

The recorded meeting of **Land Values and Leases** and all 3 sets of presentation slides are available on the Frontier District website: <https://www.frontierdistrict.k-state.edu/>



DIRECTOR'S NOTE

REBECCA MCFARLAND
DISTRICT EXTENSION DIRECTOR

Frontier District Friends and Supporters,

The weather during the first quarter of 2025 was not favorable for hosting some of our scheduled in-person programs in January and February—typical for Kansas! As a result, we quickly adapted our approach to ensure that we could still provide education and information that was accessible to everyone.

Our programming topics ranged from diabetes education and aging awareness to land values, leases, and Monarch butterfly conservation. Our team consistently offers a diverse range of programs to meet the needs of individuals, families, business owners, landowners and communities.

We hope you enjoy reading about the variety of programming we offer and the positive impact it is making across the Frontier District, in Kansas and regionally.

Rebecca McFarland, District Director

Frontier Extension District Making a Difference Report

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FAMILY and CONSUMER SCIENCES UPDATES

CHELSEA RICHMOND NUTRITION, FOOD SAFETY AND HEALTH AGENT

It is estimated that 1 in every 10 Americans, or 38 million people, has diabetes. Additionally, the Centers for Disease Control and Prevention (CDC) estimates that 1 in 5 people don't even know they have diabetes.

To address this critical issue, the Frontier and Marias des Cygnes districts co-hosted the online Dining with Diabetes program in November and December 2024. Fifteen individuals participated in the four-week program, which was open to individuals who have pre-diabetes or Type 2 diabetes, as well as family members and caregivers who support individuals with diabetes.

In the program, participants worked through four modules, one each week. The modules focused on living with diabetes, carbohydrates and sweeteners, fats and sodium, and putting it all together. Each module included 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 four-week program, participants had access to a follow-up module in February and March that focused on dining out with diabetes.

Of the participants completing the pre- and post-program surveys,

- *63% increased their knowledge about the role of fiber in the diet;
- *75% reported choosing sources of unsaturated fat for meals and snacks more often;
- *63% reported exercising more, consuming more fruits, and preparing more balanced meals based on the Plate method; and
- *50% reported consuming more vegetables and measuring the serving size more often when making meal choices.

Participants also reported the importance of reading food labels and being aware of the foods they choose to eat. Additionally, one participant highlighted how journaling helps in being aware of food choices, especially in managing diabetes.



JANAE MCNALLY ADULT DEVELOPMENT AND AGING and FAMILY RESOURCE MANAGEMENT AGENT

Aging is an inevitable part of life, yet the challenges that come with it often remain distant until they are personally experienced. To bridge this gap in understanding, Janae McNally, Frontier Extension adult development and aging & family resource management agent, partnered with the Santa Fe Trail School District, Overbrook Attendance Center. Through this partnership, 260 students in kindergarten through third grade experienced the program *Gray for a Day*.

Gray for a Day is a simulation program designed to provide participants with an immersive, empathic approach to aging. In the program, participants experience some of the daily sensory and functional declines that many older adults encounter as they go through the aging process.

By temporarily stepping into the shoes of an aging individual, participants gain firsthand insight into the physical and sensory changes that can impact mobility, communication and overall quality of life. At the Overbrook Attendance Center, participants learned what it was like to lose or have decreased use of their five sensory functions (sight, hearing, smell, taste and touch). As a result, one participant said, "I think it helped me understand how hard older adults have it." Another participant said, "You should always try to help others who are struggling, no matter how old or young they are."

Participant surveys taken after the four immersion activities showed that

- *90% of participants said they learned about their five senses and how their senses could change as they age;
- *88% said they learned that they always need to take care of their bodies so they might not have all the challenges they discovered during the program; and
- *86% stated that while they were immersed, they had thought about how they might be able to help older people who might not be able to see or hear as well as they once did.



