Floods are very common in all regions of Kansas, with most communities experiencing some kind of flooding after spring rains, heavy thunderstorms, or winter snow thaws. However, some areas are more susceptible. Communities particularly at risk are those located in low-lying areas, near water, or downstream from a dam.

Flood waters can be extremely dangerous. The force of just six inches of swiftly moving water can knock people off their feet. Cars (including SUVs and pick-ups) can be swept away in just two feet of moving water. Stay away from flood waters, storm drains, and sewers - you could be sucked down a drainage tube! Flash flood waters move at a very high rate of speed and can roll boulders, tear out trees, destroy buildings, and wash out bridges. Walls of water can reach heights of 10 to 20 feet and generally are accompanied by a deadly cargo of debris. The best protection during a flood is to leave the area or your car for shelter on higher ground.

Flood: Any high flow, overflow, or inundation by water which causes or threatens damage.

Flash Flood: A rapid and extreme flow of high water into a normally dry area, or a rapid water level rise in a stream or creek above a predetermined flood level, beginning within six (6) hours of the causative event (i.e. intense rainfall, dam failure, ice jam). However, the actual time threshold may vary in different parts of the country. Ongoing flooding can intensify to flash flooding in cases where intense rainfall results in a rapid surge of rising flood waters.

Flash Flood Watch: Issued to indicate current or developing hydrologic conditions that are favorable for flash flooding in and close to the watch area, but the occurrence is neither certain or imminent.

Flash Flood Warning: Issued to inform the public, emergency management and other cooperating agencies that flash flooding is in progress, imminent, or highly likely.

Flood Watch: Issued to inform the public and cooperating agencies that current and developing hydro meteorological conditions are such that there is a threat of flooding, but the occurrence in neither certain or imminent.

Flood Warning: In hydrological terms, a release by the NWS to inform the public of flooding along larger streams in which there is a serious threat to life or property. A flood warning will usually contain river stage (level) forecasts.

Prepare a Family Disaster Kit: Check your insurance policy to see if you have a policy that covers flooding;

- Keep insurance policies, important documents, birth certificates, marriage licenses, and other valuables either in a safe deposit box or a waterproof safe;
- Listen to local radio and/or TV stations or NOAA weather for information and advice;
- Be alert for signs of flash flooding;
- Make sure your car has a full tank of gas;
- Check on neighbors that are elderly and/or disabled.
Radon & Lung Cancer

Radon exposures in homes and other indoor environments is the leading cause of lung cancer death for non-smokers in the United States, and the second overall cause of lung cancer death behind tobacco smoking. The Environmental Protection Agency (EPA) estimates that approximately 1 in 4 homes in Kansas will test at or above the EPA’s radon action level of 4.0 picocuries of radon per liter of indoor air (pCi/L). The US Surgeon General and the Kansas Radon Program recommends all homes in Kansas by tested for radon gas.

How Do I Test My Home For Radon?

Radon test kits can be obtained from most Kansas State Research and Extension county offices for a reduced fee. Radon test kits can also be purchased online via www.sosradon.org at retail price. Test kits purchased through your county Extension office or the Kansas Radon Program include the laboratory analysis fee and return postage.

I’m Buying A House. How Do I Test For Radon?

It is law in Kansas that all residential real estate contracts include a recommendation that home buyers include a radon test on homes purchased in Kansas. Kansas law also requires that all radon testing performed during real estate transactions be conducted by radon measurement professionals certified via the Kansas Department of Health and Environment (KDHE). The list of KDHE-certified radon professionals, both measurement and mitigation, can be obtained at www.kansasradonprogram.org.

My Home Has Elevated Radon Levels. What Now?

The most common technique used to reduce elevated indoor radon levels in single-and two-family homes is called Active Soil Depressurization (ASD). An ASD radon mitigation system is a permanently installed pipe-and-fan system that places a direct constant vacuum on the soil beneath the house’s foundation, constantly reducing the amount of radon under the foundation that can penetrate into the living space of the home. ASD radon mitigation systems can reliably and easily reduce elevated radon levels in 95% of homes for more. In Kansas, the average starting radon level of homes that have been mitigated is approximately 9.5 pCi/L. The average post-mitigation radon result is 1.3 pCi/L.

Current Radon Data for Kansas

Currently, KDHE has collected over 73,000 radon measurements in Kansas. The observed state-wide average indoor radon value for Kansas is 5.1 pCi/L, with over 35,000 measurements reported at or above 4.0 pCi/L. The Kansas Radon Program is in the process of updating the county radon maps for Kansas. Visit: www.kansasradonprogram.org to view the updates as they become available.

Where Can I Get More Information?

You can call the Kansas Radon Hotline toll-free at (800)93-5343 and speak with the Kansas Radon Program. You can also visit us at: www.kansasradonprogram.org. Our frequently asked questions (FAQ) can be found at: www.kansasradonprogram.org/faq and several topic-specific fact sheets can be found at www.kansasradonprogram.org/fact-sheets

Advertisements

Medicare Part D Open Enrollment Counseling

Call your local extension office to make an appointment with Julianne to get free & unbiased help to compare your Part D prescription plan. Plans change every year and so do your prescriptions, so it is always important to compare!

- An 8 week healthy lifestyle team challenge in 2016
- 257 participants
- 43 teams
- 43,123 miles walked

According to research done at North Carolina State University, the cost estimate for inactivity is $1,412 in direct and indirect health costs per inactive person per year. By encouraging 257 participants to become more active, the potential benefits from K-State’s Walk Kansas could yield a $362,884 savings in costs associated with an inactive lifestyle in the Twin Creeks District this year!

