



# River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

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

**August 2019**  
**Volume 14 #8**

**BELLEVILLE OFFICE**  
1815 M Street  
Belleville, KS  
66935-2242  
Phone: (785) 527-5084  
[rp@listserv.ksu.edu](mailto:rp@listserv.ksu.edu)

**CLAY CENTER OFFICE**  
322 Grant Avenue  
Clay Center, KS  
67432-2804  
Phone (785) 632-5335  
[cy@listserv.ksu.edu](mailto:cy@listserv.ksu.edu)

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

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

Check us out on the Web at:  
[www.rivervalley.ksu.edu](http://www.rivervalley.ksu.edu)  
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Extension District

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## PRUNING STORM DAMAGED TREES

With all the storms we have had this year, trees around the area have taken a beating. Most of the time you have to decide whether a tree can be saved or if it needs to be taken down. Here is a simple checklist you can follow to help take care of your storm-damaged landscape.

First, you need to be safe when first checking on your landscape after the storm. Check for downed power lines or hanging branches. Don't venture under the tree until you know it is safe. If large limbs are hanging from the tree, be sure to take extra precautions. If the limb is too large for you to handle safely or is in a spot that can cause damage to a surrounding building, you can call an arborist that has the tools, training, and knowledge to remove the limb safely. Next thing you need to do is clean up and remove any debris so you don't trip over any of it.

Second, decide whether it is feasible to save the tree. If the bark has been split, exposing the cambium, or the main trunk of the tree is split then the tree probably will not survive and should be removed. If there are too many broken limbs on the tree, destroying the form of the tree, the best option is to take down the tree and replace it. When pruning the tree, the topping method which is done by removing all the main branches and only leaving stubs on the tree, is not a recommended pruning procedure. New branches will normally arise from the stubs, but they will not be as firmly attached as the original branches and are more likely to break in subsequent storms. Also, the tree will put a lot of energy into developing new branches, leaving less energy to fight off diseases and insect attacks. Often the topped tree's life is shortened, causing you to remove the tree later anyway. Below you will find a couple ways of pruning your tree, if you decide the tree can be saved.

Third, prune off the broken branches to the next larger branch or to the trunk, depending on which limb is broken. If you are removing the limb back to the trunk, do not cut flush with the trunk but rather at the collar area, which is between the branch and the trunk of the tree. Cutting flush with the trunk leaves a much larger wound than cutting at the collar and takes longer for the tree to heal the cut. Middle-aged or younger vigorous trees can handle having up to one-third of the crown removed and still make a surprisingly swift comeback. Older trees can take longer to recover from a vigorous pruning.



Remove the larger limbs in stages. If you try to take off a large limb in one cut, it will often break off before you are finished cutting and will strip the bark off the trunk. Instead, make a cut about 15 inches from the trunk on the limb you are removing. Start from the bottom and cut one-third of the way up through the limb. Make the second cut from the top down but start 2 inches further away from the trunk than the first top cut. The branch will break away as you make the second cut. The third and final cut, made at the collar area, will remove the stub that is left from the tree.

Those are just a few ways to help with summer storm cleanup of trees. If you happen to have damage from any storms and want help deciding what needs to be done with your trees, please feel free to stop by or contact me in the Washington office, 785-325-2121 or [khatesohl@ksu.edu](mailto:khatesohl@ksu.edu).

## DIVIDING IRIS

Bearded Irises are well adapted to Kansas and multiply quickly. After several years, the centers of the clumps tend to lose vigor, and flowering occurs toward the outside. Dividing iris every three to five years will help rejuvenate the plants and increase flowering. Iris may be divided from late July through August, but late July through early August is ideal. Because iris clumps are fairly shallow, it is easy to dig up the entire clump. The root system of the plant consists of thick rhizomes and smaller feeder roots. Use a sharp knife to cut the rhizomes apart so each division consists of a fan of leaves and a section of rhizome. The best divisions are made from a double fan that consists of two small rhizomes each having a fan of leaves. The rhizomes that do not split produce single fans. The double fans are preferred because they produce more flowers the first year after planting. Single fans take a year to build up strength.

