

# River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

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

**September 2019**  
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Extension District

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K-State Research and Extension- Post Rock and  
River Valley Districts

## 2018 Farm Bill Meeting

**Tuesday, September 10, 2019**

**1:00 p.m. – 5:00 p.m.**

**Concordia, KS**

**Commercial Building (Cloud County Fairgrounds)**

#### Topics include:

- Overview of Commodity Programs – ARC & PLC
- How did our region perform in the 2014 Farm Bill?
- Economics of the ARC/PLC Decision & MYA Price Outlook
- SCO & Farm Bill changes to Crop Insurance
- OSU/KSU Farm Program Decision Aid Tool
- FSA/NRCS Update
- Weathering the storm in Agriculture – Farm Stress

**Come and join us to update your knowledge on the new provisions of the 2018 Farm Bill along with economic decision-making and to learn about a new decision tool for producers.**

#### Local sponsors:

- American State Bank – Concordia
- Farm Management Services, Inc – Concordia
- Harris Crop Insurance - Concordia
- The Davidson Agency - Concordia

RSVP is requested by **Friday, September 6**, either “online” registration at <http://bit.ly/2MTDsTi> or call the River Valley Extension District, Concordia Office, at 785-243-8185.

  
**K-STATE**  
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Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact John Forshoe, 785—632-5335; Brett Melton, 785-243-8185, or Sandra Wick, 785-282-6823. Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer.

## NATIONAL PREPAREDNESS MONTH- PREPARED, NOT SCARED!

Kansas is known for its natural disasters – flooding, excessive heat, tornadoes, blizzards, severe weather, and more.

Dealing with a disaster can be scary, but if you take some time during September, which is National Preparedness Month, you may be surprised at how scary simple it can be to be physically ready.

- *Make an emergency plan.* Know how your family will communicate if you are separated and where you will meet in the event of an evacuation. Practice evacuation drills with children and pets.
- *Create an emergency kit.* Stock a bag with non-perishable food & water, a first aid kit, and other essentials to last 3-7 days. Include activities, toys, and stuffed animals to help comfort your children during an emergency. This bag should be easily accessible for family members to grab quickly.

For more information on National Preparedness Month, check out the website: <https://www.ready.gov/september>. K-State Research and Extension also sponsors a blog, PrepareKansas, with tips directly related to Kansas at <https://blogs.k-state.edu/preparekansas/>.

Contact Monica Thayer, Family Resource Management Extension Agent, at 785-527-5084 or [mthayer@ksu.edu](mailto:mthayer@ksu.edu) with any questions.

## DISASTER FINANCIAL PREPAREDNESS

While being physically prepared can be vital to survival, being financially prepared is also important during and following a disaster! Don't be caught off guard financially if a disaster strikes.

Monica Thayer, Family Resource Management Extension Agent, will be sharing steps and tips to becoming financially prepared for a disaster during September, which is National Preparedness Month. Plan on attending one of these scheduled sessions:

<b>Tuesday, September 3</b>	<b>4-H Building</b>
<b>Belleville</b>	<b>6 p.m.</b>
<b>Thursday, September 5</b>	<b>FNB</b>
<b>Washington</b>	<b>6 p.m.</b>
<b>Monday, September 9</b>	<b>Ext. Office Mtg. Room</b>
<b>Clay Center</b>	<b>6 p.m.</b>
<b>Wednesday, September 11</b>	<b>Commercial Building</b>
<b>Concordia</b>	<b>6 p.m.</b>

Please RSVP to the River Valley District – Belleville Office at 785-527-5084 or [mthayer@ksu.edu](mailto:mthayer@ksu.edu) at least 24 hours in advance to the session. Lack of RSVPs will result in session being cancelled.

## EQUIFAX DATA BREACH SETTLEMENT

Almost two years ago, Equifax, one of the nationwide credit reporting companies, announced a data breach that affected 147 million people. A settlement of \$425 million was agreed upon to help those affected by the data breach.

Identity thieves will be using this as opportunity to attempt to steal information. Do not fall for emails or phone calls asking for personal information, including your social security number. When you are doing anything, make sure it is a legitimate website. The websites listed below are the actual websites to learn more about the settlement, eligibility, and submitting a claim.

You can read more about the data breach, settlement, and options available to those affected on the Federal Trade Commission website at: <https://www.ftc.gov/enforcement/cases-proceedings/refunds/equifax-data-breach-settlement>.

