

# River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

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

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Extension District

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**Join us for**

## ***The Silent Epidemic***

***A Real Story of Victory Over Severe Depression***

**Bring a friend and be inspired and challenged by their story!**



**Tuesday, August 13<sup>th</sup> at 7:00 p.m.**  
**Clay Center Family Life Center**  
**5<sup>th</sup> & Clark**

**AND**

**Monday, November 18<sup>th</sup> at 6:30 p.m.**  
**Belleville Blair Theater**  
**1310 19<sup>th</sup> St.**

**Presented by: Coach Mark Potter and his wife, Nanette**

**Coach Potter and his wife provide a real, relevant, and raw story of his personal experience with severe depression. Mark discovered a person can have victory over mental illness and he shares his experiences to help others. Nanette will share her perspective and give the caregiver practical suggestions to assist in the situation. Mark shares his story of overcoming obstacles and even suicidal thoughts. He shares practical ideas to help everyone train their brain and be able to practice mental health and wellness strategies.**

***The Silent Epidemic* is sponsored by a Culture of Health Grant and K-State Research & Extension: River Valley District.**

**For More Information Contact:**  
**Sonia Cooper at 785-325-2121 or**  
**Deanna Turner at 785-632-5335.**



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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 Forshee, Director, River Valley Extension District #4, 322 Grant Avenue, Clay Center, KS 67432. Phone 785-632-5335.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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## FRESH PRODUCE SAFETY

When preparing any fresh produce, start with clean hands. Wash your hands for at least 20 seconds with soap and warm water before and after preparation. Wash all produce thoroughly under running water before preparing and/or eating. This includes produce grown at home, purchased from a grocery store, or bought at a farmers' market. Washing fruits and vegetables with soap, detergent, or commercial produce wash is NOT needed. It is important to wash the surface of the produce, even if you do not plan to eat the skin. Dirt and bacteria can be transferred from the surface when peeling or cutting produce. Scrub firm produce, such as melons and cucumbers, with a clean produce brush. After washing, dry produce with a clean cloth towel or paper towel to further reduce bacteria that may be present on the surface. Remember the following: \*Many pre-cut, bagged, or packaged produce items are pre-washed and ready to eat. If so, it will be stated on the packaging and you can use the produce without further washing. \*Cut away any damaged, discolored, or bruised areas on fresh fruits and vegetables before preparing and/or eating. \*Make sure all cutting boards and knives used to cut fresh produce are washed in soapy water and rinsed before using again. Think fresh produce safety!

[www.foodsafety.gov](http://www.foodsafety.gov)

## BAKING FOR THE FAIR

Do you bake for open class foods or know of a 4-H'er that bakes food for the fair? To help save time and stress at county fairs, prepare food entries early and freeze them. Most baked goods freeze well and can still be blue ribbon quality. This includes cookies, yeast and quick breads, and cakes.

Here are some tips:

\*Bake the product as usual. Cool completely! This helps prevent condensation inside the wrapping and the development of ice crystals.

\*Use moisture-vapor resistant packaging. This includes freezer-safe plastic containers or bags, heavy-duty aluminum foil, and rigid containers.

\*Separate layers of cookies with wax paper or parchment paper.

\*If a cake or bread is to be frosted, freeze the product only and frost after it is thawed.

\*Make pie crusts ahead of time and freeze. Freezing whole prepared pies can cause the filling to soak into the crust.

\*Thaw all baked goods in the freezer packaging. They can be thawed at room temperature. Remove from the freezer the night before the fair.

Once thawed, repackage into the proper packaging according to your fair rules. Source: University of Georgia, [www.uga.edu/nchfp/publications/uga/freezingpreparedfoods.pdf](http://www.uga.edu/nchfp/publications/uga/freezingpreparedfoods.pdf) posted in July 2019 "You Asked It". <http://k-state.edu/youaskedit/tag/freezing/>

## 2019 DISTRICT FAIR SCHEDULE

July 9-13	Cloud County Fair-Concordia
July 9-13	Clay County Fair-Clay Center
July 23-27	Washington County Fair-Washington
July 20-Aug. 3	NCK Free Fair-Belleville

Some of the events in this newsletter require pre-registering. Staff in the District Extension Offices may be out of the office assisting with Fairs. Every District Office has an answering machine. If it is Fair time, leave a message if we do not answer, a staff member will call you when we return to the office.