Rhizomes that show signs of damage due to iris borers or soft rot may be discarded, but you may want to physically remove borers from rhizomes and replant if the damage is not severe. It is possible to treat mild cases of soft rot by scraping out the affected tissue, allowing it to dry in the sun and dipping it in a 10 percent solution of household bleach. Make the bleach solution by mixing one-part bleach with nine parts water. Rinse the treated rhizomes with water and allow them to dry before replanting. Cut the leaves back by two-thirds before replanting. Prepare the soil by removing weeds and fertilizing. Fertilize according to soil test recommendations or by applying a complete fertilizer, such as a 10-10-10, at the rate of 1 pound per 100 square feet. Mix the fertilizer into the soil to a depth of 6 inches. Be wary of using a complete fertilizer in areas that have been fertilized heavily in the past. A growing number of soil tests show high levels of phosphorus. In such cases, use a fertilizer that has a much higher first number (nitrogen) than second (phosphorus). Contact Kelsey Hatesohl in the Washington office, 785-325-2121 or [khatesohl@ksu.edu](mailto:khatesohl@ksu.edu) with questions.



## BLOSSOM END ROT

Do you have tomatoes with a sunken, brown leathery patch on the bottom of the fruit? If so, then you probably have blossom end rot. Blossom end rot is not a disease; it is a condition that is caused by a lack of calcium in the soil. In Kansas this is not necessarily the case, because Kansas soils are derived from limestone, which is partially made up of calcium. So, what causes blossom end rot in Kansas? Actually, there are a number of possible causes, especially on tomatoes so let's take a look at some of the causes of blossom end rot.

The first possible cause could be that the tomato tops have outgrown the root system. During cooler spring weather the root system can keep up, but when it turns hot and dry, the plant tries to keep itself alive by sending water; with the calcium it carries; to the leaves and the fruit is bypassed. The plant responds to the heat and lack of calcium with new root growth which should allow the condition to correct itself after a couple of weeks.

The second possible cause could be heavy fertilization, especially with ammonium forms of nitrogen, which can encourage this condition. Heavy fertilization encourages more top foliage growth than root growth causing the ammonium form of nitrogen to compete with calcium for uptake through the roots to the fruit.

The third possible cause is anything that disturbs the plant roots such as hoeing too deep. Mulching your plants will help because it keeps the soil surface cooler and reduces weed growth and promotes a better environment for root growth.

The fourth possible cause could be inconsistent watering. Keep soil moist but not waterlogged. Mulching can help by keeping the soil moisture level consistent over time. Even so, there are some years you do everything right and the condition shows up due to the weather. In such cases, remember that blossom-end rot is a temporary condition, and plants should come out of it in a couple of weeks. You want to pick off affected fruit to encourage new fruit formation.

Even though blossom end rot is most common on tomatoes, it can also affect squash, peppers and watermelons. If you are noticing that you have a lot of blossom end rot occurring, go through the possible causes and what might be the cause.

## IS MY LAWN STILL ALIVE?

Is your lawn turning brown like it does through the winter? During the hot periods of the summer, lawns will enter in to a dormancy. Normally, a healthy lawn can stay dormant for a good 5 weeks and still recover. After the five weeks are up, it is important to keep the crown hydrated because if the crown dies, the plant dies.

The recommendations differ for a lawn that was overwatered or received so much rain this spring that it produced a limited root system. Such a lawn may die unless allowed to slowly enter dormancy. This is done by shutting off the water gradually. For example, instead of watering several times a week, wait a week before irrigating. Then don't water again for two weeks. Thereafter, water every two weeks as described below.

Apply about 1/4 inch of water every two weeks to hydrate the crown. This will be enough to hydrate the crown but not enough to encourage weed germination and growth.

If you are wondering if the turf is still alive, pull up an individual plant and separate the leaves from the crown. The crown is the area between the leaves and the roots. If it is still hard and not papery and dry, the plant is still alive.