If you aren't sure if your information was exposed, check here: <https://eligibility.equifaxbreachsettlement.com/en/eligibility>.

If your information was breached, find information to your claim here: <https://www.equifaxbreachsettlement.com/file-a-claim>.

If you have any questions regarding the Equifax Data Breach Settlement or need assistance with money management, please contact Monica Thayer, Family Resource Management Extension Agent, at 785-527-5084 or [mthayer@ksu.edu](mailto:mthayer@ksu.edu).

## CAPITAL ONE DATA BREACH

Mid-July, Capital One announced that personal information of their credit card customers and those that applied for credit cards had been accessed by an unauthorized individual back in March 2019. Approximately 100 million individuals in the United States were affected.

Capital One will be directly notifying by mail the U.S. individuals whose Social Security numbers or linked bank account numbers were accessed. Two-years of free credit monitoring and identity protection through TransUnion is available to everyone affected.

Identity thieves will be using this as opportunity to attempt to steal information. Do not fall for emails or phone calls asking for personal information, including your social security number.

More information on the Capital One Data Breach can be found online at <https://www.capitalone.com/facts2019/>.

If you have any questions regarding the Capital One Data Breach or need assistance with money management, please contact Monica Thayer, Family Resource Management Extension Agent, at 785-527-5084 or [mthayer@ksu.edu](mailto:mthayer@ksu.edu).

## REQUESTING CREDIT CHECKS

Monitoring your credit is an important part of your financial well-being. With the continuing advancement of technology, identify theft seems to be more prevalent in our lives each day. Monitoring your credit is one way that you can verify lines of credit, payment history, and more.

The Fair Credit Reporting Act (FCRA) requires each of the nationwide credit reporting companies – Equifax, Experian, and TransUnion — to provide you a free copy of your credit report, at your request, once every 12 months. You may order your reports from each of the three nationwide credit reporting companies at the same time, or you can order your report from each of the companies one at a time.

If you would like to receive a reminder email three times each year to request your free credit report, please complete the form online at <https://tinyurl.com/CreditCheckReminder>. Reminder emails will be sent by Monica Thayer, Family Resource Management Extension Agent, and delivered on January 1st, May 1st, and September 1st of each year.

## BREAKFAST AT SCHOOL

The Fuel for School. Families don't always have the time or resources to prepare breakfast for their child before school. Participating in the school breakfast program can help recapture that time, and it can also provide relief to your household budget during this time of rising food costs. Instead of rushing your child through breakfast at home, try sending him or her to school for breakfast instead. School breakfast helps kids: \*Improve their grades. \*Pay better attention in school and concentrate on school work. \*Decrease behavior problems, tardiness and visits to the school nurse. \*Improve classroom behavior. Plus, it saves you time and ensures a tasty and healthy breakfast for your child. School breakfast is open to all students! Households who are eligible for free or reduced price School Lunch are also eligible for free or reduced price School Breakfast. Encourage your child to try school breakfast so they are fueled up and ready to tackle their day!

Good for You Newsletter. K-State Research and Extension.

## HONEY IS A SUGAR SUBSTITUTE

Honey is a sweet treasure from Mother Nature. To use it in cooking and baking in place of sugar can take some practice. Here are some tips to achieve success. \*For baking, start with recipes written specifically for honey instead of sugar. \*For each cup of honey used to replace sugar, decrease the other recipe liquids by ¼ of a cup. \*To make measuring and pouring of honey easier, coat the inside of a measuring cup with a thin layer of cooking oil or water. \*Honey is acidic (pH 3.70-4.20) and sugar is neutral (pH 7.0). To counteract the acidity of honey, add ½ teaspoon of baking soda for each cup of honey used in the recipe.

\*When substituting sugar with honey in baked foods, decrease the oven temperature by 25 degrees. Honey tends to make the product brown (burn) at higher temperatures. Try these tips and enjoy the sweetness of honey.

You Asked It! K-State Research and Extension.

## SEPTEMBER IS FOOD SAFETY EDUCATION MONTH

Food safety is important every day. In September, the focus of food safety is brought to the forefront to help all consumers prepare, serve and eat food safely.

