



River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

January 2023 Volume 18 # 1

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



- DO YOU HAVE DIABETES?
- WANT TO MAKE THE BEST CHOICES FOR YOUR HEALTH?

WE CAN HELP...

Dining with Diabetes

FAMILY AND CONSUMER SCIENCES

Date: Begins January 10th

Time: 5:30PM-7:30PM

Location: Kloppenberg Senior Center
512 E North St
Hanover, KS 66945

Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start? The *Dining with Diabetes* program can help!

Designed especially for people with type 2 diabetes, this program will help you learn the skills needed to promote good health.

Dining with Diabetes is taught by trained and caring educators. The program includes:

- planning meals and snacks with delicious and healthy recipes
- cooking demonstrations and food sampling
- motivation and support — connect with others who are living with diabetes
- ideas for being more active
- an understanding of how diabetes affects your overall health

Tuesday, January 10th

Tuesday, January 17th

Tuesday, January 31st

Tuesday, February 7th

NOTE: The session originally schedule for Jan 24 has been moved to Feb 7

RECIPE DEMO AND TASTING EACH CLASS

Call Kaitlin Moore at 785-243-8185 or email her at kaitlinmoore@ksu.edu

The River Valley District Dining with Diabetes (DWD) program fee is \$25.00. Due to funding from the Washington County Community Foundation the DWD program fee has temporarily been reduced to \$0.

For more information visit
k-state.edu/diningwithdiabetes

K-STATE
Research and Extension



Kansas State University Agricultural Experiment Station and Cooperative Extension Service.
K-State Research and Extension is an equal opportunity provider and employer.

JANUARY IS NATIONAL FIBER FOCUS MONTH

A well-balanced diet rich in fiber is an important part of healthy living. Fiber is found in many of the plants we eat such as fruits, vegetables, whole grains, and nuts. Fiber helps to regulate bowel movements, makes us feel full, lowers blood sugar and cholesterol, and may reduce the risk of getting certain types of cancer. There are two types of dietary fiber, insoluble and soluble.

Insoluble fiber is also called “roughage” or “bulk” and does not dissolve in water. The main job of insoluble fiber is to keep your intestinal tract healthy by reducing the amount of time that food sits in your intestinal tract. If food stays in your intestinal tract too long, it can cause constipation. Food sources of insoluble fiber are wheat bran, whole grains, fruits, and vegetables.

Soluble fiber may be helpful in removing cholesterol from the blood. Lowering cholesterol can reduce your risk for heart disease. Food sources of soluble fiber include dried beans, peas, lentils, oats, barley, fruits, and some vegetables like carrots and squash.

How much fiber do we need each day? According to the 2020-2025 Dietary Guidelines for Americans, women should aim for 25-28 grams each day and men should aim for 31-34 grams each day.

Add high-fiber foods gradually, since too much fiber at once produces discomfort. Start slowly by adding one fiber-rich food daily for one week, then increase by one serving until recommended levels are reached.

10 Ways to Add Fiber to Your Diet:

Eat more legumes, such as dried beans, lentils, and split peas.

Choose romaine lettuce or spinach instead of iceberg lettuce.

Include fruits such as berries for breakfast or snacks.

Enjoy 100% whole-wheat or whole-grain bread.

Choose breakfast cereals that have a whole grain listed as the first ingredient.

Choose brown rice instead of white.

Eat the skins on fruits and vegetables, such as apples and potatoes.

Substitute whole grain flour for $\frac{1}{4}$ to $\frac{1}{2}$ of the all-purpose flour in recipes.

Snack on dried fruit, popcorn, whole grain crackers, or fresh vegetables.

Eat whole fruits and vegetables instead of drinking 100% juice.

