

# River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

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

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**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:  
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Extension District

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## Mulching Benefits Workshop



Are you looking for a new way to  
freshen up your landscape without  
having to replant your flower beds?

Come join River Valley Horticulture  
Agent Kelsey Hatesohl as she shares  
the benefits of mulching. She will  
explain how mulch increases soil and  
plant health, the aesthetic value of your  
home, and will share the correct  
mulching techniques.

Please RSVP to the Washington  
Extension Office or by using the QR  
Code to reserve your spot by May 3rd.  
Free to participate. Questions? Contact  
Kelsey Hatesohl, 785-325-2121 or  
[khatesohl@ksu.edu](mailto:khatesohl@ksu.edu)

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 Reh, two weeks prior to the start of the event at 785-632-2868. 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 K-State Research and Extension is an equal opportunity provider and employer

**Thursday- May 4<sup>th</sup>**  
**Noon Hour**  
**(12:10-12:50 pm)**

Belleville Public Library  
1327 19<sup>th</sup> Street  
Belleville, KS 66935



SCAN ME

*Register Here*



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## UPCOMING ANTIBIOTIC RULE CHANGE: WHAT YOU NEED TO KNOW

As of June 11, 2023 farmers will no longer be able to purchase antibiotics over the counter or through mail order without a veterinarian's prescription. All medically important antibiotics used in livestock production will be leaving the farm and feed store shelves, and will fall under veterinary oversight.

What this means for you as a producer is that you will no longer be able to purchase affected drugs without a prescription from a veterinarian. Affected products will include: cephapirin, cephapirin benzathine, gentamicin, lincomycin, oxytetracycline, penicillin G procaine, penicillin G benzathine, sulfadimethoxine, sulfamethazine, and tylosin. For clarity, this will include LA-200 and 300, Noromycin, Vetramycin, Duramycin, Terramycin, Draxxin, Penicillin, Tylan, ToDay, TomMorrow, and many other commonly used livestock antibiotics. These new guidelines will not include non-medically important antimicrobials such as coccidiostats, ionophores, bacitracins, carbadox, flavomycins, and tiamulin.

Many have questioned why the change in rules. It all comes down to antibiotic resistance. According to the CDC antibiotic resistance is defined as the ability of a bacteria to resist the effects of an antibiotic that would otherwise kill it or stop its growth. Resistance develops because of changes within bacteria. Antibiotic resistance is not an issue on a single farm but can spread beyond the farm. An interesting phenomenon can potentially contribute to resistance – bacteria can pass drug resistance from one species to another, not just between individuals of the same species. Resistance can cause human health problems which means farm families and employees are at risk.

While this is a big change, there is no need to panic. There are steps you can take to help ease the transition! First things first, you should NOT try to stock up on these antimicrobials for fear of not being able to get them in the future. These products are not coming off of the market completely, and will still be readily available when the right steps to obtain them are taken. Trying to stockpile these products will lead to shortages, and producers will not be able to get the treatments they need for their animals right now. These products will also expire, so any stockpile you try to build will be unusable in the future. Prescription products, which will include all antibiotics will require a valid veterinary client patient relationship (VCPR). Within the relationship, the veterinarian is responsible for clinical judgements, ensuring sufficient knowledge of the owner, animals and facility and being available for follow-up. Among livestock owners there is a responsibility within VCPR, which in the long runs agrees to follow the vet's advice. The VCPR definition may vary among states and livestock owners are urged to determine how their state defines the term.

