



## DIRECTOR'S NOTE

REBECCA MCFARLAND  
DISTRICT EXTENSION DIRECTOR

Frontier District Friends and Supporters,

Summer is one of the busiest times of the year for our team. We all work together and with the fair boards across the district to ensure that the county fairs run as smoothly as possible. The fairs are not only an opportunity for our 4-H youth to showcase the projects they have been working on throughout the year, it is also a community event that brings people together. Amidst the fair preparations, our team continues to provide quality educational opportunities to address critical issues, solve problems and improve quality of life.

Thank you for your support and I hope you enjoy reading about the difference we are making in the lives of Kansans every day.

Rebecca McFarland  
District Director

## Frontier Extension District Making a Difference Report

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# AGRICULTURE and LIVESTOCK UPDATES

## ROD SCHAUB LIVESTOCK PRODUCTION AGENT

The Eastern Kansas Grazing School, which teaches the basic principles of management intensive grazing, has reached hundreds of producers since its inception in 2009. The school began after a group of Kansas Extension Agents, including Rod Schaub, attended the Missouri Grazing School. In the beginning, speakers from Missouri were used to fill expertise roles that were not present in our Kansas system. Today, we use speakers almost exclusively from Kansas State Research and Extension and the Kansas National Resources Conservation Service. Eleven schools have been held in Eastern Kansas, which include the communities of Lawrence, Holton, Ottawa, Wellsville, Iola, Parsons, Emporia, Princeton, Blaine and Bronson.

The topics that are discussed vary from site to site, but the core topics include the art and science of grazing, knowing your resources, understanding how forages and grasses grow, the importance of rest for grass production, utilizing alternative forages to keep the cattle grazing, using and understanding electric fence, and how to get water to grazing cattle.

In April, a grazing school was held in Wellsville, and Agriculture and Natural Resources Agents Rod Schaub and Ryan Schaub served on the planning committee. In addition, Rod presented a session on setting up and using electric fence.

Twenty producers participated in the school. One producer wrote on his evaluation, *“This was a wealth of information and the on farm demonstrations were really helpful. Realized how much I didn’t know and all the take home materials gives one time to digest all the information. Well worth the money.”*

For more information about grazing management, contact Rod Schaub at [rschaub@ksu.edu](mailto:rschaub@ksu.edu) or 785-828-4438.



Photo credit: Katelyn Barthol, Marais des Cygnes District

## RYAN SCHAUB CROP PRODUCTION and FARM MANAGEMENT AGENT

If you own a horse or are considering purchasing a horse in the next few months, this series of meetings was for you. The Frontier District, Marais des Cygnes District, Douglas County Extension, the Kansas Horse Council and Purina Animal Nutrition worked together to hold a series of educational programs that was of interest to the horse enthusiast.

The series started with horse owners learning about horse ownership costs and then moved into purchasing a horse and what to look for in a pre-purchase exam. Other topics covered during the three-session series included pasture management, general horse nutrition, foot and hoof care, saddle fit, massage and chiropractic therapy, needed vaccinations, and the importance of having a bio-security plan when you and your horse are traveling.

The mini-series drew horse owners from seven counties and 80% of those in attendance responded that *“the information given at the programs was very informative.”* A comment written on one evaluation stated, *“This was one of the best classes I’ve attended, in-depth and informative-Thank you!”* Another stated, *“Please have these again next year, went to two of the three and they were great.”*

For more information contact Ryan Schaub, Crop Production and Farm Management Agent, at [reschaub@ksu.edu](mailto:reschaub@ksu.edu) or 785-448-6826.



Photo credit: Katelyn Barthol, Marais des Cygnes District



# FAMILY AND CONSUMER SCIENCES UPDATES

JANAE MCNALLY  
ADULT DEVELOPMENT AND AGING and FAMILY RESOURCE  
MANAGEMENT AGENT

For the first time in U.S. history older adults are projected to out number youth by the year 2034. Yet, most adults die without an up-to-date legal will and have no written wishes to guide the distribution of personal possessions. While others have incomplete or impractical plans.

This summer, the Frontier District partnered with the Ottawa Library to provide "Who Gets Grandma's Yellow Pie Plate?". This program helped participants identify six key factors for successfully planning and protecting family relationships. Participants were also given a free workbook that offers more specific information, examples, and a range of user-friendly worksheets to assist in the passing on of personal possessions. The workbook helps the participant start a conversation at home with loved ones.

When asked, 80% of participants said they now have a better understanding of the importance of planning for both titled and non-titled property transfers.

For additional information contact, Janae McNally, Adult Development and Aging and Family Resource Management Agent, at 785-828-4438 or [jmcnally@ksu.edu](mailto:jmcnally@ksu.edu).



CHELSEA RICHMOND  
NUTRITION, FOOD SAFETY AND HEALTH AGENT

In an effort to encourage lifestyle behaviors that can help prevent or delay chronic diseases such as diabetes, heart disease, arthritis, and others, the Frontier District continues to offer the statewide Walk Kansas program each spring.

Walk Kansas is a team-based challenge that encourages individuals to walk, jog, run, bike, swim, or do whatever they need to do to live more healthfully. In addition to tracking minutes of activity, participants are asked to report the number of cups of fruits and vegetables and water they consume weekly.

