Farm Financial Skills for KS Women in Agriculture

K-State Research and Extension, recognizes the financial stress that farmers and ranchers are experiencing due to low commodity prices and high input costs. More than ever, financial management of the operation is critical to long-term sustainability.

This workshop series (January 15, 22, 29, Feb. 5) will teach principles of recordkeeping to develop a balance sheet, income statement and a cash flow statement. Participants will work with a case farm to do performance analysis and understand how these statements can help with management decisions.

Other special topics will include managing family living expenses, coping with mental stress and developing a whole-farm financial management plan.

The program will be a combination of broadcasted keynote speakers, local speakers, and facilitators to assist in completing the hands-on activities.

The goal is for participants to acquire financial management skills they can apply directly to their farming or ranching operations.

While the program is designed to highlight women’s issues in agriculture, it is open to any participant without regard to sex.

This program will be run as a series, so each night will build upon the material from the previous sessions. As such, participants will register for the entire 4-session series. $40.00 registration fee* will cover all meals and all program materials *local scholarships may be available

Register for the series by visiting: www.AgManager.info under “Events” or contact our office for assistance.

Registration Deadline Dec. 31st!

First 500 participants to register will receive a free Farm Financial Management Book! Participants in this series will also receive FSA Borrowers Training credit!

For more information, check out the brochure included with the newsletter.
Extension Council Executive Board Elected
At the annual meeting of our 24 Program Development Committee Members, a new Extension Council Executive Board was elected. Congratulations to those elected: Jon Gleason - Chairman; Travis Goetz - Vice-Chair; Shauna Rumbaugh - Secretary; Cari Wasson - Treasurer; Members – Joe Gleason, Judy Kregar, Julie Pinkerton, Shana Tilley and Beth Vogel.

FCS Program Development Committee members are Sherry Askew, Maybell Ingland, Judy Kregar, Roxanne Hornberger, Diane Lix, and Beth Vogel. Thanks for being willing to serve!

2020 Ford County Fair
The 2020 Ford County Fair dates have been set for Thursday, July 16 through Monday, July 20. Fair set up date is Tuesday evening, July 14 and Fair clean up after the Fair is Tuesday evening, July 21. Please put these dates on your calendar. We would love to see an increase in our community exhibits and participation for 2020. Consider helping as a superintendent for open class or 4-H.

2020 FCE Council
Ellie Elsen is the FCE Council President; Mary Stukenholtz is Vice President; Jewell Perkins is Secretary; Ethel Schneweis is Treasurer; Members – Norma Henton, Beulah Jones, and Marcy Price. Next meeting is January 13 at noon. This is our Holiday Luncheon.

Ford County 4-H Foundation
The Ford County 4-H Foundation’s Annual Meeting will be held on Wednesday, January 15 at the Ford County Extension Office at 5:30 p.m. This is a public meeting and any Ford County resident is invited to attend. Foundation membership is obtained through a minimum $5.00 donation, checks can be mailed to: The Ford County 4-H Foundation, Inc., 100 Gunsmoke St., Dodge City, KS 67801.

Barn Quilt Painting Workshop
Have you seen the colorful barn quilts displayed at the county fair the last couple of years? Would you like to paint your own? Well here is your chance to actually paint a barn quilt.

Mary Harden, Bucklin, will be the guest presenter for the Saturday, February 8 workshop. Workshop will start at 9:00 a.m. at the Ford County Fair Building and will conclude sometime in the afternoon around 4 or 5 p.m. Registration and barn quilt pattern are due by Friday, January 31 to the Extension Office. Registration fee is $65 and includes a 2’x2’ board, pattern drawn on the board, paints, brushes and all other supplies. You just need to come, tape and paint!

I have several patterns available that Mary has used in the past you can look through or if you have one you would like to use we will need it by January 31.

Call the Extension if you have questions or email me at eschnewe@ksu.edu.

Dining With Diabetes
I will be holding a Dining With Diabetes Series on Tuesday afternoons starting on February 4 and 18, and March 3 and 10. These will be held in the Extension Office meeting room and will be from 1:30 -3:00 p.m.

You will learn about:
♦ reading food labels
♦ using a variety of sweeteners
♦ using seasoning to replace salt
♦ the role of fiber in the diet
♦ the difference between various types of fat
♦ the importance of exercise
♦ setting personal goals to manage your diabetes
♦ ...and more!