It is important to keep in mind that this change is for the better. Getting some control over antibiotics will ensure that they stay useful, as the goal is to cut down on antibiotic resistance in both livestock and humans. Taking these steps helps to ensure that these products continue to do the job we need them to. If you have any questions feel free to stop by or contact me in the Concordia office, 785-243-8185 or [khil-debrand@ksu.edu](mailto:khil-debrand@ksu.edu)

## MANAGEMENT CONSIDERATIONS FOR MAY 2023

*By Jason M. Warner, Ph.D., Extension Cow-Calf Specialist*

### ***Cow Herd Management***

- If cows are marginal (BCS 4.0 – 5.0) going into breeding, possibly consider:
  - Supplementing 2-3 weeks prior to and through 1st cycle.
  - Using monensin (200 mg/hd/day) in feed supplements.
  - Temporary calf removal or a CIDR to initiate estrus in anestrus females.
  - Early weaning if BCS doesn't improve during the season.
- Pregnancy check and cull fall calving cows, if not already done.
- With higher costs, it's important to closely manage salt and mineral programs.
  - Record date and amount of salt and mineral offered and calculate herd consumption.
  - If consumption is 2X the target intake, then cost will be too!
  - Properly store bags and pallets to avoid damage and product loss.
- Continue to provide high magnesium mineral formulas to cows grazing high risk forages: wheat, rye, triticale, oats, bromegrass, and other cool-season forages.
- The estrus synchronization planner on [KSUBeef.org](http://KSUBeef.org) is a helpful tool for scheduling synchronization protocols.
  - Order your A.I. supplies prior to starting your protocols.
- Closely monitor bulls at the start of the breeding season for injury and to make sure they are aggressively covering cows.

### ***Calf Management***

- Calculate the value of gain relative to cost of gain for:
  - implanting nursing calves and grass cattle.
  - creep feeding nursing calves
- Finalize health protocols for spring-born calves cattle going to summer grass.



- When initially turning to grass, consider supplementing or feeding replacement heifers for a period of time if they don't have post-weaning grazing experience and/or the forage supply is limited.

# HOW TO PREVENT FALLS

**MORE THAN 1 OUT OF 4 OLDER ADULTS WILL FALL EACH YEAR. FALLS ARE NOT INEVITABLE WITH AGE, AND CAN BE PREVENTED.**

**Ask your doctor to evaluate your fall risk and talk about actions you can take to prevent falls.**



**Do exercises to make your legs stronger and improve your balance, like Tai Chi.**

**Have your eyes checked by an eye doctor at least once a year. Update your eye glasses if needed.**



**Keep your home safe. Get rid of things you may trip over. Add supportive railings on both sides of the stairs.**

**Ask your doctor about taking vitamin D supplements.**



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## UPCOMING MEDICARE BASICS PROGRAMS

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

**Clyde – Monday, May 15<sup>th</sup>**

**6:00 p.m.**

**Clyde Senior Center**

**308 Washington St., Clyde, KS 66938**

**Clay Center – Monday, June 19<sup>th</sup>**

**6:00 p.m.**

**Clay Center Extension Office Meeting Room**

**322 Grant St., Clay Center, KS 67432**

Please RSVP for the Clyde Medicare Basics Program by calling the Concordia Extension Office at 785-243-8185. Please RSVP for the Clay Center Medicare Basics Program by calling the Clay Center Extension Office at 785-632-5335. We do schedule one-on-one appointments in all four offices of the River Valley Extension District. If you are new to Medicare or have other questions about Medicare contact Jordan Schuette in the Washington Office at 785-325-2121.

## BE AWARE OF SCAMS

Have you received Covid tests in the mail that you did not order? Then you may be a victim of a scam. Please be aware that this is a recent scam some have experienced within the River Valley Extension District. If you have received Covid tests in the mail without ordering, then you can check your Medicare Summary Notice (MSN) and see if the Covid tests have shown up. If they have and you did not order them then you can report them as fraud to Medicare. If you have received these tests and are not sure what to do, feel free to give Jordan Schuette, Adult Development and Aging Agent, a call at the Washington Office at 785-325-2121.

## PRESSURE CANNER GAUGE TESTING

The River Valley District Offices offer FREE pressure canner dial gauge testing. (We DO NOT test All American brand dial gauges.)

