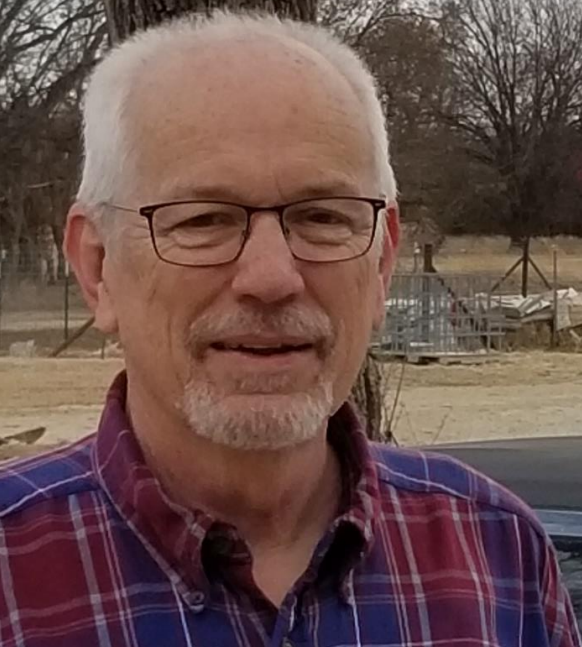


# SERVICEMEMBER AGRICULTURAL VOCATION EDUCATION (SAVE)



## Monthly Newsletter

Volume 02 | Issue 04 | Servicemember Agricultural Vocation Education

### *Announcement*

Last month we received letters of support from the office of the Mayor of Manhattan as well as from all three Riley County Commissioners. We are grateful for their support.

Pictured above is Commissioner Greg McKinley. He came out to the farm in order to see how we are making waves in moving forward in the training of tomorrow's agricultural leaders. He was extremely happy to see our operation and is glad to support an operation that is helping the community of Riley County as well as the Agricultural Community here in Kansas.

### *Inside This Issue*

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# The Dream of Owning A Farm Is Out of Reach in The Midwest Because Of Student Loan Debt

Written by Christina Stella

Plenty of younger people are eager to build careers in farming, but more land up for grabs won't necessarily make it easier to get started. Access to land and capital are two of the biggest hurdles facing first-generation farmers today, and some say they face an extra barrier to both — student loan debt.

With lawmakers and President Biden mulling the merits of canceling some debt, farmers and advocates say loan forgiveness could make it easier for millennial farmers to build their businesses.

“We know like good farmland is in rural areas, but there are not good jobs that can pay for all the student debt that you have in rural communities,” says Vanessa Garcia Polanco, a federal policy associate with the National Young Farmers Coalition.

The average American farmer is nearly 60, and many are starting to eye retirement. As a result, a significant portion of U.S. farmland is expected to change hands in the coming years. In 2014, the U.S. Department of Agriculture predicted ten percent of fields would transition ownership before 2019, a figure [the American Farmland Trust estimated](#) that over a third of fields would be passed to new owners by 2035.

[A 2017 survey by the nonprofit](#) found that more than 80% had college degrees, but fewer than half owned all of their land. Polanco says beginning farmers of color can face steeper barriers, as [non-white students in the U.S. are more likely to have more student debt and struggle to repay it](#).

“For a student of color, any number is a hurdle because that will prevent you from building wealth and having access to the things that degree will open up for you,” she explained.

Plus, in many cases, she says, it can be hard to find agricultural communities where it's possible to save up for farmland and pay off loans. More debt makes that problem harder to overcome.

Sarah Campbell at the USDA's National Beginning Farmer and Rancher Program says lingering debt can also make applying for farm loans more complicated. She helps farmers access [government loans that are meant to be easier to get and pay](#) off than those from private lenders. Interest rates are kept low, and the USDA doesn't use common factors — like a credit score — to pick who gets money.

While student debt may not disqualify somebody, it can make submitting required business plans more burdensome and even risky.

For more information about this article, go to <https://www.kcur.org/news/2021-03-15/the-dream-of-owning-a-farm-is-out-of-reach-in-the-midwest-because-of-student-loan-debt>.

