



DIRECTOR'S NOTE

REBECCA MCFARLAND
DISTRICT EXTENSION DIRECTOR

Frontier District Friends and Supporters,

Winter slid into spring while we were busy with a number of programs and activities. Our agents and staff reached out to our communities with a variety of expanded programs that have successfully met needs in our district and branching out with new efforts. One new effort, the Women in Agriculture Conference resulted from a 2023 summer PDC meeting and met with success this winter. We continue to look for new ways, whether it's expanding proven programs or launching new ones, to bring meaningful information and activities to those who call the Frontier District home. I hope you will enjoy reading about all of the efforts in this report.

Also, make sure to browse the Frontier District Fair Schedule on page 6; planning is well underway for these summertime events that focus on celebrating learning and building community. Thank you for your continued support.

Rebecca McFarland
District Director

Frontier Extension District Making a Difference Report

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TEAMING UP ACROSS DISCIPLINES

ROD SCHAUB, RYAN SCHAUB, REBECCA MCFARLAND

Frontier District Agriculture and Natural Resources Agents Rod Schaub and Ryan Schaub, along with District Director Rebecca McFarland, partnered with the Farm Bureau Associations and Conservation Districts in Franklin and Osage counties, Ottawa Coop, and Frontier Farm Credit to host a one-day Women in Agriculture Conference in Ottawa on March 20, 2024. The idea of hosting a conference focused on women in agriculture was discussed at the Frontier District Program Development Committee meeting in August 2023.

The conference featured Brandi Buzzard Frobose, local cowgirl and rancher devoted to speaking up for agriculture. Other sessions included those focused on land lease basics and rental rates, agricultural stress and coping, grain marketing, Farm Service Agency (FSA) and National Resource Conservation Service (NRCS) programs, and crop insurance and Livestock Risk Protection (LRP).

A total of 43 individuals from five different counties attended the conference. A survey was given to participants at the conclusion of the conference to assess knowledge gained and how they planned to use the information. The results are as follows:

Of the participants who completed the survey, 100% said that overall, the conference was 'valuable' or 'very valuable.'

The sessions that were the most helpful to participants included land lease basics and overall rental rates, grain marketing, agricultural stress, and Brandy Buzzard's keynote, 'Advocating for Agriculture, Telling Your Story.'

When asked to list one or two things they will do differently as a result of participating in the conference, they stated:

- Look into lease "issues" who pays for what.
- Learn more about government programs.
- Better stress management and reviewing leases.
- Continue to educate people on the ag industry relating to what our lifestyle is and GMO (genetically modified organisms).
- Be a better advocate for agriculture as a woman.

Additional comments included:

- This was a great conference and I look forward to coming to the next one!! Thank you all for putting this on!
- I really enjoyed the event and hope to see it continue for the future.
- Great conference overall!!! It was informative information and relatable. It was a nice time frame and not too long.
- I enjoyed the conference. Thank you for the change to learn in a female centered environment.



Brandi Buzzard Frobose, advocate for agriculture



Rebecca McFarland, Frontier District Director and Family & Community Wellness Agent



Rod Schaub, Frontier District Agriculture and Natural Resources Agent

KOFO
103.7FM/1220AM

**Frontier Extension District
Radio Recordings**

or listen **LIVE**

Family & Consumer Sciences **4-H Youth Development**
Mondays - 6:40 a.m. Wednesdays - 6:40 a.m.

Agriculture
Fridays - 6:40 a.m.

AGRICULTURE and LIVESTOCK UPDATES

ROD SCHAUB
LIVESTOCK PRODUCTION AGENT

Frontier Extension District held a Prescribed Burning Workshop on February 26 to educate producers and landowners on why and how to plan, and conduct a prescribed fire. Seventy producers attended the workshop that was held at the Neosho Community College campus in Ottawa. Producers learned the reasons to burn, how weather conditions affect fire, equipment that's needed, hazards and precautions to watch for when burning, local regulations, CRP rules and how a Prescribed Burn Association can be helpful.

