K-State Farm Transition Conference

The Kansas State University Department of Agricultural Economics will be hosting conferences to help farmers and ranchers plan for the transition of their farm to the next generation.

Registration is now available online. Our team will be hosts for the March 8th session at the Manhattan Convention Center.

The conference begins at 9 a.m. and adjourns by 3 p.m. Lunch and materials will be provided.

Ashlee Westerhold, director of the Office of Farm and Ranch Transition at K-State, said a 2012 study from the Harvard Business School found that 70% of family-owned businesses fail to transition to new owners successfully.

“In Kansas,” she notes, “84.6% of Kansas farms are family owned.”

Further, Westerhold said that of the businesses that fail to transition successfully, 60% are due to problems with communication and trust, and 25% are due to lack of preparation for the next generation.

She notes the Farm Journal indicated that 80% of farmers surveyed plan to transfer control of their operation to the next generation, but only 20% were confident that their succession plan would achieve that goal.

“With the values of farm assets and land today, discussing and planning farm succession is even more important,” Westerhold said.
Don’t Let Delivery and Takeout Foods Fumble Your Super Bowl

WASHINGTON, Jan. 29, 2024 — Safely serving friends and family during the big game is a win for everyone; don’t fumble it this Super Bowl Sunday. February 11 kicks off Super Bowl LVIII, and football fans will be huddling up to watch the big game while enjoying their favorite foods. Whether you’re ordering delivery, or preparing and serving food to guests, the U.S. Department of Agriculture’s (USDA) Food Safety and Inspection Service (FSIS) has some gameday plans to keep your Super Bowl from being intercepted by foodborne illness.

“Super Bowl parties are a fun time for people to unwind and enjoy the big game, but food safety must remain a top priority,” said USDA Under Secretary for Food Safety Dr. Emilio Esteban. “Simple steps like not leaving food out at room temperature for more than two hours or keeping hot foods hot and cold foods cold can help keep your friends and family safe.”

Follow these USDA tips to avoid getting caught offside with food safety this Super Bowl Sunday.

Deliveries and Takeout Foods

If you’re ordering takeout earlier in the day before the big game, make sure someone is there to get the food in a timely manner. Place any food that is not being eaten immediately in the refrigerator.

When storing leftovers, divide them into smaller portions and place them into small, shallow containers. Perishable foods that have been sitting out at room temperature must be eaten within two hours after being cooked.

Stay in the In Zone, not the Danger Zone

If you’re serving food to groups, follow the two-hour rule. When perishable foods sit in the Danger Zone (temperatures between 40ºF and 140ºF) for more than two hours, bacteria can multiply rapidly. Meat and poultry must be refrigerated or frozen within two hours of sitting out on a counter in the Danger Zone. If you want to enjoy the big game and serve food longer than two hours, keep hot foods hot and cold foods cold. Hot foods must be kept at 140ºF or above by using warming trays, chafing dishes, or a slow cooker. Cold foods must be kept at 40ºF or below. To keep them cold, serve them in smaller portions and refill them, or place the food in containers and nestle them in ice.

Don’t Let Leftovers Sit on the Sidelines

Your Super Bowl leftovers will be safe for three to four days in the refrigerator. Reheat leftovers to the safe internal temperature of 165ºF as measured with a food thermometer. Reheat liquid foods like soups and sauces to a boil. Tasting food to determine its safety is dangerous. When in doubt, throw it out!

Four Steps to Food Safety

Clean  Cook
Separate  Chill

I generally write my own articles for our monthly Geary County K-State Research and Extension newsletters, but the U.S. Department of Agriculture put out a news release about Super Bowl Food Safety that scored big with the food safety football-loving person that I am. Enjoy! – Deb
A Heartfelt Reminder

Deb Andres, Family and Consumer Sciences Agent

There is no greater testimony for the need of everyone above the age of 9 to learn the life-saving skill of CPR – or cardiopulmonary resuscitation – than witnessing a life saved as a result of its use.

February marks the month that has been designated as American Heart Month. Nancy Brown, Chief Executive Officer of the American Heart Association, shares that “During American Heart Month, we’re celebrating all the bold hearts who have made an impact in saving lives through CPR.” In fact, this year’s focus is on promoting and supporting Americans to learn CPR. “Children as young as nine can learn CPR and since nearly 3 out of 4 cardiac arrests that do not happen in a hospital, occur in the home, it’s critical that all families know how to perform CPR,” states Brown.

The American Heart Association is celebrating its 100th birthday in 2024 with its Nation of Lifesavers campaign which focuses on individuals, families, organizations, and communities to elevate the awareness of the role CPR has in saving lives.

And CPR does save lives! Just ask Damar Hamlin, Buffalo Bills safety, who collapsed on the football field in the middle of a game on January 2, 2023. Millions of people witnessed the miracle of quick action when people trained in CPR administered aid following Damar’s cardiac arrest following a hard hit. Since his recovery, he has become a loud and proud spokesperson for the importance of knowing how to employ CPR. As the National Ambassador for the Nation of Lifesavers campaign, Damar is advocating for the awareness of the role CPR plays in saving lives, including his.

You can learn more about this effort at www.heart.org/nation.

If you haven’t had the opportunity to take a CPR class or need to refresh your skills from a previous training, use this heart-felt reminder as a gentle nudge to take action. Both the American Heart Association (cpr.heart.org) and the American Red Cross (redcross.org) offer online CPR and AED courses to get you started.

If you need an answer to the common “Why me?” response, consider these statistics:

“…fewer than half of people suffering out-of-hospital cardiac arrest receive the immediate CPR they need before professional help arrives. Approximately 90% of the 350,000 people who experience a cardiac arrest outside of the hospital each year will not survive. Additionally, more than 23,000 children suffer cardiac arrest annually, with nearly 40% happening in conjunction with sports-related activities.”

The question to consider now is “Why not?”

Statistics provided courtesy of the American Heart Association

For more information on steps you can take to keep you heart in better health, check out the Geary County K-State Research & Extension Health, Home and Family website at: https://www.geary.k-state.edu/health-home-family/.

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CLUB DAYS GIVES MEMBERS AN OPPORTUNITY TO SHARE THEIR PROJECTS AND DEMONSTRATE THEIR TALENTS TO JUDGES AND THE PUBLIC.
UPCOMING EVENTS:

Food for Thought Luncheon Session 2:
Join Geary County Farm Bureau and Geary County K-State Research and Extension over the noon hour for lunch and to answer questions about prescribed burning with Garry Berges, Geary Co. Emergency Management Director and to hear about burning’s effect on sericea lespedeza from Walter Fick of K-State. Thursday February 15th from Noon to 1 at the Grandview Plaza Community Center.
Register by February 12th by calling our office at 785-238-4161. There is no cost to register.

2024 Walk Kansas:
Walk Kansas 2024 dates have been announced! Mark your calendar for March 31 through May 25, 2024 and start working on building your team of six! More information will be shared in next month’s Geary County’s Extension Connection newsletter or keep an eye on our Facebook pages: Geary County K-State Research and Extension and Geary County Walk Kansas.

For up-to-date information and the latest news, follow Geary County K-State Research & Extension on Facebook.

K-State Research and Extension is committed to making its services, activities and programs accessible for all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact the Geary County office at 785-238-4161.