

River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

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Extension District

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Do it ALL in the FALL



Come learn from Horticulture
Agents, Kelsey Hatesohl and
Cassie Homan about preparing
your gardens for the winter.

We will cover topics such as
garden and flower bed clean
up and preparing trees and
lawns for the winter season.

October 11th 2021
6:30 pm

NCK Fairgrounds
4-H Building

901 O Street
Belleville, KS 66935

New and experienced gardeners are welcome, free to participate
RSVP to the Washington Office at 785-325-2121 by **October 7th**

For more information contact Horticulture Agent
Kelsey Hatesohl at khatesohl@ksu.edu

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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 Kelsey Hatesohl at 785-325-2121. Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

2022 MEDICARE PART D PRESCRIPTION PLANS

Now is the time for Medicare beneficiaries to compare Part D Prescription Drug Plans. The open enrollment period for Medicare 2022 Part D Prescription Plans begins October 15th and will continue only until December 7th. A limited number of appointments with a SHICK, Senior Health Insurance Counseling for Kansas, Counselor are available. Lessen the stress in your life by shopping and enrolling now.

The River Valley Extension District offers appointments at each of our four offices. Appointments can be in person or via telephone. Contact your local Extension Office today to make an appointment.

Belleville - 785-527-5084

Concordia - 785-243-8185

Clay Center - 785-632-5335

Washington - 785-325-2121

QUESTIONS AND ANSWERS CONCERNING 2022 PART D PRESCRIPTION DRUG PLANS IN KANSAS

1. I had a Part D Prescription Plan in 2021. Does my deductible start over in 2022?

A: Yes. Your deductible will start over in 2022. Your deductible in 2022 may be up to \$485 depending on your prescription drug plan. When you have met your deductible, your prescription plan will start paying their share toward your prescriptions. Some plans waive the deductible for generics.

2. I am happy with my Part D Prescription Plan. Do I have to re-enroll?

A: If you are happy with your plan, have read all correspondence that has come from the company so you know what your premium, deductibles, co-payments, and formulary is for 2022 and are still pleased with your plan, you do not need to do anything.

3. When will my coverage start?

A: If you enroll between October 15 and December 7, 2021, your coverage will begin January 1, 2022. This is an open enrollment time and the only time of the year that a Medicare beneficiary can change to a different prescription drug plan unless there is a circumstance of a special enrollment period.

4. Which plan should I choose?

A: Choosing a plan is a very much an individual decision which will need to be based on a few factors including cost, convenience, the medications that you take, and which plan will be accepted at your preferred pharmacy. Now is the time to comparison shop.

5. Where is help available?

A: Unbiased assistance is available by a SHICK, Senior Health Insurance Counseling for Kansas, counselor in your area. Counseling is available at K-State Research and Extension's River Valley District Offices in Belleville, Clay Center, Concordia, and Washington. Call your local extension office to schedule an appointment.

MEDICARE PART D OPEN ENROLLMENT EVENT DATES

The following are Open Enrollment Event Dates. Appointments are with SHICK counselors from our office and staff from the Flint Hills Area Agency on Aging.

Thursday, October 28 – Clay Center Office at 8:30 a.m.

Thursday, November 18 – Concordia Office at 8:30 a.m.

Friday, November 19 – Belleville – Belleville Public Library at 8:30 a.m.

PART D LATE ENROLLMENT PENALTY

Have you delayed signing up for a Part D Plan and want to sign up for one now? If you delayed signing up for a Part D Plan during your Initial Enrollment Period (3 months before your 65th birthday, the month of your 65th birthday, or three months after your birthday month) or delayed signing up during a Special Enrollment Period then you may have a lifetime penalty.

The Part D penalty is calculated by multiplying 1% of the national average base premium. You would multiply the number of months you were not enrolled in Part D (excluding your Initial Enrollment Period or Special Enrollment Period) and multiply it by 1% of the national average base premium. This number is then rounded to the nearest .10 and the Medicare beneficiary would pay that amount monthly, in addition to their monthly Part D premium for their chosen plan.

If you have questions about a Part D Late Enrollment Penalty call your local extension office.