Eighty percent of the attendees rated the workshop either excellent or great. Some replies when asked what they learned at the meeting were: how relative humidity and air temperature affects a burn; that your fire break should be ten times the height of the fuel; the different ignition methods that can be used when starting a fire; why fire travels so much faster going up a hill; and the importance to plan, prepare and to communicate during the fire. A comment from one of the attendees was: Excellent program, thank you for putting this on.

For more information about grazing management, contact Rod Schaub at rschaub@ksu.edu or 785-828-4438.

Prescribed Burning Workshop



David Kraft, Kansas Grazing Lands Coalition, defines a prescribed burn

RYAN SCHAUB
CROP PRODUCTION and FARM MANAGEMENT AGENT

The Frontier Extension District hosted a meeting, Increasing Row Crop Yields with Weed and Fungus Control, on February 22 at Grace Community Church in Overbrook, KS. The take home message from both presenters was Three Modes of Action! In our herbicide programs, try to have three modes of action working on those weeds. In our Fungicide programs, especially fighting Corn Tar Spot, have three modes of action.

Dr. Sarah Lancaster, K-State's Weed Specialist, talked about a few new herbicides-Storen and Tarzec. She then moved on to some new waterhemp resistance and how we can help avoid continuing that build up of resistance. She insisted on creating a new goal for each producer in attendance, KILL EACH WEED TWICE!! The best way of achieving this is to use three modes of action.

Dr. Rodrigo Onofre, K-State Row Crop Pathology Extension Specialist, reviewed instances of sudden Death Syndrome in soybeans that resulted in a complete and total loss of the crop. He insisted on using varieties that are resistant and/or using a seed treatment. Dr. Onofre then discussed a relatively new fungus, Corn Tar Spot. The Corn Tar Spot fungi can overwinter in corn residue and then be spread by rain and wind. Tar spot develops as small, black, raised spots (circular or oval) on infected plants, and may appear on one or both sides of the leaves, leaf sheaths and husks. He explained that the hot and dry weather we experienced in July likely slowed the devastating spread of the disease.

Via surveys turned back in, 85% of the 22 producers in attendance said the meeting contained good to very good information. 92% said that due to the meeting they increased their profits, with 78% of them saying the increase was \$5 or more per acre!!

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



Dr. Sarah Lancaster, K-State weed science extension specialist; [the link to Dr. Lancaster's slides](#)



Dr. Rodrigo Onofre, K-State row crop pathology extension specialist; [the link to Dr. Onofre's soybean slides](#) and the [link to Dr. Onofre's Corn Tar Spot presentation](#)

FAMILY AND CONSUMER SCIENCES UPDATES

JANAE MCNALLY
ADULT DEVELOPMENT AND AGING and FAMILY RESOURCE
MANAGEMENT AGENT

Stress is a part of everyone's life, yet we experience stress differently. Whether it is a positive type of stress called eustress or a negative type of stress called distress, both have a significant impact on our physical, behavioral and emotional health. Eustress, the "good" stress, often results in stressors that challenge or motivate us to excel, while distress is more common and occurs when stressors become severe and prolonged, negatively impacting our daily life, relationships and general health.

This winter, the program "Managing the Strain of Stress" was presented in the Frontier Extension District to help participants learn the different types of stress and how they affect the body, while also learning about the physical, emotional and behavioral symptoms of stress. As a result, program participants were able to identify how stress personally affects them, as well as to gain new techniques for managing their stress.

When participants were asked to identify one tool they learned during the program that they planned to implement into their personal life to help manage stress, one participant said exercise and another participant said they hoped to relax more with an attitude of gratitude! 83% of participants said they gained more confidence in identifying the signs and symptoms of the three types of stress (physical, emotional and behavioral).

Participants now know that building resiliency and developing skills to manage stress takes time and dedication, but it will help equip them to deal with future stressful experiences.

For more information on Stress Management, contact Janae McNally at jmcnally@ksu.edu or 785-828-4438.

