

FHD Extension News

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111th Cattlemen's Day March 1, 2024

Mark your calendars and plan to join us in Manhattan February 29th for this year's Stockmen's Dinner, March 1st for this year's Cattlemen's Day and Legacy Bull Sale. For more information please visit: <https://www.asi.k-state.edu/events/cattlemens-day/>. Registration is due by February 23rd at noon and is \$25.



Schedule

8 a.m. Trade Show and Educational Exhibits
Morning refreshments sponsored by DSM-Firmenich.

10 a.m. Welcome – Weber 123

- K-State Strategy for the Future, Richard Linton, K-State president
- ASI Embraces Past, Looks to the Future, Mike Day, K-State ASI department head
- Beef Industry Economic Outlook, Glynn Tonsor, K-State agriculture economics professor

Noon Lunch – Weber Arena

Smoked brisket compliments of U.S. Premium Beef. Following lunch, enjoy Call Hall Ice Cream sponsored by Huvepharma in the Trade Show.

1:30 p.m. K-State ASI Beef Research Update, ASI Beef Team

2:30 p.m. Breakout Sessions

- Beef Cuts that Add Value, Michael Chao, K-State ASI associate professor
- Reproduction Update, Sandy Johnson, K-State ASI extension beef specialist, and Nicholas Dias, K-State ASI assistant professor
- Wildlife & Ranching, Drew Ricketts, K-State extension wildlife management and control specialist

3 p.m. Repeat of 2:30 p.m. sessions

Agriculture News

KSU 2024 Swine Profitability Conference, Tuesday, February 6, 2024.
Early registration is \$25 per participant. Early registration ends January 26th. Registration on/after January 27, 2024, or at the door, is \$50 per participant. Please use the following link for registration: <https://www.asi.k-state.edu/events/swine-profitability-conference/>

Schedule

9:15 a.m. Registration

Morning refreshments, donuts and coffee

9:30 a.m. Welcome

9:45 a.m. U.S. Pork/Meat Outlook

Dr. Steve Meyer, Partners in Production Agriculture Senior Economist

10:30 a.m. The National Bio & Agro-Defense Facility Capabilities

Dr. Chad Mire, National Bio and Agro-Defense Facility Research Leader

11:15 a.m. Recent Trends in Swine Health Diagnostic Cases

Dr. Marcelo Almeida, Iowa State University, Assistant Professor

Noon Lunch

1:15 p.m. U.S. Pork Industry Update

Bryan Humphreys, National Pork Producers Council CEO

2:00 p.m. J-Six Farms: Our Story and Continuing a Legacy

Dan Gerety, J-Six Farms CEO

3:00 p.m. Adjourn



**34TH ANNUAL
SWINE PROFITABILITY
CONFERENCE**

FEBRUARY 6, 2024

KSU STANLEY STOUT CENTER
2200 Denison Avenue, Manhattan, KS

K-State Garden Hour is hosted by K-State Research and Extension horticulture staff across the state of Kansas. We hope you'll join us on the first Wednesday of each month at noon for some horticultural refreshment and training. Sessions are recorded and posted here:

<https://hnr.k-state.edu/extension/consumer-horticulture/garden-hour/> after each event.



#KSTATEGARDENHOUR



K-STATE GARDEN HOUR

Join K-State Research and Extension every first Wednesday of the month from 12:00 - 1:00 pm CST

Living Well Wednesday: KSRE Webinar Series

Living Well Wednesday is a virtual learning series hosted by K-State Research and Extension, Family and Consumer Sciences (FCS) professionals from across the state of Kansas. The winter/spring 2024 series kicks off in January and we invite you to join us!

Webinars will be offered the second Wednesday of each month, from 12:10-1 pm. There is no charge to participate, however, registration is required. All webinars will be recorded along with supporting resources. Register for all webinars in this series here: <https://www.ksre.k-state.edu/fcs/livingwellwed/bit.ly/47WAPoN>



Two webinars will be offered in Spanish on the third Wednesday in January and March at 12:30 pm. Register here: <https://bit.ly/3tD7bGn>

2024 Winter/Spring Series Schedule

January 10, 2024: “Sleep is a Superpower” (this session has been recorded and can still be viewed)

Presenter - Michelle Lane RN, MSN, CMSRN, CHC, NE-BC, Senior Director, Community Wellness and Corporate Health at North Kansas City Hospital

A lot happens while you are sleeping. Inadequate sleep directly affects our relationships, life expectancy, libido, cardiovascular health, immune system and contributes to weight gain. Learn how to leverage this superpower for better health.

February 14, 2024: “Women’s Health and Functional Medicine”

Speaker: Joleen Zivnuska, APRN, MSN, Women’s Health Nurse Practitioner, Wichita, KS

Women often take care of everyone else by themselves. This leads to sleep deprivation, poor eating habits, gut issues, and increased stress which in turn can all cause a compromised immune system and other health issues. We’ll look at common root causes of illness in women including the impact that trauma and ACE’s have on well-being.

March 13, 2024: “Navigating Diets, Supplements, and Women’s Health in a Confusing World”

Speaker: Priscilla Brenes, MPH, Ph.D, Extension Assistant Professor, State Extension Specialist - Department of Food, Nutrition Dietetics, and Health

With so much information on health, it’s hard to know what is true. This session will cover keys to a healthy and balanced diet, discuss how/when to use supplements, and explore wellness tips for women. Learn if medications that facilitate weight loss work for long-term wellness.

Rapid Response Center: You Asked It!

Tips from the Rapid Response Center go into a monthly newsletter published by the 15th of each month. News articles are based on questions received, current food safety issues, or information based on the time of year. **This newsletter is in E-Newsletter format only which can be found here:** <https://enewsletters.k-state.edu/youaskedit/>

Topics for January include:

Last Minute Food Gifts
Keep Your Pets Safe from Holiday Hazards
Updated Food Preservation Publications
2024 Regional Farmers Market Workshops
Lead in Applesauce Pouches

K-STATE
Research and Extension

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Flint Hills Extension District

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