You are welcome to drop your pressure canner dial gauge (and lid if need be) at any of our four offices. Questions can be directed to Kaitlin Moore, Nutrition, Food Safety & Health Agent at 785-243-8185 or [kaitlinmoore@ksu.edu](mailto:kaitlinmoore@ksu.edu)

# Wheat Plot Tours

**Thursday, June 1, 2023**

**North Central Experiment Field**

(2 mi. W of Belleville on Hwy. 36)

**10:00 AM**

Lunch to follow

**Polansky Seed**

(1.5 mi. E of Belleville on Hwy. 36)

**Thursday, June 8, 2023**

**Ohlde Seed Farms**

(3 mi. E of Palmer on 4<sup>th</sup> Rd)

**5:30 PM**

Supper to follow

**Sponsored By:**



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**WHEAT  
ALLIANCE**



*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 Luke Byers, Agriculture & Natural Resources Agent, 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

## TOP TIPS FOR SAFE HOME-CANNED FOOD

Summer is right around the corner! Whether you peruse local farmers markets or grow your own, you will soon have access to an abundance of freshly harvested produce and with that, an opportunity to preserve it and enjoy it through the fall and winter. While there are many food preservation methods: canning, freezing, dehydration, fermentation, etc., it seems many of the questions I receive are about canning. Thankfully K-State Research & Extension has many great publications available on the subject. I would like to share some of their top tips for SAFE home-canned food.

1. **Altitude Adjustment** — Kansas altitude can range from below 1,000 feet to just over 4,000 feet. Failure to adjust for altitude will lead to under-processed food, which encourages the growth of *Clostridium botulinum*.
2. **Headspace** — Proper headspace helps ensure a good vacuum seal on jars. Too little headspace can compromise the seal. Food and liquid expand during processing and may seep underneath the sealing compound. Too much headspace leaves excess air inside the jar, causing discoloration, seal failure, and spoilage. For best results, always follow headspace measurements in the recipe
3. **Untested or Homemade Recipes** — Canning your favorite recipe is risky, and may cause spoilage and foodborne illness. It is difficult to determine the safety of a homemade recipe without having detailed knowledge of the recipe, preparation procedures, total acid content, and consistency of the final product. Use tested recipes from trusted resources such as USDA, K-State Research and Extension publications, or home preserving equipment and ingredient manufacturers. Commercially canned foods are rigorously tested for safety. It is dangerous to try to recreate them at home.
4. **Acidifying Tomatoes** — Tomatoes are on the borderline between a low-acid and high-acid food. Tomato processing recommendations include both boiling water and pressure canning. Pressure processing instructions are equivalent in heat treatment to water bath processing. Both methods require acidification. There are no recommendations to process tomatoes without acidification.

**Acidification Options for Tomatoes (choose one)**

	<i>Bottled Lemon Juice</i>	Citric Acid	<i>Vinegar (5% acidity)</i>
Pints	1 Tablespoon	¼ teaspoon	2 Tablespoons
Quarts	2 Tablespoons	½ teaspoon	4 Tablespoons

5. **Lids and Jars** — Recipes specify what size of jar to use. If a recipe lists pint only, do not use a larger jar. Regular and wide-mouth glass Mason-type, threaded, home-canning jars with self-sealing lids are the best choice. They are available in 4-ounce, ½-pint, 12-ounce, pint, 1½-pint, quart, and ½-gallon sizes. Half-gallon jars are only used for canning high acid juices. With careful use and handling, Mason jars may be reused many times. When using 12-ounce jars, follow pint jar processing recommendations. When using 1½-pint jars, follow quart jar processing recommendations.