The program was founded on the principle that if teams of six people would meet the minimum guidelines for physical activity over eight weeks, they could collectively and virtually walk across the state of Kansas, which is 423 miles. The Physical Activity Guidelines for Americans recommend 150 minutes of moderate to vigorous physical activity each week – or about 30 minutes a day, five days a week.

This spring there were 97 individuals who participated in the Walk Kansas program on 18 teams across the Frontier District. Collectively, participants logged 8,565 miles (1 Walk Kansas mile equals 15 minutes of physical activity) during the program. Additionally, 10 of the 18 teams met the physical activity goal they set at the beginning of the program.

Of those completing the program survey, all were confident or very confident they could continue consuming the same amount of fruits and vegetables they ate during the program over the next six months. Participants also indicated experiencing the following positive changes as a result of participating in the program –

- \*increased endurance, energy and muscle strength
- \*better able to manage stress
- \*stronger social support/connectedness
- \*improved mood and outlook on life
- \*better sleep and better able to focus
- \*increased flexibility
- \*lower blood pressure
- \*decreased weight



For more information on Walk Kansas, contact Chelsea Richmond at [crichmon@ksu.edu](mailto:crichmon@ksu.edu) or 785-448-6826.

# 4-H YOUTH DEVELOPMENT UPDATE

JESSICA FLORY  
4-H YOUTH DEVELOPMENT AGENT

For the second consecutive year, the Frontier District is a recipient of the Kansas 4-H Summer Engagement: Helping Youth Discover their Spark to Increase Learning Program. Four summer interns are working across the district to provide youth programs in the areas of food and nutrition, gardening, health (bicycle clubs), and space exploration. Community partners include CrossWinds Counseling and Wellness, Lyndon Library, Ottawa Library, Ottawa Recreation Commission, and USD 365 Anderson County Summer School Program.

The USD 365 Anderson County Summer School Program asked the summer interns to teach the students about pollinator gardens and plant a garden in a previously abandoned plot at the Garnett Elementary School. The summer interns provided three different (1 1/2 hour) sessions and reached over 50 students. The students were extremely excited about the program every day and the interns were able to help re-establish the pollinator garden and teach the students how to care for the garden. In addition to learning about pollinator gardens, the students learned social skills and formed relationships with the interns.

One summer intern shared her experience,

*One of the students with autism came up to me with two rocks in her hands and told me that one was for me. I picked mine out and then told her we should bring them back the next day and put them in the garden when we plant it. She got the biggest smile on her face. I could tell that I had made her day by suggesting this. The next day after we had placed our rocks in the garden, she gave me the biggest hug! - Jerra Butterfield*

The four summer interns are also gaining valuable skills such as planning, preparing and teaching youth programs, working with youth (youth development), and with each other.

To learn more about the 4-H Youth Development Program, contact Jessica Flory, 4-H Youth Development Agent, at 785-229-3520 or [jrflory@ksu.edu](mailto:jrflory@ksu.edu).

Jerra Butterfield



Addyson Easter



Mariah Reynolds



Timothy Pearce

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

**Lyndon Office**  
128 W. 15th  
PO Box 400  
Lyndon, KS 66451  
785-828-4438  
785-828-3427 fax

**Ottawa Office**  
County Annex Building  
1418 S. Main, Suite 2  
Ottawa, KS 66067  
785-229-3520  
785-229-3527 fax

**Garnett Office**  
411 S. Oak  
PO Box 423  
Garnett, KS 66032  
785-448-6826  
785-448-6153 fax

# HORTICULTURE UPDATE

AMANDA GROLEAU  
HORTICULTURE and NATURAL RESOURCES AGENT

The International Master Gardener Conference was held June 18-22, in Overland Park. Over 1,000 participants from 46 states and two countries, enjoyed the five-day conference. The Kansas State University Extension Master Gardeners of Johnson County hosted the conference.

Frontier District Master Gardeners spent numerous volunteer hours before the conference creating garden spirit poles that were auctioned off to generate funds for hosting the conference. The Frontier District Master Gardeners created three poles, one from each county, with a different theme. Anderson County created a pole with all four seasons, Osage County's theme was the Santa Fe Trail, and Franklin County created a pollinator theme pole. The Master Gardeners had a combined total of 150 volunteer hours.

According to Independent Sector (Maerssen Independent Sector releases new value of volunteer time of \$31.80 per hour) the 2023 estimated dollar value of volunteer time is \$31.80. Frontier District Master Gardeners contributed over \$4,000.00 in volunteer time creating the spirit poles.



## UPCOMING EVENTS

**August 2** - K-State Garden Hour: Integrating Native Plants into Your Home Landscape

**August 3** - Beef Cattle and Forage Field Day

**August 16** - KSU Agronomy Ottawa Field Day

**August 18th** - Master Gardener Applications due

**September 6** - K-State Garden Hour: Seed Saving from Your Garden

**September 6** - Bressner Pasture Previous and Progress Research Proceedings

**September 4th** - All Frontier District offices are closed

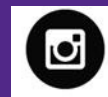
### Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Franklin County K-State Research and Extension, 785-229-3520.

## CONNECT WITH US



Frontier Extension District



<https://www.instagram.com/frontierextensiondistrict/?hl=en>



KSRE - Frontier District



Frontier YouTube Channel



<https://www.frontierdistrict.k-state.edu/>