FALL FLING OCTOBER 11TH

Fellowship and fun will be a large part of the upcoming Fall Fling, Monday, October 11th in the Clay Center 4-H Conference Center at the Clay County Fairgrounds. All interested men and women in the area are encouraged to attend. Please bring a salad to share with others. Beverages and table service will be provided. Refrigeration is available for salads. The following programs are scheduled for the day:

Brooke German, Conservation District Manager at the USDA Service Center in Clay Center will be presenting a program on "Pollinators". Brooke will emphasize the challenges pollinators face, the declining populations, and how to do our part to help pollinators in the area.

"Let's Get Birding" will be presented by Calvin Wohler. Calvin will share his enthusiasm for "Birding", give us tips, and spark our interest.

This is a free program and Clay County Homemaker Extension invites everyone to attend. Events begin at 10:30am.

WORMS, WORMS, AND MORE WORMS (ARMY CUTWORMS, FALL ARMYWORMS)

2021 might be called the "year of the worm". Starting in late winter/early spring, 2021, there was considerable activity by army cutworms. Most of the problem was caused by the larvae decimating thin strands of wheat and/or alfalfa. Then, since late spring/early summer, a combination of armyworms and fall armyworms have been causing serious concern and damage in lawns, pastures, and alfalfa fields throughout about the eastern 2/3rd's of the state.

Army cutworms spend the summer in the Rocky Mountains but start to migrate back into Kansas in early fall every year. The larvae may feed on just about any plants but mostly affect wheat and alfalfa, as these are usually the only plants actively growing this time of year. Armyworms, probably more so than fall armyworms, may continue to cycle through another generation or even two as they overwinter in Kansas, and thus it will probably take a "hard" frost or freeze to stop them.

Fall armyworms, since they don't usually overwinter in Kansas, may migrate south after this generation become adults-but there could be another, or at least partial generation. Armyworms infest primarily grasses, i.e. sorghum, corn, brome pastures, lawns, and often this time of year, wheat, but occasionally alfalfa, etc. Thus, if armyworms are the problem they could be around through another generation or maybe even two depending upon the weather. So, if armyworms are relatively small they will probably feed for another 10-14 days then pupate (stop feeding). If they are relatively large however, they will probably pupate in the next 3-7 days. There will probably be at least one more generation of armyworms.

Fall armyworms have a little wider host range, which includes alfalfa, soybeans, corn, sorghum, wheat, etc., but don't usually overwinter in Kansas, thus, hopefully, will be heading south after these larvae finish feeding and become moths. Also, in the next 30-60 days army cutworm moths should have returned from their summer Rocky Mountain retreats to deposit eggs throughout at least the western 2/3rd's of the state and thus, these tiny worms will start feeding on wheat and/or alfalfa all winter.

by Jeff Whitworth, Extension Entomologist Specialist, email jwhitwor@ksu.edu

COVER CROP RESPONSE TO HERBICIDES

As some producers are thinking about seeding winter cover crops in fields currently planted to corn. The successful establishment of winter cover crops is influenced by several factors that are discussed in a previous eUpdate (*New cover crop factsheet discusses planting cereal rye after corn harvest ahead of soybean* - <https://bookstore.ksre.ksu.edu/pubs/MF3504.pdf>). This article will provide some additional details about cover crop responses to various herbicides.

Cover crop response to herbicides will be influenced by a number of factors, including biological and biochemical characteristics of the plant, chemical characteristics of the herbicide, and weather conditions since herbicide application. Table 1 summarizes the response of selected cover crops to selected herbicides. For simplicity, no herbicide premixes are included in the list. The responses are cautious/conservative estimates based on published field research, herbicide labels, and a recent [publication](#) from the Take Action campaign. A field bioassay is the most reliable method to determine crop response to potential herbicide residues.

Table 1. Likelihood of injury to selected cover crops when planted in the fall after a spring application of selected corn herbicides. XXXXXX = injury unlikely; ##### = injury possible; ----- = injury likely.

