



River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

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Extension District

K-STATE
Research and Extension

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Managing the
Herd Following
a Drought Year

Meal Sponsored By:



Dr. Jason Warner
will be covering
nutrition and forage
considerations for
spring and fall
calving cows



Dr. Gregg Hanzlicek
will discuss health
concerns following a
drought year on
spring and fall
calving cows

Guest Speakers

December 15th
6:00 PM

Location:
KSDS Assistance Dog
702 D St
Washington, KS 66968

RSVP to:
Concordia Office by
December 9th
785-243-8185

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact Kaitlyn Hildebrand two weeks prior to the start of the event December 9th at 785-243-8185 or khildebrand@ksu.edu. Requests received after this date will be honored when it is feasible to do so.
Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

The Power of **Negotiation & Communication**

Land Leasing Strategies for Midwestern Ag Women



**Lease
Agreement
Basics**



**Landlord/
Tenant
Relations**



**Negotiation/
Communication
Skills**



**Conservation
Practices**

A 4-PART WORKSHOP FOR LANDOWNERS AND TENANTS

2023: Jan. 18 | Jan. 25 | Feb. 1 | Feb. 8 5:30-8:30 p.m. CT

KSDS East Building Meeting Room

124 7th Street, Washington, KS 66968

\$50 | REGISTER BY JAN. 13, 2023 AT

www.AgManager.info/events or call 785-325-2121



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact, Wade Roh two weeks prior to the start of the event, Jan. 18th, at wroh@ksu.edu or 785-632-6335. Requests received after this date will be honored when it is feasible to do so.



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National Institute of Food and Agriculture
U.S. DEPARTMENT OF AGRICULTURE

BLOOD-BORNE DISEASE THAT CAN AFFECT CATTLE HERDS IN THE FALL

By Lisa Moser, KSU Research and Extension news service

No matter whether it is a pet or livestock, an animal dying unexpectedly is sad and concerning. It often leaves owners with questions about what happened and whether other animals will be impacted.

To get to the bottom of what is going on, Kansas State University beef cattle veterinarians emphasize the importance of a producer working with their local veterinarian to determine the cause of death.

On a recent Cattle Chat podcast, the veterinarians discussed a listener question in which two cows recently died unexpectedly in the herd and anaplasmosis was determined to be the cause of death.

“Anaplasmosis is a disease of the blood in which a parasite causes the red blood cells to be destroyed and the animal can die due to a lack of oxygen,” veterinarian Bob Larson said.

Veterinarian Brian Lubbers added that this disease more significantly impacts cows older than age 2 than it does the others in the herd.

“With this infection, the immune system takes the damaged red blood cells out of circulation and younger animals do a better job of regenerating them more quickly,” Lubbers said.

Both veterinarians agree that the cattle death comes with little warning.

“Two days before they die, the cattle can appear normal, but then they fail quickly. It isn’t uncommon to have cattle death be the first sign of anaplasmosis in the herd,” Larson said.

The only visual sign of the disease prior to death is pale or yellow mucous membranes, Lubbers said.

the infection is spread primarily by ticks, so the likelihood of disease is often greatest in the fall, a few weeks after tick populations peak. Larson said, the amount of anaplasmosis in the area will vary among geographic regions.

“If you live in an area that has anaplasmosis, then I would only buy replacement animals from areas that also expose replacements to the disease,” Larson said.

Once animals have recovered from this illness, they can be carriers of the disease, explains Lubbers.

Because this blood-borne disease is carried by ticks, it easily spreads through the herd. Syringe needles and palpation sleeves that are used with multiple animals in the herd can also spread the disease.

The K-State veterinarians also said cattle that do recover from this acute sickness may require a few months to build back healthy red blood cells.

Prevention is difficult, say the veterinarians, but prescribed feed additives can be used to mitigate the spread.

“This parasite is susceptible to some antimicrobials, and one

FDA-approved drug used to treat it is tetracycline,” Lubbers said.

At this point in time there is not a good vaccine option to prevent this disease, said Larson.

“There is a lot of anaplasmosis vaccine research being done at K-State; this disease is difficult to build a safe and effective vaccine for, but I am hopeful that this research will lead to a better option in the future,” Larson said.

