor or decreased judgement.

Alzheimer's is irreversible and it cannot be prevented, slowed, or cured. However, steps can be taken to live an overall brain-healthy lifestyle. Engaging in a brain-healthy lifestyle can improve your well-being, overall health, and it may reduce the risk of cognitive decline as you age. Some of these steps include engaging in regular exercise (at least 150 minutes per week), stop smoking, wearing a helmet to protect your head, eating a healthy diet (emphasis on fruits, vegetables, and whole grains), try to maintain a healthy weight and control your blood pressure, challenge your brain by learning something new, playing games or cards, and staying social with family, friends, and your community. These habits are best implemented early and continued throughout your lifetime, but it is never too late to adopt healthy lifestyle practices.

You can learn more about Alzheimer's and Brain Awareness Month by visiting the Alzheimer's Association website at <https://www.alz.org/>. If you have questions about Alzheimer's resources you can contact Jordan Schuette, Adult Development and Aging Agent at 785-325-2121.

## KARRA JAMES TO BE RIVER VALLEY SNAP NUTRITION EDUCATOR

Hello to everyone in the River Valley District community. My name is Karra James, and I am the new SNAP Nutrition Educator for the River Valley District.

I have spent the last 25 years of my life in Kansas, but I was born and raised in Atlanta, Indiana (40 miles north of Indianapolis). I grew up on my family's farm where we raised corn, soybeans, and had a small farrow-to-finish swine operation.

Upon graduating from high school, I attended Purdue Uni-

versity to major in food science. I received my bachelor's degree in food science in August of 1995, and then proceeded to "move" around a bit from Iowa to Indiana and back again to Iowa while working in both the pork processing and commercial food manufacturing divisions of IBP.

Having been raised on a farm, I missed the rural lifestyle and my career path had taken me away from that, that is when I met my husband, Derek, a Kansas farmer. We raise corn, soybeans, wheat, and milo as well as forage crops for our commercial cow/calf operation. We have two wonderful children, Keaton who graduated from Southeast Community College and is employed as a John Deere Technician at PrairieLand Partners here in Clay Center, and Allison who just graduated from CCCHS and will be a freshman at Kansas State in the fall majoring in interior design. When we are not all helping with the various chores around the farm, we enjoy taking scenic trips.



Since living in Kansas, I have worked in many different capacities, some of them being with the Kansas Department of Health and Environment, Kansas Department of Agriculture, and local school district. These have broadened my knowledge of food safety as well as provided opportunities to work with the youth in our community.

I will be based out of the Clay Center office, so feel free to stop by, or reach out to me by email at [kmjames@ksu.edu](mailto:kmjames@ksu.edu).

## HEAT STOPS TOMATOES FROM SETTING FRUIT

We haven't been terribly hot yet this year, but we all know it's coming! When temperatures remain above 75°F at night and are around 95°F during the day, and with dry, hot winds, these conditions will cause poor fruit set on in tomatoes. High temperatures interfere with pollen viability and/or cause excessive style growth leading to a lack of pollination. It usually takes about 3 weeks for tomato flowers to develop into fruit large enough to notice and an additional week before tomatoes are full size and ready to start ripening. There are "heat-set" tomatoes such as, Florida 91, Sun Leaper, and Sun Master that will set fruit at higher temperatures; the difference is normally only 2 to 3 degrees. Cooler temperatures will allow flowers to resume fruit set. If you have any questions feel free to stop by or contact Kelsey in the Washington office, 785-325-2121 or [khatesohl@ksu.edu](mailto:khatesohl@ksu.edu).

## HOW TO PICK A RIPE MUSKMELON

One of the hardest things to do when selecting a melon is to make sure you are choosing a ripe melon. Deciding when a melon is ready to be picked can be a challenge. Here are some helpful tips and tricks to help you chose a ripe melon.