When rains and cooler weather arrive, the turf should come out of dormancy. However, we will probably have to deal with weeds that germinate before the turfgrass grows enough to canopy over and provide enough shade to keep weed seeds from sprouting.

## HUSA BIDS FAREWELL TO RVED

Today, I am informing you with great hesitation that I will be leaving the KSRE extension family in the River Valley District. I have taken the opportunity to become a Graduate Research Assistant in the agronomy department at Kansas State University. I know it is a great risk to leave a stable career behind considering the current condition of the agricultural economy, but the words and inspiration from others second my decision to attain my Master's degree in Agronomy. Particularly, the words my step-grandfather told me at my high school graduation party perhaps resonate with me the most: "...you've done yourself proud, ...at least they can't take that (education) away from you..." Moreover, working in extension has served as an education in itself by teaching me extensively about myself, others, and agriculture. I have learned not only through our extension specialists and employees, but from our producers as well. One of the most joyous portions of being an extension agent has been the intangible reward that I, as an individual and as part of a team, have assisted in the optimization of our producers' operations to keep their dream of farming alive; the same dream that I hold near and dear to my heart. Because in the absence of a dream, hope ceases to exist; without hope, fulfillment of life is greatly limited. From the little kid riding on a t-shirt covered water jug in a John Deere 7700 combine wishing for a combine with a buddy seat; to the 8-year-old boy learning to moldboard plow terraces with a John Deere 730 and a three-point mounted, 3-16's moldboard plow; to where I am today: agriculture runs deep. Although I am changing roles with Kansas State University, one motivation remains the same for me: if I am not able to farm, I at least want to be better prepared to help those that are currently farming, or have the dream of farming, in the position to keep living that dream .



## ALTERNATIVES FOR DISPOSING OF DEAD ANIMALS

In the past, producers and veterinarians have had the pleasure of calling animal salvage companies to take dead livestock away to rendering facilities for processing. However, there are no longer pick-up businesses operating. Since rendering is out of the question for the area, incineration, burial, and composting are the other options. I will also say, incineration is difficult for large carcasses, and it is also expensive. For arguments sake, we will take incineration off the table. Burial, generally, would require a backhoe of some sort which a farm potentially would not have.

The last option for disposal of dead livestock is composting. Composting can be done with equipment and supplies that are already on most farms. The only equipment needed for composting is a tractor with a front-end loader. Other materials needed are an absorbent material (old hay, straw, corn stalks, sawdust, or wood shavings) and a bulking material (spoiled silage/feed or scraped manure). To begin, place 24 inches of an absorbent material down to place the carcass(es) on. It is recommended to cut the animal open to speed up the process. If you are composting a ruminant, you must at least puncture the rumen to allow gas to escape. Next, place 24-36 inches of moist bulking material on top of the carcass and base layer. The correct moisture of this material will feel like a wet sponge. This envelope layer should cover the entire animal. If the animal is not completely covered, then odor can escape and will allow access for coyotes and other scavengers. The last step is to cap the pile with another 12-24 inches of dry carbon material – like the base layer.

For effective composting excess water should be diverted from the pile. Make a small trench to allow water to run away from the pile if necessary. After 90 days of composting the pile will need to be turned or mixed. Depending on the size of the carcass(es), another 90 days may be required. It is not recommended that piles are turned in the winter. After composting, there may be some large bones in the piles. These large bones can be buried or disposed of in the normal trash. Fully composted piles should be applied to the field according to nutrient management plans.

As a reference, single 1,000-pound animals will require about four bales to construct the base layer and cap. If you do not have enough carbon material, there is no point in attempting to compost. The carcass(es) must be completely covered for successful composting.

One way of disposing of animals is to do nothing and letting Mother Nature take care of the carcass(es). However, this method is not preferred and is illegal in the state of Kansas (KSA 47-1219). All livestock operations experience death loss, and a plan needs to be in place to deal with these losses. For more information call Brett Melton in the Concordia River Valley Extension Office by calling 785-243-8185 or emailing [bmelton@ksu.edu](mailto:bmelton@ksu.edu).