Cost is $25.00 per person. To register and for more information, contact me by email at eschnewe@ksu.edu or by calling the Extension Office at 620-227-4542.
4-H Flea Market
The 4-H Exchange Annual Spring Flea Market will be held on Saturday, March 28 at the Ford County Fair Building. Hours are 9 a.m. to 1 p.m. Concession Stand will be available with rolls for breakfast and various lunch items. Come down and support the exchange group by having something from the concession stand and also check out merchandise from many of the various vendors.

Test for Radon During Winter
This is the ideal time to test your home for radon, a colorless, odorless radioactive soil gas which enters homes through cracks in the foundation. Radon is a leading cause of lung cancer in the US. A simple radon test kit is available at the Extension Office for $6.00. To learn more about Radon go to the following website, kansasradonprogram.org/home or by calling the Kansas Radon Hotline at 1-800-693-5343. January is National Radon Month so become more informed about this gas which can be in your home.

Walk KS 2020, March 15 – May 9
Again this year we will be registering Walk Kansas teams using an online system. Revisions have been made which incorporated many suggestions from the program last year. We will also have paper registration for those that prefer to complete the registration by paper and then bring to the office. Registration deadline will be in March. Captain packets will be available late February or early March.
More information is coming soon and will be posted on our website, Facebook page and emailed to past participants.

Ford County 4-H Club Day and Regional Club Day
Come and watch our local 4-H’ers as they participate in our County Club Day (February 22) activities and those that are able to go on to compete during Regional Club Day (March 7). Both are held at the Dodge City Middle School and start at 8 a.m. and will conclude by noon.

The Difference between “Use-By” “Sell-By” and “Best-By” Dates
Confusion over date labeling leads to billions of pounds of food waste every year Here is a brief explanation on the difference between “use-by,” “sell-by,” and “best-by” dates.
Use-By -- This label is aimed at consumers as a directive of the date by which the product should be eaten; mostly because of quality, not because the item will necessarily make you sick if eaten after the use-by date. However, after the use-by date, product quality is likely to go down much faster and safety could be lessened.
Sell-By -- This label is aimed retailers, and it informs them of the date by which the product should be sold or removed from shelf life. This does not mean that the product is unsafe to consume after the date. Typically, one-third of a product’s shelf-life remains after the sell-by date for the consumer to use at home.
Best-By -- This is a suggestion to the consumer on which date the product should be consumed to assure for ideal quality. Brackett also points out that smell and taste are not good indicators of whether or not a food is safe to eat.
Source: Bob Brackett, PhD, CFS, Director of the Institute for Food Safety and Health at the Illinois Institute of Technology and IFT member

FutureFood 2050
What’s Going On with Romaine Lettuce?
The Partnership for Food Safety Education held a webinar about romaine lettuce and recent foodborne illness outbreaks. This particular lettuce has be linked to at least two large recalls due to E. coli O157:H7 contamination. There a many preventive steps in place in growing and handling fresh produce. Unfortunately, it is still subject to contamination. It is still important to wash fresh produce before consuming. Bagged salads should not be washed as that could increase contamination risks. If you have any food in a recall, never consume it. Return it to the store or throw it away.
For this webinar and other past webinars, see www.fightbac.org/free-resources/recorded-webinars/. 
Taste and Smell Affects Eating Well
The ability to taste and smell food brings enjoyment to the eating experience. But as we age, those two senses can change for many reasons.
The human mouth has about 8,000 taste buds! But we lose taste buds over time. A decrease in saliva, medication side-effects, and poor chewing reduces how the flavor of food is sensed.
Your nose directly affects how food tastes. When you have a cold, your sense of smell is diminished and food tastes bland. When you breathe in odors, they dissolve in mucus and move to odor receptors. If odor receptors are damaged by air pollution, cigarette smoke, or viruses and bacteria, they may not be repaired.
If food tastes bland, avoid reaching for the salt shaker or add sugar to improve flavor. This can lead to other health issues such as high blood pressure, increased risks for heart attack and stroke, or even diabetes.
Always consult with a medical professional for any changes in taste or smell. This includes a dental checkup.
Source: Tufts Health & Nutrition Letter, December 2019

Kansas Ag Stress Resources
Farming and ranching brings many stresses along with the rewards.
To help cope with those mental and emotional issues, the Kansas Department of Agriculture has a new website of resources to help with mental health, support, and services.
This resource is a collaboration to support emotional and financial challenges. There is information for teens to aging adults. Suicide is at alarming levels and this can help reduce this trend.
Learn more at www.kansasagstress.org.
Kansas Suicide Prevention Line
1-785-841-2345
Crisis Text Line 24/7 Support
Text “HOME” to 741741