AGRICULTURE and FARM MANAGEMENT UPDATE

RYAN SCHAUB
CROP PRODUCTION and FARM MANAGEMENT AGENT

On January 8, 2025, the Frontier Extension District hosted a meeting, *Land Values and Leases*. The meeting was designed to be held in person in Garnett, but a major snowstorm forced the format to change to a virtual meeting. Thirty-three computers, with at least 42 individuals responding via surveys, signed in to listen to the three speakers. Seven individuals also joined the host, Ryan Schaub, Frontier District ag agent specializing in crop production and farm management, in person at the Frontier District Garnett office.

Presenters for the meeting were Robin Reid, KSRE associate in ag economics; Megan Hughes, K-State assistant professor in ag economics; and Roger McEowen, Washburn University professor of agricultural law and taxation.

The meeting began with a presentation by Reid, who explained her work on studying land values across the state. When agricultural properties sell, Reid categorizes them as either irrigated cropland, non-irrigated cropland, or pasture/hay ground. With collected data, Reid is able to give the public data at both the county level and at the regional level; the second gives producers and landowners a 10,000-foot view. Hughes then discussed with participants how to negotiate agricultural leases. She identified the USDA/NASS County Reports that provide the average rental rates per county based on survey results, and she also identified K-State publications that address negotiating agricultural leases.

McEowen's presentation discussed laws that give guidance on creating lease agreements. He shared insights on how some pertinent laws are interpreted and identified various features of leases that producers and landowners might not know. One such feature is that when land is leased, unless it is stated otherwise, hunting rights are transferred to the tenant.

Despite the necessitated change in the delivery of the meeting, 94% of the survey responses said that the meeting was "Valuable" or "Very Valuable." In addition, 94% also said they knew what needed to be put in a lease agreement because of the meeting. Interestingly, demographic information from the survey showed that the audience consisted of 55% males and 45% females.

According to Schaub, the meeting encouraged participants to seek additional information on the topics discussed.

"Due to this meeting, my phone calls drastically increased with questions regarding sample lease agreements, lease rates for crop ground and pasture/hay ground, and how to terminate a lease," Schaub said.

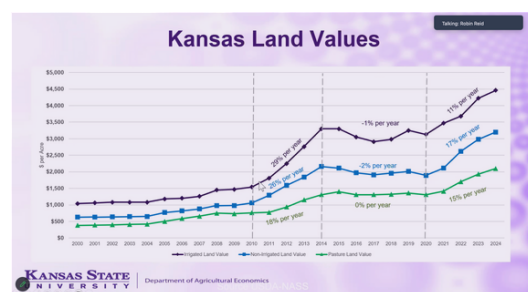
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128 W. 15th
PO Box 400
Lyndon, KS 66451
785-828-4438

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

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



Ryan Schaub, Frontier District ag agent, hosts the Land Values and Leases virtual meeting from the district office in Garnett on Jan. 8, 2025.



From Robin Reid's presentation

A presentation slide titled "Term Sheet" with a bulleted list: "Use to facilitate negotiation", "Track key terms of the lease", and "Non-binding". To the right is a table with the following rows: Term of Lease, Rent, Responsibilities of parties, Farming Practices, Insurance, and Default Provisions. The AgManager logo and Kansas State University Department of Agricultural Economics logo are at the bottom.

From Megan Hughes's presentation

A presentation slide titled "Agricultural Leases – What are the Issues?". It lists "Various Issues" with sub-points: Removable fixtures, Permanent improvements, Landlord's right of entry, Lease termination, Lease assignment, Control of weeds, Liability for rent in event of natural disaster, Right of tenant to harvest crop if land is sold or tenant dies (including "Doctrine of emblements"), Right to crop that is growing when lease terminates (including "Away-going" crop). The slide is numbered 3 in the bottom right corner.