**Kansas Agriculture Mediation Services**

**1-800-321-FARM (3276)**

**Help for farmers under financial stress!**

## AMMONIATING STRAW BALES FOR WINTER FEED

Over the past few years I've heard the comment across that area that producers are short on hay. Most stockers and cow-calf pairs are on summer pasture at this point so hay for this winter may not be on top of your mind. Inevitably, winter will be here and if you run out of cover crop, stockpiled forage, or residue to graze then you will have to provide forage for your animals.

One option to prepare for winter is to ammoniate straw bales using anhydrous ammonia. Ammoniation of straw bales is a temperature dependent reaction. The warmer the ambient air temperature is the quicker the reaction will be. If temperatures are over 80 degrees, it can take as little as 2 weeks to complete. However, if ammoniation is put off until fall/winter and temperatures fall below 40 degrees, this reaction can take 8 weeks or more. The longer the reaction takes the more opportunity there is for something to go wrong. Something that comes to my mind is rodents that claw through the cover.

What are the benefits for ammoniation? Research from Kansas State University done in 2012 came up with the data shown in table 1. This table describes how 2 different anhydrous ammoniation rates improve straw bales.

**Table 1. Mean acid detergent fiber, crude protein, and in vitro dry matter disappearance of wheat straw before (pretreatment) and following application of 1.5% or 3.0% anhydrous ammonia on a dry basis**

Item	Pretreatment	Ammoniation Rate		SEM	P-value
		1.5%	3.0%		
Dry Matter, %	92.1	91.0	91.1	1.01	0.68
Crude Protein, %	3.3 <sup>a</sup>	8.6 <sup>b</sup>	10.8 <sup>c</sup>	0.50	<0.01
Acid detergent fiber, %	51.0	51.9	52.1	1.34	0.84
Total digestible nutrients, %	33.2	32.5	32.3	1.90	0.93
IVDMD, %	31.0 <sup>a</sup>	42.0 <sup>b</sup>	46.2 <sup>c</sup>	1.60	<0.01

<sup>1</sup>Treatment with 1.5% or 3.0% of anhydrous ammonia on a dry matter basis

<sup>2</sup>Linear effect,  $P < 0.01$ ; quadratic effect,  $P = 0.02$ .

<sup>3</sup>In vitro dry matter disappearance; linear effect,  $P < 0.01$ ; quadratic effect,  $P = 0.10$

<sup>a,b,c</sup> Within a row, means without a common superscript are different ( $P \leq 0.10$ ).

What do these numbers mean for your cows? An 84-day study was completed at Kansas State University feeding untreated straw, 1.5% anhydrous ammonia treated straw, and 3.0% anhydrous ammonia treated straw. Each straw treatment was mixed with 20% wet distillers grains, and 15% rolled sorghum to spring calving cows. Each diet was limit-fed at 1.9% initial body weight. The results are shown in table 2.

**Table 2. Performance of pregnant beef cows diets containing wheat straw treated with 0.0%(Control), 1.5% anhydrous ammonia, or 3.0% anhydrous ammonia on DM basis for 84 days.**

Item	Treatment <sup>1</sup>			SEM	P-value
	Control	1.5%	3.0%		
Number of pens	4	4	4		
Body wt <sup>2</sup>					
Initial BW, lb	1265	1239	1245	16.6	0.51
Final BW, lb	1395	1399	1408	19.6	0.89
Total gain, lb	130	160	163	3.9	0.01
ADG, lb/day	1.35	1.66	1.69	0.09	0.01
BCS <sup>3</sup>					
Initial	5.86	5.87	5.92	0.07	0.78
Final	5.86 <sup>a</sup>	5.94 <sup>a</sup>	6.08 <sup>b</sup>	0.07	0.09
Change	0.00	0.08	0.16	0.04	0.13

<sup>1</sup> Treatment consisted of 3 diets, limit fed at 1.9% of initial Body Weight (BW) (DM basis). Control = 64.1% wheat straw diet (no anhydrous ammonia); 1.5% = 64.1% wheat straw previously treated with 1.5% anhydrous ammonia; 3.0% = 64.1% wheat straw previously treated with 3.0% anhydrous ammonia.