Apples and Baking
Apples are a popular fruit for baking tasty treats. But not all apples a suitable for baking.
Some are better for a healthy snack. With so many varieties, which ones are best for baking?
Tart, firm flesh varieties are best for baking. Some examples include Braeburn, Cortland, Honey Gold, Honey Crisp, Jonathan, Fuji, Gala, Granny Smith, Haralson and Newtown Pippin.
Mix together different varieties for a well rounded flavor and texture. When baking a double crust pie with fresh apples, it is best to slightly pre-cook the apples before putting them in the pie crust. This helps the apples cook completely and helps the top crust to stick with the apples when they shrink. This prevents a large gap between the top crust and apples.
For more information about different apple varieties, see https://extension.wsu.edu/maritimefruit/apple-varieties-for-cooking-baking-cider/ and https://bestapples.com/varieties-information/varieties/

Sodium and Your Health
Reading Nutrition Facts label information can help control sodium intake.
While sodium helps make food taste good, for some consumers, sodium imbalance can be a serious health issue. It helps regulate blood pressure, water content in the body, and many other factors.
If sodium levels in the blood are low, this can be the result of diarrhea, vomiting, kidney disease, heart failure, diuretic medications, liver cirrhosis, and other factors. The symptoms the body gives include confusion, fatigue, loss of appetite, irritability, muscle weakness, and other symptoms.
Consulting a medical professional is a priority. There are many issues that can lead to low sodium. Treatments can include medication, fluids through the vein, or limited liquid intake.
Learn more at https://medlineplus.gov/ency/article/000394.htm.
**Start the Year with a Clean Fridge!**

Many of us make New Year’s resolutions, but will they happen? Here’s one you can do! Clean your fridge! And it’s a great way to inventory the contents.

1. Remove the food and keep it in an ice chest or another refrigerator.
2. Unplug the fridge. Clean underneath and behind the appliance to remove dust.
3. Remove drawers and shelves. Let glass shelves adjust to room temperature so they don’t crack. Wash with hot, soapy water. Use a toothbrush to get into tight spaces.
4. Wipe down the interior walls of the fridge and door shelves.
5. Dry all surfaces with a clean towel or paper towels.
6. Sanitize with a solution of 1 tablespoon liquid bleach in 1 gallon of water.
7. Plug the fridge back in and put shelves and drawers in their spots.
8. Restock the fridge and clean any containers and bottles. Toss anything past its prime and make a shopping list.

Between cleanings, wipe up spills as they happen to keep the fridge as clean as possible.

Sources:
- [www.cdc.gov/foodsafety/communication/clean-refrigerator-steps.html](http://www.cdc.gov/foodsafety/communication/clean-refrigerator-steps.html)
- [www.cleaninginstitute.org/cleaning-tips/clean-home/room-room/cleaning-refrigerator](http://www.cleaninginstitute.org/cleaning-tips/clean-home/room-room/cleaning-refrigerator)

**One Jar Size Does Not Fit All**

During food preservation classes, participants often say something like: “My family eats so much salsa, I can it in quart jars.” But there are no canning recommendations for preserving salsa in quart jars, only recommendations for pint-jar canning. Is this a problem? Yes, it can be. There are a variety of jar sizes available for home canners to use, ranging from 4 ounces up to half gallons. Some jar sizes are not appropriate for canning certain foods — for example, you should not can jelly or jam products in quart jars. The jar size can dictate how a food heats inside that jar. And unfortunately, there is no magic formula for changing process times to suit different jar sizes. When recipes are tested for canning, the process includes heat penetration studies. These studies track the heat progression in the center — or cold spot — of the jar. The cold spot is affected by the type, acidity and consistency of the food, the size of food pieces, its nutrient content, whether the food is hot or raw packed and many other factors. Learn more about the science behind developing recipes for home-canned foods at the National Center for Home Food Preservation (NCHFP). Canning recipes reflect the results of that research. So when a recipe calls for using half-pint or pint jars, you cannot use jars larger than a pint; the food, typically canned in that quantity, has not been tested in larger jars. No formula exists for adapting a recipe to a larger jar. However, you can in general safely use jars smaller than the largest jar listed. For example, if a recipe only lists pints, you have the option of using half-pint or 12-ounce jars. The processing time is still the same as for the pint jar. Keep in mind that using too small of a jar may reduce the quality of a food. While it may seem limiting to narrow down jar choices, the bottom line is it allows you to produce home-canned foods that you and your family can safely enjoy.
Dear Friends,

K-State Research and Extension- Ford County provides “Knowledge for Life” with a variety of programs. Look inside this newsletter for more details.

I wish you a very merry Christmas and I hope your 2020 new year will be wonderful and safe. Remember to eat healthy and become more active in the new year. A way to become more active is to plan to have your family or friends form a team for Walk Kansas!!!!

