



River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

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FALL FLING OCTOBER 10

Fellowship and fun will be a large part of the upcoming Fall Fling, on Monday, October 10th in the Clay Center 4-H Conference Center at the Clay County Fairgrounds. All interested men and women in the area are encouraged to attend. Please bring a salad to share with others. Beverages and table service will be provided. Refrigeration is available for salads.

The following programs are scheduled for the day:

The morning program will start at 10:30 a.m. and feature Lou Ann Schneider, a Federal Veterinarian. She will present her program called “Wild Horse Gatherings”.

The afternoon program will start around 1 p.m. and feature author Lindsay Metcalf. She is the author of non-fiction children’s books. There will be books available to purchase at this program.

Everyone is invited to attend.

FACTS ABOUT THE NEW 988 LIFELINE

The 988 lifeline went live in mid-July 2022 in Kansas. It offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:

Thoughts of suicide

Mental health or substance use crisis, or

Any other kind of emotional distress

Individuals can call or text 988 or chat 988lifeline.org for themselves **or if they are worried about a loved one who may need crisis support.**

I want to share a few of the FAQs from the Substance Abuse and Mental Health Services Administration’s website: <https://www.samhsa.gov/find-help/988>

What is 988?

The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.

Is 988 only for suicide related crises?

The Lifeline responds 24/7 to calls, chats or texts from anyone who needs support for suicidal, mental health, and/or substance use crisis, and connects those in need with trained crisis counselors.

What happens when I call?

When calling 988, callers first hear a greeting message while their call is routed to the local Lifeline network crisis center (based on the caller's area code). A trained crisis counselor answers the phone, listens to the caller, understands how their problem is affecting them, provides support, and shares resources if needed. If the local crisis center is unable to take the call, the caller is automatically routed to a national backup crisis center. The Lifeline provides live crisis center phone services in English and Spanish and uses Language Line Solutions to provide translation services in over 250 additional languages for people who call 988.

What happens when I chat?

Chat (English only) is available through the Lifeline's website at 988lifeline.org/chat. People seeking chat services are provided a pre-chat survey before connecting with a counselor, who identifies the main area of concern. If there is a wait to chat with a crisis counselor, a wait-time message will appear. If demand is high, people can access the Lifeline's "helpful resources" while waiting. Once you are connected, a crisis counselor listens to you, works to understand how your problem is affecting you, provides support, and shares resources that may be helpful.

What happens when I text?

When someone texts to 988, they are responded to by a group of Lifeline crisis centers that answer both chats and texts. This service will expand over the next few years to increase local and state level response. Once you are connected, a crisis counselor listens to you, works to understand how your problem is affecting you, provides support, and shares resources that may be helpful. Currently, texting is available in English only.

Does calling/texting/chatting the 988 Lifeline really work?

Yes, the Lifeline works. Numerous studies have shown that most Lifeline callers are significantly more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful after speaking to a Lifeline crisis counselor.

Almost 98% of people who call, chat or text the 988 Lifeline get the crisis support they need and do not require additional services in that moment. The 988 Lifeline crisis counselors are trained to help reduce the intensity of a situation for the person seeking help, and connect them to additional local resources, as needed, to support their wellbeing.

If I contact the 988 Lifeline for help, will I be hospitalized?

All Lifeline crisis centers adhere to the Lifeline's Imminent Risk Policy, which means that crisis center staff work through active engagement to provide support and assistance for people at risk in the least restrictive setting possible. In fact, most contacts with the Lifeline are resolved by the Lifeline itself, by chat or phone, in a manner that does not require additional immediate intervention.

Does 988 trace the location of people who call, text, or chat?

When you reach out to 988, the Lifeline crisis counselor who responds to you will know your phone number if you call/text, or your IP address if you use chat. Beyond that, they will not know who you are or where you are located. You are not required to provide any personal information to receive support from the 988 Lifeline.

If a 988 Lifeline crisis counselor makes an effort to gather information during a call, text or chat, it will be to: 1) save lives; 2) connect people to ongoing support; and 3) evaluate 988 Lifeline services.

It's okay to not be okay, and it's okay to ask for help. The 988 Lifeline is here for you, 24/7/365. Call or text the Lifeline at 988. You can also chat online at 988lifeline.org/chat

If you have questions about the new 988 Lifeline you can call me, Kaitlin Moore, Nutrition, Food Safety & Health Agent at 785-243-8185 or email me at kaitlinmoore@ksu.edu

More information about the 988 Lifeline can be found at <https://www.samhsa.gov/find-help/988> or <https://988lifeline.org/>



THE CURRENT PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS

The current Physical Activity Guidelines for Americans state that children ages 3-5 should be active throughout the day to enhance growth and development. Adults caring for these children should encourage active play, aiming for at least three hours per day.