<sup>2</sup> To account for differences in gut fill, cows were fed a common diet prior to collection of initial weight and were fed a common diet for 12 days prior to collection of final weight. Thus, calculation of ADG is based on 96 days on feed.

<sup>3</sup> BCS scale: 1 to 9 (1=emaciated, 9=obese)

<sup>a,b</sup> Within a row, means without a common superscript differ ( $P \leq 0.05$ )

The results show that increasing the anhydrous ammonia treatment in the straw will result in increased weight gain and increased BCS. There was diminishing returns on the increased inclusion of the anhydrous ammonia.

What does it cost to ammoniate the bales? We will assume that the equipment is available to the producer. So, the costs associated with ammoniation is stacking and handling, plastic to cover the bales, and anhydrous ammonia. The numbers put together by Kansas State University researchers in 2012 were \$19.40/ton at the 1.5% rate (30 lb/ton) and \$30.20/ton at the 3.0% rate (60 lbs/ton). By far the largest expense will be the anhydrous ammonia. The biggest factor determining which application rate would be best will depend on the current cost of anhydrous ammonia.

For more information contact Brett Melton in the Concordia Office at 785-243-8185 or emailing [bmelton@ksu.edu](mailto:bmelton@ksu.edu).

## RISK & PROFIT CONFERENCE

The annual K-State Research and Extension Risk & Profit Conference hosted by the K-State Department of Agricultural Economics will be held August 22nd and 23rd at the K-State Alumni Center on the campus of Kansas State University.

The theme of this year's conference is Policy Perplexity: Farm Bill, Trade, and Profitability.

Early-bird registration is due by August 19. On-line registration and information can be found at [www.AgManager.info](http://www.AgManager.info) or hard copy brochures can be found at any Extension office.

As always there is a great line-up of general session speakers and 19 outstanding breakout sessions that will include your very own River Valley Farm Stress Management team!

We hope you can join us for Risk & Profit August 22 & 23.

## NCK EXPERIMENT STATION, SCANDIA FALL FIELD DAY—AUGUST 20

All interested individuals are invited to attend the **2019 North Central Experiment Field Day on Tuesday, August 20, at 6:00 p.m.** The event will be held at the South Unit experiment field located approximately 2.5 miles west of Scandia on Hwy 36.

This is a free event and no pre-registration is required. There will be a catered meal at the end of the program. CCA/CEU credits will be available. Topics and speakers will include:

**Corn planting date considerations** – Stu Duncan, K-State Northeast Area Agronomist

**In-furrow fertilizer with soybeans and soybean stand issues** – Dorivar Ruiz Diaz, K-State Soil Fertility and Nutrient Management Specialist

**Long-term fertility research and trends** – Dorivar Ruiz Diaz and Andrew Esser, Agronomist-in-charge, North Central Kansas Experiment Field

For questions about the event, please call Andrew Esser at 785-335-2836

## ESTIMATING CORN YIELD POTENTIAL

Where tassel, silking, and pollination are complete, or nearly complete, producers can begin to get some idea of what the potential yield might be. To get a reasonable yield estimate, corn should be in the milk, dough, or dent stage. Before the milk stage, it is difficult to tell which kernels will develop and which ones have been aborted.

Producers can get some estimate of the success of pollination by examining ear silks. With successful pollination, the exposed silks should be turning brown and should easily separate from the ear when the husks are removed. Silks that have not been successfully pollinated will stay green, possibly growing to several inches in length (Figure 1). Unpollinated silks also will be connected securely to the ovaries (the undeveloped kernels) when the husks are removed.