If you have questions concerning any of the information within the newsletter, please give me a call or email me. I am always willing to visit with you.

Have a wonderful holiday!

Sincerely,

Ethel Schneweis
County Extension Agent, Family and Consumer Sciences
<table>
<thead>
<tr>
<th>Site City</th>
<th>Site Name:</th>
<th>Site address:</th>
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<tbody>
<tr>
<td>Abilene</td>
<td>Sterl Hall</td>
<td>619 N Rogers St</td>
<td>Tony Whitehair</td>
<td>785-263-2001</td>
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<td>Beaumont</td>
<td>Beaumont Depot</td>
<td>11724 SE Beaumont Rd</td>
<td>Lindsay Shorter</td>
<td>620-583-7455</td>
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<td>Belleville</td>
<td>Republic County 4-H Building</td>
<td>901 O Street</td>
<td>Monica Thayer</td>
<td>785-527-5084</td>
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<td>Burlington</td>
<td>Burlington Library</td>
<td>410 Juniatta St.</td>
<td>Darl Henson</td>
<td>620-364-5313</td>
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<td>Chanute</td>
<td>Chantue Agronomy Center</td>
<td>3030 S. Santa Fe</td>
<td>Joy Miller</td>
<td>620-223-3720</td>
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<td>Council Grove</td>
<td>Morris County Courthouse</td>
<td>501 W. Main</td>
<td>Shannon Ney</td>
<td>785-324-0714</td>
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<td>Dodge City</td>
<td>Ford County Fair Building</td>
<td>901 West Park Street</td>
<td>Andrea Burns</td>
<td>620-227-4542</td>
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<tr>
<td>Emporia</td>
<td>Lyon County Extension Office</td>
<td>2632 W Hwy 50</td>
<td>Brian Rees</td>
<td>620-341-3220</td>
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<td>Great Bend</td>
<td>American Ag Credit</td>
<td>5634 10th St</td>
<td>Alicia Boor</td>
<td>620-793-1910</td>
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<tr>
<td>Hepler</td>
<td>Hepler Community Building</td>
<td>105 S Prairie Ave</td>
<td>James Coover</td>
<td>785-724-8233</td>
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<td>Highland</td>
<td>Highland Community College</td>
<td>606 West Main</td>
<td>Matthew Young</td>
<td>785-742-7871</td>
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<tr>
<td>Kinsley</td>
<td>Edwards County Extension Office</td>
<td>212 East 6th</td>
<td>Marty Gleason</td>
<td>620 659 2149</td>
</tr>
<tr>
<td>LaCrosse</td>
<td>WCED office in LaCrosse</td>
<td>702 Main</td>
<td>Jared Petersilie</td>
<td>785-222-2710</td>
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<tr>
<td>Lawrence</td>
<td>Douglas County Extension Office</td>
<td>2110 Harper St</td>
<td>Mallory Meek</td>
<td>785-843-7058</td>
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<tr>
<td>Manhattan</td>
<td>Pottorf Hall, Cico Park</td>
<td>1710 Avery Avenue</td>
<td>Greg McClure</td>
<td>785/537-6350</td>
</tr>
<tr>
<td>McPherson</td>
<td>McPherson County Extension Office</td>
<td>600 W Woodside</td>
<td>Jana McKinney</td>
<td>620-241-1523</td>
</tr>
<tr>
<td>Olathe</td>
<td>Johnson County Extension Office</td>
<td>11811 S Sunset Drive</td>
<td>Jessica Barnett</td>
<td>913-715-7000</td>
</tr>
<tr>
<td>Oskaloosa</td>
<td>Colonial Acres Event Center</td>
<td>8998 US Hwy 59</td>
<td>Jody Holhaus</td>
<td>785-364-4125</td>
</tr>
<tr>
<td>Paola</td>
<td>Marais des Cygnes Extension Office</td>
<td>104 S. Brayman</td>
<td>Abbie Powell</td>
<td>913-294-4306</td>
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<tr>
<td>Parsons</td>
<td>Southeast Research-Extension Center</td>
<td>25092 Ness Rd.</td>
<td>Adaven Scronce</td>
<td>620-331-2690</td>
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<tr>
<td>Phillipsburg</td>
<td>Phillips County Fairbuilding</td>
<td>1481 HWY 183</td>
<td>Cody Miller</td>
<td>785-543-6845</td>
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<tr>
<td>Salina</td>
<td>American AgCredit</td>
<td>925 W. Magnolia Rd.</td>
<td>Cade Rensink</td>
<td>785-392-2147</td>
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<tr>
<td>Selden</td>
<td>Selden Community Center</td>
<td>110 N. Kansas Ave.</td>
<td>Alyssa Rippe-May</td>
<td>785-475-8121</td>
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<td>Scott City</td>
<td>Wm. Carpenter 4-H Building</td>
<td>608 E. Fairground Rd.</td>
<td>John Beckman</td>
<td>620-872-2930</td>
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<td>Smith Center</td>
<td>Smith Center Courthouse</td>
<td>218 S. Grant</td>
<td>Sandra L Wick</td>
<td>785-282-6823</td>
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<tr>
<td>St. John</td>
<td>Stafford County Extension Office</td>
<td>210 E Third Ave</td>
<td>Amanda Staub</td>
<td>620-549-3502</td>
</tr>
<tr>
<td>Stockton</td>
<td>Fairgrounds, Harding Hall 4-H Building</td>
<td>918 S. Elm St.</td>
<td>Rachael Boyle</td>
<td>785-425-6851</td>
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<tr>
<td>Sublette</td>
<td>Haskell Township Library</td>
<td>700 W. Chouteau Ave.</td>
<td>Kristin Penner</td>
<td>620-675-2261</td>
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<tr>
<td>Sycamore</td>
<td>Sycamore Township Hall</td>
<td>4122 Co Rd 5400</td>
<td>Wendie Powell</td>
<td>620-784-5337</td>
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<tr>
<td>Syracuse</td>
<td>Fairgrounds-4-H Building</td>
<td>806 S Main Street</td>
<td>Lora Horton</td>
<td>620-384-5225</td>
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<tr>
<td>Ulysses</td>
<td>Grant County Civic Center</td>
<td>1100 W. Patterson</td>
<td>Elizabeth Kissick</td>
<td>620-356-1721</td>
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<tr>
<td>Winfield</td>
<td>Cowley County Courthouse</td>
<td>311 E. 9th Avenue</td>
<td>Kelsey Nordyke</td>
<td>620-221-5450</td>
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</tbody>
</table>