Right now, there may be an invisible enemy ready to strike. He's called BAC (bacteria) and he can make people sick. In fact, even though consumers can't see BAC – or smell him, or feel him – he and millions more like him may already be invading food products, kitchen surfaces, knives and other utensils. You have the power to Fight Bacteria and reduce your risk of foodborne illness. It's as easy as following these core FOUR fight bacteria practices for food safety. Clean. Separate. Cook. Chill. Clean – wash hands and surfaces often. Separate – Don't cross contaminate. Cook – Cook to the safe internal temperature. Chill – Refrigerate promptly. For a fact sheet about each of these core food safety principals: Look at, <http://www.fightbac.org/food-safety-basics/the-core-four-practices/>

Other information about food safety can be found at: \* Partnership for Food Safety Education—Food Safety Education Month; \*Centers for Disease Control and Prevention; \*National Restaurant Association—Servsafe. For more information contact Sonia Cooper at 785-632-5335.

## A FRESH LOOK AT SNACKS

Snacks can play an important role in a healthy diet. Unfortunately, snack choices are often high sugar, high fat foods like candy bars, chips, cookies or whatever is handy from a vending machine or convenience store. These foods may taste good and are easy and familiar, but they give us lots of calories with few nutritional benefits. We can choose to turn snacks into something more than just a “grab and go” eating habit. With a little planning and some well-chosen ingredients, a mere snack turns into a healthful mini meal.

I'm encouraging you to plan for that snack attack. Keep snacking healthy by planning what to eat, when to eat, and how much to eat. Select foods from the MyPlate food groups. Read food labels to help choose foods that give more of the things you need, such as potassium, fiber, vitamins A and C, calcium and iron, and less of the things you should limit, such as saturated fats, trans fats, cholesterol, sodium, and added sugar.

Pay attention to serving sizes. Portion out healthful foods, take them along so your healthy choice is the easy choice, and ENJOY!

### **Here are some simple, healthful snack ideas:**

\*Almonds and walnuts. Be sure to select the unsalted, unsweetened varieties.

\*Fresh fruits such as bananas, apples, oranges, grapes, strawberries.

\*Whole-grain crackers or mini bagels with hummus or peanut butter. Read the Nutrition Facts Label carefully. The first ingredient should read “whole wheat” or “whole grain” instead of “enriched”.

\*String cheese.

\*Plain popcorn. Popcorn is a whole grain food!

\*Low-fat yogurt.

\*Carrot sticks or other cut-up veggies.

\*Cherry tomatoes or bell pepper slices, fresh broccoli or cauliflower florets.

\*Low-fat cottage cheese with fresh fruit.

\*Half a whole wheat pita with sliced turkey.

\*Hard boiled eggs.

\*Trail mix. Make your own recipe!

Save time by preparing some of these items in advance. For example, chop raw vegetables early in the week and have them available in the refrigerator. It is often difficult to eat all the recommended food group servings at meal times. Snacks of fruits, vegetables, whole grains, low-fat dairy products and lean protein foods are a great way to fill in the gaps in our healthful diet.

Children benefit from eating small amounts more often through the day, so providing a healthful snack to kids can help them receive more nutrients for development and growth. By eating more frequently, blood sugar levels remain stable, replacing that mid-afternoon rundown feeling with sustained energy all day. Eating a healthful snack between meals can prevent you from becoming overly hungry and overeating when meal time finally does roll around.

With a little thought and planning you can make HEALTHY snacks a part of your day.

“Good for You”. K-State Research and Extension.

For more ideas, contact Sonia Cooper

River Valley District, 785-632-5335 or 785-325-2121.

## **MEDICARE PART B VACCINES**

What vaccines are covered under Medicare Part B? If you have Original Medicare, it will pay 80% of the cost for these vaccines: influenza virus vaccine, pneumococcal pneumonia vaccine, hepatitis B vaccine (for patients at high or intermediate risk) and vaccines directly related to treatment of an injury or direct exposure to a disease or condition. Most Medicare supplement plans will pay the remaining 20% of the cost.



## **MEDICARE PART D PLANS 2020**

Information about specific 2020 Medicare Part D Plans will not be available till October. Near the end of September or first part of October, Medicare beneficiaries with a Part D Plan will receive information from their company informing them of any changes for 2020. Read the changes for 2020. Check to see if your medications are covered and the costs have only minimal increases. Look at the cost of your Plan premium for 2020 compared to the current 2019 premium. The Open Enrollment Period for Part D Plans will be October 15-December 7<sup>th</sup>.

