

Farmers, rural areas can access free mental health resources

Iowa Capital Dispatch

Farmers and those living in rural parts of the country are affected by mental health issues, and statistically, die by suicide at higher rates than other segments of the population.

The volatile nature of farming, as well as a lack of mental health care available in rural communities and a stigma around asking for help contribute to the high rates of farmer mental health crises. That's why the nonprofit organization Rural Minds said it launched a free, farmer mental health resilience program.

The program, which is available online, links to resources and information about mental health, and also provides farmers with access to a free, hour-long course from Cornell University. The course, which was designed for veterinary students, veterinarians and agribusiness professionals, provides an overview of mental health challenges in rural America and gives the virtual attendees "practical



A farmer harvests corn in western Iowa. Photo by Jared Strong/Iowa Capital Dispatch

support strategies and resources."

Farmers are getting ready to plant after several years of low commodity prices, trade uncertainty and high input costs for things like fertilizer, which could be increasing even more due to the war in the Middle East.

Jeff Winton, the founder and chairman of Rural Minds, said farmers face "a tremendous amount of uncertainty" even in "the best of years."

"When these ongoing pressures are elevated by high input costs, trade volatility and worries about labor and immigration, stress

levels can spiral out of control," Winton said in a news release about the program.

The mental health resilience program, which is supported by the biochemistry company VM Agritech, links farmers and their families to crisis services, like the 988 Suicide & Crisis Lifeline, and also

helps them to understand, identify and start conversations around mental health issues.

The website provides easy-to-digest fact sheets about topics like the warning signs of suicide, common mental health conditions and guidance on starting "non-judgmental"

conversations with someone who might be struggling.

Rural Minds launched the program ahead of National Ag Day, March 24, which also coincides with "Iowa Ag Week" from March 23-30.

Iowa Secretary of Agriculture Mike Naig said the week is a "great opportunity to celebrate the farm families and agricultural leaders who are helping keep Iowa and America strong."

The agricultural appreciation week this year is also part of Iowa's observance of the 250th anniversary of the country.

"Early Americans fought to defend our freedom and liberty, and for the last 250 years farmers have helped sustain that republic by producing the food, fuel, and fiber that keep our nation strong," Naig said in a news release.

"Here in Iowa, agriculture continues that proud tradition every single day."

Chapter T of TTT meeting report

Refreshments and fellowship started Letts Chapter T meeting March 19 at the Letts United Methodist Church.

Vice-president Vicki Beers called the meeting to order at 5:45 p.m. Only four members were present.

February minutes were approved as read. Anita Stineman gave the treasurer report which was approved. Correspondence was from a former camper requesting her scholarship.

This was approved with her following the correct protocol. Peg Colton and Jill Hoben will take of other scholarships and get the needed information back to

Anita Stineman.

Altruistic will send a card to Marsha Lamp. Sue Langstaff reported on Budget. We served 12 events and a good profit will be deposited.

Sue also reported on camp which we have not had any correspondence from, but we will send two campers again, and start the preparation. For unfinished business, Karen Schaapveld will attend the Iowa State Convention as a delegate. Our monetary gift checks were voted upon and written to be delivered at the convention. New Business was our campers shower. There were options

discussed to handle this differently. We will continue to purchase all needed supplies, but maybe will give them to the campers differently. This is to be continued. Our local bylaws were looked at to correct due fees and these will be updated this year by the State Parliamentarian. Our next meeting will be April 16 at the Letts United Methodist Church at 5:30 p.m. Our closing creed was recited and meeting adjourned at 6:30p.m.