CHELSEA RICHMOND
NUTRITION, FOOD SAFETY AND HEALTH AGENT

The Frontier Extension District partnered with the Franklin County Health Department this spring to present the third session in a series of community nutrition classes called Creating Healthy Habits. The goal of the series was to provide families with nutrition information on healthy eating and lifestyles.

Each of the four sessions in the series focused on a different topic and were offered monthly from January to April. Additionally, with funding through the Blue Cross Blue Shield Pathways to a Healthy Kansas grant, participants received kitchen utensils, a Harvest to Home produce box, and healthy recipes with each session they attended.

The March session was by Frontier District Agent Chelsea Richmond and centered on Healthy Eating with Fruits and Vegetables. The session discussed the benefits of eating fruits and vegetables, safe produce storage, and tips for making fruits and vegetables more convenient and cost-effective to consume. Participants also sampled a recipe for Barley, Bean, and Corn Salad that was demonstrated during the session using fruits and vegetables received in the Harvest to Home produce box.

The series has been popular and well attended with each session averaging between 50 and 60 participants.

Managing the Strain of Stress



Learn the different types of stress and how to recognize them

Learn the physical, emotional and behavioral symptoms of stress



Be able to personally identify how stress affects you



Chelsea Richmond, Frontier District Family and Consumer Sciences Agent, Health & Nutrition

4-H YOUTH DEVELOPMENT UPDATE

JESSICA FLORY
4-H YOUTH DEVELOPMENT AGENT

The 4-H Program in the Frontier District has a mission to "develop tomorrow's leaders," one of K-State Research and Extension's five grand challenges. If we can teach our youth to be tomorrow's leaders, it will add value to the economy, because 4-H members are twice as likely to attend college and pursue careers in science, engineering and computer technology.

Frontier Extension District is dedicated to this mission. This spring we hosted Animal Adventure Camp to help 70 4-H members grow in the Animal Science projects. Animal Science projects include beef, dairy goat, dairy cattle, horse, meat goat, rabbit, poultry, sheep and swine. Attendees learned from experts in the field and senior 4-H members, and they experienced hands-on learning to help expand their knowledge in the projects and build leadership confidence.

The camp allows a safe place for youth to push outside their comfort zone. When allowed to explore their world without judgement, it helps them grow in independence and resilience! We strived to create a positive environment at camp that allowed youth to feel safe to step outside their boundaries. The culture allowed for failure and growth.

One of my favorite moments of the camp was with a little girl working with a 200 lb. sheep dam. You could tell she was scared walking up to the sheep. But, with lots of positive encouragement, she was able to overcome her fear. She then learned how to brace the sheep. Bracing is the show skill we teach youth to do in the show ring to display the sheep's muscle features. It's not the easiest task, and it takes a lot of work and patience with the sheep. This little girl overcame the challenge and walked away with a huge smile. In that moment, you could tell she had received an instant shot of self-confidence!

Frontier Extension District will continue to create such events that will help the youth Thrive!



**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

UPCOMING EVENTS

May 1 - K-State Garden Hour: Understanding Water Sources for Your Garden

May 27 - All Frontier District offices are closed

June 5 - K-State Garden Hour: Growing Cut Flowers for the Home and Farmers Market

June 8 - Warm-Season Grazing & Forage School

June 18 - Lunch on Us: "Who Gets Grandma's Yellow Pie Plate? Nurturing Mental Health Within Your Family" by Janae McNally. 11:30 am Franklin Co Annex

June 28 - Ottawa Chamber Coffee/Welcome Lauren, Horticulture Agent

July 3 - K-State Garden Hour: Success with Cacti and Succulents

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/>

Frontier District Fair Schedule

July 11-13 - Richmond Free Fair

July 16-21 - Franklin County Fair

July 24 - 27 - Osage City Fair

July 29 - August 2 - Anderson County Fair

August 1 - 3 - Lane Agricultural Fair

August 6 - 9 - Overbrook Fair

September 26 - 28 - Kincaid Fair

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

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