SHICK Counselors are available in your area to provide assistance shopping and enrolling in 2020 Part D Plans. Refer to the Medicare Part D Enrollment handout for locations and appointment times available. Appointment times fill up fast in some locations. Call soon for an appointment.

## **DISTRICT SHICK COUNSELORS**

SHICK stands for Senior Health Insurance Counseling for Kansas. The counselors receive training annually on Medicare, Medicare Supplement Insurance, Part D Prescription Drug Coverage, and other health insurance subjects that concern older Kansans.

Counselors are available to meet with consumers for personalized free counseling sessions, to help with problems and questions, and to provide support during the decision-making process.

The information discussed in the sessions is confidential. SHICK Counselors will not recommend policies, companies, or agents, but will provide free unbiased answers to the questions of consumers, their family members, and other caregivers.

Thanks to these SHICK Counselors who will be counseling Medicare beneficiaries with Part D at locations in the River Valley District:

Jim (James R.) Beck, Nola Unruh, & Beverly Lang- Clay Center Extension Office

Janet Elliott- Washington Extension Office

Lynn Elliott- Concordia Extension Office

Deanna Turner- All District Extension Offices

Judy Uphoff- Belleville Enrollment Events Belleville & Appointments at Library

Belinda Robison- Belleville Enrollment Events & Appointments as Requested

Lynn Elliott- Belleville Enrollment Events

Audrey Carlson- Belleville Enrollment Event-Only Nov. 4th  
Be sure and thank these SHICK Counselors! They are very dedicated to share their expertise and time.

**2020 Medicare Part D Enrollment  
October 15 - December 7, 2019**

Open Enrollment dates for 2020 Medicare Part D Plans are October 15 through December 7. Plan to call for an appointment with a Senior Health Insurance Counseling for Kansas (SHICK) Counselor. PLEASE DON'T DELAY!

Dates Available by SHICK Counselors

\* River Valley Extension District Offices and Libraries offer personalized help by calling for an appointment:

**BELLEVILLE:**

- \* **SHICK Counselor, Judy Uphoff**- Call ahead to schedule for an appointment at 785-527-0118. Her appointments will be at the Belleville Public Library upon request.
- \* **SHICK Counselor, Belinda Robison**- Call & leave a message at 785-527-3199 for an apt.
- \* **Belleville Extension Office**- Deanna Turner, SHICK- Available Mondays on November 18 morning; December 2nd. Call the Belleville Extension Office, Kim Kolman, Office Professional, at 785-527-5084 for an appointment.
- \* **Three Republic County SHICK Enrollment Events**- Monday, October 28, November 4 & 25, Belleville Public Library, 1327 19<sup>th</sup> Street, Belleville, Ks. Judy Uphoff, Belinda Robison, Lynn Elliott, Deanna Turner and Liz Shoemake (North Central-Flint Hills Area Agency on Aging), SHICK Counselors will be taking individual appointments on the same day and same location these days from 8:30 a.m.-4:30 p.m. Audrey Carlson will provide counseling at the Belleville Enrollment Event only on November 4<sup>th</sup>. Call the Belleville Extension Office for an appointment at 785-527-5084. Tell Kim Kolman which date you want an appointment.

**CLAY CENTER:**

- \* **Clay Center Extension Office**- Deanna and three other SHICK Counselors will be helping you at the Extension Office. Jim (James R.) Beck, Beverly Lang, and Nola Unruh will be taking appointments. Call the Clay Center Extension Office, Frieda Knitter, Office Professional, at 785-632-5335 for appointments.
- \* **Jim Beck**- Available on Mondays- October 21 & 28; November 4, 18 & 25; December 2.
- \* **Nola Unruh**- Available on Tuesday mornings, October 15, 22, & 29; November 5, 12, 19, & 26; December 3.
- \* **Beverly Lang**- Available Tuesday afternoons & Thursdays. The dates are Tuesday afternoons October 15 & 29; November 5, 12, 19 & 26; December 3. Thursdays October 17, 24, & 31; November 7, 14 & 21; December 5.
- \* **Deanna Turner**- Available on these Thursdays & Fridays, October 17, 18, 25 & 31; November 1, 7, 8, 14, 15, 21 & 22; December 5 & 6.