Sources: <https://food.unl.edu/nutrition-education-program/fitting-fiber> and <https://food.unl.edu/food-calendar/january/fiber-focus-month>

Questions about fiber and what to include in a healthy diet

can be directed to Kaitlin Moore, Nutrition, Food Safety & Health Agent at 785-243-8185 or kaitlinmoore@ksu.edu

PRACTICING GRATITUDE

How often do you feel thankful for the good things in your life? Studies suggest that making a habit of noticing what’s going well in your life could have health benefits.

Taking the time to feel gratitude may improve your emotional well-being by helping you cope with stress. Early research suggests that a daily practice of gratitude could affect the body, too. For example, one study found that gratitude was linked to fewer signs of heart disease.

The first step in any gratitude practice is to reflect on the good things that have happened in your life. These can be big or little things. It can be as simple as scoring a good parking space that day or enjoying a hot mug of coffee. Perhaps you feel grateful for a close friend’s compassionate support.

Next, allow yourself a moment to enjoy that you had the positive experience, no matter what negatives may exist in your life. Let positive feelings of gratitude bubble up.

“We encourage people to try practicing gratitude daily,” advises Dr. Judith T. Moskowitz, a psychologist at Northwestern University. “You can try first thing in the morning or right before you fall asleep, whatever is best for you.”

Moskowitz has been studying the impact of keeping a daily gratitude journal on stress relief and health. Practicing gratitude is part of a set of skills that her research team encourages people to practice. These skills have been shown to help some people increase their positive emotions.

Her team is trying to better understand how a daily boost in positive emotions can help people cope with stress and improve their mental and physical health.

“By practicing these skills, it will help you cope better with whatever you need help with,” Moskowitz explains. “You don’t have to be experiencing major life stress. It also works with the daily stress that we all deal with. Ultimately, it can help you be not just happier but also healthier.”

While practicing gratitude seems to work for some people, it doesn’t for everyone. That’s why Moskowitz’s research team teaches other skills, too. These include meditating and doing small acts of kindness.

Her team has been developing and testing these skills with people who have illnesses like advanced cancer, diabetes, HIV infection, and depression. She’s also worked with people who care for others with serious illness.

When you make gratitude a regular habit, it can help you learn to recognize good things in your life despite the bad things that might be happening. Moskowitz says that when you’re under stress, you might not notice all the moments of positive emotion that you experience. With her research pro-

gram, she's trying to help people become more aware of those moments of positive feelings.

"Put some effort into experiencing gratitude on a daily basis and see how it goes," Moskowitz advises. "It might just surprise you that—despite how bad things are—there are things you feel grateful for alongside it." And Feeling grateful may help improve both your mind and your body.

This article is from the March 2019 edition of the News in Health newsletter, a newsletter from the National Institutes of Health. You can read it here: <https://newsinhealth.nih.gov/>

Questions can be directed to Kaitlin Moore, Nutrition, Food Safety & Health Agent at 785-243-8185 or kaitlinmoore@ksu.edu

STAY STRONG STAY HEALTHY CLASS IN WASHINGTON

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. Join us for a weekly, Stay Strong, Stay Healthy Class in Washington at Good Shepherd Lutheran Church (200 W 4th St. Washington). Classes will be held twice a week on Mondays and Wednesdays for 60 minutes, from 10:00 – 11:00 a.m. The first week of classes begins Monday, January 23rd and run until Wednesday, March 15th. There will be a total of 16 classes. Please prepare for the first class to be closer to 90 minutes long to accommodate a brief orientation and fitness assessment.

Some benefits of strength training include an increase in muscle strength, improving balance, enhances flexibility, strengthens bones, relieves arthritis, helps control weight, lifts depression, reduces stress, and reduces risk for heart disease. 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.

This is a free program being offered in the River Valley Extension District. Water and snacks will be provided at each class. 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. This class will be limited to 10 participants so please register by calling 785-325-2121 or emailing jschuette@ksu.edu.