<u>Herbicide</u>	Cereal rye	Wheat	Red clover	Hairy vetch	Radish
Atrazine	#####	#####	#####	#####	#####
Balance Flexx, (isoxaflutle)	#####	#####	#####	#####	-----
Callisto (mesotrione)	xxxxxxx	#####	-----	#####	#####
Dual II Magnum (S-metolachlor)	xxxxxxx	#####	xxxxxxx	xxxxxxx	xxxxxxx
Harness (acetochlor)	xxxxxxx	#####	#####	xxxxxxx	xxxxxxx
Outlook (dimethenamid-P)	#####	#####	#####	#####	#####
Prowl H20 (pendimethalin)	#####	#####	-----	#####	#####
Sharpen (saflufenacil)	xxxxxxx	xxxxxxx	#####	#####	-----
Valor (flumioxazin)	#####	#####	#####	#####	#####
Zidua (pyrasulfoxone)	xxxxxxx	#####	#####	xxxxxxx	#####

The use of trade names is for clarity to readers and does not imply endorsement of a particular product, nor does exclusion imply non-approval. Always consult the herbicide label for the most current and updated use requirements.

References

Brooker, et al., 2020; Cornelius and Bradley, 2017; Palhano, et al., 2018; Price, et al., 2020; Rector, et al., 2020; Wallace, et al., 2017
 Sarah Lancaster, Extension Weed Science Specialist, slancaster@ksu.edu
 DeAnn Presley, Soil Management Extension Specialist, deann@ksu.edu
 Peter Tomlinson, Environmental Quality Extension Specialist, ptomlin@ksu.edu

The River Valley Extension District Offices will be closed for the upcoming holidays:

Wednesday, November 11—Veterans Day
 Thurs. & Friday, Nov. 25 & 26—Thanksgiving
 Friday, Dec. 24 —Christmas Eve

KSU RELEASES ANNUAL WHEAT VARIETY DISEASE AND INSECT RATINGS

In Kansas and other wheat-growing states, the tools of the trade include a planter, combine and a grain bin. But ask most farmers, and they're also likely to have a reliable source for information on wheat diseases and insects that threaten their crop. Sometimes, that source is neatly tucked into a hip pocket or the truck's glove box. For more than 30 years, Kansas State University has been publishing a report that takes a look at disease and insect trends in the state's wheat crop.

"This is a summary of multi-year data about disease and insect reactions of the most popular varieties – and some historical varieties – that are grown here in Kansas. We also include agronomic traits of these varieties, including height, maturity, straw strength and drought tolerance," said K-State Research and Extension wheat disease specialist Kelsey Andersen Onofre.

The [2021 Wheat Variety Disease and Insect Ratings is now available online](#) through the K-State Research and Extension bookstore. The publication is available free online.

Anderson Onofre said the publication includes a broad view of wheat varieties in the state that may be "above average for certain diseases in parts of the state as well as varieties that need to be managed more intensely."

She said that by monitoring the wheat crop, K-State researchers are able to not only track disease and insect pressure in the state, but also compare that with varieties that perform well against disease or insects, and treatments for the crop.

"We put these varieties to the test and put a lot of eyes on them before we include them in our annual report," Andersen Onofre said.

"This is a year when we certainly had high stripe rust pressure in parts of the state," she added. "We did get a lot of stripe rust notes, both from inoculated nurseries and from various high natural pressure locations."

This year, K-State was also reporting "high concern" for Fusarium head blight and wheat streak mosaic virus. Along with stripe rust, "those are the Big Three that really stood out as problematic in pockets of the state this year," according to Andersen Onofre.

Fusarium head blight was more common in western Kansas due to higher-than-normal moisture.

"We don't see that disease as often out west because it needs moisture," Andersen Onofre said. "Now we know that pathogen is there, so when there is another wet year, we know that a fungicide application at flowering may be necessary."

Anderson Onofre said Fusarium head blight is a good example of a disease that requires a marriage, of sorts, of the two most effective ways to prevent disease in wheat.

"Selecting a variety with intermediate disease resistance plus a fungicide is really the best way to control Fusarium head blight," she said. "Neither of those two work well alone, but putting them together – especially if you have high infection – is where you're going to see the most control in those high pressure years."

"It's always good to think about resistant varieties; that's the tool we always have in the bag that you don't have to worry about later on. But a timely fungicide decision can be married well with a good variety."

More information on K-State's crop research, as well as many other agronomic topics, is available each week in the [Agronomy eUpdate](#), available online from the university's Department of Agronomy.