Children ages 6-17 need at least 60 minutes each day of moderate to vigorous intensity exercise such as walking, running, or anything that gets the heart beating faster. Exercises that strengthen the bones and muscles such as jumping rope, climbing on playground equipment, or playing basketball should also be included.

Adults need at least 150-300 minutes of moderate intensity exercise such as brisk walking or fast dancing each week. Muscle strengthening activities like lifting weights or push ups should also be included.

First and foremost, we should strive to move more and sit less. There is a strong relationship between sedentary behavior and increased risk for heart disease or high blood pressure.

New evidence shows that physical activity has immediate benefits. Physical activity can reduce anxiety and blood pressure and improve quality of sleep and insulin sensitivity.

Meeting these recommendations consistently over time can lead to long term health benefits.

For youth, physical activity can help improve cognition, bone health, and heart health. It can also reduce the risk of depression.

For adults, physical activity helps prevent certain types of cancer, reduces the risk of dementia, heart disease, stroke, high blood pressure, type 2 diabetes, and depression, and improves bone health.

For older adults, physical activity lowers the risk of falls and injuries from falls.

For pregnant women, physical activity reduces the risk of postpartum depression.

For all groups, physical activity reduces the risk of excessive weight gain and helps people maintain a healthy weight.

Source: <https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>

Here are a few ideas for outdoor activities to get your family moving this fall:

- Pumpkin or apple picking. Visit an area u-pick farm!
- Raking leaves and jumping in them
- Hiking or walking
- Nature scavenger hunt. We've added Autumn Fall Scavenger Hunt pages to the River Valley website home page. We encourage you to do it with your children or grandchildren this fall!
- Try out a corn maze or straw bale maze. Consider building your own straw bale maze or maze of leaves!
- Visit a local fall festival
- Halloween themed hopscotch – rather than squares, draw pumpkins. Dress up in costume!
- Think egg and spoon race, but instead of eggs, use acorns or walnuts
- Climb a tree

For more information on the current physical activity guidelines, visit health.gov. You are also welcome to call me, Kaitlin Moore, Nutrition, Food Safety & Health Agent at 785-243-8185 or email me at kaitlinmoore@ksu.edu.

MEDICARE PART D LATE ENROLLMENT PENALTY

Have you delayed signing up for a Part D Plan and want to sign up for one now? If you delayed signing up for a Part D Plan during your Initial Enrollment Period (3 months before your 65th birthday, the month of your 65th birthday, or three months after your birthday month) or delayed signing up during a Special Enrollment Period then you may have a lifetime penalty. The Part D penalty is calculated by multiplying 1% of the national average base premium. You would multiply the number of months you were not enrolled in Part D (excluding your Initial Enrollment Period or Special Enrollment Period) and multiply it by 1% of the national average base premium. This number is then rounded to the nearest .10 and the Medicare beneficiary would pay that amount monthly, in addition to their monthly Part D premium for their chosen plan. If you have questions about a Part D Late Enrollment Penalty call your local extension office.

MEDICARE PART D PRESCRIPTION DRUG COVERAGE WORKSHEET

After making your Medicare Part D Prescription Drug Appointment, be on the lookout in the mail for a Medicare Part D Prescription Drug Coverage Worksheet. You can also stop by one of the River Valley Extension District Offices in Belleville, Clay Center, Concordia, or Washington to pick up a Medicare Prescription Drug Worksheet.

Regardless of who provides you help, Medicare beneficiaries need to know the prescription drugs taken, dosage, and 30-day quantity. You will need to put this information on the worksheet before seeking help. Call your pharmacy or where you purchase your medications to discover the specific Prescription Drug Plans your pharmacy will handle.

Drop off the worksheet to the Extension Office **at least a week prior to your appointment**, and it will speed up your appointment. Please bring any recent letters you have received from Social Security or Medicare to your appointment and bring your Medicare card.

MEDICAID APPOINTMENTS AVAILABLE IN MARYSVILLE

Sandy Anderson, KDHE Outreach Worker, will be available to see persons in the community that have questions about their current Medicaid benefits or need help completing an application for benefits. She will be in the Marysville DCF office starting on Friday, September 9, 2022, from 8:00 a.m. to 4:30 p.m. She will be in the Marysville DCF Office **every second Friday of the month after that**. If you would like to call to make an appointment call Sandy Anderson at 785-564-7489.