- \* **Four Clay Center SHICK Enrollment Events-** October 31, November 1, 21 & 22  
Clay Center Extension Office. Deanna Turner and 2 Area Agency on Aging Counselor will be counseling these days plus Beverly Lang will be counseling on October 31 & November 21<sup>st</sup>. Call the Clay Center Extension Office for an appointment at 785-632-5335.

#### **CONCORDIA:**

- \* **Concordia Extension Office-** Deanna and Lynn Elliott will be helping you at the Extension Office Meeting Room (Basement of Courthouse). Call the Concordia Extension Office, Mellissa Williamson, Office Professional, 785-243-8185 for an appointment.
- \* **Deanna Turner-** Available Tuesdays October 15 & 29; November 5, 12, 19 & 26; December 3.
- \* **Lynn Elliott -** Available Tuesdays October 15 & 29; November 5, 12, 19 & 26; December 3.
- \* **One Concordia SHICK Enrollment Event-** November 12, Extension Office & Meeting Room (Basement of Courthouse). Liz Shoemake, Area Agency on Aging, will join Lynn and Deanna counseling that day. Call the Concordia Extension Office at 785-243-8185 and Melissa Williamson will make an appointment.

#### **WASHINGTON:**

- \* **Washington Extension Office-** Deanna Turner and Janet Elliott will be helping you. Call the Washington Extension Office, Gaye Peters, Office Professional, at 785-325-2121 for an appointment.  
The appointments will be at the Washington County Health Department, 104 E 2nd St across the street from the Courthouse to the north in Washington.
- \* **Deanna Turner-** Available on Monday, October 21; Wednesdays, October 16 & 30; November 6, 13, 20, & 27; December 4.
- \* **Janet Elliott-** Available on Monday, October 21; Wednesdays, October 16 & 30; November 6, 13, 20, & 27; December 4.

#### **Medicare Part D Prescription Drug Coverage Worksheet**

Stop by one of the District Extension Offices in Belleville, Clay Center, Concordia or Washington to pick up a Medicare Prescription Drug Worksheet. Note starting September 3 the Washington District Extension Office will temporarily be at the Washington News office, 323 C Street.

Regardless of who provides you help, Medicare beneficiaries need to know the prescription drugs taken, dosage & 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 a week prior to your appointment, and it will speed up your appointment.**

Also bring any recent letters you have received from Social Security or Medicare to your appointment and bring your Medicare card.

Thanks to all the SHICK Counselors for assisting Medicare beneficiaries. They keep up-to-date with several Medicare trainings throughout the year. Be considerate and make your appointments early during the enrollment period.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact John Forshee, Director, River Valley Extension District #4, 322 Grant Avenue, Clay Center, KS 67432. Phone 785-632-5335.

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## **“HELLO YELLOW BRICK ROAD!”**

### **The Sunflower (Senior) Fair**

Tuesday, September 17

8am-4pm

Salina Tony’s Pizza Event Center

(Formerly called the Bicentennial Center)

Cost: \$20 Registration before September 9th

\$25 after that date

Registration Includes Lunch

Sponsored by the North Central-Flint Hills Area

Agency on Aging

- Educational Workshops
- Informative Exhibits
- Inspiring Speakers
- Health Screenings

Registration: Send your name, address, phone number, and check payable to NC-FHAAA and mail it to the North Central-Flint Hills area Agency on Aging, 401 Houston St., Manhattan, KS 66502

Visit with old friends and meet new ones! You will learn while having fun!

## **ALZHEIMER’S WORKSHOPS**

The River Valley Extension District is partnering with Meadowlark Hospice and other community partners to present two workshops in Clay Center at the Clay County Medical Center Education Room-2nd Floor.

Presented by Hayley Young, Outreach Specialist with the Alzheimer’s Association. The workshops are a repeat of the ones Cindy Miller presented last March in Clay Center.

### **Understanding Alzheimer’s & Dementia**

Thursday, September 12, 5:30 p.m.

Alzheimer’s is not normal aging. It’s a disease of the brain that causes problems with memory, thinking, and behavior. You will learn the difference between dementia and Alzheimer’s disease, Alzheimer’s disease stages and risk factors. Also discussed will be current research and treatments available to address some symptoms.

### **Understanding and Responding to Dementia-Related Behavior**

Thursday, September 19, 5:30 p.m.