- Colored jars and lids are available and are safe for canning. Colored jars are not recommended for fair exhibits, which are judged visually, because it is difficult to see through the colored glass.
- Commercial jars, such as mayonnaise jars, can be used for high acid foods and water-bath canning. You must use the two-piece lid and ring, which may not fit the jar rim. Commercial jars that cannot accommodate two-piece canning lids are not recommended for home canning.
- The common self-sealing lid consists of a flat metal lid and a metal screw band. These lids are used one-time only. Reusing metal lids can lead to seal failure and spoilage. Lids manufactured since 2014 do not require heat treatment before use. All lids, however, can be heated gently in hot simmering water. Do not boil lids as excessive heat softens the gasket compound too much. Metal screw bands can be reused.

**These tips are from Karen Blakeslee’s publication MF3170: 10 Tips for Safe Home-Canned Food. Questions about canning can be directed to Kaitlin Moore, Nutrition, Food Safety & Health Agent at 785-243-8185 or [kaitlinmoore@ksu.edu](mailto:kaitlinmoore@ksu.edu).**



## MULCHING TIPS

Now is the time of year when people are thinking about mulching their landscape beds. Mulching is an important gardening practice that offers many benefits to the soil as well as your plants. The most important benefit of mulch is that it helps to conserve moisture and keep the soil cooler during our long, hot summers. Mulch is also great at stopping unwanted weeds in your landscape. A freshly mulched area is the finishing touch, like frosting on a cake. Mulching is pretty easy but there are a few common mistakes that should be avoided.

When mulching around trees the most common mistake is applying mulch too close to the trunk. Prolonged exposure of the trunk to the moist mulch results in decay of the bark layer, leading to poor growth or death. When properly applied mulch should start a few inches away from the trunk and extend at least three feet out from the base. The depth of the mulch layer should be about three inches and no more than four inches. When mulching trees, keep in mind the mulch pile should look like a doughnut, not a volcano.

When mulching around shrubs follow the same depth guidelines as trees. When piling mulch around the base of the plant, place mulch a few inches away from the base. Shrubs look best in the landscape when large beds or groupings of plants are all mulched together. Remove any grass between the shrubs or other plants and mulch the grouping as a whole.

When mulching around flowers and vegetables a three-inch layer is recommended. A finer textured mulch could be used around flowers. Vegetable gardens are best mulched with materials such as straw, leaves, or grass clippings that will break down by the end of the season and can be incorporated into the soil.

When choosing what kind of mulch to use, that is a personal preference. All mulching materials that are organic, except rocks, provide the same basic function. The difference is in the texture, color, lasting power, and of course, cost. Trees and shrubs look good mulched with just about any material. Flower gardens look best against a darker color and finer grade of mulch. No matter what type of mulch you chose, it is important to follow these tips, not only for a beautiful landscape but for healthy plants as well. 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).

## RABBITS IN THE GARDEN

When you think about the biggest problems in a garden the first thing most people think of is insects, but usually the main problem is rabbits. Rabbits in a garden is a perennial problem because of the wide variety of plants they can feed on. This time of year, they gravitate to young vegetables and flowers. There are some vegetables that are rarely bothered like potatoes, tomatoes, corn, squash, cucumbers, and some peppers. The question is how do you protect the plants that

are more susceptible? Fencing provides a quick and effective control method. The fence does not need to be tall: 2 feet is sufficient for cottontail rabbits. The mesh must be sufficiently fine (one inch or less) so young rabbits will not be able to crawl through it. When building your fence be sure to secure the fence into the ground, so the rabbits can't push the fence up and crawl under.



Often fencing is not an acceptable choice because it affects the attractiveness of the garden. A couple other ways to control rabbits include repellents or trapping. Repellents are often suggested for control but often do not last long and require frequent reapplication. Many are poisonous and cannot be used on plants or plant parts destined for human consumption. Live traps can be used to collect and move the rabbits to a rural area several miles away from where they were trapped. A number of baits can be used to entice the rabbit to enter the trap including a tightly rolled cabbage leaf held together with a toothpick. However, rabbits often avoid baits if other attractive food is available. Repellents and traps might work but are not 100% effective.