RECIPE FOR MUMMY-WRAPPED FRANKENSTEIN HEADS (BRUSSEL SPROUTS WRAPPED IN BACON AND CRESCENT ROLL DOUGH)

The following is an adorable Halloween snack recipe that offers Vitamin C, Vitamin K, Folate, Carotenoids (beta-carotene, lutein, zeaxanthin), and Fiber!

Ingredients:

Package of frozen Brussel sprouts, thawed

Cooked bacon* (the pre-cooked super thin strips might work best)

Container of crescent roll dough. (Ready-to-bake pizza dough might work as well – any ready-to-bake dough for that matter)

*bacon is optional!

Directions:

1. Wash hands
2. You might need to strain any melted water from the thawed Brussel sprouts
3. Open container of dough, lay out flat if rolled up, cut into thin strips, a pizza cutter works well for this. Strips should be ¼” wide or smaller
4. Wrap a Brussel sprout in a piece of bacon then proceed to wrap a long, narrow strip of dough around the mass of bacon and Brussel sprout. It should look like a mummy wrapping – imperfect, with the wrapping going in different directions/angles. Note: Halloween is upon us, so we’re going for mummy wrapping, not blanket : -)
5. It might take more than one strip of dough per Brussel sprout
6. Bake according to package directions for the dough

You are welcome to call me, Kaitlin Moore, Nutrition, Food Safety & Health Agent, with questions about recipes at 785-243-8185 or email me at kaitlinmoore@ksu.edu.

FALL IS A GOOD TIME FOR SOIL TESTING

Though we often think of soil testing as a spring task, fall can actually be a better time. Soil-testing laboratories are often very busy during the spring resulting in a longer turnaround from submission to recommendations. Also, soils in the spring are often waterlogged, making taking samples difficult. If your soil test suggests more organic matter, fall is a much better season because materials are more available than in the spring, and fresher materials can be used without harming young tender spring-planted plants.

Begin by taking a representative sample from several locations in the garden or lawn area you are wanting to test. Each sample should contain soil from the surface to 6 inches deep. This is most easily done with a soil sampler. Each office in River Valley District have samplers that are available for checkout. If you don't have a sampler, use a shovel to dig straight down into the soil. Then shave a small layer off the back of the hole for your sample. Mix the samples together in a clean plastic container and select about 1 to 1.5 cups of soil. This can be placed in a plastic bag, or a soil sample bag that is available at the offices. Take the soil to your local office to have the tests done for a small charge at the K-State soil-testing laboratory. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

WHAT COLOR AND INTENSITY ARE YOUR EGG YOLKS?

By Dr. Scott Beyer- KSU Poultry Extension Specialist

The color you see in an egg yolk comes from the diet of the hen; she does not synthesize any yolk color herself. The color in poultry diets is mostly from yellow corn. Other common ingredients with color in your feed may be alfalfa meal, corn gluten meal, and distillers' grains. Birds fed diets with barley, wheat, and sorghum lay eggs with pale yolks since they do not have much of the yellow pigment called xanthophyll. All yolk color in feed must come from natural sources which may include specialty feed ingredients such as marigold meal or oil, yellow yeast, etc. Adding color to darken egg yolks can be costly.

If your small flock has access to lush, rapidly growing green vegetation, this will also add a deeper color to your yolks. Notice that it must be lush and green because the birds won't normally consume mature and stemmy vegetation. If your birds are running free in a large outdoor pen without any green vegetation, then the birds are not getting yolk color other than from their feed because exercise and outdoor access does not affect yolk pigmentation. Birds kept in the same outdoor pen all year will soon eliminate most vegetation, which also is dormant during winter, so color intake may vary throughout the year. What does this tell you about egg pigmentation from pastured hens, where there is no "pasture"?

Yolk color does not mean the birds are organic. The intensity doesn't mean they get more sunlight. It's not really breed-related either. Bugs and worms have no effect on yolk color. It surprises a lot of people when they learn that yolk color has about zero effect on nutrition. However, some eggs with intensified yolk color will certainly add more lutein and omega 3 fats to your diet if the birds were given specialty diets with these ingredients. Lutein helps night vision which diminishes with age, and the omega 3 fats influence heart health. Some consumers claim yolk color to be a taste criterion, but most data shows this not to be true. Some claim that the darker eggs came from healthier hens although bird health is not connected to darker yolks. Store-bought eggs may have just as intensely colored yolks as the eggs from small flocks. Egg freshness is not related to intensity, either. However, if you allow an egg to sit in a cooler for many weeks, the freshness will decrease as expected, but the yolk color may actually get darker! This is because the proteins in the yolk are settling out, allowing the pigments to appear darker.