This workshop helps caregivers decipher behaviors and determine how best to respond. The program identifies common triggers for behaviors associated with dementia, explains the process for assessing and identifying challenging behaviors, and identifies strategies to address some common dementia-related behaviors.

Please RSVP for either or both of these workshops to Meadowlark Hospice at 785-632-2225

## **MEDICARE BASICS WORKSHOP**

Are you turning age 65 in the near future? Do you have questions about Medicare? Discover answers to your questions at the upcoming Medicare Basics Workshops. To help answer your questions, please join us at the following:

**Washington-September 12th**  
**Good Shepherd Lutheran Church**  
**200 W 4<sup>th</sup> St., Washington**  
**5:30-7:30 p.m.**

To register for the Washington Medicare Basics workshop call the Washington Extension Office at 785-325-2121 by September 9<sup>th</sup>, or e-mail Deanna Turner at [dturner@ksu.edu](mailto:dturner@ksu.edu) K-State Research and Extension River Valley District and the North Central-Flint Hills Area Agency on Aging are sponsors of the programs.

## **“ALZHEIMER’S-KNOW THE 10 SIGNS” TO BE PRESENTED IN CONCORDIA**

Be informed about the symptoms of Alzheimer’s Disease or other dementia. Plan to attend the upcoming program, “Alzheimer’s Know the 10 Signs”. It will be presented on Tuesday, September 24 in Concordia from 5:30-7:00 p.m. at the Concordia Senior Center, 109 West 7<sup>th</sup> Street.

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms to be aware. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.

Alzheimer’s disease is not a normal part of aging. The disease is currently ranked as the sixth leading cause of death in Kansas.

Hayley Young, Outreach Specialist with the Alzheimer’s Association from Topeka, will present this informative program. She will answer your questions and share helpful information for those people living with a loved one with the disease or wanting to know more about Alzheimer’s. Young provides support to individuals with the disease, family members, friends, and caregivers.

Please pre-register for the meeting by calling the Concordia District Extension Office at 785-243-8185 by September 20<sup>th</sup>. Light refreshments will be provided.

The program is sponsored by the River Valley Extension District.

For more information contact Deanna Turner at 785-632-5335 or e-mail [dturner@ksu.edu](mailto:dturner@ksu.edu) . Everyone is invited.

## EXTENSION FALL FLING

Enjoy the fun, fellowship and learn at the upcoming Fall Fling on Columbus Day. All interested men and women in the area are encouraged to attend. Please bring a salad. Silverware and a beverage are provided. Refrigeration is available for salads.

Morning Speakers:

Linda Siebold, Clay Center native, was always a storyteller. After overcoming some health issues, she attended a fiction writer's conference and was able to spend some time with a book publisher giving her inspiration to write. Since November 2018, Linda has written three books in a series of romantic suspense books. This Kansas author will share about her journey of writing her books and have some books available for purchase.

Deb Charest enjoys collecting items. A year ago she opened her store of treasures, Jack & Associates Antiques, 721 4<sup>th</sup> Street. Located one block west of the courthouse square in downtown Clay Center. The store features antiques, collectibles, vintage items, yard art, and custom and repurposed furniture. Strolling through the store will bring back memories. Deb will share how she decided to open her store and share her treasures so others can enjoy them. Some treasures will be available to buy at the meeting.

Afternoon Speaker:

Jasmine Hensley has found herself painting houses and buildings all over the city of Concordia and surrounding communities since 2008. Some of the services include color consults, interior and exterior painting, wallpaper removal, small wall repair, faux painting, stenciling, and custom furniture finishes. Jasmine will share about starting her business of professional painting and finishes.

The Clay County Homemaker Extension women invite everyone to attend this free event on October 14 in the 4-H Conference Center at the Clay County Fairgrounds. Registration begins at 10:30am.

## QUESTIONS ON ORNAMENTAL GRASSES

A question that is often asked this time of year is when can ornamental grasses be cut down? Spring or fall? As a rule, ornamental grasses should not be cut back while green because they need the time to move energy found in the foliage to the roots. Even when browned by the cold weather, most gardeners will leave the foliage until spring because of the interest it adds to the winter landscapes. Early March is the preferred time to cut back these grasses. However, dry foliage is extremely flammable and should be removed in the fall from areas where it is a fire hazard.

Another question that is often asked is whether ornamental grasses can be divided in the fall. Spring is the preferred time because divisions done in the fall may not root well enough to survive the winter.