From Roger McEowen's presentation

FAMILY & COMMUNITY WELLNESS UPDATE

REBECCA MCFARLAND
COMMUNITY WELLNESS AGENT

Suicide remains a public health crisis both nationally and in Kansas. In 2022, it was the **10th leading cause of death in Kansas** and the **9th leading cause of death in the United States**. Alarming, between 2000 and 2022, suicide rates rose by approximately 36%, with Kansas ranking 13th highest in the nation for suicide deaths in 2022.

However, there has been progress. In Mental Health America's *2024 State of Mental Health in America* report, Kansas showed notable improvement, jumping from **50th place in 2022 to 22nd in 2024** regarding mental health support. This ranking reflects both the prevalence of mental illness and access to mental health care (Reinert et al., 2024).

To meet the growing mental health needs of Kansans, the K-State Research and Extension Stress and Resiliency Team offers a variety of impactful training programs. Rebecca McFarland, Frontier District Director and Family and Community Wellness Agent, and co-leader of the team, is a certified instructor who co-facilitated multiple sessions in early 2025, including:

- Communicating with Farmers Under Stress,
- Q.P.R. (Question. Persuade. Refer.) Suicide Prevention, and
- COMET (Changing our Mental and Emotional Trajectory).

A total of 53 individuals participated in these programs. Of those attending Communicating with Farmers Under Stress, 86% reported gaining “a moderate amount” or “quite a bit” of confidence in recognizing stress symptoms in others. Even more encouraging, 100% of survey respondents said they left with information about where to direct someone in need of help.

Participant feedback was overwhelmingly positive:

“These two ladies did a great job! Thanks for sharing.”

“Appreciate this session and the work being done, as this is a real issue that needs to be addressed. Can be the ‘elephant in the room’ but is something that historically just isn’t talked about.”

Participants in the **Q.P.R. (Question. Persuade. Refer.) Suicide Prevention** training reported significant increases in confidence and knowledge. Before the training, 18% of participants rated their knowledge of suicide warning signs as high. After the training, that number jumped to **83%**.

When asked, “Do you feel likely to ask someone if they are thinking about suicide?” the shift was equally powerful. In the pre-survey, no participants responded “always,” and **88%** said “sometimes.” In the post-survey, **56%** said they would “always” ask the question, while the remaining **44%** still responded “sometimes.”

These results reflect a meaningful change in both **awareness** and **willingness to intervene**—critical components in saving lives and reducing stigma around mental health conversations.

Through targeted education and community outreach, the K-State Research and Extension Stress and Resiliency Team empowers Kansans to recognize mental health struggles, respond compassionately, and connect others to life-saving resources. As suicide continues to impact families and communities across the state, programs like these are breaking down stigma, building resilience, and making a real difference—one conversation at a time.



Rebecca McFarland, Frontier District family & community wellness agent, presents Communicating with Farmers Under Stress at the Kansas Soybean Association meeting.



Rebecca McFarland, Frontier District family & community wellness agent, shares statistics from the Q.P.R. program with attendees at the National PLAN conference.

AGRICULTURE and LIVESTOCK UPDATE

ROD SCHAUB LIVESTOCK PRODUCTION AGENT

With the U.S. beef cow inventory is at its lowest mark in 62 years, the U.S. cow herd at only 28.2 million cows as of January 2024, and cattle prices the highest they have ever been, there were more questions than answers this winter. To gain a better understanding of the situation and to give beef producers guidance on the way forward, the Frontier District worked with other extension units in the region to bring Dr. Jason Warner, KSRE cow/calf specialist, and Dr. Sandy Johnson, KSRE beef systems specialist, to Ottawa on Feb. 13, 2024.

The *Heifer Replacement* meeting began with Warner discussing management techniques on how to develop the best cow possible. Attendees were told that feeding from weaning to breeding is very important as heifers must be at 65% of their mature weight at breeding time. Also, body condition scoring of first calf heifers is critical to getting young cows rebred.

Johnson tackled the topic of estrus synchronization, which can be used to tighten the calving intervals of heifers and lessen the time a producer spends watching them at calving. Johnson spoke on various synchronization protocols, whether using artificial insemination or a bull.