So, what is the intensity of the yolk color from your eggs? Well, you can run a bunch of expensive chemical tests or use digital methods and find out more than you want to know. Or you can simply use a yolk color wheel and compare them by eye! Yolk color wheels or fans can be found in specialty poultry equipment catalogs, hatchery suppliers, and many sites on the internet. All you need to do is crack open an egg, then compare it to the wheel. The wheel has each intensity numbered so you can easily determine yolk color intensity. It's easy and reliable and the wheel lasts almost forever if you keep it stored folded up and away from light.

WHAT PRODUCERS SHOULD BE THINKING ABOUT IN OCTOBER

Cow herd Management

- ◇ Given unforeseen weather and market price volatility; price byproducts, grains, and other feedstuffs on per nutrient basis.
- ◇ Do you have sufficient harvested forage to encounter a potentially severe winter-feeding season? Conduct an inventory of harvested forage and determine if you have adequate supply on hand.
- ◇ Pregnancy check.
- ◇ Cull cows because of:
 - Open
 - Late vs Early calving
 - Soundness-udder, feet/legs, eyes, teeth, disposition
 - Productivity- most probable producing ability (from herd performance records)
 - Disposition
- ◇ Body condition score
 - Provide thin cows (body condition score 3's and 4's) extra feed now. Take advantage of weather, stage of pregnancy, lower nutrient requirements, and quality feedstuffs.
- ◇ If body condition scores warrant it, you may want to start feeding supplements in late October to mature cows using these guidelines:
 - Dry grass: 1 ½ - 2 lb. supplement/ of 40% CP supplement
 - Dry grass: 3-4 lb. supplement/day of a 20% supplement
 - Dry grass: 10 lb. good nonlegume hay, no supplement needed (heifers may need more supplement than older cows)
 - Supplement nutrients that are most deficient
 - Compare supplements on a cost per pound of nutrient basis
- ◇ Utilize crop residues. Grazing crop aftermath can reduce daily cow costs by 50 cents or more
 - Strip graze or rotate fields to improve grazing efficiency
 - Average body condition cows can be grazed at 1 to 2 acres/cow for 30 days assuming normal weather
- ◇ Consider feeding cull cows to increase value, body weight and utilize cheap feedstuffs. Seasonal price trends have allowed producers to take advantage of maximum profit opportunities with cull cow feeding programs. Healthy cows can gain extremely well on well balanced diets.
- ◇ Check individual identification of cows. Replace lost tags or redo brands.

TIME TO PLANT SPRING-FLOWERING BULBS

With fall quickly approaching it's hard to think about next spring, but now is the time to plant those spring flowering bulbs we all love. The best time to plant spring flowering bulbs is in late September through October. It is an excellent time to plant spring-flowering bulbs such as crocus, tulips, and daffodils. These plants need to develop roots in the fall and must meet a chilling requirement over the winter in order to bloom in the spring.

Choosing the right planting location can make a difference on how well your bulbs do in the spring. You need to pick a planting site that has full sun to partial shade. The ideal soil should be a sandy loam mix, but even if you don't have that you can add organic material such as peat moss, compost, or aged bark to improve your current soil. For example, a heavy clay can be amended by mixing in one-third to one-half organic material.

The planting depths of bulbs will vary depending on the type and size of the bulb. For example, tulips and hyacinths are set about 6 inches deep, and daffodils are put 6 to 8 inches deep. As a rule of thumb, bulbs are planted two to three times as deep as they are wide. The planting depth is the distance from the bottom of the bulb to the top of the soil. Large bulbs are normally spaced 4 to 6 inches apart, and small bulbs about 1 to 2 inches. You can plant bulbs in clumps or irregular masses produce a better display, or you can line the edge of your flower beds by planting single bulbs in a row.

After placing the bulbs at the proper depth, you want to slowly replace the soil so you can be sure to have good bulb to soil contact. First replace half the soil back into the hole and add water. Wait until the water has soaked in and then add the remaining soil and water the area again. This process will settle the soil around the bulbs, and will create good aeration as well as good drainage for proper root development. Although there will be no top growth in the fall, the roots are developing, so soil needs to be kept moist but not wet. Mulch can be added after the soil has frozen to prevent small bulbs from being affected by the alternating freeze and thaw of the soil throughout the winter.