# Beekeeping in April

It's April and spring is here. Although the conditions may not reflect your typical spring conditions, we are experiencing warm days, chilly nights, and the April downpours we have grown accustomed to. Regardless of your experience level, hopefully you have your hives up and running this month. It will be harder to get your colony ready for the winter the later in the year you start a colony. Depending on certain factors, most colonies are started in March, April, and May.



If your bees have made it through this past winter, they should be ripping and running by now. The number one goal of the colony this year is to swarm, so be prepared. Ideally, you will want to keep them from swarming. Your queen is laying approximately 2,000 eggs a day and your bees are building comb!

Picture this, one side of one deep frame is 3,500 cells. A queen can quickly fill up those cells with eggs, so be aware. When the frames are full of brood and the bees run out of room to walk around, they get the itch to swarm.

There is a pattern to every year if you pay attention. This April will be similar to last April as well as next April. A healthy hive is busting at the seams right now due to its growth. Learn from last year's mistakes if you are not a starting your colony for this first time.

Each April, flowers are beginning to bloom in full force. There are some beekeepers that will weight their bees on a scale, the entire colony, boxes, and everything. It is not

uncommon for the weight of the colony to increase by 5-10 pounds in one day. All of the nectar being brought in from the flowers will increase the weight. It is common for this type of weight change to start happening in April. A need for a high population of bees to make the most of this period when all of the flowers are blooming is required. Due to the brood nest being filled with brood quickly and the intake of fresh nectar and pollen for the environment, April is probably the month of the year with the highest probability for swarming.

The second year for a hive is when everything really gets rocking and rolling. So do your best to stay ahead of the bees. It's better to be early than late with honeybees, so anticipating what they need before they need it is key. This is the time of year when wax moths and small hive beetles damaging your active hive is very minimal.

If you are in your 3<sup>rd</sup> year, hopefully, some honey frames with a drawn comb in them are on hand. That should be the first box that is given to the hive going into spring. Drawn comb is one of the most valuable things to a beekeeper, so be sure to protect it from year to year. Be aware, your bees will fill that comb up with nectar/honey quickly. Before they fill that box with honey, you want to have another honey box on the hive for them to start working on.

One of the toughest things to understand is when to add more boxes to your hive. It may be better to add them earlier than later. A colony grows in population from January through June. This is followed by 6 months of a decline in the population. That six-month period of growth is when you will be adding boxes. The rule of thumb in regard to adding a box, when the previously added box is about 2/3rds full of drawn comb with something in the cells, add another box.



## Bee Shop Buzz!

After another winter in California, our bees are ready to come home. Ted and Anthony will be making their final trip to California the 3<sup>rd</sup> week of April to bring all of the bees back to Kansas.

On April 9<sup>th</sup> and 17<sup>th</sup>, Golden Prairie Honey Farms will be conducting Bee Pick-up Days. 3# Package Pick-up will be on April 9<sup>th</sup> during business hours and 5 frame Nuc Pick-up on April 17<sup>th</sup>. We are asking for everyone who can lend a hand, come out and help to issue bees on those days. Please let the staff know if you can help.



## Our New Partner!

Golden Prairie Honey Farms have now partnered with the Konza Beekeepers Association to help with monthly meeting. This partnership also allows members to pay their dues at Golden Prairie Honey Farms.



## Bee "N" the Now! Set your calendars for these upcoming events.

Golden Prairie Honey Farms will be out and about in the Wamego starting this month. Make sure you mark these dates on your calendar. Stop by and show your support!

**Tulip Festival April 17 - 18 2021.** This weekend will be alive with thousands of visitors, vibrant colors of tulips and over 150 craft vendors.

**Freedom Celebration in Wamego on July 4<sup>th</sup>** (still to be determined) is the #1 rated firework show in Kansas filled with fun activities for all ages, a parade, live music and more!

Join the GPHF team at the **Wamego OZtoberFEST 2021, Saturday October 2nd.** This family celebration will be held in downtown Wamego with a variety of activities including the OZ Costume Contest, Toto look-a-like contest, an Indoor/Outdoor OZ Market, Classic Car Show, Road to OZ BBQ Challenge, Wizard's Beer & Wine Garden, Munchkinland, Auntie Em's Boutique, and much more!

