

MAKING A DIFFERENCE



K-STATE
Research and Extension

Frontier
District

Second Quarter • June 2022



Frontier Extension District Making a Difference Report

DIRECTOR'S NOTE

REBECCA MCFARLAND
DISTRICT EXTENSION DIRECTOR

Frontier District Friends and Supporters,

Every day our Frontier District Team shows up to serve you and work alongside you. I am grateful for the opportunity we have to share researched-based information and education that is practical and timely. We appreciate our volunteers, community partners, friends, and supporters that help us empower residents to improve their lives, livelihoods and communities.

I invite you to read about the amazing work we are doing across the district and how we are positively impacting the lives of Kansans.

Sincerely,

Rebecca McFarland

District Director

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AGRICULTURE AND NATURAL RESOURCES UPDATES

ROD SCHAUB AND RYAN SCHAUB LIVESTOCK AND CROP PRODUCTION AGENTS

Frontier Extension District partnered with experts throughout the state to host the Eastern Kansas Grazing School this spring. The event was a two-day workshop where those in attendance learned about Management Intensive Grazing and many other topics related to meeting grazing cattle's needs. Rotational grazing of livestock through a paddock system is a recognized way to increase utilization of pasture and forages more efficiently. There is an art and science to this procedure. How fast livestock are moved to a new paddock depends on the class of livestock, the time of year, how fast the grass is growing, and how long it takes the plants to recover and grow back to a grazing height. Bruno Pedreira, Kansas State University Forage Agronomist, helped producers understand the importance of forage rest periods and productive pasture procedures.



NRCS (Natural Resources Conservation Service) Range Specialist, Doug Spencer, led a pasture allocation exercise that helped give producers a better understanding of how to manage/graze their pastures. In this exercise, producers were broken into two groups. Each group had three 1,000 lb. replacement heifers and were asked to graze the grass to a stubble height of four inches. The participants had to determine 1) how much grass the heifers would eat in one day, 2) how much forage was available that could be removed and still leave a 4 inch stubble height, 3) how large of an area was needed for the three head for one day. Water was supplied to each group of cattle separately. The next day the participants returned to the allocated pastures to discuss what had happened and see if their goals had been met.



Also discussed were the topics of getting water to paddocks, using electric fence, weed and brush control, ways to extend the grazing season for livestock, and the importance of low stress cattle handling.

Contact Rod Schaub, Livestock Agent, 785-828-4438 or rschaub@ksu.edu OR
Contact Ryan Schaub, Crop Production and Farm Management Agent, 785-448-6826 or reschaub@ksu.edu

AMANDA GROLEAU HORTICULTURE AGENT

On April 22nd, the District had the opportunity to present on the importance of trees to elementary youth at Burlingame High School. We created multiple hands-on projects to help students understand the impact of trees around the world and here in Kansas. The first station of the program allowed youth to play a matching game of "Trees Found in Kansas". All of these trees are native or were introduced to Kansas. Everyone was given a picture of a tree and students had to try and match the corresponding leaf to the tree. They were given the opportunity to try to match the correct pairs, with us eventually going over the correct answers as a group.



The second station consisted of a world map where students played a game of "Who am I?" The idea behind this map came from the Arbor Day Association website, where you can look at various trees around the world. On the map, students were able to flip open a card, see a picture of a tree and read the clues which matched the "Who am I?" game.



Students were able to learn about tree shapes, leaf types, and why trees are beneficial around the world. With the map, students were able to see the different types of trees around the world, and how they adapt to the environment. Our goal is to continue to build on this project and help get students excited about planting trees both in their yards and community.

Contact Amanda Groleau, Horticulture and Natural Resources Agent, 785-229-3520 or agroleau@ksu.edu

FAMILY AND CONSUMER SCIENCES UPDATES

JANAE MCNALLY ADULT DEVELOPMENT AND AGING AGENT

The Age Well series was offered during the winter as both a virtual or in-person series of educational webinars. These webinars aimed to promote positive attitudes about aging and encourage individuals to be physically, mentally, and financially active.

The program series offered two 30 minutes sessions ranging in a variety of topics. Topics included mental health, fire safety, communication, cooking and more. At the end of each session, we asked participants to share what they had learned throughout the programs presented and they responded with the following responses:

- 94% of participants had more positive feelings about the topics related to aging
- 97% reported they had learned something new
- Comment: I plan to do more breathing exercises throughout the day, and get back to exercising with small weights
- Comment: I intend to make a plan and have a serious conversation with my children as well as my parents about end-of-life decisions.

For additional information on the Age Well series and to watch the recordings of the three sessions, visit <https://www.frontierdistrict.k-state.edu/family/adult-development-aging/active-aging-expo/2019.html>.

Contact Janae McNally, Adult Development and Aging and Family Resources Management Agent, 785-229-3520 or jmcnally@ksu.edu



Age Well

CHELSEA RICHMOND NUTRITION, FOOD SAFETY AND HEALTH AGENT

Nationally, it is estimated that 34.2 million people have diabetes or about 1 in every 10 people. Additionally, health officials estimate that 1 in 5 people do not know they have diabetes.

In order to address this critical issue, the online Dining with Diabetes program was offered in the Frontier District this Spring. The virtual program is self-paced and is open to individuals who have pre-diabetes or Type 2 diabetes as well as family members and caregivers.