Discussion at the meeting also covered the necessity of knowing the costs of one's own operation so that the economic benefits of retaining heifers or selling calves and buying bred heifers can be calculated.

Advantages of raising replacement heifers include having more genetic control, if the producer has been selecting bulls based on maternal traits or if cows are flourishing in their current environment; having a better understanding of the growth and temperament of one's own calves, and reducing health risks by limiting the number of new animals introduced into the herd.

The advantages of purchasing bred heifers include eliminating the needs of a group of heifers that consume resources, such as feed, pasture, and lot space, but don't produce a calf; reducing the need to emphasize calving ease and allow for more emphasis on growth and carcass expected progeny differences (EPDs), which may mean selling bigger calves at weaning; and the opportunity to expand the cow herd more quickly and/or change the genetic makeup of the herd.

"We don't know if, when, or how U.S. beef producers will rebuild the cow herd," said Rod Schaub, Frontier District agent specializing in livestock, "but our job is to give producers the best information we have. The ultimate goal for producers is longevity in the cow herd."

In addition to the Frontier District, K-State Research and Extension units hosting the meeting were the Marais des Cygnes District and Coffey, Douglas, and Shawnee counties.

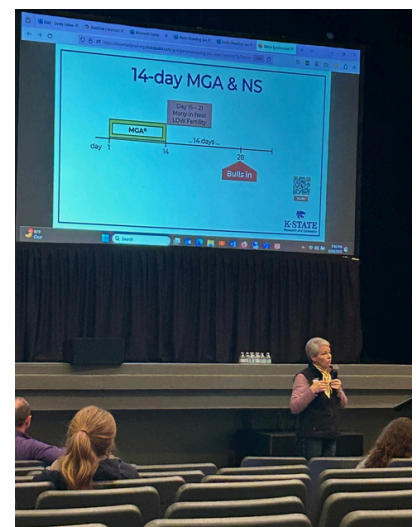
Remember, soil tests and radon tests are always available for purchase! Contact your local Extension Office for more information on our services.



Frontier District ag agent Rod Schaub introduces Dr. Warner, who begins his presentation to attendees at the Heifer Replacement meeting on Feb. 13.



Dr. Warner begins his presentation, "What Can We Afford to Pay for Replacements?"



Dr. Johnson discusses various protocols for estrus synchronization at the Heifer Replacement meeting on Feb. 13.

4-H YOUTH DEVELOPMENT UPDATE

JESSICA FLORY
4-H YOUTH DEVELOPMENT AGENT

In 2023, the Frontier Extension District, serving Anderson, Franklin, and Osage counties, implemented vital changes to its 4-H program in response to the increasing demands on staff. Recognizing the need for support, the district appointed a third 4-H program manager, ensuring each county has a dedicated individual working alongside the 4-H Youth Development Agent. This strategic decision has enhanced the district's capacity to effectively serve its communities' youth.

Given the current climate of scrutiny around taxpayer dollars, the district assures its communities that these changes are necessary and intentional. The district is committed to fiscal responsibility and understands that taxpayer contributions are precious resources. Restructuring the team and increasing staffing has improved program delivery and engagement in all counties.

Since these changes, the district has successfully revitalized its school enrichment programs, which are now reintroduced in local schools and extended to surrounding libraries. The district has also launched more community-focused initiatives, including New Member Socials, Leadership Training and summer and spring day camps. These programs have increased attendance and participation from our 4-H members, solidifying the commitment to bring programming directly into local communities.

It is important to highlight that these developments wouldn't have been possible without the staffing changes made earlier this year. Investments in personnel reflect the district's dedication to maximizing the impact of taxpayer dollars to enrich the lives of its youth. As fellow taxpayers, district staff understand the importance of accountability, ensuring that their efforts translate into tangible benefits for the communities.