## PLANTING TREES IN THE FALL

Fall can be an excellent time to plant trees. During the spring, soils are cold and may be so wet that low oxygen levels inhibit root growth. The warm and moist soils normally associated with fall encourage root growth. Fall root growth means the tree becomes established months before a spring-planted tree and is better able to withstand summer stresses. The best time to plant trees in the fall is early September to late October. This is early enough that roots can become established before the ground freezes.

Unfortunately, certain trees do not produce significant root growth during the fall and are better planted in the spring. These include beech, birch, redbud, magnolia, tulip poplar, willow oak, scarlet oak, black oak, willows, and dogwood.

Fall-planted trees require some special care. Remember, that roots are actively growing even though the top is dormant. Make sure the soil stays moist but not soggy. This may require watering not only in the fall but also during the winter months if we experience warm spells that dry the soil. Mulching is helpful because it minimizes moisture loss and slows the cooling of the soil so root growth continues as long as possible. If you have any questions please contact Kelsey Hatesohl at the Washington Office at 785-325-2121 or at [khatesohl@ksu.edu](mailto:khatesohl@ksu.edu).

## STRESS TO TREES AND SHRUBS IS CUMULATIVE

Trees and shrubs can be affected by stresses that happened up to several years in the past. Stress is cumulative. Recent stresses include winter damage as well as the extremely dry winter of 2017-2018 which often resulted in damaged root systems. This damaged root system may have been further weakened due to too much rain this spring. Excess water harmed root systems, because the saturated soils reduced the amount of oxygen in the soils. Roots need oxygen as much as they need water. Though the roots were able to keep up with moisture demands during the cooler spring weather. The roots may not have been able to keep up when the weather turned hot and dry, causing trees and shrubs to suddenly collapse and die or slough off branches they can no longer support. Lilacs are a species that are collapsing throughout area due to the roots being stressed.

This does not mean that all of our plants are doomed. As a matter of fact, plants that have survived thus far into the growing season will likely make it. Also, some plants are just better adapted to our tough Kansas conditions and have suffered little to no harm. However, it is a good idea to check the overall health of your trees. How do you check the health of your tree?

One of the most important clues in determining the health of your trees is the amount of new growth the tree has produced. A healthy tree should have a minimum of 4 to 6 inches of new growth each year and usually much more.



Check branches with the tips in the open and not shaded by the tree itself. Anything less than 4 inches on the majority of the branches suggests the tree is under a great deal of stress.

So, how do you tell where the new growth stops? Look for a color change in the stem. New growth is often greener than the previous year's growth. There is also often an area of what looks like compressed growth where growth transitions from one year to the next.

By checking the new growth on the tree, it tells you is whether a tree is under stress or not. It doesn't tell you what is causing or has caused poor growth. This year, the most common cause by far is environmental stress caused by the excess rain this spring. So, what do we do for trees under stress? Water. During dry periods be sure to give your stressed plants water.

If you have any questions please contact Kelsey Hatesohl at the Washington Office at 785-325-2121 or at [khatesohl@ksu.edu](mailto:khatesohl@ksu.edu).

## THE SILENT EPIDEMIC

Recently I had the opportunity to meet Mark Potter, former head basketball coach at Newman University in Wichita, and listen to him share his message of his greatest victory; his victory over severe depression.

Mark spoke Tuesday, August 13<sup>th</sup> at the Family Life Center in Clay Center. Mark's wife, Nanette, shared her message, her role as Mark's caregiver during this time in their lives. A part of Mark's message he shared, is that one in four people will go through depression during their life. He told us to look to the person to our right and to the person to our left and to the person sitting in front of us and one of us will go through depression. It is normal to experience change in our lives. Unexpected change in our lives such as the death of a loved one, disabling injury, illness, divorce, can turn life upside down and create stress. During this stressful time, it is not uncommon to go through a depressed time in our lives. Readjustment can be slow and painful. Listening to Mark's message, it is possible to experience depression even though one does not have one of these life changing events. We need to recognize the symptoms of depression and not be too embarrassed to seek help. Depression can present different symptoms, depending on the person. For most people, depressive disorder changes how a person functions day-to-day, and typically for more than two weeks.