Throughout the program, participants work through four educational modules, one each week. The modules focus on living with diabetes, carbohydrates and sweeteners, fats and sodium, and putting it all together. Each module includes educational videos, meal planning and healthy snack ideas, ideas for low-impact physical activity, and food demonstrations of diabetic friendly recipes.

After the conclusion of the initial program, participants have access to a follow-up module several weeks later on dining out with diabetes.

When asked what they learned through their participation in the program, participants this Spring responded:

- Being more aware of hidden sodium and sugar in foods.
- The manner in which food fuels our bodies and maintains the health and function of our body systems is amazing to learn about. This course has given me a better understanding of ways to control my blood glucose level by portion control, regular exercise, using the plate method for meal planning, and better monitoring risk factors. I feel more confident about maintaining a healthy lifestyle and look forward to a healthier future.

The district plans to offer the program again in the future, so be looking for upcoming classes.

Contact Chelsea Richmond, Nutrition, Food Safety and Health Agent, 785-448-6826 or crichmon@ksu.edu

An advertisement for the 'Dining with Diabetes' program. The top half shows a close-up of a healthy meal with salmon, strawberries, and greens. Text overlay reads 'MAKE THE BEST CHOICES FOR YOUR HEALTH'. Below the meal, it says 'April 11- May 9 Register by April 14 \$25 or free for those who qualify with a local grant'. On the right, there is a purple box with the program title 'Dining WITH DIABETES ONLINE' and the K-State Research and Extension logo. At the bottom of the purple box, contact information for the Marais des Cygnes District is provided: Franny Eastwood, 913-795-2829, or Frontier District: Chelsea Richmond, 785-448-6826.

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4-H YOUTH DEVELOPMENT UPDATE

JESSICA FLORY
4-H YOUTH DEVELOPMENT AGENT

At times it can be difficult to measure the impact we might have on a child's life. This May we were given a grant by the Kansas State 4-H Office, through the Kansas Department of Education, to combat Covid-19 learning loss. After numerous conversations with the teachers across the District, asking the question "what are youth struggling with", the same reoccurring theme came up "mental health."

With mental health in mind, the District created bicycling clubs in our community to help kids be outside and involved this summer. We have reached 21 youth, given away four bicycles, provided nine helmets, and have taught three youth how to ride a bike. The bike club is designed to be not only about bicycling, but act as a vehicle to get youth out of their comfort zones and interact with positive adult relationships. According to Bert Nash, an educational psychologist at the University of Kansas, the number one strategy we have for growing resiliency in our youth is "Positive Adult Relationships." So, what does that mean? Aren't all interactions from adults positive for our youth? And if so, why are youth struggling with mental health? These are the questions our communities need to be asking. Building more robust conversations around our youth's mental health and what we as a community can be doing to combat the issue.

We may never know how much we impacted local youth this summer, however my hope is that each youth that participated in the program walks away with a sense of peace, motivation, and belonging, which in turn will help them become resilient, steadfast adults!

Contact Jessica Flory, 4-H Youth and Development Agent, 785-828-4438 or jrflory@ksu.edu



FAIR DATES

OSAGE CITY FAIR: JULY 6-9

RICHMOND FAIR: JULY 7-9

FRANKLIN COUNTY FAIR (OTTAWA): JULY 12-17

ANDERSON COUNTY FAIR (GARNETT): JULY 25-29

OVERBROOK FAIR: AUGUST 3-6

LANE FAIR: AUGUST 4-6

KANSAS STATE FAIR (HUTCHINSON): SEPTEMBER 9-18

KINCAID FAIR: SEPTEMBER 22-24



Welcome to the team! 🍀

Frontier Extension District is excited to welcome Jo Hetrick-Anstaett and Cody Webb as the new 4-H Program Managers housed in the Garnett and Lyndon Offices! Feel free to stop by and welcome him to the Frontier District!



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COMMUNITY VITALITY UPDATE

Rebecca McFarland
District Director and Family and Community Wellness Agent

Child care is a critical issue across the nation and communities across the Frontier District are experiencing shortages. Child care affects the economic well-being of all Kansas communities and lack of child care impacts families, businesses, and the current and future workforce.

The Frontier District is a member of a task force in Anderson County and Ottawa to address the child care shortage. Both groups are working to increase access and availability of high-quality child care. Ottawa is one of three communities to receive funding for three years, through the Kansas Children's Cabinet and Trust Fund All in For Kansas Kids Quality Subgrants, with Child Care Aware of Eastern Kansas being the grantee. There is an emphasis on the target population of infants and toddlers, as well as providers offering non-traditional hours of care.

Regional and local conversations and recruiting events have occurred across both counties and will continue in the effort to increase access and availability of high-quality child care, both center and home-based.



Contact Rebecca McFarland, District Director and Community Wellness Agent, 785-229-3520 or rmcfarla@ksu.edu.

UPCOMING EVENTS

June 30th - QPR Suicide Prevention, 1:30-3:00 PM

July 21st - Emerald Ash Borer Readiness Meeting, Carbondale

July 27th and August 24th - Quick and Easy Meals for Everyone
5:15-6:00 PM at Hope House

**Remember, soil tests and radon tests are always available
for purchase! Contact your local Extension Office for
more information on our services.**

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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state.edu/](https://www.frontierdistrict.k-state.edu/)