BUILDING BLOCKS OF BABYSITTING

Being a babysitter is a great opportunity, whether just for one evening or the entire summer, but caring for a child is also a very big responsibility. Attend "Building Blocks of Babysitting" so you have the foundation to be the best babysitter possible. Topics covered will include ages and stages of children, basic first aid and emergency procedures, activity ideas, and more! Kaitlin Moore, Macy Hynek, and Jordan Schuette, Extension Agents for the River Valley Extension District, will offer Building Blocks of Babysitting in each of the counties in the River Valley District to youth that have completed 6th grade and higher. Mark your calendars now to attend! Registration details and more information will be released in February! All sessions are 9:00 a.m. to 3:00 p.m.

Tuesday, March 14

Clay Center - 4H Building

Wednesday, March 15

Washington - FNB Basement

Thursday, March 16

Concordia - Distribution Center

Friday, March 17

Belleville - 4H Building

MEDICARE BASICS

Each year many people are approaching their 65th birthday, contemplating retirement, and starting their journey with Medicare. Medicare, all its parts, and the advertisements can be confusing. Let us help. Join Jordan Schuette, Adult Development and Aging Agent for a Medicare Basics class.

Clay Center - January 10th

Clay Center Extension Office

322 Grant Ave., Clay Center

6:00 p.m.

Please RSVP for the Clay Center Medicare Basics Program by calling the Clay Center Extension Office at 785-632-5335.

We do schedule one-on-one appointments in all four offices of the River Valley Extension District. If you are new to Medicare or have other questions about Medicare contact Jordan Schuette in the Washington Office at 785-325-2121.

PREVENTING FALLS

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

- Have Your Eyes Checked
 - ◇ Schedule an appointment to have your eyes checked annually and update your eyewear if the prescription changes.
- Exercise
 - ◇ Specifically focus on exercises that improve balance and strengthen your legs.
- Home modifications
 - ◇ Increase the safety in your home with some home modifications such as:
 - * Installing grab bars in your bathroom (e.g. next to the toilet and inside or outside of the shower/tub)
 - * Utilize non-slip mats in the bathroom (e.g. shower floor or bathtub)
 - * Do you have enough light in your home? Assess the amount of light in your home and increase it by adding lights or utilizing brighter bulbs.
 - * Remove items that you could trip over.
 - * Install railings along staircases.
 - * Store commonly used items in easy reach places, so you can avoid using a step stool.
- Schedule a Doctor's Appointment
 - ◇ Ask your physician to assess your risk of falling and how you may address your risk.
 - ◇ Review your medications (both prescription and over-the-counter) with your physician since some medication side effects can cause dizziness or sleepiness.

Take the time to help prevent falls by preparing yourself and your home. For more information regarding falls and preventing falls check out <https://www.cdc.gov/falls/facts.html>.

FIVE MANAGEMENT TIPS TO MAKE A BIG IMPACT IN SMALL HERDS

Keep records. Knowing your starting point is essential before determining where you want to go.

Keeping records to make future decision and set clear achievable goals is extremely valuable. When you have a smaller herd, it's especially important that every animal pulls their weight and is an asset.

Develop a grazing plan. Know what you have and use it to maximize future potential.

When grazing cattle, there are many factors to consider in order to utilize the land to its full potential year after year. Knowing how much forage you have available can prevent overgrazing and optimize feed utilization.

Focus on cattle handling. Your time is valuable, and your safety is non-negotiable.

Many farmers enjoy working cattle, but others (and their families) may find this is when tensions are most high. Keeping everyone cool, calm, and collected when handling cattle not only reduces the stress on your cattle, but also reduces stress for everyone on the job.

Practical tips- Staying quiet can be the biggest tool to reduce the stress on cattle. While it can be a large overhead cost to get a good handling system in place, many producers have seen major benefits to having proper handling facilities. These changes don't happen overnight, but the benefits to keeping you, your family, and your animals calm and safe is worth the investment.

Define the calving season. Establishing a clear calving period can benefit both your management and bottom line.