Yield estimates can be made using the yield component method. This method uses a combination of known and projected yield components of corn to calculate an estimate of the potential yield. It is “potential” yield because one of the critical yield components, kernel size, will not be known until physiological maturity. Before then, one can use only an estimate of predicted yield based on what you think the grain filling period might be like (e.g. favorable, average, or poor). Estimating potential corn yield using yield components uses the following elements:

**1. Ears per acre:** This is determined by counting the number of ears in a known area. With 30-inch rows, 17.4 feet of row = 1,000th of an acre. This is probably the minimum area that should be used. The number of ears in 17.4 feet of row X 1,000 = the number of ears per acre. Counting a longer length of row is fine, just be sure to convert it to the correct portion of an acre when determining the number of ears per acre. Make ear counts in 10 to 15 representative parts of the field or management zones to get a good average estimate. The more ear counts you make (assuming they accurately represent the field or zone of interest), the more confidence you have in the yield estimate.

**2. Kernels per ear:** This is determined by counting the number of ear rows and number of kernels in each row. Multiply those two items to arrive at kernels per ear (number of rows X kernels per row). Do not count aborted kernels or the kernels on the butt of the ear; count only kernels that are in complete rings around the ear. Do this for every 5th or 6th plant in each of your ear count areas. Avoid odd, non-representative ears.

**3. Kernels per acre** = Ears per acre X kernels per ear

**4. Kernels per bushel:** This will have to be estimated until the plants reach physiological maturity. Common values range from 75,000 to 80,000 for excellent, 85,000 to 90,000 for average, and 95,000 to 105,000 for poor grain filling conditions. The best you can do at this point is estimate a range of potential yields depending on expectations for the rest of the season.

For more details on corn growth and development see KSRE bulletin MF 3305.

Source: Ignacio Ciampitti, KSRE Crop Production and Cropping Systems Specialist

## THE 2018 FARM BILL New Decisions for Kansas Farmers



The River Valley and Post Rock Extension Districts will be jointly hosting a 2018 Farm Bill Educational Meeting for farmers on September 10<sup>th</sup> in Concordia, KS from 1:00 to 5:00 pm. There is no fee to attend, but registration for the event is required.

You can register for the event at <https://bit.ly/2MTDsTi> or by calling 785-243-8185.

Kansas State University Department of Agriculture Economics will be presenting an overview of commodity programs for the 2018 Farm Bill, past performances of counties in the 2014 Farm Bill, economics of the ARC/ PLC decision, and an introduction to the OSU-KSU Farm Program Decision Aid. The schedule for the meeting is below. For questions on the 2018 Farm Bill meeting call:

Brett Melton at 785-243-8185 or email [bmelton@ksu.edu](mailto:bmelton@ksu.edu)

John Forshee at 785-632-5335 or email [jforshee@ksu.edu](mailto:jforshee@ksu.edu)

Sandra Wick at 785-282- 6823 or email [swick@ksu.edu](mailto:swick@ksu.edu)

### Schedule:

**Registration: is 12:30 to 12:45 p.m.**

**Overview of Commodity Programs —ARC and PLC**  
*Mykel Taylor*

**How Did Our County Perform in the 2014 Farm Bill?**  
*Sandra Wick, John Forshee, and Brett Melton*

**Economics of the ARC/PLC Decision and the MYA Price Outlook**  
*Robin Reid/Dan O'Brien*

**Break**

**SCO and Farm Bill Changes to Crop Insurance**  
*Monte Vandever*

**The OSU-KSU Farm Program Decision Aid Tool**  
*Robin Reid/Mykel Taylor*

**Farm Service Agency and NRCS**

**Weathering the Storm In Agriculture—Farm Stress**  
*John Forshee and Brett Melton*

**Meeting Adjourns—5:-00 p.m.**

## BUSINESS DEVELOPMENT EXPO 20 Ways to Start and Grow Your Business

The Clay County Economic Development Group is hosting a Business Development Expo with more than 20 organizations who help people to start and grow businesses. The Expo will be held on Thursday, October 17 from 10:00 am to 6:00 pm at the United Methodist Church's Family Life Center at the corner of 5<sup>th</sup> and Clarke Streets in Clay Center.