Even though you don't see immediate effects of planting bulbs, they will provide you with that pop of spring color, and will add different dimensions to your flower beds. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

CONTROLLING BROADLEAF WEEDS IN LAWNS

Late October to early November is the most effective time to control broadleaf weeds in your lawn. A few of the major broadleaf weeds that we tend to see are dandelions, henbit, and chickweed. These plants are winter annuals and start to grow in the fall. They spend the winter as small plants and most people don't notice them until they start to flower in the spring. Trying to kill them in the spring, once they are flowering, usually is a waste of time and money.

These three weeds tend to be the hardest to control and the most noticed in lawns in the spring. Dandelions usually produce a flush of new plants in the fall, so they are more easily controlled now because they are actively moving materials from the top portion of the plant to the roots. Henbit and chickweed start germinating in the fall, and are controlled easier when they are young. Herbicides will translocate to the roots and will kill the plant from the roots up.

What should you do? Spraying herbicides such as 2,4-D, Weed-B-Gone, Weed Free Zone, Weed Out or Trimec in the fall, October to early November, can go a long way toward eliminating these plants. Choose a day that is at least 50° F so the young plants are actively growing and will take up the chemical. The better the weed is growing, the more the weed killer will move through the plant.

Spot treating will probably be needed early in the spring before they have put on much growth (March) to catch the few plants that germinate late. Use Weed Free Zone, Speed Zone, Weed Out, Weed-B-Gon, Trimec, or any other herbicide that controls broadleaf weeds. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

STAY STRONG STAY HEALTHY CLASS SCHEDULED FOR SCANDIA

Join us Monday and Wednesday evenings beginning on October 24 and continuing through December 21, at the Scandia Library, 318 4th ST Scandia, KS. Classes will be 5:00-6:00 pm. There will be a total of 16 classes. The first class will be closer to 90 minutes long as there will be a brief orientation and fitness assessment conducted just before starting the exercise class. Water and snacks will be provided at each class. The program fee is \$20 but due to local funding, the fee has temporarily been reduced to \$0! ***I REPEAT, THIS IS A FREE CLASS! This class will be limited to 10 participants so please register in advance.*** Call 785-243-8185 or email kaitlinmoore@ksu.edu.

Strength training is no longer just for bodybuilders. Stay Strong, Stay Healthy is an eight-week, evidence-based strength training program designed for older adults who want to improve their quality of life and stay active. The exercises are easy to learn, safe, and effective.

No need to wear special clothes—just comfortable, loose-fitting pants and shirt, along with sturdy, closed-toe walking shoes.

Stay Strong, Stay Healthy classes include warm-up exercises, eight strengthening exercises, with or without hand and ankle weights, and cool-down stretches. Throughout the program, you will increase your strength and improve your balance. After the eight weeks are over, you can continue the strength training program in the comfort of your home or with a group. Weights will be available on-site, and a trained instructor will help you learn and do these exercises safely.

What are the benefits of strength training?

Improves balance

Strengthens bones

Helps control weight

Reduces stress

Increases muscle strength

Enhances flexibility

Relieves arthritis

Lifts depression

Reduces risks for heart disease

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RIVER VALLEY DISTRICT

“2022 UP-COMING MEETINGS & EVENTS”

| DATE | TIME | PROGRAM | LOCATION |
|-----------------|-------------|--|---|
| Oct 2-8 | | National 4-H Week | |
| Oct. 10 | 10:30 am | Fall Fling | Clay Center– 4-H Conference Center, Fairground |
| Oct. 12 | | Washington County 4-H Program Manager Applications Due | |
| Oct.15-Dec.7 | | Medicare Part D Open Enrollment | RVED– Call for Appointment |
| Oct. 24-Dec. 21 | 5-6pm | Stay Strong Stay Healthy | Scandia- Scandia Library, 318 4th Street |
| Nov. 11 | | RVED Offices Closed for Veterans Day | |
| Nov. 24 & 25 | | RVED Offices Closed for Thanksgiving | |
| Dec. 13 | 8:30-3pm | Farm and Ranch Transition Conference | Colby- City Limits Convention Center, 2227 S. Range |
| Dec. 14 | 8:30-3pm | Farm and Ranch Transition Conference | Salina– Tony’s Pizza Event Center, 800 The Midway |
| Dec. 15 | 8:30-3pm | Farm and Ranch Transition Conference | Erie– Neosha Valley Event Center, 321 N Wood |