A cow should have a calf every year. While that is a straightforward and simple statement, cattle producers know it takes effort, planning and management to make this happen. One way to achieve this goal is to establish well-defined breeding and calving seasons. For example, defining your calving period to a controlled 60–90-day period has been shown to improve uniformity of your cattle for marketing

purposes, allows your breeding herd adequate time to recover before re-breeding, reduces labor, improves weights, and allows you to time vaccinations more accurately. A more uniform calf crop also provides the opportunity to sell calves through calf club sales to market larger, more appealing groups of calves to feeders.

Invest in building a team. Farming does not have to be a one-person show.

Extension specialists, nutritionists, vets, accountants, or farm business specialists, among other professionals in your area can serve as invaluable resources to help you succeed. Investing time into these relationships allows these individuals to know your herd, understand your needs and help you through challenges. Developing these relationships facilitates a team dynamic to support you when questions arise and to help identify key opportunities.

UNDERSTANDING BULL SELECTION TOOLS

K-State beef cattle geneticist outlines what trait heritability and accuracy mean to bull selection
By Lisa Moser, K-State Research and Extension news service

Every carpenter knows that having the right tool for the job allows the finished project to be the best it can be, and part of the decision about which tool to use comes with an understanding of how it can assist in the task at hand.

In much the same way, a basic understanding of trait heritability and data accuracy can aid the beef cattle producer in selecting the right bull to best match the needs of the herd, said K-State beef cattle geneticist Megan Rolf on a recent [Cattle Chat](#) podcast.

Speaking with the other experts at the Beef Cattle Institute, Rolf talked about the differences in the heritability of cattle traits (how traits are passed down from one generation to the next).

“There are differences among the heritability of traits, and it is helpful to understand those as we make a plan for how to manage the herd,” Rolf said.

Traits that are highly heritable are carcass traits and structure, according to Rolf. She categorized traits that are moderately heritable as growth traits, such as wean-

ing weights. The traits with low heritability include fertility and longevity, she said. “Knowing the trait heritability will give us a better understanding about how easy it will be to make genetic change,” Rolf said. “Even with a trait that is lowly heritable, we still can make selection progress.”

In the case of fertility, Rolf said that along with using the selection tools, it is also important to manage the cows in a way that favors cattle health.

“We are able to improve fertility by focusing on caring for the cattle in a healthy environment and meeting their nutritional needs appropriately,” Rolf said.

Rolf also added that the beef industry has made progress in improving fertility when producers use Expected Progeny Difference (EPD) calculations in their selection decisions.

She said, “EPDs contain all the information we have about that individual’s genetic merit that is properly weighted based on its source, whether that is individual records or a genomic test.”

She has also seen trends change following the incorporation of EPDs by the beef breed associations.

“If you look at genetic trends over time, as soon as producers decided to put some emphasis on heifer pregnancy through EPDs, there was an improvement in that trait,” Rolf said.

She adds that EPD accuracy is another important factor to weigh in selecting bulls.

“EPD accuracy is the best risk management tool we have from a genetic standpoint,” Rolf said. “The accuracy number tells us how much genetic information goes into that prediction.”

She said that sires used in artificial insemination (A.I.) programs will tend to have higher accuracy numbers because of the volume of offspring that are included in that calculation.

“If you have a trait that is critical, then it is worth considering using an A.I. sire, but we do have a tool that can increase the accuracy of the yearling herd sires: genomic testing,” Rolf said.

She explained that the genomic test is performed by using a DNA sample from the individual.

“When the genomic test is factored into the EPD calculation, it will increase the accuracy and should give breeders more confidence in that EPD prediction,” Rolf said.

Another tip for balancing trait distribution, according to

Rolf: “One way we can balance the risk of EPDs changing over time is to use multiple sires in the herd.”

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

LEASING WORKSHOP PLANNED FOR MIDWESTERN WOMEN IN AG

An upcoming four-part extension workshop for women in agriculture will focus on the basics of land management, leasing and conservation for landlords and tenants.