A statewide program to address financial risk amid a struggling farm economy

Held at 32 sites across Kansas!

Jan. 15th, 2020
Jan. 22nd, 2020
Jan. 29th, 2020
Feb. 5th, 2020

This material is based upon work supported by USDA/NIFA under Award Number 2018-70027-28586.
Program Description:

K-State Research and Extension recognizes the financial stress that farmers and ranchers are experiencing due to low commodity prices and high input costs. More than ever, financial management of the operation is critical to long-term sustainability.

This workshop series will teach principles of recordkeeping to develop a balance sheet, income statement and a cash flow statement. Participants will work with a case farm to do performance analysis and understand how these statements can help with management decisions.

Other special topics will include managing family living expenses, coping with mental stress and developing a whole-farm financial management plan.

The program will be a combination of broadcasted keynote speakers, local speakers, and facilitators to assist in completing the hands-on activities.

The goal is for participants to acquire financial management skills they can apply directly to their farming or ranching operations.

This program is just one example of K-State Extension’s commitment to diversity and inclusion. While the program is designed to highlight women’s issues in agriculture, it is open to any participant without regard to sex.

For more information, contact Robin Reid, K-State Agricultural Economics at 785-532-0964 or LaVell Winsor, K-State Farm Analyst Program at 785-220-5451.

Program Schedule:

January 15th, 2020:
5:30 pm Dinner
6:00 pm Local networking activity
**6:30 pm Recordkeeping & Activity**
8:30 pm Session ends

January 22nd, 2020:
5:30 pm Dinner
**6:00 pm Balance Sheet & Activity**
8:00 pm “This is different stress”
8:30 pm Session ends

January 29th, 2020:
5:30 pm Dinner
**6:00 pm Income Statement & Activity**
8:00 pm “Managing Family Living Expenses”
8:30 pm Session ends

February 5th, 2020:
5:30 pm Dinner
**6:00 pm Cash Flow & Activity**
8:00 pm Goal Setting
8:30 pm Session ends

**Note that times listed are in Central Time Zone. For the Syracuse location, all session will start at 4:30 pm Mountain Time***

Registration:

This program will be run as a series, so each night will build upon the material from the previous sessions. As such, participants will register for the entire 4-session series.

$40.00 registration fee* will cover all meals and all program materials

*local scholarships may be available

Register for the series by visiting: www.AgManager.info under “Events” or contact the local location listed on the back of this brochure

Registration Deadline Dec. 31st!

First 500 participants to register will receive a free Farm Financial Management Book!

Participants in this series will also receive FSA Borrowers Training credit!