## STAY SAFE IN THE SUMMER

There are many outdoor summer activities to do in the sun, but it is important for your safety to know the proper precautions to avoid heat related illnesses. Heat is one of the leading weather-related killers in the United States. According to the Center for Disease Control, there are more than 600 heat related deaths each year. However, there are plenty of things you can do to beat the heat.

\*Wear loose-fitting, lightweight clothing. What you wear can help keep you comfortable on hot days. Select light-colored clothing that's loose and lightweight to allow air to flow freely around your body.

\*Protect yourself against sunburn. Wear sunscreen with an SPF of at least 15 and reapply every two hours.

\*Drink plenty of fluids. Don't wait until you are thirsty to drink water. Monitor the color of your urine; it should remain a pale, not dark, yellow. Make water your drink of choice. Fill a pitcher or large water bottle with water each morning and aim to finish it off by bedtime. If plain water is unappealing, add a splash of 100 percent fruit juice to a glassful of water or try chopping up strawberries, melon, cucumber, mint, or other flavorful items and mix into a pitcher of water. Remember water does not have to be ice cold to be hydrating, drink it lukewarm if that tastes better to you.

\*You **already** know that eating lots of fruits and vegetables are great for your health and provide important nutrients, such as fiber and a ton of vitamins and minerals. Did you know that fruits and vegetables can also help keep you hydrated? Watermelon is a great choice during the summer months, but so are strawberries, lettuce, celery, spinach, tomatoes, and cooked squash. These all contain 90 percent water or more. Look for other juicy options. Try filling your plate with almost any fruit or vegetable.

\*Never leave individuals or animals in parked vehicles.

\*Avoid strenuous activity during the hottest time of the day (early to mid-afternoon). Schedule your exercise during cooler parts of the day such as early morning or evening. Remember the above and have a safe summer. Source [www.mayoclinic.org](http://www.mayoclinic.org)

# Raising Readers



## Receive a FREE BOOK!

A free book will be given to families and children attending one of the sessions at the fairs!

Thank you to our sponsor, Citizens National Bank, for assisting with the funding to purchase books!



All families, with children ages birth to 5, are invited to attend a quick session at one of the fairs in the River Valley District to learn about the development of young children through reading!

No RSVP required! Contact Monica Thayer, Family Resource Management Extension Agent, at 785-527-5084 with questions!

Cloud County Fair	Wednesday, July 10 <sup>th</sup>	5:00 p.m.	Ayers Shelter
Clay County Free Fair	Thursday, July 11 <sup>th</sup>	5:30 p.m.	Along Roadway on Fairgrounds
Washington County Fair	Wednesday, July 24 <sup>th</sup>	5:00 p.m.	East of Gold Barn
NCK Free Fair	Thursday, August 1 <sup>st</sup>	5:30 p.m.	4-H Building

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## QUICK GUIDE TO GETTING MORE FRUITS AND VEGETABLES

You want yourself OR you want your family to eat more fruits and vegetables and you intend to serve more, but something seems to always get in the way. You need foods that are convenient and quick to prepare, but you also need to feed picky eaters.

Here's a quick guide to help you think "fruits and veggies" whether you're at the store, in the car, entertaining or making a grocery list! Check out the following ideas to add MORE fruits and veggies to your day!

**\*Shopping for Fruits and Vegetables:** As you cruise the grocery aisles, remember all forms count. Pick up fruits and veggies throughout the store; it's okay to grab canned and frozen. Try dried as well, and of course 100% juice. Have your kids help you select the fruits and vegetables to be featured in meals for the week. Don't spoil your week when it's just beginning. Prevent early spoilage by using perishable produce at the beginning of the week and frozen or canned selections at the end of the week. Make it an adventure; focus on variety-choose a "new to you" fruit and vegetable each week from the produce section or freezer case. Select canned or dried choices to mix it up.