For more information contact Kelsey Andersen Onofre at andersenk@ksu.edu

2021 KANSAS SOYBEAN YIELD CONTEST

The Kansas Soybean Association is calling all soybean farmers in Kansas to enter their competitive soybean crop into the Kansas Soybean Yield Contest by December 1.

Aside from recognition for high-yielding soybeans, participants are eligible for monetary awards. The Kansas Soybean Commission sponsors a prize for the top three finishers in each district, as well as an additional \$1,000 for the overall dryland and irrigated winners and any entries that top the 114.3 bushel-per-acre record. The prize amounts per district are first place receives \$300, second will earn \$200, and third will receive \$100.

Districts are determined by region, tillage method and irrigation status, with a total of 18 districts in consideration. No-till on the Plains supplies additional awards in the no-till categories. Farmers may enter multiple categories, but only one entry per field.

Eligible fields must consist of at least five contiguous acres as verified by the Farm Service Agency, GPS printout or manual measurement. A non-relative witness, either Kansas State Research and Extension personnel or a specified designee, must be present at harvest and should ensure that the combine grain hopper is empty prior to harvest. Official elevator-scale tickets with moisture percentage and foreign matter included must accompany entries to be considered.

The statewide Kansas Soybean Value Contest that analyzes protein, oil and other soybean qualities is also open for entries. Entrants submit 20-ounce samples, which are evaluated by Ag Processing, Inc. to determine the value. Monetary awards are also given to the three highest-value entries. Farmers may enter both the yield and value contests.

Results of the contests will be shared January 12, 2022, at the Kansas Soybean Expo during the luncheon portion of the event.

A full guide of contest rules and regulations are available at kansassoybeans.org/contests, as well as a newly-available online entry form.

Questions may be directed to the Kansas Soybean office by phone at 877-KS-SOYBEAN (877-577-6923) or to local KSRE offices.

REMEMBERING THOSE IN AGRICULTURE DURING THESE STRESSFUL TIMES

Those employed in agriculture face unique stress factors that are largely uncontrollable on their part. The weather conditions, interest rates, production costs, and commodity prices can have such an impact on the bottom line.

This can lead to a bevy of financial concerns and a lot of uncertainty about the future of their farms and families. Further, their careers often lead them to long periods of isolation.

Add in other life stressors such as relationship problems, physical health problems, or substance abuse you can see the potential for a lot of heavy stress and worry.

It has been a good year on many of those fronts, with higher commodity prices and overall good rain. Maybe it is a good time to look at stress and mental health with a clear head.

Symptoms of stress can manifest physically with headaches, ulcers, eating problems, sleeping problems or exhaustion, and increased frequency of illness.

Emotional and behavioral signs of stress can include sadness, depression, irritability, anxiety, loss of any joy or sense of humor, or increased use of drugs and alcohol.

Stressed individuals may also experience decreased ability to concentrate or make decisions and on occasion may experience memory loss.

Periods of chronic stress may affect the overall mental health of an individual. This can be especially serious when it starts to lead to a serious decline in self-worth.

If you or someone you know is thinking they are a burden to their family or saying things like “life isn’t worth living” or “I feel there is no way out”, it’s time to seek some help.

Talk to someone about these feelings. This can be a trusted loved one or it can be someone outside the family. Get a physical checkup and talk to your doctor about it. Consider someone you trust from Church, especially your pastor. We in the Extension Office are also ready to lend a listening ear and have a good understanding of the pressures of agriculture. If there is a struggling youth, our school counselors are great resources.

Also, please seek help at your community mental health center. That would be Pawnee Mental Health for much of the north-central region of Kansas.

Pawnee Mental Health has recently developed an Agriculture Assistance Program to assist self-employed farmers, their families, as well as those they employ. Those who qualify can access four free mental health therapy sessions with a licensed mental health provider through Pawnee Mental Health.

These providers are specially trained on the unique mental health aspects of those in the agriculture field, and these services can be accessed either in person, via phone, or Zoom. For more information, please contact Pawnee Mental Health.

If you are seriously struggling with thoughts of suicide, please call the Suicide Prevention Lifeline at 1-800-273-TALK (8255) or the Pawnee Mental Health crisis hotline at 1-800-609-2002.