## Looking for Support

On Saturday, May 1<sup>st</sup> we will be at Fort Riley Post Exchange from 10 am until 4 pm. We are looking for assistance from our students, volunteers, board members and staff to help spread the word about SAVE. If you can help, contact Sandy to make arrangements.



## Safety Tips for Farming with a Back Injury or Back Problem<sup>1</sup>

If you have not experience back pain or a back injury, consider yourself lucky!

The physical limitations that persons with a back injury might experience vary with the level and severity of the injury. These individuals often experience limitations in one or more of the following activities: standing, sitting, reaching, lifting, carrying, pushing, pulling, climbing, bending, stooping, crawling, kneeling, crouching, running, driving, walking, and jumping.

Individuals with back injuries should identify and inform their employer the specific functional limitations that are associated with their specific back injury. Based on these limitations, one can then determine the types of tasks around the farm that may be hazardous to perform or that could result in further injury or deterioration of current abilities.

Farming safely with a back injury may be more difficult since it is a disability that is not clearly visible and there is not a complete loss of a particular body function. The following is a list of safety tips that have been shared by various farmers who have experienced back injuries:



- Obtain appropriate assistive technologies or labor-saving devices to assist in performing tasks that exceed your physical abilities; one example would be to use a cake feeder on the back of a UTV instead of emptying grain bags into feeders.
- Add additional steps made from non-slip material to farm machinery to assist in mounting and dismounting safely.
- An independent suspension seat can be installed in some tractors to help absorb shock and vibration. The type of suspension systems may include pneumatic (air), hydraulic (oil), mechanical, or a combination of any of these suspension systems.
- Various outdoor mobility aids can be used to decrease fatigue and further deterioration of back injuries. These mobility aids include riding lawn mowers, golf carts, and all-terrain vehicles. It is important to note that, while the device may reduce fatigue, it may cause additional problems because of lack of suspension while riding around bumpy or rough terrain.
- Automatic hitching devices and automatic gate openers can reduce the frequency of mounting and dismounting from a tractor.
- A combination sit/stand stool can be used when performing tasks that require standing for long periods of time. This stool can be placed in the farrowing house to be used when attending to healthcare needs of pigs or placed in the farm shop next to the workbench to help relieve stress in the lower back area.



- There are several back-support devices available through durable medical equipment dealers and physicians. Consult with a doctor about whether or not a back-support device is recommended. Anyone with a back problem should remember to use proper lifting and body mechanics, in addition to maintaining any physician- recommended exercise program.

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Website: [agrability.ksu.edu](http://agrability.ksu.edu) | Email: [agrability@ksu.edu](mailto:agrability@ksu.edu) | Telephone: 1-800-KAN-DO-IT

*Supported under Special Project Number 2018-41590-28719 through USDA-NIFA. Kansas State University Department of Biological and Agricultural Engineering:*

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1 The information shared is based on data gathered by the Easter Seal Society of Iowa's Farm Family Rehabilitation Management (FaRM) Program.

## Jiffy Hitch Systems, Inc.

**WORK SAFE.**

**WORK SMART.**

The Jiffy Hitch System is a three point hitch system for your tractor that gives you the freedom to quickly switch you implements, including PTO implements, without leaving your tractor seat or needing another person's assistance. Visit [www.jiffyhitchsystems.com](http://www.jiffyhitchsystems.com) for more information.



# OPPORTUNITIES

## Kansas Creative Arts Industries Commission

### Announces Artist INC for Kansas Military

**Artist INC**, a professional development program for creatives, has partnered with Kansas Creative Arts Industries Commission to offer professional development programming exclusively for military service members, veterans, and family caregivers of service members living in Kansas who are interested in or actively pursuing a career in the creative sector.