**\*Family Dinner with Fruits and Vegetables:** Create yummy rainbow lasagna. Tuck shredded carrots, sliced yellow peppers and chopped spinach into each layer for a rainbow of flavors. For pickier palates, add pureed vegetables to the sauce. "Paint" your pizza with peppers, broccoli, spinach, and pineapple or dress up your taco dinner with sweet peppers, cucumbers, and avocado. Try a favorite dish in a new way. Serve spaghetti squash instead of pasta, topped with your favorite sauce and diced vegetables.

**\*Eating Fruits and Vegetables on the Go:** Roll it up. Make a fruit roll-up that travels anywhere. Start with tortillas and peanut butter, then add your favorite fruits – fresh or dried. Meals on wheels. Apples, bananas, and plums are nature's fast foods – fresh or dried, they're mess free in the car. Create your own vegetable plate. Many restaurants offer two or three vegetable selections, which can often change daily. Ask for a plate of these specials to make it easier to get MORE! Choose the right combos. Many restaurants offer soup/salad/sandwich options to mix and match. Try the vegetable soup or order extra veggies on your sandwich (try sliced peppers, cucumbers, and avocados in addition to lettuce and tomato). When ordering a salad remember to order the dressing on the side for calorie control.

**\*Entertaining:** When you're entertaining, use a little creativity and your healthy treats will be the talk of the town. Make fabulous fondue. Add apples, cauliflower, and carrots to your cheese fondue basket, and pineapple, mango and bananas to your chocolate fondue dipping platter. Issue an apple challenge. On the traditional cheese and fruit plate, offer samples from three or four different apple varieties and encourage guests to try each one. Prepare goodie bags of dried fruit for guests to take home and try. Tie with a ribbon and a

small tag describing the fruit. Make it fun to take a healthy goodie bag home from an event.

\*Fruits and Vegetables don't have to break the bank. Get smart. Look for weekly specials throughout the store. Let your kids scan the circulars for sales in all forms: fresh, frozen, canned dried and 100% juice. When purchasing fresh produce, chop immediately yourself. Store in the refrigerator so you can throw vegetables into a bowl for the same convenience as pre-chopped packages with much less cost! Freeze uneaten portions of fresh vegetables, by dicing, blanching and placing in small containers. Use later in omelets, stir-fries or good old-fashioned beef stew. When preparing meals such as casseroles, pasta dishes and soups, double the vegetables and reduce the amount of meat. Vegetables are often less expensive. Consider the above ideas to eating more fruits and vegetables. Share your ideas and be the talk of the town. <https://fruitsandveggies.org/stories/get-smart/> Sonia Cooper [srcooper@ksu.edu](mailto:srcooper@ksu.edu) or 785-325-2121 in the River Valley Extension District, Washington office.

## STAY STRONG STAY HEALTHY

Improve your health and quality of life – plus have fun. Sign up for this strength building program designed for older men and women 60 and over. Participants meet on Monday and Wednesday mornings for 8 weeks from 10:00 am – 11:00 am, August 12 through October 2 at the handicapped accessible Good Shepherd Lutheran Church Parish Hall, 401 D Street in Washington. Our bodies are made to move. Physical inactivity can place our health at risk for many chronic diseases. Here's the good news! The Stay Strong, Stay Healthy program is built on simple, strength-building exercises that will improve our balance, health, and state of mind. The classes build muscle strength which, in turn, improves balance, reduces fractures, decreases arthritis pain, heart disease, and depression. Other benefits may include better stress management and improved sleep quality. Activities in the classes include warm up, strengthening exercises with and without weights, and a cool-down period. There is a \$20 cost to participate. Inquire about a scholarship if you have a limited income. Weights will be furnished. Participants only need to bring a heavy bath towel and a bottle of water. No special clothes or equipment are needed. The classes will be led by District Agents, Sonia Cooper and Deanna Turner. Call the Washington Extension Office at 785-325-2121 to pre-register and to pick-up a packet. Registration begins July 15<sup>th</sup>. Class size is limited to 14. First come, first serve! You can also stop by the Extension Office in the basement of the Washington County Courthouse for more details. Some of the forms need to be returned before the first class on August 12<sup>th</sup>. For more information, please contact Sonia Cooper at [srcooper@ksu.edu](mailto:srcooper@ksu.edu) 785-325-2121 or Deanna Turner at [dturner@ksu.edu](mailto:dturner@ksu.edu), 785-632-5335. Washington Office hours in the Courthouse are limited the week of July 22<sup>nd</sup> –27<sup>th</sup> during the fair. Staff is at the fairgrounds.