Muskmelons are one of those crops that tell you when they are ready to be picked. This can help you not only harvest melons from your own garden at the correct time, but also choose good melons from a store. As a melon ripens, a layer of cells around the stems softens causing the melon to detach from the vine. This is called “slipping” and will leave a dish-shaped scar at the point of stem attachment. When harvesting melons from the garden, put a little pressure on the vine where it attaches to the fruit. If ripe, the melon will release or “slip” right off.

When choosing a melon from the store look for a clean, dish-shaped scar. Ripe melons have a pleasant, musky aroma when stored at room temperature (not refrigerated). I hope these helpful tips and tricks help you enjoy ripe melons all season long. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or [khatesohl@ksu.edu](mailto:khatesohl@ksu.edu).

## TOMATO LEAF-SPOT DISEASES

This time of year, two common leaf-spot disease appear on tomato plants. Septoria leaf spot and early blight. Brown spots on the leaves characterize both diseases, so it is important to figure out which disease you have so you can treat it accordingly.

Septoria leaf spot usually appears earlier in the season than early blight and produces small dark spots. Spots made by early blight are much larger and often have distorted “target” pattern of concentric circles. With both diseases, heavily infected leaves eventually turn yellow and drop. Older leaves are more susceptible than younger ones, so these diseases often start at the bottom of the plant and work up.

Mulching, caging, or staking keep plants off the ground, making them less vulnerable to both these diseases. Better air circulation allows foliage to dry quicker having less of a chance to develop these diseases. Mulching also helps prevent water from splashing up onto the leaves and carrying disease spores to the plant.

In situations where these diseases have been a problem in the past, rotation is a good strategy. It is too late for that now, but keep in mind for next year. Actually, rotation is a good idea even if you have not had problems in the past. Unfortunately, for many gardeners their space is too small to make rotation practical. If you have room, rotate the location of the tomatoes each year to an area that had not had tomatoes or related crops (peppers, potatoes, eggplant) for several years.

If rotation is not feasible, fungicides are often helpful. Be sure to cover both upper and lower leaf surfaces, and reapply fungicide if rainfall removes it. Plants usually become susceptible when the tomato fruit is about the size of a walnut. Chlorothalonil is a good choice for fruiting plants because it has a 0-day waiting period, meaning that fruit can be harvested once the spray is dry. Chlorothalonil can be found in numerous products including Fertilome Broad-Spectrum Landscape and Garden Fungicide, Ortho Garden Disease Control, Garden Tech Daconil and others. Be sure to start protecting plants when the disease is first seen. It is virtually impossible to control this disease on heavily infected plants. If Chlorothalonil doesn't seem to be effective, try mancozeb (Bonide Mancozeb Flowable). Note that there is a five-day waiting period between application and when the fruit can be harvested. You may wish to pick some tomatoes green just before you spray if you use Mancozeb as the tomato fruit will ripen inside.

As with all chemicals make sure to read the label to make sure it is listed for use on both the specific disease you are trying to get rid of and the plant the disease is on. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or [khatesohl@ksu.edu](mailto:khatesohl@ksu.edu).

## HOW TO PROMOTE GOOD GUT HEALTH IN BEEF CATTLE

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

***A K-State beef cattle nutritionist talks about the importance of maintaining a healthy diet.***

Anyone who has experienced too much gas in their belly knows how uncomfortable that can be. In cattle, digestion troubles can be problematic to their overall health, said Kansas State University beef cattle nutritionist Phillip Lancaster on a recent Beef Cattle Institute Cattle Chat podcast.

“The cow’s stomach is divided into four chambers — the rumen, reticulum, omasum, and abomasum — and the one we are usually focused on when speaking about maintaining gut health is the rumen,” Lancaster said.

He said the keys to good gut health for cattle are striving to feed a diet that leads to the proper pH balance in the rumen, thereby keeping acidosis from occurring; and the curation of healthy microbial growth in the rumen, which comes from cattle chewing their cud.

Along with rumen health, Lancaster said it is important for that diet to promote proper digestion throughout the lower gastrointestinal tract.