Heather Morgan of the Advanced Manufacturing Institute said of the 2018 Expo, "This is the most useful resources I have seen assembled together in one place anywhere in the state."

New to this year's event are breakout sessions on marketing, finance, management, and planning.

The event is free to anyone who is interested in starting, growing, or transitioning any type of business.

Anyone wanting to start a new business can receive business plan assistance. This event is being hosted by Clay County Economic Development Group but is open to anyone, regardless of where they live or plan to start a business in Kansas.

Some of the financial assistance available includes grants, low-interest loans, down payment assistance, and cost savings programs such as energy audits and recommendations.

Many different marketing assistance opportunities will be available including branding, sales avenues, government contracting, exporting assistance as well as general marketing such as website development, and social media marketing.

Food producers can receive product development, processing, packaging, and marketing assistance.

Any existing business can take advantage of opportunities to help plan for their growth or transition to new management or ownership.

Other services include manufacturing product development and processing; workforce development and training; technology and automation; agri-tourism and so much more.

Exhibitors at the Expo include: KSU Engineering Extension; Food Science Institute; Trade Adjustment Assistance Center; Small Business Administration; Small Business Development Center; North Central Regional Planning Commission; Kansas Works; From the Land of Kansas; US Department of Ag; and Kansas Department of Ag, Kansas Department of Commerce, Network Kansas, Technology Development Institute (previously known as Advanced Manufacturing Institute), among others. Be sure to visit the K-State Research and Extension, River Valley District booth as you attend the Expo!

For more information contact Lori Huber, Clay County Economic Development Group at 785-632-5974 or email [ccedg@claycountycodevo.com](mailto:ccedg@claycountycodevo.com)

### LABOR DAY

All River Valley Extension District offices will be closed on Monday, September 2 to observe the Labor Day Holiday!

Be safe as you travel and enjoy visits with family & friends!

## FIGHTING THE SILENT EPIDEMIC

Bring loved ones, family members, and friends, to the upcoming program on overcoming depression, *The Silent Epidemic*, Tuesday, August 13<sup>th</sup> at 7:00 p.m. at the Family Life Center, located at 5<sup>th</sup> and Clarke in Clay Center.

Depression affects people from all walks of life, no matter what their background. It affects one in ten people of all ages, and it is very treatable. Only about half of all Americans who are diagnosed with depression in a given year get treatment. Those who do seek treatment wait months or years to get help.

Most people look up to coaches. We never think they are battling anything besides producing a winning team. Mark Potter is the speaker of *The Silent Epidemic*. He was a former head basketball coach at Newman University. He is also a teacher, husband, and father. Mark will share about his experience with depression at the height of his basketball coaching career. He will also share his greatest victory – overcoming severe depression!

Getting treatment for depression is important. Depression is the primary reason why someone commits suicide about every 13 minutes. A person may feel trapped like there is no way out. A sense of no hope prevails. Sometimes caregivers feel helpless providing care to their loved ones suffering from depression. This program will help encourage, motivate, and bring new attitudes to get a person thinking.

Nanette, Mark's spouse, will join him during the presentation and share her role as a caregiver and what a person can do to help someone you love. The two of them together bring the battle of severe depression full circle. Their presentation will provide practical ideas for wellness. Mark will encourage others suffering from depression to seek assistance. He has devoted his life to educating and motivating people from all walks of life to overcome depression.

Babysitters will be available and snacks will be provided at the conclusion of the program. The free program is provided by a Culture of Health grant and K-State Research & Extension, River Valley District. For more information, contact District Extension Agents, Deanna Turner, Clay Center Office at 785-632-5335 or Sonia Cooper, Washington Office at 785-325-2121.

Be sure to circle August 13<sup>th</sup> on your calendar and plan to attend. If that date does not work, Mark Potter will also present the program on Monday, November 18<sup>th</sup> at 6:30 p.m. at the Blair Theater in Belleville.

Mental illness is often not talked about in the United States. For some people, major depression can result in severe impairments that interfere with or limit one's ability to carry out major life activities. This program was planned to help people dealing with depression and help their caregivers. Mark's words of encouragement will stick with you. Please, spread the word about this program.