## PREPARING FINANCIALLY FOR VACATION

When preparing for a vacation, it's common to think of the who, what, where, and when. Who is going? What are we doing? Where and when are we going? These questions also factor into the cost and should be considered when deciding how to pay for that vacation.

Before planning your vacation, determine what you might be able to spend on the vacation. Avoiding debt when possible is important to your overall financial health. You probably don't want to still be paying for last year's vacation when it is time to start preparing for the current year's trip.

Decide what you can financially allot to spend on a vacation. Make a written plan for how your vacation budget will be spent to avoid overspending by considering the who, what, where, and when.

Think about those you will be traveling with. How many people will you be responsible for paying the costs? When you know who is attending, consider their preferences. Will you travel by plane, car, or bus? Will you be staying in a luxury hotel or camping?

Next, consider where you will be going and what you will be doing. Will you be partaking in expensive activities or finding free or low-cost events to attend? Consider food costs. Will you be eating out each meal or have a kitchen space to cook? Finally, when will you be traveling? If it is a peak time it could mean higher costs?

Considering these questions and your answers, do the leg-work to be able to finance your vacation. Shop around to find discounts. If being flexible is an option, you may be able to find some great last-minute deals. Think about going to your destination during an off-season or participate in a "staycation" to minimize costs.

Recognize that vacation means different things to different people. 'Stressful and expensive' or 'restful and restorative' are ways some may describe time away. Keep in mind that the amount spent on a vacation doesn't necessarily equal best vacation ever.

Use your spending plan (also known as a budget) to help you be successful – financially and vacation wise! K-State Research & Extension has publications to get you started towards your personal money goals. Find these publications on our website at <https://www.rivervalley.k-state.edu/home-family/> or contact Monica Thayer, Family Resource Management Extension Agent, at 785-527-5084 or [mthayer@ksu.edu](mailto:mthayer@ksu.edu).

## BED BUGS DON'T DISCRIMINATE

Bed bugs don't discriminate. They are not attracted to dirt and grime. Bed bugs can be in the ritziest mansions to the cheapest motels and everywhere in between.

Bed bugs are small, brownish, flattened insects that feed solely on the blood of humans and warm-blooded animals, such as dogs, cats, and birds. Bed bugs are efficient hitch-

hikers and are usually transported into dwellings on luggage, clothing, beds, furniture, and other items.

With occurrences happening in the River Valley District, it is important to educate yourself on how to prevent a bed bug infestation and what to do if an infestation does occur.

To prevent bringing bed bugs into your house:

- Wash and heat-dry all bedding and clothing that touches the floor regularly.
- Check pre-owned furniture, clothing, etc. for signs before bringing them into your home.
- Reduce clutter in your home to minimize the hiding spots for bed bugs.
- When traveling, inspect any room where you will be staying for signs and keep luggage off the floor and away from the bed. Wash and dry clothes immediately when you return home. Inspect your luggage for signs and store it away from your bedroom, such as in a garage or basement.

What to do if you have a bed bug:

1. Get the bug identified. Contact your local extension office about specimen identification.
2. Don't panic. Don't throw out belongings as most can be treated.
3. Think through treatment options. The most effective way to control bed bugs in your home is through a combination of chemical and non-chemical measures with the assistance of a pest management professional.

Our friends at the University of Minnesota started the "Let's Beat the Bed Bug!" campaign and have lots of great resources available to homeowners, tenants, business owners, and more! Check out all their resources here: <https://www.bedbugs.umn.edu/>. Information can also be found on the Environmental Protection Agency's website at <https://www.epa.gov/bedbugs>.