To hear the full discussion, listen to the Cattle Chat podcast online at www.ksubci.org/2002/11/04/anaplsmosis-beta-agonistis-rice-bran/ or on your preferred streaming service.

SPEAKER SHARES LOW-COST MARKETING TACTICS FOR BUSINESSES

By Pat Melgares, K-State Research and Extension news service

Lea Ann Seiler knows that, across Kansas, small business owners are working pretty hard to keep their companies afloat.

She figures, they don’t need to over-complicate how they market their business.

Seiler, the manager for entrepreneurship in southwest Kansas with the non-profit NetWork Kansas, recently was the featured speaker during the Nov. 4 First Friday e-Call (<http://www.ksre.k-state.edu/community/business/entrepreneurship>), a monthly online series hosted by K-State Research and Extension that helps to nurture small businesses and inspire entrepreneurship in Kansas.

The online discussions, which routinely host dozens of Kansas citizens from the public and private sectors, are available free each month.

“Marketing,” Seiler said, “is getting people to take notice of your business or your service. It is thought that it takes 7-8 times that people need to see something before they remember it.”

Seiler’s 45 minute talk outlined low-cost or no-cost ways to market a business or service. Her suggestions included some obvious choices – social media, photo opportunities and prize giveaways, for starters – but also strayed into some more uncommon tactics, such as wearing character costumes, giving temporary tattoos and even chalk art.

She admitted that many of the nearly four dozen ideas on her list are ones that she picked up from others either as a small business owner herself, or as the economic development director for Hodgeman County, where she worked for 15 years before her current position.

Also among the long list of ideas:

- **Teach people something** – hold a class or workshop that address something local people want to know.
- **Celebrate lesser-known holidays** – There is a “national something” day just about every week of the year. Look online for ideas.
- **Thank customers with handwritten notes.** It’s a simple thing that shows you care.
- **Include cute animals and cute kids in promoting your service.** It draws people to your business, where they

likely will look around and shop.

- **Offer freebies.** Gifts for new customers, treats for pets, candy for kids are some examples.

“If you’re constantly thinking of a way to surprise and delight your customers, you will likely think of numerous ways to market your business,” said Seiler, whose own business – a bed and breakfast that caters to western Kansas pheasant hunters -- often hands out free t-shirts for kids, or leaves home-cooked foods or drinks for visitors.

“With just a little tweaking, you will find the same holds true for your internal customers – or your employees. And we know that happy, engaged employees result in happy, engaged customers.”

Seiler’s full talk and other First Friday presentations are available online (<http://www.ksre.k-state.edu/community/business/entrepreneurship>) from K-State Research and Extension.

REACH OUT THIS HOLIDAY SEASON

It is hard to believe we are in the middle of the holiday season. The holiday season is often filled with gatherings of friends and family. No matter how you choose to celebrate the holidays, it is important to reach out to those friends and family whom you may not see. Specifically, to those family members or friends who may be homebound, in nursing homes, or in assisted living facilities. What are some ways you can reach out to family and friends during this holiday season who you may not be able to gather with in person?

One way to reach out could be to send them a seasonal or holiday card. You can send a card(s) you have purchased, or you can create your own card(s) to send. Along with a card you could draw a picture, color a picture, or send an updated family photo. Lastly, you can send a letter to your family or friends.

A second way to reach out to friends and family during this time is through technology. You can make time to call your friends and family and check-in. You may want to utilize technology with video abilities such as Zoom, Skype, FaceTime, or another form to connect with family and friends. This form of technology could also be a great way to host or share a meal with your family and friends during this holiday season.

It is important to stay connected and reach out to your friends and family during the holiday season. Remember a few ways to reach out to friends and family are to send a card, letter, call, or chat utilizing technology with video capabilities. If you have any questions feel free to contact me, by phone at 785-325-2121 or by email at jschuette@ksu.edu.

**ALL RIVER VALLEY DISTRICT OFFICES
WILL BE CLOSED FROM DECEMBER 26TH
THROUGH JANUARY 2ND, 2023**

MEDICARE 2023

The Social Security Administration announced the cost-of-living adjustment (COLA) for Social Security benefits in 2023 will be 8.7%.