STATE PROGRAMS AVAILABLE TO ADDRESS HOUSING SHORTAGES, OFFICIALS SAY

“We know there are people who are unsheltered across the state and we know that many people are facing evictions,” said Ryan Vincent, the executive director of the Kansas Housing Resources Corporation (<https://kshousingcorp.org>), a nonprofit corporation that administers housing and community programs.

Vincent was a featured speaker Aug. 6 during K-State Research and Extension’s monthly online series, First Friday e-Calls (<http://www.ksre.k-state.edu/community/business/entrepreneurship>), which helps to nurture small businesses and inspire entrepreneurship in Kansas.

He said that current statistics indicate that more than 1 in 3 Kansans – or, 35% -- currently rent their homes. Partly due to the COVID pandemic, 27,642 Kansas rental households are behind on payments as of July 2021, and approximately 14,629 of those households are at risk of eviction.

Vincent also noted that as of January 2021, landlords were facing a rent shortfall of between \$133 to \$185 million.

While the pandemic is one reason for current housing challenges, Vincent said Kansas has other issues to address, including a lack of safe, affordable and accessible housing. The state also faces a lack of what the National Association of Home Builders terms the “Five L’s:”

- Labor, including skilled contractors.
- Lots.
- Lending.
- Lumber (the price of materials keeps going up).
- Laws (which affect the availability of housing).

Vincent said the KHRC and other state groups have implemented a multi-pronged approach to address those issues, including programs that help those facing evictions, tax credits for residents in low income housing, assistance for moderate income housing, and even a first time homebuyer program.

As an example, the Kansas Eviction Prevention Program, funded through the U.S. government’s CARE Act and authorized by Kansas Gov. Laura Kelly, provided about \$20 million in assistance to more than 11,000 households during a 60-day period in late 2020.

Kayla Savage, director of the Kansas Department of Commerce’s community development division, said her agency is in partnership with the KHRC to help with a trio of housing programs that provide incentives for rural housing districts, award community development block grants, and assist in efforts to renovate two- and three-story Main Street buildings.

Savage noted that the 2021 Kansas legislature provided a nice boost to the state’s communities when it passed SB90, which expanded the incentives for rural housing districts to include upper story housing projects in the central business districts in Kansas.

“We all know about buildings in our communities with great bones, or great structure, that are in need of upper story development,” Savage said. “That legislation will allow for vertical renovations, including a second or third story where

we can develop housing that adds to traditional forms of housing in the community.”

A full listing of programs offered through KHRC, including descriptions of each, is available at <https://kshousingcorp.org>

Housing and community assistance programs from the Kansas Department of Commerce can be found at www.kansascommerce.gov/community-development

The time to address Kansas’ housing challenges has never been greater, Vincent said. “During the pandemic, we’ve used our homes for schooling, shopping, worship, community meetings and more,” he said. “Home has become the hub for everything. So when people are at risk of losing their home, they are at risk of losing everything that connects them to their outside world.”

Vincent’s and Savage’s full talk and other [First Friday presentations are available online](#) from K-State Research and Extension.

Story by: Pat Melgares

CONTROLLING BROADLEAF WEEDS IN LAWNS

Late October to early November is the most effective time to control broadleaf weeds in your lawn. A few of the major broadleaf weeds that we tend to see are dandelions, henbit, and chickweed. These plants are winter annuals and start to grow in the fall. They spend the winter as small plants and most people don’t notice them until they start to flower in the spring. Trying to kill them in the spring, once they are flowering, usually is a waste of time and money.

These three weeds tend to be the hardest to control and the most noticed in lawns in the spring. Dandelions usually produce a flush of new plants in the fall, so they are more easily controlled now because they are actively moving materials from the top portion of the plant to the roots. Henbit and chickweed start germinating in the fall, and are controlled easier when they are young. Herbicides will translocate to the roots and will kill the plant from the roots up.

So what should you do? Spraying herbicides such as 2,4-D, Weed-B-Gon, Weed Free Zone, Weed Out or Trimec in the fall, October to early November, can go a long way toward eliminating these plants. Choose a day that is at least 50° F so the young plants are actively growing and will take up the chemical. The better the weed is growing, the more the weed killer will move through the plant.