“The Power of Negotiation and Communication: Land Leasing Strategies for Midwestern Ag Women” program will be a 4-part series, held in Washington, KS at the KSDS East Building Meeting Room (124 7th St. Washington). The series will focus on writing agricultural lease agreements, landlord-tenant relationships, negotiations and conservation practices. Workshops will be held from 5:30p.m. to 8:30p.m. central time on Jan. 18, Jan. 25, Feb. 1, and Feb. 8, 2023.

The program is a collaboration between extension women in Agriculture programs at Purdue University, Kansas State University, and the University of Nebraska-Lincoln.

According to Department of Agriculture census data from 2017, there are over 90,000 women producers and over 51,000 female landlords in the three states.

“Women represent an important and growing demographic in agricultural land management and this workshop series will teach essential management information while providing participants the chance to ask questions, connect with each other and share their experiences,” said Robin Reid, Extension Farm Economist with K-State Research and Extension.

Each state will host a number of workshop sites with local extension personnel. Keynote speakers will be simulcast to each location and each site will provide additional speakers and hands-on activities. Dinner will be included.

Reid said the program’s structure is intended to strengthen networks of women in rural areas, which can provide opportunities for building trust and sharing information. “Connections are so important to women farmers,” she said. “We have seen the benefits that come from knowing your peers, having a place to share difficulties and mitigate the isolation that so many of us in agriculture often feel.”

The workshops seek to help participants increase their awareness of local land values and cash rental rates and

the factors that influence them. They will also cover the importance of having a written lease and the items that should be included in it to ensure an equitable agreement for all parties. Participants will learn negotiation strategies as well as best practices to improve relationships between landlords and tenants.

Conservation programs will also be covered, so that participants will have a greater understanding of compliance requirements and increase their awareness of voluntary conservation programs that are available to them.

The series of four workshops cost \$50 per person (includes dinner each night) and participants should plan to attend each session. Registration is required by Jan. 13 and may be completed at www.agmanager.info/events under the program “The Power of Negotiation and Communication: Land Leasing Strategies for Midwestern Ag Women”.

FEEDING BIRDS IN THE WINTER

Do you enjoy feeding birds in the spring and summer months? If so, remember it is important to feed the birds in the winter months as well. There are three things birds require to survive, food, water, and shelter. Food is often the resource that is most lacking during the cold weather months. Many different bird food mixes are available because various species often prefer different grains. However, there is one seed that has more universal appeal than any other, black oil sunflower. If you are new to the bird-feeding game, make sure there is a high percentage of this seed in your mix. White proso millet is second in popularity and is the favorite of dark-eyed juncos and other sparrows as well as the red-winged blackbird.

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

- Cardinals, evening grosbeak and most finch species- Sunflower seeds, all types
- Rufous-sided towhee- White proso millet
- Dark-eyed junco- White and red proso millet, canary seed, fine cracked corn
- Many sparrow species- White and red proso millet
- Bluejay- Peanut kernels and sunflower seeds of all types
- Chickadee and tufted titmouse- Peanut kernels, oil (black) and black-striped sunflower seeds
- Red-breasted nuthatch- Oil (black) and black-striped sunflower seeds

- Brown thrasher- Hulled and black-striped sunflower seeds
- Red-winged blackbird- White and red proso millet plus German (golden) millet
- Mourning dove- Oil (black) sunflower seeds, white and red proso plus German (golden) millet

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

CONTROLLING VOLUNTEER TREES

Trees are a vital part of our landscapes, but there are situations where trees need to be controlled. Volunteer trees often come up in the wrong place, whether that is in a pasture or in your flowerbed. Sometimes control measures are needed to combat the spread of volunteer trees.