If you are on Medicare and receiving Social Security benefits, the premium for your Medicare Part B is deducted from your benefits. Medicare Part B mainly covers physician services, outpatient hospital services, lab, durable medical equipment, and ambulance.

The majority of Medicare beneficiaries who had Medicare Part B in 2022, had the standard Part B Premium of \$170.10 deducted from their Social Security check each month. Some beneficiaries may have paid less than or more than this depending on their financial situation. The Medicare Part B premium is decreasing in 2023 to \$164.90. The majority of Medicare beneficiaries who have Medicare Part B will pay \$164.90 per month in 2023. Social Security will tell you the exact amount you will pay for Part B in 2023 as some beneficiaries pay less or more than this amount.

Medicare beneficiaries with a Plan D, G, K, L, M, or N Supplement Insurance paid \$233 for their Part B deductible in 2022. There will be a decrease of the Part B deductible in 2023 to \$226.

MEDICARE VACCINATIONS

For those who have a Medicare Part D drug plan a change is coming in how vaccines are covered starting January 1, 2023. As part of the Inflation Reduction Act, those who have Medicare Part D will be able to receive adult vaccines, which are recommended by the Advisory Committee on Immunization Practices (ACIP) at no-cost to them. Some of these vaccines include the shingles vaccination and Tetanus-Diphtheria-Whooping Cough vaccine. ([cms.gov](https://www.cms.gov))

MEDICARE BASICS

Medicare, all its parts, and the advertisements can be confusing. If you are on Medicare or will be starting soon, Adult Development and Aging Agent, Jordan Schuette is available to assist you with the process or answer your questions.

Starting in 2023, Jordan will be hosting a monthly meeting around the River Valley District on Medicare Basics. The first meeting is scheduled for Tuesday, January 10th at 6 p.m. in the Clay Center Extension Office Meeting Room in Clay Center, KS. Please RSVP to 785-632-5335.

Interested in a one-on-one appointment? Contact Jordan at 785-325-2121.

THANK YOU SHICK COUNSELORS

Big thanks to the SHICK Counselors who helped Medicare beneficiaries shop and enroll in Medicare Part D Prescription Plans during Part D Open Enrollment this fall. The River Valley Extension District appreciates all these counselors helping with open enrollment each year. The counselors are awesome to volunteer their time and expertise! They are very much appreciated!

KEY MARKET FUNDAMENTALS FROM THE BLACK SEA GRAIN INITIATIVE

One of the challenges of marketing grains and oilseeds is the position that producers are placed in as price-takers. Prices, either in cash markets or futures markets, are determined by numerous factors that take place outside of the producer's control. Producers must always be informed and ready about new developments in both domestic and international marketplaces that may affect their capacity to profitably market their commodities. One of these recent developments has been the international discussion surrounding the Black Sea Grain Initiative, which is an export corridor settlement negotiated between Russia and Ukraine amid the ongoing war.

As much as we would sometimes like, it can be difficult to get away from news about all the tragic events taking place in the war in Ukraine. Nevertheless, agricultural producers here in the United States must still be vigilant about staying abreast of new developments that may impact their grain marketing plans.

Ukraine is a major producer and exporter of a variety of agricultural commodities. In the 2021-2022 marketing year, Ukrainian national production ranked 6th in corn, 7th in wheat, and 6th in rapeseed in the world. Exports in the same marketing year globally ranked 4th for corn, 5th for wheat, and 3rd for rapeseed. Ukraine is also a major producer and exporter of sunflower seed, oil, and meal, accounting for nearly half of all global sunflower oil exports and over half of all global sunflower meal exports (statistics from USDA WASDE and PSD databases). These numbers are in consideration of a decline in Ukraine's global role in agricultural production and exports as of the onset of the war in February 2022, so the impact that Ukraine has on the landscape of commodity markets cannot be understated.

The conflict in eastern Europe has hampered the capacity for Ukraine to produce, harvest, and export grains and oilseeds, causing supply shocks to certain commodities, especially corn and wheat, of which Ukraine typically exports nearly 20 million metric tons apiece annually. These consequences have been bullish to corn and HRW wheat markets and have been instrumental to establishing new trading ranges that are being experienced halfway across the world in north-central Kansas.