“Cattle can experience adverse effects if there is a foreign pathogen that interrupts the normal microflora anywhere in the GI tract,” Lancaster said. He gave the example of diarrhea as a symptom that happens when the microflora is out of balance.

One of the goals of feeding cattle a proper diet that promotes good gut health is to keep the lining of the intestinal tract from getting damaged.

“If there is damage to the gut wall, bacteria can move into the bloodstream and cause abscesses to develop in the liver,” Lancaster said.

He added that cattle that consume diets high in starch, which typically happens in the finishing phase, have a limited capacity to absorb that in the small intestine resulting in hindgut acidosis that could lead to ulcers developing.

Lancaster and his research team at the Beef Cattle Institute are studying places in the GI tract where microbial fermentation is occurring.

“Our goal is to develop some interventions to prevent liver abscesses from occurring,” he said.

To hear the full discussion, visit <https://ksubci.org/2023/06/02/processing-babies-listener-question-gut-health-not-just-the-rumen/> listen to the Cattle Chat podcast online or through your preferred streaming platform.

## KSU VET SHARES TIPS FOR MANAGING CATTLE THROUGH HIGHER TEMPERATURES

### *Managing heat conditions is important for cattle comfort and efficiency*

Kansas State University veterinarian is urging cattle producers to beef up their plans for managing heat stress in their herds, a challenge that costs the U.S. cattle industry up to \$370 million in losses each year.

Dr. A.J. Tarpoff, a beef veterinarian with K-State Research and Extension, said cattle are resilient animals; they will often acclimate to hot temperatures. But an accumulation of factors – including humidity, solar radiation, the color of their hide, diet and more – can drastically change a cow’s ability to withstand summer’s heat.

Managing cattle through heat is a multi-layer challenge. Believe it or not, each animal within a group or pen is not affected the same way. Cattle that score with high body condition scores or even cattle with darker hides or finished steers and heifers that are getting ready to head to harvest are at higher risk of heat stress.

Tarpoff said heat stress decreases the reproductive efficiency and performance of cattle grazing on pasture. In confined facilities, heat stress often causes cattle to eat less, which also negatively affects their performance. Compared to the human body that cools itself by evaporative cooling in the form of sweating, Cattle on the other hand use panting as a primary way of dissipating heat on a hot day. As we see an increase in temperature, the heat load of cattle will also increase which makes them start breathing faster. Leading them to dissipate more heat through tiny droplets in the respiratory tract.

Doing so, however, causes cows to eat less, setting them on a path to poor growth and future performance. “This all has to do with heat load,” Tarpoff said. “The internal temperature of cattle will peak two hours after the hottest point of the day. So, our strategy for keeping cows cool needs to be built around knowing that.”

Another way cattle producer heat is by digesting food, typically four to six hours after eating. If we think about it, feeding cattle within the wrong time period can actually increase their heat load because the heat of digestion and the heat from the environment are building on top of each other. With improved management practices we can keep this from happening.

Tarpoff listed best management practices for helping to reduce heat stress in cows:

- **Handling.** Receive, ship or move cattle only during the coolest parts of the day, preferably before 10 a.m.
- **Feeding.** Modify feeding times. Feed 70 percent of the animals’ ration as late in the evening as possible, which puts the peak heat of digestion overnight when temperatures are likely cooler. Decrease feeding during the day.
- **Managing heat.** Split cattle between pens or reduce stocking density. Maximize airflow by removing obstructions around facilities, including weeds. If feasible, install shade structures, which can reduce solar radiation and reduce the temperature on the pen’s floor. Install sprinklers to wet cattle down at night or early morning so as not to increase humidity.

Then, of course, there is the importance of providing water. Lots and lots of water. “To put it into perspective, when the temperature goes from 70 degrees Fahrenheit to 90 degrees, cattle will consume about double the amount of water,” Tarpoff said. One rule to follow is that cattle need to consume about five times the amount of water as the dry matter they are consuming. Cool, clean, and readily available water is critical during heat stress events. This might mean increasing the water tank capacity within a pen to meet these needs or providing additional water sources that have easy access. Producers should start thinking ahead as to how they will provide this additional water cattle will need during heat stress events.