This programming provides a path to continued artistic development, professional viability, and sustainability. Both programs are free, but registration is limited. The programs available are:

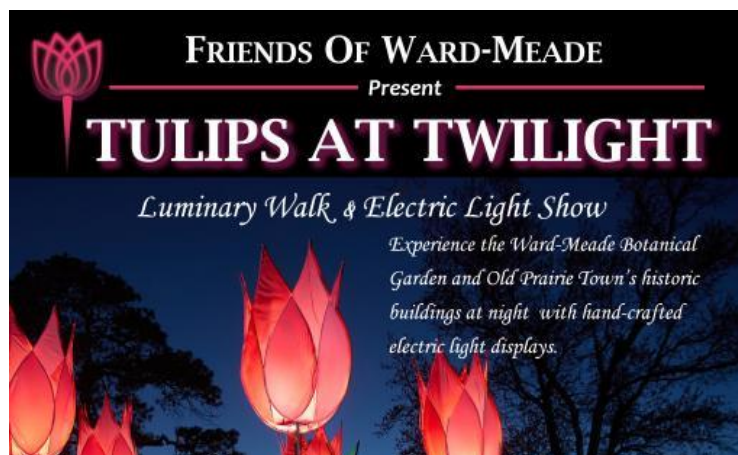
#### What Works

April 5, 2021 at 5:30 p.m.

What Works is a short introductory workshop to the Artist INC programming for Kansas Military and Veterans based on sharing the common behaviors of successful artist entrepreneurs.

*Note: This workshop is recommended prior to registering for Artist Inc. Express.*

[Click here to register.](#)



PRESENTED BY: **OLD PRAIRIE TOWN AT WARD-MEADE HISTORIC SITE**

DATES: 4/9/2021, 4/10/2021, 4/11/2021, 4/12/2021, 4/13/2021, 4/14/2021, 4/15/2021, 4/16/2021, 4/17/2021, 4/18/2021, 4/19/2021, 4/20/2021, 4/21/2021, 4/22/2021, 4/23/2021, 4/24/2021, 4/25/2021

LOCATION: **OLD PRAIRIE TOWN AT WARD-MEADE HISTORIC SITE**

ADDRESS: 124 NW FILLMORE ST., TOPEKA, KS 66606

PHONE: (785) 251-6991

TIME: 7:00 PM

PRICE: \$5 ADULTS, CHILDREN 5 AND UNDER FREE

Tulips at Twilight was a massive hit in 2019. See 30,000 tulips illuminated and more than 35 lighted displays including larger-than-life flowers as you stroll along the garden pathways.

## Artist INC Express

**Friday–Sunday, May 21–23, 2021**

Artist Inc Express is a three-day intensive virtual professional development program created to address the specific business needs and challenges creatives of all disciplines face every day. Led by professional artist facilitators, the workshop is highly interactive and includes activities and discussions focused on goal setting, writing about one's work, and building a personal brand--the building blocks for a sustainable arts practice and successful career in the creative industries.

**[Click here to register.](#)**

What Works and Artist INC Express for Kansas Military are generously subsidized by the Kansas Creative Art Industries Commission and in partnership with Arts Council of Johnson County and the Office of Military and Veteran's Affairs at Kansas State University.

### **About Artist INC**

[Artist INC](#) is a program of Mid-America Arts Alliance. Founded in 2009, in partnership with the University of Missouri-Kansas City Innovation Center, Artist INC programs have reached thousands of individual artists of all disciplines throughout the Mid-America Arts Alliance region. In addition to Artist INC Live, programming now includes Artist INC Advance; Artist INC Express; and What Works workshops, to allow flexibility in serving communities of all sizes.

### **About Arts Council of Johnson County**

The [Arts Council of Johnson County](#) enhances the quality of life in the community by strengthening the arts. More than an advocate for the Arts, ACJC is dedicated to the enrichment of the community through the Arts. Building a creative culture. Transforming the region into a vibrant area desirable to new businesses, visitors and residents.

### **About the Office of Military and Veteran's Affairs at Kansas State University**

The [Office of Military and Veteran's Affairs at Kansas State University](#), located in Manhattan, Kansas, conducts strategic institutional policy development regarding military-connected student and veteran education; and assists in military-related research and veteran outreach service programs. This office maintains external relations and partnerships with national and regional military and veteran organizations, civil communities and corporate/ business entities involved in military affairs. The executive director also serves as the senior advisor to the university president, cabinet, and other major stakeholders regarding this university-wide enterprise.