Common symptoms include:

- \*Changes in sleep.
- \*Changes in appetite.
- \*Lack of concentration.
- \*Loss of energy.
- \*Lack of interest in activities.
- \*Hopelessness or guilty thoughts.
- \*Uncontrollable crying.
- \*Changes of movement (less activity or agitation).
- \*Physical aches and pains.
- \*Suicidal thoughts.

Depression is more than just feeling sad or going through a rough patch. It's a mental health condition that requires understanding and medical care. Left untreated, depression can be devastating for those who have it and their friends and families. Recognize symptoms and do not be ashamed to talk with someone and ask for help. Consider yourself a caregiver for others.

Mark and his wife Nanette will again be in the River Valley Extension District at the Blair Theatre in Belleville. I want to invite you to hear Mark and Nanette on **Monday November 18<sup>th</sup> at 6:30 p.m.** Listen to Mark speak about "The Silent Epidemic". Realize you are not alone.

Sonia Cooper, RVED, Nutrition, Food Safety and Health.

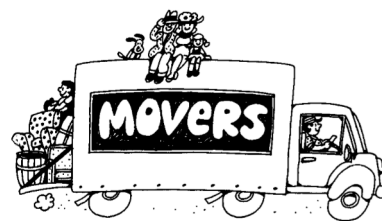
## COUNTY FARM BILL MEETINGS

Your local Farm Service Agency staff along with the River Valley Extension District will be holding County Farm Bill Meetings during September. More details will come from your local FSA offices but here are the dates and locations.

Clay County	Wednesday, September 11	6:30 pm	4-H Conference Center, Fairgrounds
Republic Co.	Thursday, September 12	6:30 pm	4-H Building, Fairgrounds
Washington Co.	Tuesday, September 17	6:30 pm	FNB Bank Basement Meeting Room
Cloud County	Thursday, September 19	6:30 pm	Commercial Building, Fairgrounds

Join us as we look at how the county fared with the 2014 Farm Bill decisions, options under the 2018 Farm Bill, the decision tools that are available, and details of the sign-up.

For more information contact your local FSA office or River Valley District Agents John Forshee or Brett Melton.



**The River Valley Washington Extension Office  
Will Be Temporarily Located at 323 C Street  
(the Washington County News Building)  
While Repairs Are Being Made To the  
Basement of the Courthouse**

**River Valley Extension District**Washington 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****“2019 UP-COMING MEETINGS & EVENTS”**

<b>DATE</b>	<b>TIME</b>	<b>PROGRAM</b>	<b>LOCATION</b>
Sept	TBD	Tree Workshop	Linn- TBD
Sept 2		RVD Offices Closed for Labor Day	
Sept 3	6pm	Disaster Financial Preparedness	Belleville-4-H Building
Sept 5	6pm	Disaster Financial Preparedness	Washington-FNB Basement Mtg. Room
Sept 9	6pm	Disaster Financial Preparedness	Clay Center-Extension Office Meeting Rm.
Sept 10	1-4:30pm	Your Guide to the 2018 Farm Bill	Concordia- Fairgrounds, Commercial Bldg.
Sept 11	6pm	Disaster Financial Preparedness	Concordia-Commercial Bldg.-Fairgrounds
Sept 12	5:30-7:30pm	Medicare Basics Workshop	Washington- Good Shepherd Lutheran
Sept. 12	5:30pm	Understanding Alzheimer's & Dementia	Clay Center-Clay Co. Medical Center-Educ. Rm. 2nd floor
Sept 17	8-4pm	The Sunflower Senior Fair	Salina- Tony's Pizza Event Center
Sept 19	9:30am	KSU Beef Stocker Field Day Program	Manhattan-KSU Beef Stocker Unit-4330 Marlatt Ave.
Sept 19	5:30pm	Understanding and Responding to Dementia-Related Behavior	Clay Center-Clay Co. Medical Center-Educ. Rm. 2nd floor
Sept 24	5:30-7pm	Alzheimer's-Know the 10 Signs	Concordia- Senior Center, 109 W. 7th
Oct. 14	10:30-2:30pm	Extension Fall Fling	Clay Center-4-H Conf. Center-Fairgrounds
Oct. 15-Dec. 7		Medicare Part D Enrollment	Contact your local RVD office for an appointment
Nov 11		RVD Offices Closed for Veteran's Day	
Nov 18	6:30pm	The Silent Epidemic-Victory Over Depression	Belleville-Blair Theater, 1310 19th Street