Spot treating will probably be needed early in the spring before they have put on much growth (March) to catch the few plants that germinate late. Use Weed Free Zone, Speed Zone, Weed Out, Weed-B-Gon, Trimec, or any other herbicide that controls broadleaf weeds. If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

FALL SOIL TESTING

Though we often think of soil testing as a spring task, fall can actually be a better time. Soil-testing laboratories are often very busy during the spring resulting in a longer turnaround from submission to recommendations. Also, soils in the spring are often waterlogged, making taking samples difficult. If your soil test suggests more organic matter, fall

is a much better season because materials are more available than in the spring, and fresher materials can be used without harming young tender spring-planted plants.

Begin by taking a representative sample from several locations in the garden or lawn. Each sample should contain soil from the surface to about 6 to 8 inches deep. This is most easily done with a soil sampler. Each office in River Valley District have samplers that are available for checkout. If you don’t have a sampler, use a shovel to dig straight down into the soil. Then shave a small layer off the back of the hole for your sample. Mix the samples together in a clean plastic container and select about 1 to 1.5 cups of soil. This can be placed in a plastic bag, or a soil sample bag that is available at the offices. Take the soil to your local office to have the tests done for a small charge at the K-State soil-testing laboratory.

SPRING FLOWERING BULBS

With fall quickly approaching it’s hard to think about next spring, but now is the time to plant those crocus, tulip, and daffodil bulbs we all love. The best time to plant spring flowering bulbs is in late September through October. These plants need to develop roots in the fall and must meet a chilling requirement over the winter in order to bloom in the spring.

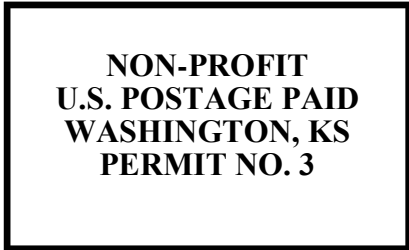
Choosing the right planting location can make a difference on how well your bulbs do in the spring. You need to pick a planting site that has full sun to partial shade. The ideal soil should be a sandy loam mix, but even if you don’t have that you can add organic material such as peat moss, compost, or aged bark to improve your current soil. For example, a heavy clay can be amended by mixing in one-third to one-half organic material.

The planting depths of bulbs will vary depending on the type and size of the bulb. For example, tulips and hyacinths are set about 6 inches deep, and daffodils are put 6 to 8 inches deep. As a rule of thumb, bulbs are planted two to three times as deep as they are wide. The planting depth is the distance from the bottom of the bulb to the top of the soil. Large bulbs are normally spaced 4 to 6 inches apart, and small bulbs about 1 to 2 inches. You can plant bulbs in clumps or irregular masses produce a better display, or you can line the edge of your flower beds by planting single bulbs in a row.

After placing the bulbs at the proper depth, you want to slowly replace the soil so you can be sure to have good bulb to soil contact. First replace half the soil back into the hole and add water. Wait until the water is soaked in and then add the remaining soil and water the area again. This process will settle the soil around the bulbs, and will create good aeration as well as good drainage for proper root development. Although there will be no top growth in the fall, the roots are developing, so soil needs to be kept moist but not wet. Mulch can be added after the soil has frozen to prevent small bulbs from being affected by the alternating freeze and thaw of the soil throughout the winter.

Even though you don’t see immediate effects of planting bulbs, they will provide you with that pop of spring color, and will add different dimensions to your flower beds. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

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Address Service Requested

RIVER VALLEY DISTRICT
“2021 UP-COMING MEETINGS & EVENTS”

DATE	TIME	PROGRAM	LOCATION
Oct. 11	10:30am	Fall Fling	Clay Center– 4-H Conference Center
Oct. 11	6:30pm	Do it all in the Fall	Belleville– 4-H Building-901 0 Street
Oct. 15	5:30pm	ASI Family and Friends Reunion	Manhattan– Stanley Stout Center
Oct. 15-Dec.7		Medicare Part D Open Enrollment	RVED Offices-Call for Appointment
Nov. 11		RVED Offices Closed for Veterans Day	
Nov. 25 & 26		RVED Offices Closed for Thanksgiving	