Volunteer trees can be difficult to control because some species resprout after cutting and some species will not resprout. Of the species that do not resprout, cutting is an effective control method. For example, eastern red-cedar is a very common species that will not resprout after cutting. Some of those species that do resprout after cutting are Siberian elm, hackberry, Osage orange (hedge tree), oak, ash, aspen, cottonwood, maple, and sycamore, but these are just a few of the trees. If you are trying to eliminate any of these trees, they either need to be dug out or the cut stump will need to be treated with an herbicide after cutting.

When I say volunteer trees, I mean those that come up from a seed, not suckers that originate from the roots of an existing tree. The recommendations given in the remainder of this article are designed to kill volunteer trees not suckers. Using herbicides on suckers will damage and possibly kill the original tree. Trees that commonly produce suckers include honeylocust, black locust, hackberry, crabapple, and cottonwood. It is also possible for larger trees of the same species to become root-grafted. Even though root-grafted trees are not suckers, they do share materials between the individual root systems and therefore herbicides used to treat one tree can be passed along to its neighbor.

Let's say you have a tree that you want to control that is a volunteer and there is no other tree of the same species close enough to be root-grafted, what should be done? Well, if the tree is too large to be dug out and moved, then you should cut the tree down and use an herbicide on the cut stump.

The next question is what herbicide should be used on the stumps. Triclopyr and glyphosate are the herbicides most commonly available to homeowners. Triclopyr is found in many brush killers and glyphosate is found in Roundup as well as numerous other products. Read the label before purchasing to make sure that a cut stump treatment is listed.

Most often the undiluted product is applied to the stump immediately after cutting. A paint brush is often used for the application if the stump is close to other plant material. It is important that the stump is treated immediately or at least within 5 minutes of being cut.

Trees do not need to be actively growing to be controlled. Actually, this time of year is a very good time to treat as long as the applications are made when the temperature is above freezing. If you have any questions feel free to stop by or contact me in the in the Washington office by calling 785-325-2121.

THE GRAIN MARKETING SERIES "WINNING THE GAME" RETURNS TO THE RIVER VALLEY DISTRICT

After a multiple-year hiatus, the River Valley Extension District will once again be hosting the grain marketing series: "Winning the Game: Launch Your Preharvest Market Plan". The event will be taking place in Belleville on Monday, January 23rd, 2023 at the 4-H Building on the Fairgrounds. Registration begins at 9:30am, the event begins at 10am. Lunch will be provided from 12-12:45pm, and the session will wrap up by 2:30pm.

If you're looking to sharpen your skills in grain marketing or are new to developing grain marketing strategies, you are more than welcome to attend. The event is completely free. For more information, be sure to go to our website www.rivervalley.k-state.edu and click on the "Upcoming Meetings in the District" tab. If you are interested in attending, please contact Luke Byers in the Clay Center office at (785) 632-5335 ext. 203 or by email at lsbyers@ksu.edu. We hope to see you there!

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****“2022 UP-COMING MEETINGS & EVENTS”**

DATE	TIME	PROGRAM	LOCATION
Jan. 10	6pm	Medicare Basics	Clay Center-Extension Office Meeting Rm., 322 Grant Ave.
Jan. 10, 17, 31, Feb. 7	5:30-7:30pm	Dining With Diabetes	Hanover- Kloppenberg Senior Center, 512 East North Street
Jan. 16		RVED Offices closed for Martin Luther King Day	
Jan. 18, 25, Feb. 1, 8	5:30-8:30pm	Land Leasing Strategies for Midwestern Ag Women	Washington-KSDS Meeting Rm., 124 7th Street
Jan 19	6pm	K-State Calving School	Mankato- Community Center Meeting Room, 214 N. High St.
Jan. 23	9:30-2:30pm	Winning the Game	Belleville- 4-H Building on the Fairgrounds
Jan.23-March 15	10-11am	Stay Strong Stay Healthy (Mondays & Wednesdays)	Washington-Good Shepherd Lutheran Church, 200 West 4th St.