Another possibility to help control rabbits is to use a motion-activated sprinkler. These are attached to a garden hose and release a short burst of water when motion is detected. Just remember to shut it off before you go work in your garden or you might get a little wet! 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).

## KSU VETERINARIAN SHARES TIPS TO PREPARE CATTLE FOR SUMMER

Kansas State University veterinarian Gregg Hanzlicek is urging beef cattle producers to review their herd's vaccination and parasite control program as summer approaches.

He said vaccinations should be given to protect the cows against all the major reproductive infectious diseases before breeding season, including IBR (infectious bovine rhinotracheitis), BVD (bovine viral diarrhea), leptospirosis, and campylobacter.

According to Hanzlicek, those vaccinations should be given 45-60 days before the bulls will be released with the cows. "This allows enough time for the cows to respond to the vaccine and enough time for the cow to recover from any minor negative vaccine effects," he said.

"Use the same vaccine (and) the same vaccine schedule for the bulls. Bulls are too often forgotten in vaccination programs."

In addition, Hanzlicek recommends insecticidal ear tags for the control of flies this summer, saying "tags still provide the best protection against heavy fly infestations."

Hanzlicek urges producers to tag cows and bulls. "Two tags per animal are more effective than one," he said.

It might also be necessary to tag the calves in times when fly populations are very large, but producers should start with the cows.

Hanzlicek said producers should rotate the fly tag's chemistry to decrease the fly's ability to build resistance to the insecticide.

"If we continue to use products that have the same chemistry/insecticide, we breed for resistance," he said. "Either a two or three year rotation is ideal, depending on the insecticides used."

He adds: "It is also important to remember to remove the insecticide ear tags at the end of pasture season and dispose of them properly. Not doing this will build up insecticide resistance in the fly populations, and through time fly programs will become less and less effective."

## STAY COOL THIS SUMMER

Even though we are a month or so away from summer, lately we have had some pretty hot days. We need to be prepared for the high temperatures when they come. It is important during the hotter summer months, specifically for older adults, to know how to keep cool and hydrated. There are a few different ways to make sure you stay cool this summer. Stay in air-conditioned homes or buildings as much as you can. When it is very hot, do not rely only on fans to keep you cool. Try to avoid using your oven and stove as often to cook, as this will warm up your house. If you need a way to cool down, try taking a cool shower or bath.

Other ways to stay cool are associated with your activity level and clothing. Try to get plenty of rest and avoid rigorous activities. During these hot months try to wear lighter colors or clothes which are looser fitting and light weight. Staying hydrated is extremely important during the summer months. In order to stay hydrated you should drink water more regularly. Do not wait to drink water until you feel thirsty. It can also be helpful to check on your friends and neighbors and have them check on you. As always stay updated on temperatures and weather in your area. For more information on this topic check out the following link <https://www.cdc.gov/disasters/extremeheat/older-adults-heat.html>. Source:

## RIVER VALLEY DISTRICT FAIR DATES

Don't forget to put the River Valley District Fair dates on your calendar!

<b>Cloud County</b>	<b>July 18—23, 2023</b>
<b>Washington County</b>	<b>July 18—23, 2023</b>
<b>Clay County</b>	<b>July 25—30, 2023</b>
<b>Republic County</b>	<b>July 31—August 6, 2023</b>

## FREE STORYWALK® EVENTS TO BE HELD IN THE RIVER VALLEY DISTRICT

K-State Extension is hosting StoryWalks® in each of the River Valley District's four counties.

StoryWalks® are an opportunity to get outside, enjoy the sunshine, get some steps in, and read a fun children's book.

The StoryWalks® will be up from 1 to 5pm each day. Bring your kiddos, your grandkiddos, your fur babies, or fly solo. This is a come-and-go-as-you-please event!