On July 22nd of this year, the United Nations and Turkey successfully brokered a deal between Russia and Ukraine called the Black Sea Grain Initiative to address the supply shocks being experienced in global marketplaces and to help restabilize each country's respective economies. Under the terms of the Initiative, Ukrainian ships are permitted to depart from ports on the northern coast of the Black Sea to deliver grains and oilseeds to international markets uninhibited by Russian military blockades.

As of that July 22nd date, the Initiative was set to last 120 days, with a possibility of renewal on November 19th. Over the past several months, corn and wheat prices have relatively stabilized in their trading ranges after bearish declines leading up to the signing of the Initiative. In fact, on July 22, for example, December Kansas City HRW wheat futures bottomed out at **821'6**, which was at that time the lowest trading price since February 17th, a week before the war began. In the past month, speculation that the Initiative might not be renewed sparked a rally in the grain markets, but corn and wheat cooled off as threats of a Russian exit from the agreement were assuaged. As of November 17th, it was announced that the deal would in fact be extended for an additional 120 days as of the 19th. This puts the tentative terminus of the Black Sea Grain Initiative on March 19th, 2023. While other cyclical factors will still be critical to consider for grain marketing like winter wheat planting progress and South American weather patterns, the status of the Black Sea Grain Initiative will likely not play as dominant a role in corn and wheat prices as it has in the past several weeks. Nevertheless, the upcoming renewal date of March 19th will likely be an important date in the coming weeks and months for monitoring the Initiative's effect on agricultural commodity markets.

Understanding how the Black Sea Grain Initiative and other global geopolitical events can shape the landscape of commodity markets is essential to helping you develop and keep track of your grain marketing strategies. It can be difficult and, sometimes, undesirable, to stay updated on all the latest information that may affect the success of your enterprises, but we at the River Valley District of K-State Research and Extension are here to offer you the assistance you need to successfully manage your farm and market your commodities. If you have any questions, please contact your new River Valley District Agriculture and Natural Resources Extension Agent, Luke Byers, at (785) 632-5335 ext. 203, by email at lsbyers@ksu.edu, or drop into the Clay Center office in person.

HOLIDAY MEALS CAN CREATE CHALLENGES FOR DIABETICS

Eating plans for diabetics can be good for the whole family. For people with diabetes, the holiday onslaught of high sugar and high carbohydrate foods could feel like a demolition derby of sorts for their diet.

Instead of feeling like they're taking a hit from all sides of the party table, Christina Holmes said people with diabetes – or at risk for the disease – can benefit from common-sense strategies to navigate holiday meals.

“We don't want diabetes to be something that is isolating people, or making them not feel included,” said Holmes, a family and consumer sciences specialist in K-State Research and Extension's southwest regional office in Parsons.

“We know that there's going to be celebrations and get-togethers and parties. We want participants to know they can still attend those things but also keep their blood sugar under control.”

Holmes is coordinator of the statewide Dining with Diabetes program, a series of four classes that includes learning, demonstrations, physical activity and tasting healthy foods. She said the program's focus is to help individual's learn strategies to lessen the health risks of diabetes, which affects more than 1 in 10 Kansas adults (11%).

Her advice for the holidays includes:

- Eat a small salad before going to family get-togethers to take the edge off your appetite
- Prepare traditional recipes with more healthful ingredients
- Focus on fewer carbohydrate foods

In addition, Holmes says she often encourages families to consider a diet typical of what a person with diabetes might follow.

“You don't have to eat differently from anyone else,” Holmes said. “A diet for a diabetic is basically a healthy eating plan that everyone should follow, such as eating more fruits and vegetables and lean meats; and moderating our portion sizes.

“We don't want diabetics to feel like they're in an isolated group or that they are the only one's eating this way. A balanced diet is beneficial for everyone in the family.”

Dining with Diabetes is offered in-person and online through many local extension offices in Kansas. Holmes said the program is designed for adults who have been diagnosed with Type II diabetes, pre-diabetes, as well as family members, caregivers and those who form the support system.