If you have questions regarding bed bugs, please contact Monica Thayer, Family Resource Management Extension Agent, at 785-527-5084 or [mthayer@ksu.edu](mailto:mthayer@ksu.edu).

## ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

Are you caring for a loved one with Alzheimer's or dementia? Put the Caregiver Support Group meeting on your calendar. It is held the second Monday of every month at:

**Clay County Medical Center  
Second Floor Education Room  
617 Liberty St.  
Clay Center, Kansas  
5:30-6:30 p.m.**

Support groups create a safe, confidential, supportive environment or community and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about dementia and help participants develop methods and skills to solve problems.

## **“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 785-243-5084 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.

## **MEDICARE BASICS WORKSHOP**

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

**Belleville- August 14**  
**Belleville Public Library**  
**1327 19<sup>th</sup> St., Belleville**  
**5:30-7:30 p.m.**

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

Please register for the Belleville Medicare Basics Workshop by calling the Belleville Extension Office at 785-527-5084 before August 9<sup>th</sup>. To register for the Washington 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.

## **“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!

## **HOW TO PICK A RIPE MUSKMELON**

One of the hardest things to do when selecting a melon is to make sure you are choosing a ripe melon. Deciding when a melon is ready to be picked can be a challenge. Here are some helpful tips and tricks to help you choose a ripe melon. Muskmelons are one of those crops that tell you when they are ready to be picked. This can



help you not only harvest melons from your own garden at the correct time, but also choose good melons from a store. As a melon ripens, a layer of cells around the stems softens causing the melon to detach from the vine. This is called “slipping” and will leave a dish-shaped scar at the point of stem attachment. When harvesting melons from the garden, put a little pressure on the vine where it attaches to the fruit. If ripe, the melon will release or “slip” right off. When choosing a melon from the store look for a clean, dish-shaped scar. Ripe melons have a pleasant, musky aroma when stored at room temperature (not refrigerated). I hope these helpful tips and tricks help you enjoy ripe melons all season long. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or [khatesohl@ksu.edu](mailto:khatesohl@ksu.edu).

## WATERING FRUIT PLANTS DURING THE SUMMER

With all the hot days we have been having this summer, extra watering will be needed if we don't get rain. When the temperature exceeds 90°F, fruit plants lose water quickly. When this happens, moisture is withdrawn from the fruit to supply the plant. Stress from high temperatures, along with a moisture deficit in the root environment, may cause fruit to drop or fail to increase in size. The stress may also reduce the development of fruit buds for next year's fruit crop. If you have fruit plants such as trees, vines, canes, and such, check soil moisture at the roots. Insert a spade, shovel, a pointed metal or wood probe, or a long screwdriver into the soil about 8 to 12 inches. If the soil is hard, dry, and difficult to penetrate, the moisture level is very low, and plants should be irrigated to prevent drooping and promote fruit enlargement. Water can be added to the soil using sprinklers, soaker hose, drip irrigation, or even a small trickle of water running from the hose for a few hours. The amount of time you irrigate should depend upon the size of the plants and the volume of water you are applying. Add enough moisture so you can easily penetrate the soil in the root area of the plant. While hot, dry weather continues, check soil moisture at least once a week to make sure your plants are receiving enough water. Strawberries have a shallow root system and may need to be watered more often during extreme weather. In addition, newly planted fruit trees sited on sandy soils may also need watered more often. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or [khatesohl@ksu.edu](mailto:khatesohl@ksu.edu).

## HEAT STOPS TOMATOES FROM SETTING FRUIT

Having trouble with your tomato plants not setting fruit this year? When temperatures remain above 75°F at night and are around 95°F during the day, and with dry, hot winds, these conditions will cause poor fruit set on tomatoes. High temperatures interfere with pollen viability and/or cause excessive style growth leading to a lack of pollination. It usually takes about 3 weeks for tomato flowers to develop into fruit large enough to notice and an additional week before tomatoes are full size and ready to start ripening.