Tarpoff said he follows two sources for help in deciding when to put a heat stress management plan into full effect. The U.S. Meat Animal Research center (MARC) maintains a seven-day forecast tool for the United States, taking into account temperature, humidity and solar radiation. Another tool is the Kansas Mesonet as it provides an animal comfort index. The Kansas Mesonet, housed at Kansas State University, is a network of observation towers located across the state that updates climate information every hour.

“I know that if we don’t have those night-time cooling hours, the animal won’t be starting each day at thermo-neutral, so they’re more at risk on the second or third day,” Tarpoff said. “That’s when we should start putting in some of these management strategies.” If you have any questions feel free to stop by or contact Kaitlyn in the Concordia office, 785-243-8185 or [khildebrand@ksu.edu](mailto:khildebrand@ksu.edu).

**RIVER VALLEY DISTRICT EXTENSION OFFICES  
WILL BE CLOSED ON TUESDAY, JULY 4, 2023  
IN HONOR OF INDEPENDENCE DAY**



## DEADLINE EXTENDED TO JULY 14 FOR REVENUE LOSS PROGRAM APPLICATIONS

If your farm experienced weather- or pandemic-related revenue losses in 2020 or 2021, you could be eligible to receive payments through the Emergency Relief Program (ERP) Phase 2 or the Pandemic Assistance Revenue Program (PARP). If you have not yet submitted applications for payments through these programs to your local FSA office, now is the time!

The original deadline to apply for payments through ERP Phase 2 or PARP was on June 2<sup>nd</sup>. However, in the week leading up to the original date, the deadline was extended to July 14<sup>th</sup> to allow producers more time to take advantage of these opportunities.

ERP was rolled out in two phases. The deadline for payments through Phase 1 was on December 16<sup>th</sup>, 2022, and payments were calculated based on existing data available through the FSA system. Phase 2 offers additional payments for farms that experienced qualifying disaster events and that apply by July 14<sup>th</sup>. In our area, these events could include straight-line windstorm damage, flood damage, winter storm damage, or drought damage.

ERP-qualifying drought damage is determined by at least part of a county having experienced at least 8 consecutive weeks of Severe Drought (D2) or having experienced Extreme Drought (D3) at some point, over the 2020 and 2021 production years. None of the counties in the River Valley District met these thresholds in 2020, but Washington and Clay counties were listed among the qualifying drought-damaged zones in 2021. Farms in Cloud and Republic counties would also be eligible for payments if they experienced a different type of qualifying disaster event.

Payments are determined as a percentage of the difference in Allowable Gross Revenue (AGR) between a benchmark year (either 2018 or 2019) and a disaster year (either 2020 or 2021), weighted against the farm's Schedule F for the tax year corresponding with or following the disaster year. AGR excludes revenue from certain enterprises, including resale of livestock and crops used for grazing. Producers classified as "underserved" will receive payments based on a higher percentage of the difference in AGR.

The Pandemic Assistance Relief Program operates similarly to ERP Phase 2: decreased revenue from 2020 is weighed against revenue from either 2018 or 2019 benchmarks. Determining the tangible effects of the coronavirus pandemic on individual farms can be challenging, however. Therefore, the requirements for eligibility for the assistance program are less rigorous. Farms must demonstrate a 15% loss or more of AGR in 2020 compared to 2018 or 2019. The Kansas Farm Management Association, North Central, reports that gross revenue actually increased on average in North-Central Kansas in 2020 from 2019 by roughly 15%, so barring extraneous circumstances, eligibility for PARP may not be as widespread in the River Valley District as eligibility for ERP Phase 2.

If you have any questions about the ERP Phase 2 or PARP revenue loss programs, or you would like resources to help determine your eligibility for payments before the upcoming deadline, please contact Luke Byers, your River Valley Extension District Agriculture & Natural Resources Agent, at (785) 632-5335 ext. 203, or by email at [lsbyers@ksu.edu](mailto:lsbyers@ksu.edu). You can also find assistance by reaching out to your local FSA office.