In addition to 11% of adult Kansans diagnosed with diabetes, there are approximately 35% Kansas adults who have been identified with pre-diabetes. Holmes said data indicates an estimated 66,000 people in Kansas may be living with diabetes – or be at high risk for the disease -- and not even know it. According to Holmes, the cost of diabetes and pre-diabetes to Kansans for medical care and decreased productivity in the workplace is an estimated \$2.6 billion.

“The more we can educate and empower individuals to improve their dietary intake and become physically active – and make changes in their behavior now – the more we will be able to prevent a diagnosis of diabetes in the future,” she said.

More information on signing up for a Dining with Diabetes program is available at local extension offices in Kansas.

Clay County office: 785-632-5335

Cloud County office: 785-243-8185

Republic County office: 785-527-5084

Washington County office: 785-325-2121

This news release from K-State Research & Extension was released on November 14th, 2022, and was written by Pat Melgares, K-State Research & Extension News Service

DINING WITH DIABETES TO BE HELD IN HANOVER

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

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
- Dining with Diabetes consists of four sessions. Adults with type 2 diabetes and their family members, caregivers, and support persons are invited to participate. Individualized meal plans or guidance will not be provided.

The Dining with Diabetes Program fee is \$25. Due to funding from the Washington County Community Foundation the fee has temporarily been reduced to \$0.

There will be a Dining with Diabetes program in January on Tuesday evenings from 5:30 to 7:30pm in Hanover at the Kloppenberg Senior Center, located at 512 E North St in Hanover. Dates will be January 10th, 17th, 24th, 31st.

For questions, or to register, contact Kaitlin Moore, Nutrition, Food Safety & Health Agent at 785-243-8185 or kaitlinmoore@ksu.edu.

RINSING POULTRY NOT WORTH RISK

The practice of washing or rinsing raw poultry can actually put you and others at a higher risk of food-borne illness. Quite simply, there's no need to do this.

Participants in an observational study were observed in handling and preparation practices to see how bacteria moves from raw foods to other foods or surfaces.

Cooking to safe temperatures is the best and safest defense against foodborne illness. All poultry should reach 165°F; ground meat should reach 160°F; and roasts, steak, chops and fish should reach 145°F.

Sources: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics> and K-State's Food Preservation Specialist Karen Blakeslee's monthly newsletter *You Asked It! Tips from the Rapid Response Center*. Her newsletter can be found at rrc.k-state.edu/newsletter. Questions about food safety can be directed to Kaitlin Moore.

CHOOSING AND CARING FOR YOUR CHRISTMAS TREE

Have you put up your Christmas decorations yet? Are you using an artificial tree or are you selecting a live tree? Here are some helpful tips and tricks to picking out the best, longest lasting live tree.

When choosing an already cut Christmas tree there are a few things you should check to make sure the tree isn't too far gone, before purchasing the tree. If the needles on the tree are a dull, grayish-green color or feel stiff and brittle you should not purchase that tree. The needles are telling you the tree has been cut for a while and has lost too much moisture. If the needles pull off the tree easily that is also a sign of too much moisture lost. You want to find a tree that is green and the needles hold strong when you try and pull them off. The needles on a freshly cut tree should ooze a little if you break them apart.

Once you have brought your tree home, you want to recut the trunk. Make a new cut about one inch above the original cut. Making this fresh cut will open up any clogged water-conducting tissues. Once you have made the cut, place the trunk immediately in warm water. This will make sure the tree is taking up water right away – to be nice and green throughout the season.

When deciding on where to place your tree, you want to place it in the coolest spot as possible. I know it can be hard to find the perfect place, that isn't in the middle of the room, but you want to keep it away from as much heat as possible. Avoid places near a fireplace, wood-burning stove, heat duct, and the television set. The heat put off from places like these will cause excess water loss from your tree, causing it to die quicker. To make sure your tree stays healthy you will want to make sure the water reservoir for your tree stays filled. If the reservoir loses enough water to expose the bottom of the trunk you will have to recut the trunk again to expose new tissue.

I hope these tips and tricks will help you keep your Christmas tree green and healthy for the holidays. If you have any questions feel free to stop by or contact me in the in the Washington office by calling 785-325-2121 or emailing khatesohl@ksu.edu.