2016 NW Estate Planning Workshops

Preserving the Family with Estate Planning

- Held in Hill City, Oakley, and Oberlin
- 107 participants (66 families) from 26 towns
- Impacted an estimated $51—$94 million in estate assets.

6 months later 42% responded to a follow up survey

- 78% had conversations about estate planning or farm succession with their family.
- 76% reported taking action on an estate plan.

- “It gave us the knowledge to have the confidence to move forward and get something done, instead of just continuing to think about it.”
- “It got my husband and I talking about what to do with our kids that are young.”
- “Just what we needed.”

Coming Up! Oct. 15th—Dec. 7th

Medicare Part D Open Enrollment Counseling

SHICK Senior Health Insurance Counseling for Kansas

Call your local extension office to make an appointment with Julianne to get free & unbiased help to compare your Part D prescription plan. Plans change every year and so do your prescriptions, so it is always important to compare!

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Anxious to get a new school year started in a positive direction for your child? Take a break from your demanding school and work schedules and share in positive youth development by spending some quality family time. Enroll your child in the largest national youth organization -- 4-H!

With the assistance of adult community volunteers, the positive youth development of our 4-H program can build confidence, competence, character, connection and caring which leads to community contributions. The final outcome of our 4-H program is that “All youth will grow up fully prepared for and fully engaged in life.”

4-H is a unique organization, in that it is the only youth development organization with oversight and sponsorship by the federal government. At the federal level, 4-H is administered by the United States Department of Agriculture through the National Institute of Food and Agriculture.

The federal government partners with the Land-Grant Universities including Kansas State University, K-State Research and Extension, as part of KSU, administers the 4-H program in cooperation with the local Extension governing units. Local Twin Creeks Extension District units are housed in Norton, Oberlin and Hoxie.

Through our educational mission, we help youth to learn by doing and to lead by example. In 4-H, we are committed to providing a positive experience for as many young people as possible. Not just with the belief that 4-H grows great kids, but the belief that by preparing our youth for school, work and life that we are contributing to a vibrant economy for years to come.

Our Mission: Kansas 4-H Youth Development uses unique strategies and opportunities to engage youth in reaching their full potential through partnerships with caring adults.

Our Vision: Kansas 4-H Youth Development provides a world where youth and adults acquire and advance positive life skills by learning, growing and working together.

The Kansas 4-H program focuses on the mastery of five life skills: a positive self-concept, an inquiring mind, a concern for the community, healthy interpersonal relationships and sound decision-making.

October 1st marks the beginning of our new 4-H year. Youth and parents are invited to visit local community 4-H clubs to become involved in an organization that teaches life skills useful and necessary in adult lives. From conducting and participating in business meetings, to record keeping and decision making, our 4-H program touches on all aspects of preparing youth to become successful adults. Choosing project areas of interest allows youth to explore with curiosity unfamiliar, but interesting projects. Local extension offices have a multitude of project resources as well as contact information for subject matter project leaders.

Any youth who is between the age of 7 and 18 before January 1, 2017 is eligible to become a 4-H member. A choice of over 30 projects areas are available as state projects which includes the Self-Determined project allowing the youth to research an area that is not listed as a state project. The sky’s the limit in choosing a project. 4-H uses research-based, age-appropriate curricula which includes experiential and inquiry-based learning.

Youth 5 and 6 years old as of January 1, 2017 can enroll as a Cloverbud. This 4-H program is activity-focused rather than project-focused. Cloverbuds participate in a cooperative program, not a competitive program.

**Alyssa Rippe**

**The Root… “Preparing Your Roses for Winter”**

Are your roses ready for winter? If not, it’s time to start by following these steps. First, mound soil or compost about 8-10 inches high on each plant. Do not grab this soil from around the plant; it could damage the roots. Try to finish this first step before Thanksgiving. Second, after the ground is frozen, add about 4 inches of straw or leaves to provide extra protection. Do not add this before the ground is firmly frozen, otherwise you may encourage rodents to feed on your roses. The third and final step is to tie any large canes together so they don’t blow during winter winds. This should keep your roses safe and protected during those cold winter days. In the spring, simply move the protection before new growth starts.

**The Chute… “Feeding Cull Cows”**

Cull cows are probably not at the top of your farm’s priority list right now. Between keeping the weaned calves healthy to getting the fall crops harvested, they just don’t rank very high. However, cull cows make up an average of 15-30% of the income on a cow-calf operation, so some extra emphasis on marketing them at the right time can make a big difference in your yearly profit.

The cull cow market has the most extreme price fluctuations of any class of cattle, with seasonal lows commonly in the late fall and early winter and highs in the late spring and early summer. For spring calving cows, it’s tricky to make that higher market. You may think about feeding cull cows, adding body weight, and increasing their value, especially with lower feed prices. However, there are a few things that you should think about first. According to Oklahoma State University, cull cows with a body condition score (BCS) of 5 or lower at the start of feeding are much more efficient than cows with higher body condition scores. Low BCS cows have a potential for compensatory gain leading to a much better feed to gain ratio. With those cows, your chances of profit also increase. For higher body condition cows, feed is mostly used for increased fat deposition and maintenance, meaning the return at sale for your feed costs is poor. For the average cow, the first 45-60 days on feed is the most efficient. After that, feed conversion becomes extremely poor.
Calendar of Events

**October**
15th: Medicare Part D Enrollment Begins
10th: Columbus Day-Norton Office Closed
31st: Happy Halloween!

**November**
6th: Daylight Saving Time Ends
8th: Election Day
11th: Veterans Day-All Offices Closed