## RIVER VALLEY DISTRICT RECEIVED FSA EMERGENCY LOAN DESIGNATIONS

Per the U.S. Department of Agriculture's Secretarial Disaster Designation process, Cloud, Republic, and Washington counties all received agricultural disaster designations on May 15<sup>th</sup>, 2023. This means that farms in these three counties may be eligible to receive FSA emergency loans.

The designation of these three counties was triggered by meeting the threshold of having at least 8 consecutive weeks in severe drought (D2) or by experiencing extreme drought (D3) or worse at some point during the 2022-2023 marketing year, as detailed in the U.S. Drought Monitor. Because they were triggered by the Drought Monitor, they are also classified as "Fast Track" drought designations, so farms in these counties are immediately able to submit applications to the emergency loan program as of May 15<sup>th</sup>.

Eligibility for these loans is restricted to farms who experienced 30% crop production loss compared to benchmark years, or who incurred physical losses to livestock, real estate, or related property, in the counties where an agricultural disaster was designated. The value of the loan can go up to the full value of the losses incurred in the disaster year, up to a \$500,000 maximum. As of June 1<sup>st</sup>, the going interest rate on emergency FSA loans is 3.75%, which is 0.75% less than the FSA direct loan. The deadline to submit applications for the emergency FSA loan is January 16<sup>th</sup>, 2024.

For more information about how you can manage your farm finances during times of drought or other agricultural hardship, please reach out to Luke Byers, your River Valley Extension District Agriculture & Natural Resources Agent, at (785) 632-5335 ext. 203, or by email at [lsbyers@ksu.edu](mailto:lsbyers@ksu.edu). More information about emergency FSA loan availability can be found by contacting your local FSA office.

## RIVER VALLEY DISTRICT FAIR DATES

Don't forget to put the River Valley District Fair dates on your calendar!

|                          |                               |
|--------------------------|-------------------------------|
| <b>Cloud County</b>      | <b>July 18—23, 2023</b>       |
| <b>Washington County</b> | <b>July 18—23, 2023</b>       |
| <b>Clay County</b>       | <b>July 25—30, 2023</b>       |
| <b>Republic County</b>   | <b>July 31—August 5, 2023</b> |

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PERMIT NO. 3****Address Service Requested****RIVER VALLEY DISTRICT****“2023 UP-COMING MEETINGS & EVENTS”**

| <b>DATE</b>     | <b>TIME</b> | <b>PROGRAM</b>                                      | <b>LOCATION</b>  |
|-----------------|-------------|---|--|
| July 4          |             | Offices Closed For Independence Day                 | All River Valley District Extension Offices                  |
| July 12         | 6pm         | Cooking With In-Season Produce/Tasting              | Wakefield Library- 205 3rd St. -Call to sign up 785-461-5510 |
| July 13         | 5:30pm      | Medicare Basics                                     | Belleville-Public Library 1327 19th Street                   |
| July 18-23      |             | Cloud County Fair                                   | Concordia- Cloud County Fairgrounds                          |
| July 18-23      |             | Washington County Fair                              | Washington- Washington County Fairgrounds                    |
| July 20         | 5-6:30pm    | Family Fun at the Fair                              | Washington-Washington County Fairgrounds                     |
| July 21         | 5:30-7pm    | Family Fun at the Fair                              | Concordia- Cloud County Fairgrounds                          |
| July 24-Sept 27 | 9-10am      | Stay Strong, Stay Healthy (Mondays & Wednesdays)    | Concordia- Cloud County Fairgrounds, Commercial Building     |
| July 25-30      |             | Clay County Fair                                    | Clay Center- Clay County Fairgrounds                         |
| 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         | Cooking With In-Season Produce/Tasting              | 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. 28         | 6pm         | Understanding Hospice and Advanced Directives       | Washington-Good Shepherd Lutheran Church, 401 D Street       |