### **About Mid-America Arts Alliance**

[Mid-America Arts Alliance \(M-AAA\)](#) is a nonprofit, regional arts organization—representing Arkansas, Kansas, Missouri, Nebraska, Oklahoma, and Texas—that focuses on strengthening communities and improving lives through extraordinary cultural experiences.



# PREVENTS



## *Download the How We R.E.A.C.H. Coaching Tool!*

Today is the day we are launching the How We R.E.A.C.H. Coaching Tool! – a groundbreaking new mobile app that will revolutionize how we REACH to people who need help and how we REACH to others when we need support. It puts vital information and clear steps on how to REACH at people's fingertips. Download the app now from [www.REACH.gov!](http://www.REACH.gov!)

Suicide is preventable – but only if we empower ourselves with the knowledge, tools and resources we need. Now, we can all empower ourselves with the How We R.E.A.C.H. Coaching Tool, which teaches us how to reach to help someone in need and it teaches us how to reach for help ourselves. By learning how to REACH together, we will prevent suicide.

The How We R.E.A.C.H. Coaching Tool uses the mnemonic R.E.A.C.H. to provide clear actions to take when we find ourselves in a position to help someone in need – or when we find ourselves in need of support. On the app, each letter links to detailed information to help users make the REACH they need. In addition, the app provides suggestions for language to use and tips to help you find resources – whether for yourself or someone you care about.

### **WHEN WE REACH TO THOSE IN NEED, WE:**

**R – REACH OUT AND ASK, “HOW ARE YOU...REALLY?” LISTEN AND OFFER HOPE.**

**E – ENGAGE THEM ABOUT POSSIBLE RISK FACTORS AND CHANGES IN THEIR LIFE TO BETTER UNDERSTAND THEIR PAIN.**

**A – ATTEND TO THEIR SAFETY. UNLESS YOU ARE CONCERNED ABOUT YOUR SAFETY, STAY WITH THEM.**

**C – CONNECT THEM TO RESOURCES SUCH AS SUPPORTIVE FRIENDS AND FAMILY, PROFESSIONALS OR A CRISIS LINE.**

**H – HELP THEM MAKE AND MAINTAIN A PLAN TO STAY SAFE. ENCOURAGE THEM TO SHARE IT WITH OTHERS.**

### **WHEN WE REACH BECAUSE WE ARE HURTING, WE:**

**R – REACH TO A LOVED ONE OR SOMEONE WE TRUST. DON'T BE AFRAID TO REACH OUT – NOW.**

**E – ENGAGE THOSE WE TRUST AND DISCUSS LIFE CHANGES AND RISK FACTORS THAT ARE CONTRIBUTING TO OUR PAIN.**

A – ATTEND TO OUR SAFETY. CONTACT SOMEONE WHO CAN BE WITH US AND HELP US STAY SAFE.

C – CONNECT WITH FAMILY, FRIENDS OR APPROPRIATE PROFESSIONALS. CONTACT A CRISIS LINE. BE AS HONEST AS WE CAN SO WE CAN HELP.

H – HELP OTHERS UNDERSTAND HOW THEY CAN HELP US STAY SAFE. SHARE A SAFETY PLAN IF WE HAVE ONE.

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By working together, supporting one another, and recognizing when – and how – to REACH to those in need, we have the power to change how we address mental health and suicide in America. We can all learn how to REACH to care for our own emotional wellbeing and the wellbeing of those we love. Please join us. REACH now, learn how! Together we will prevent suicide.

For more on the How We REACH Coaching Tool, to download the app and to learn more about the Year to REACH, please visit us at [REACH.gov](https://reach.gov). And make sure to keep up with our [Twitter](#), [Facebook](#), and [Instagram](#) and look out for #HowWeREACH and #YearToREACH.

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If you are worried about yourself or someone you love, call the National Suicide Prevention Lifeline at 1-800-273-8255 (**Press 1 if you are a Veteran, Service member, or family member**). The National Suicide Prevention Lifeline is a free resource that's available to anyone. Alternately, **text TALK to 741741** to text with a trained crisis counselor from the Crisis Text Line for free, 24/7.

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