**Tuesday, May 16<sup>th</sup> Clay County courthouse square in Clay Center**

**Wednesday, May 17<sup>th</sup> Cloud County courthouse square in Concordia**

**Thursday, May 18<sup>th</sup> Washington County courthouse square in Washington**

**Friday, May 19<sup>th</sup> Republic County courthouse square in Belleville**

*BONUS: There will be a spring-themed scavenger hunt available and PRIZES for the first 10 people who are able to complete it by 5pm!*

"The StoryWalk® Project is the creation of Anne Ferguson and the Kellogg-Hubbard Library from Montpelier, Vermont and is described as an innovative and delightful way for children and adults to enjoy reading and outdoors at the same time. Learn more about The StoryWalk® Project here: <http://www.kellogghubbard.org/storywalk>."

## SERVICES OFFERED BY THE RIVER VALLEY DISTRICT THAT YOU MIGHT NOT REALIZE WE OFFER

Did you know that we sell **Neutrolem Alpha®**? Have a smell you cannot get rid of? Neutrolem Alpha® is a scented product used to control odors in various settings, including medical facilities. It deodorizes by masking the fragrance with a smell described as "minty." It can also be used as an air deodorizer.

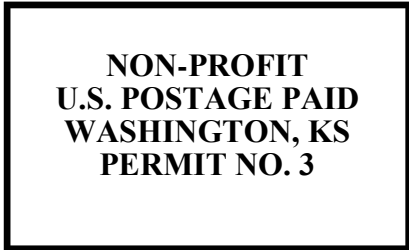
The **2023 Chemical Weed Control** books are in! Stop by your local Extension Office to pick up a copy.

Don't just throw away expired or unused medications! Dispose of them properly! Pick up free **Deterra** bags (drug deactivation systems) at any of the four River Valley Extension District Offices.

Thanks to DCCCA for providing these bags!

**River Valley Extension District**

Washington Office  
214 C. Street, Courthouse  
Washington, KS 66968-1928



**Address Service Requested**

**RIVER VALLEY DISTRICT**

**“2023 UP-COMING MEETINGS & EVENTS”**

<b>DATE</b>	<b>TIME</b>	<b>PROGRAM</b>	<b>LOCATION</b>
March26-May 20		Walk Kansas	Statewide Program
May 1	10am-12pm	Chronic Disease Self-Management Program	Concordia-NCK Medical Center, 155 College Drive
May 3	5:30-6:30pm	Flavor Up: Cooking with Herbs and Spices	Concordia- Large Meeting Room, Basement of Courthouse
May 4	12:10-12:50pm	Mulching Benefits Workshop	Belleville- Public Library, 1327 19th Street
May 8	10am-12pm	Chronic Disease Self-Management Program	Concordia-NCK Medical Center, 155 College Drive
May 10	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center- Extension Office, 322 Grant Avenue
May 10	6-7pm	Decluttering Program	Wakefield—Public Library, 205 3rd Street
May 12	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center- Extension Office, 322 Grant Avenue
May 15	10am-12pm	Chronic Disease Self-Management Program	Concordia-NCK Medical Center, 155 College Drive
May 15	6pm	Medicare Basics	Clyde- Clyde Senior Center, 308 Washington Street
May 16	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center- Extension Office, 322 Grant Avenue
May 16	1-5pm	StoryWalk® –Come and go as you please	Clay Center- Clay County Courthouse
May 17	1-5pm	StoryWalk®- Come and go as you please	Concordia- Cloud County Courthouse
May 18	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center- Extension Office, 322 Grant Avenue
May 18	1-5pm	StoryWalk®- Come and go as you please	Washington- Washington County Courthouse
May 19	1-5pm	StoryWalk®- Come and go as you please	Belleville- Republic County Courthouse
May 23	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center- Extension Office, 322 Grant Avenue
May 25	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center- Extension Office, 322 Grant Avenue
June 1	10:00am	Wheat Plot Tours	Belleville area- See flier-Page 4
June 8	5:30pm	Wheat Plot Tour	Linn area- See flier-Page 4
June 19	6pm	Medicare Basics	Clay Center- Extension Office, 322 Grant Avenue