There are "heat-set" tomatoes such as, Florida 91, Sun Leaper, and Sun Master that will set fruit at higher temperatures; the difference is normally only 2 to 3 degrees. Cooler temperatures will allow flowers to resume fruit set. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or [khatesohl@ksu.edu](mailto:khatesohl@ksu.edu).

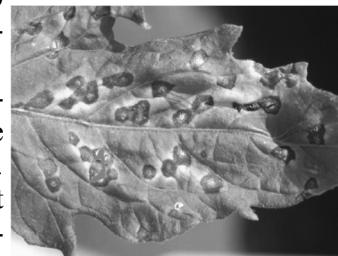
## TOMATO LEAF-SPOT DISEASES

This time of year, two common leaf-spot disease appear on tomato plants. Septoria leaf spot and early blight. Brown spots on the leaves characterize both diseases, so it is important to figure out which disease you have so you can treat it accordingly.

Septoria leaf spot usually appears earlier in the season than early blight and produces small dark spots. Spots made by early blight are much larger and often have distorted "target" pattern of concentric circles. With both diseases, heavily infected leaves eventually turn yellow and drop. Older leaves are more susceptible than younger ones, so these diseases often start at the bottom of the plant and work up.

Mulching, caging, or staking keep plants off the ground, making them less vulnerable to both of these diseases. Better air circulation allows foliage to dry quicker having less of a chance to develop these diseases. Mulching also helps prevent water from splashing up onto the leaves and carrying disease spores to the plant.

In situations where these diseases have been a problem in the past, rotation is a good strategy. It is too late for that now, but keep in mind for next year. Actually, rotation is a good idea



even if you have not had problems in the past. Unfortunately, for many gardeners their space is too small to make rotation practical. If you have room, rotate the location of the tomatoes each year to an area that had not had tomatoes or related crops (peppers, potatoes, eggplant) for several years.

If rotation is not feasible, fungicides are often helpful. Be sure to cover both upper and lower leaf surfaces, and reapply fungicide if rainfall removes it. Plants usually become susceptible when the tomato fruit is about the size of a walnut. Chlorothalonil is a good choice for fruiting plants because it has a no waiting period, meaning that fruit can be harvested once the spray is dry. Chlorothalonil can be found in numerous products including Fertilome Broad-Spectrum Landscape and Garden Fungicide, Ortho Garden Disease Control, Garden Tech Daconil and others. Be sure to start protecting plants when the disease is first seen. It is virtually impossible to control this disease on heavily infected plants. If Chlorothalonil doesn't seem to be effective, try mancozeb (Bonide Mancozeb Flowable). Note that there is a five-day waiting period between application and when the fruit can be harvested. You may wish to pick some tomatoes green just before you spray if you use Mancozeb as the tomato fruit will ripen inside.

As with all chemicals make sure to read the label to make sure it is listed for use on both the specific disease you are trying to get rid of and the plant the disease is on. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or [khatesohl@ksu.edu](mailto:khatesohl@ksu.edu).

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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>
July 9-13		Cloud County Fair	Concordia-Fairgrounds
July 10	5pm	Raising Readers	Concordia-Ayers Shelter
July 9-13		Clay County Fair	Clay Center-Fairgrounds
July 11	5:30pm	Raising Readers	Clay Center-Along Roadway on Fairgrounds
July 15	5:30pm	Exhibiting Fruits, Vegetables, & Flowers at the Fair	Belleville-4-H Building-Fairgrounds
July 16	5:30pm	Exhibiting Fruits, Vegetables, & Flowers at the Fair	Washington-WS County High School
July 23-27		Washington County Fair	Washington-Fairgrounds
July 24	5pm	Raising Readers	Washington-East of Gold Barn
July 20-Aug 3		NCK Free Fair	Belleville-Fairgrounds
Aug. 1	5:30pm	Raising Readers	Belleville-4-H Building
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 & Clark
Nov 18	6:30pm	The Silent Epidemic-Victory Over Depression	Belleville-Blair Theater, 1310 19th Street