CHOOSING A PLANT SAFE ICE MELT

Before winter hits us any harder than it already has, let's take time to start thinking about the ice melt you plan to use this year. After an icy winter, have you ever noticed the plants around your walkways or driveways looking burnt or are patches dying out? If so, it's time to look at the deicer you are using and find a more plant safe material to use. Keep in mind deicers can damage concrete surfaces as well as the plants and grass. There are five main materials that are used as chemical deicers; calcium chloride, sodium chloride, potassium chloride, urea, and calcium magnesium acetate.

Calcium chloride is the traditional ice-melting product. Though it will melt ice to approximately -25 degrees F, it

will form a slippery/slimy surface on concrete and other hard surfaces. Plants are not likely to be harmed unless excessive amounts are used.

Rock salt is sodium chloride and is the least expensive material available. It is effective to approximately 12 degrees F, but can damage soils, plants and metals.

Potassium chloride can cause serious plant injury when washed or splashed on foliage. It is effective to approximately 25 degrees F. Both calcium chloride and potassium chloride can damage roots of plants.

Urea is a fertilizer that is sometimes used to melt ice. Though it is only about 10% as corrosive as sodium chloride, it can contaminate ground and surface water with nitrates. Urea is effective to approximately 21 degrees F.

Calcium magnesium acetate (CMA), a newer product, is made from dolomitic limestone and acetic acid (the principal compound of vinegar). CMA works differently than the other materials in that it does not form a brine like salt but rather helps prevent snow particles from sticking to each other or the road surface. It has little effect on plant growth or concrete surfaces, and is effective to approximately 20 degrees Fahrenheit.

Limiting amounts and usage of these products will decrease the chance of injury to plants. Problems can occur when they are used excessively and there isn't any rainfall to wash/leach the material away from the area. When applying deicers use them in moderation. Don't over apply to make sure all the ice and snow melts away. These products are meant to help break up the ice so it can be removed, not dissolve it completely. When using chemical deicers remember to use them in moderation to protect your concrete and your plants. If you have any questions feel free to stop by or contact me in the in the Washington office by calling 785-325-2121 or emailing khatesohl@ksu.edu.

POINSETTIA CARE

Poinsettia varieties will stay attractive long into the new year if given proper care. Here are some important tips to keeping your poinsettia thriving long after the holiday season. Place your poinsettia in a sunny window or the brightest area of the room, but be sure to not let it touch any cold window panes. The daytime temperature of the room should be 65 to 75°F with 60 to 65°F at night. When temperatures get above 75°F it will shorten the bloom life, and below 60°F may cause root rot. You will want to move plants away from drafty windows at night or close the drapes to avoid damage from the cold.

Poinsettias are somewhat finicky in regard to soil moisture. You want to avoid overwatering because poinsettias do not like "wet feet", which means they don't like to sit in water. On the other hand, if the plant is allowed to wilt, it will drop some leaves. So how do you maintain the proper moisture? You should examine the potting soil daily by sticking your finger about one-half inch deep into the soil. If it is dry to this depth, the plant needs to be watered. When it becomes dry to the touch, water the plant with lukewarm water until some water runs out of the drainage holes in the bottom of the pot, then discard the drainage water. I hope these tips will help keep your poinsettia thriving into the new year.

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PERMIT NO. 3****Address Service Requested****RIVER VALLEY DISTRICT****“2022 & 2023 UP-COMING MEETINGS & EVENTS”**

DATE	TIME	PROGRAM	LOCATION
Dec. 13	8:30-3pm	Farm and Ranch Transition Conference	Colby- City Limits Convention Center, 2227 S. Range
Dec. 14	8:30-3pm	Farm and Ranch Transition Conference	Salina– Tony’s Pizza Event Center, 800 The Midway
Dec. 15	8:30-3pm	Farm and Ranch Transition Conference	Erie– Neosha Valley Event Center, 321 N Wood
Dec. 15	6pm	Managing the Herd Following a Drought Year	Washington– KSDS, 702 D Street
Dec.26--Jan.2		RVED Offices Closed for Holidays	
Jan. 10	6pm	Medicare Basics	Clay Center-Extension Office Meeting Rm., 322 Grant Ave.
Jan. 10, 17, 24, 31	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