Take the first step and come to *The Silent Epidemic*!



## SIGNS OF STRESS & SUICIDE Reaching out to Farmers in Need

It has long been recognized that the farming is a dangerous occupation. Those in the agriculture industry can experience a high amount of stress, often due to uncontrollable factors such as weather, markets, international policy, and family relations. The hard work ethic, independence, and risk taking traits that make farmers great, also make them very prone to stress, depression, and suicide. It is important that we can recognize the signs of stress and warning signs of suicide and know how to get help or reach out to those in need.

### **Warning Signs of Stress:**

-**Physical** signs include: headaches, ulcers, backaches, eating problems, sleeping problems, exhaustion, and more frequent illness.

-**Emotional** signs include: sadness, depression, anger, bitterness, anxiety, loss of spirit and sense of humor.

-**Behavioral** signs include: irritability, backbiting, acting out, passive-aggressive behavior, anger, increase in use of drugs and/or alcohol, isolation, and violence.

-**Cognitive** signs include: memory loss, decreased ability to concentrate, difficulty with simple decisions.

-**Self-worth** signs include: feeling like a failure, can't do anything right, not being able to "fix" things.

### **Signs of Chronic Stress in farmers and farm families:**

change in routine, care of livestock declines, increase in illness, increase in farm accidents, appearance of the farmstead declines, children show signs of stress.

### **Warning Signs of Suicide:**

-Saying things like "Life isn't worth living," or "I feel there is no way out"

-Feeling like a burden to family and friends

-Withdrawing from others

-Suddenly getting legal or financial affairs in order

-Giving away personal items of monetary value

-Writing a suicide note

-Unexpectedly purchasing a weapon or other lethal means

-Unusual, long-lasting depressed or sad mood

-Changes in sleeping patterns, weight or appetite

-Loss of interest or pleasure in usual activities and hobbies

-Fatigue, loss of energy, inability to concentrate, loss of ability to make decisions

-Thoughts of death, suicide or wishes to be dead

If you recognize these signs and symptoms in yourself or someone else, please get help.

**Help Yourself**—Recognize that mental illness is a real health problem that may need treatment. Mental Illness is NOT a sign of weakness! Be honest in talking about your pain to loved ones, your doctor, your pastor, or a mental health professional. Don't be afraid or too proud to ask for help!

**Help a Loved One**—Listen to the person suffering. Be compassionate and empathetic. Encourage the person to seek help. Attend a Mental Health First Aid course. Remind the person that they are loved and that their life is valuable!

Don't forget to help farm youth too!

**River Valley Extension District**Washington Office  
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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>
Aug. 1	5:30pm	Raising Readers	Belleville-4-H Building
Aug 9	1-3pm	Eat Smart and Move	Wakefield- Wakefield Public Library
Aug 16	1-3pm	Eat Smart and Move	Wakefield-Wakefield Public Library
Aug 12-Oct 2	10-11am	Stay Strong Stay Healthy	Washington-Good Shepherd Lutheran
Aug 13	7pm	The Silent Epidemic-Victory Over Depression	Clay Center-Family Life Cntr.-5th & Clarke
Aug 14	5:30-7:30pm	Medicare Basics Workshop	Belleville- Belleville Public Library
Sept	TBD	Tree Workshop	Linn- TBD
Sept 10	1-4:30pm	Your Guide to the 2018 Farm Bill	Concordia- Fairgrounds, Commercial Bldg.
Sept 12	5:30-7:30pm	Medicare Basics Workshop	Washington- Good Shepherd Lutheran
Sept 17	8-4pm	The Sunflower Senior Fair	Salina- Tony's Pizza Event Center
Sept 24	5:30-7pm	Alzheimer's-Know the 10 Signs	Concordia- Senior Center, 109 W. 7th
Nov 18	6:30pm	The Silent Epidemic-Victory Over Depression	Belleville-Blair Theater, 1310 19th Street