Respectfully Submitted
Karen Schaapveld
Recording Secretary

HOW TO DRESS FOR THIS WEEK'S WEATHER:

Wapello Morning Sun Weather

March 26, 2026

Seven Day Forecast	Detailed Local Forecast	Today's Regional Map	Weather History																																																																																
<p>THURSDAY Chance T-storms High: 80 Low: 35</p> <p>FRIDAY Partly Cloudy High: 50 Low: 27</p> <p>SATURDAY Sunny High: 56 Low: 35</p> <p>SUNDAY Partly Cloudy High: 62 Low: 42</p> <p>MONDAY Cloudy High: 64 Low: 43</p> <p>TUESDAY Few Showers High: 65 Low: 45</p> <p>WEDNESDAY Cloudy High: 66 Low: 44</p>	<p>Today we will see mostly cloudy skies with a 30% chance of showers and thunderstorms, possible record high temperature of 80°, humidity of 49%. West southwest wind 6 to 15 mph. The record high temperature for today is 73° set in 1910.</p> <p>Last Week's Local Almanac</p> <table border="1"> <thead> <tr> <th>Date</th> <th>Hi</th> <th>Lo</th> <th>Normals</th> <th>Precip</th> </tr> </thead> <tbody> <tr> <td>Monday</td> <td>23</td> <td>12</td> <td>49/30</td> <td>0.00"</td> </tr> <tr> <td>Tuesday</td> <td>27</td> <td>7</td> <td>49/30</td> <td>0.00"</td> </tr> <tr> <td>Wednesday</td> <td>54</td> <td>27</td> <td>50/30</td> <td>0.00"</td> </tr> <tr> <td>Thursday</td> <td>72</td> <td>37</td> <td>50/31</td> <td>0.00"</td> </tr> <tr> <td>Friday</td> <td>79</td> <td>43</td> <td>51/31</td> <td>0.00"</td> </tr> <tr> <td>Saturday</td> <td>88R</td> <td>48</td> <td>51/31</td> <td>0.00"</td> </tr> <tr> <td>Sunday</td> <td>64</td> <td>36</td> <td>52/32</td> <td>0.00"</td> </tr> </tbody> </table> <p>Rainfall..... 0.00" Average temp.. 44.1° Normal rainfall . 0.61" Average normal 40.5° Departure..... -0.61" Departure..... +3.6°</p>	Date	Hi	Lo	Normals	Precip	Monday	23	12	49/30	0.00"	Tuesday	27	7	49/30	0.00"	Wednesday	54	27	50/30	0.00"	Thursday	72	37	50/31	0.00"	Friday	79	43	51/31	0.00"	Saturday	88R	48	51/31	0.00"	Sunday	64	36	52/32	0.00"	<p>Local Sun/Moon Chart This Week</p> <table border="1"> <thead> <tr> <th>Day</th> <th>Sunrise</th> <th>Sunset</th> <th>Moonrise</th> <th>Moonset</th> </tr> </thead> <tbody> <tr> <td>Thursday</td> <td>6:59 a.m.</td> <td>7:24 p.m.</td> <td>12:29 p.m.</td> <td>3:33 a.m.</td> </tr> <tr> <td>Friday</td> <td>6:57 a.m.</td> <td>7:25 p.m.</td> <td>1:44 p.m.</td> <td>4:17 a.m.</td> </tr> <tr> <td>Saturday</td> <td>6:55 a.m.</td> <td>7:26 p.m.</td> <td>2:57 p.m.</td> <td>4:51 a.m.</td> </tr> <tr> <td>Sunday</td> <td>6:54 a.m.</td> <td>7:27 p.m.</td> <td>4:08 p.m.</td> <td>5:19 a.m.</td> </tr> <tr> <td>Monday</td> <td>6:52 a.m.</td> <td>7:28 p.m.</td> <td>5:16 p.m.</td> <td>5:43 a.m.</td> </tr> <tr> <td>Tuesday</td> <td>6:50 a.m.</td> <td>7:30 p.m.</td> <td>6:22 p.m.</td> <td>6:05 a.m.</td> </tr> <tr> <td>Wednesday</td> <td>6:49 a.m.</td> <td>7:31 p.m.</td> <td>7:27 p.m.</td> <td>6:25 a.m.</td> </tr> </tbody> </table>	Day	Sunrise	Sunset	Moonrise	Moonset	Thursday	6:59 a.m.	7:24 p.m.	12:29 p.m.	3:33 a.m.	Friday	6:57 a.m.	7:25 p.m.	1:44 p.m.	4:17 a.m.	Saturday	6:55 a.m.	7:26 p.m.	2:57 p.m.	4:51 a.m.	Sunday	6:54 a.m.	7:27 p.m.	4:08 p.m.	5:19 a.m.	Monday	6:52 a.m.	7:28 p.m.	5:16 p.m.	5:43 a.m.	Tuesday	6:50 a.m.	7:30 p.m.	6:22 p.m.	6:05 a.m.	Wednesday	6:49 a.m.	7:31 p.m.	7:27 p.m.	6:25 a.m.	<p>March 26, 1971 - Parts of northern and central Georgia experienced their worst snow and ice storm since 1935. Two-day power outages ruined two million eggs at poultry hatches. Two people were killed when a tree landed on their car.</p> <p>March 27, 1987 - The second blizzard in less than a week hit eastern Colorado and western Kansas. Snowfall totals ranged up to 24 inches at San Isabel, Colo. Winds gusted to 50 mph at Goodland, Kan. The high winds piled snow into massive drifts, closing roads for days.</p>
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Local UV Index	National Weather Summary This Week	Tonight's Planets	Weather Trivia																																																																																
<p>0-2: Low, 3-5: Moderate, 6-7: High, 8-10: Very High, 11+: Extreme Exposure</p>	<p>The Northeast will see mostly cloudy skies with isolated showers, highest temperature of 90 in Granite City, Ill. The Southeast will experience mostly clear to partly cloudy skies with the highest temperature of 88 in Winona, Miss. The central United States will see mostly clear skies with the highest temperature of 101 in Borger, Texas. In the Northwest there will be partly cloudy skies with the highest temperature of 68 in Clearview Acres, Wyo. The Southwest will see mostly clear skies with the highest temperature of 103 in Maricopa, Ariz.</p>	<p>New 4/17 Mercury 6:15 a.m. 5:45 p.m. Venus 8:26 a.m. 9:10 p.m. Mars 6:43 a.m. 6:26 p.m. Jupiter 1:27 p.m. n/a Saturn 7:33 a.m. 7:36 p.m. Uranus 10:13 a.m. 11:43 p.m.</p>	<p>Do some people sneeze after they look into the sun? Answer: Yes, it is due to an allergic reaction of the lower eyelid.</p>																																																																																

StarWatch By Gary Becker - Venus Heralds Spring

Have you noticed an unusually bright star near the western horizon, 30 minutes after sundown? It shines on and off through my neighbors' distant ash trees, almost like a blinking light, as the Earth's rotation carries it closer to the horizon. That is the planet Venus, goddess of beauty, becoming more conspicuous in our spring sky. What makes a springtime apparition of Venus, Mercury, or the moon more noteworthy is the tilt of their orbital paths relative to the horizon. When our solar system formed 4.5 billion years ago, the contracting clouds of gas and dust from which our sun and planets coalesced were flattened into a plane as the cloud's rotation increased. Today, astronomers refer to this plane as the ecliptic, the plane of Earth's orbit projected into space. It governs the yearly positioning of the sun against the background of the stars. Because the Earth's axis is tilted 23.5 degrees to the perpendicular of the ecliptic, the Earth's equator is skewed by the same amount to the ecliptic. This causes the sun to move north and south of the equator, giving us our annual seasonal variations. During the spring when the sun is rapidly gaining altitude in the Northern Hemisphere, the angle that the ecliptic makes with the western horizon is steepest. Fast-moving planets like Venus and Mercury, and our natural satellite, the moon, rapidly gain elevation as they move away from Sol because they are also very close to the plane of the ecliptic. During autumn, the ecliptic is at a very low (oblique) angle to the horizon. Mercury, Venus, and the moon pull away from the sun at their same rates, but their increase in altitude is minimal because of the shallow angle of the ecliptic to the horizon. After sunset Earth's rotation (spin) rapidly brings these objects into a setting position, keeping them invisible to the average observer for longer periods even as they pull away from the sun at the same angular rate. To illustrate the effects of an ecliptic tilted at a steep angle to the horizon, let us look at Venus' current change in altitude at sundown with respect to the angular departure of Venus from the sun (its elongation)... Read more at www.astronomy.org

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