According to the World Economic Forum's "The Future of Jobs Report 2023," many young people lack essential skills for future employment, and K-12 schools are often misaligned with current job market needs. Also in the report, 77% of employers advocate focusing on real-world skills rather than traditional academic subjects. 4-H prepares youth for the future, teaching critical skills such as analytical thinking, resilience and adaptability through its "Learn by Doing" model. This hands-on approach creates a natural pathway for young people to develop the essential skills needed in today's workforce.

Through its ongoing commitment to innovative programming and responsible stewardship, the Frontier Extension District is beyond ready to nurture the next generation of leaders. Together, the district is making a lasting impact on the future of its youth and communities.

Visit our Frontier Extension District website at
<https://www.frontierdistrict.k-state.edu/>
and

Join us on our Facebook page at
<https://www.facebook.com/FrontierExtensionDistrictKSRE/>



Jeanette Stinebaugh, 4-H program manager in the district's Garnett office, helps a 4-Her with her quilt block construction during Spring Break 2025.



Jo Hetrick-Anstaett, 4-H program manager in the district's Lyndon office, and Seanta Prescott of the Osage County Farm Bureau office, present herdsman and record book awards at the Osage County 2024 Achievement Night. The awards were sponsored by the Osage County Farm Bureau.



Josie Medlen, 4-H program manager in the district's Ottawa office, helps 4-Hers with their Shopping in Style research; a day camp for this project was held in March 2025.

HORTICULTURE UPDATE

LAUREN GAMMILL
HORTICULTURE & NATURAL RESOURCES AGENT

New challenges and adventures await a horticulture agent every day. Still, one consistency throughout the past year has been a rise in interest in the concept of native gardening. The reasons for native gardening vary—low maintenance, the blooms are pretty, it's good for the soil and wildlife, populations of bees and butterflies will increase, etc., but the results may be the same: more native species in the Frontier District. It's important to note that more “native species” doesn't entirely mean more native grasses and flowers; it represents the potential for the return of insects, mammals, birds and reptiles that thrive in native vegetation.

The Monarch butterfly is one species that desperately needs a strong comeback. The butterflies seen in Kansas are part of the eastern migratory population. This population of Monarchs heads south to central Mexico and overwinters in the Oyamel fir trees of the Trans volcanic mountain range. In the 1990s, there were around 380 million butterflies in this forest; 30 years later, that number is closer to 76 million, an 80% drop. Overwintering sites are key to survival because they provide a warm, safe location to prepare for spring breeding. However, many of these habitats are not protected, and degradation increases butterfly mortality. The lack of feeding sites and breeding areas throughout the United States has also led to the rapid decline of the Monarch.

To educate people on the situation of the Monarchs, the Frontier District hosted Dr. Kristen Baum, University of Kansas professor of Ecology and Evolutionary Biology and Director of Monarch Watch, to speak about the biology and conservation of the Monarch. Amid a severe storm threat with wind, hail and tornado chances, over 30 people made the effort to hear the presentation. Baum dove into the Monarch with extreme detail and explained how her research and the Monarch Watch Program's efforts directly impact the iconic butterfly's conservation status.

After her presentation, with a storm still raging in nearby counties, half the crowd stayed for nearly an hour to ask questions, look at butterflies and discuss what they could do on their properties to help the Monarch butterfly. A post-survey found that 96% of attendees had a better understanding of Monarchs and felt more up-to-date on their conservation status. This statistic is fundamental because knowledge is power; if we better understand a species, we can better protect it. After attending the program, 92% also said they have a better knowledge of how tagging works and why we tag butterflies. This is crucial because butterfly tagging is a fun and captivating way to engage the public in pollinator conservation, but it's also a method to get young people involved!


The post-survey also presented this impactful finding: 88% of attendees said they would plant milkweed and other nectar flowers in their gardens to support native pollinators and the Monarch butterfly. If these attendees collect milkweed seeds and share them so their neighbors can also establish plants, perhaps the Monarch butterfly will find a little sanctuary in the Frontier District. Additional native gardening programming is planned for the district this fall.



Despite stormy weather, over 30 people gather to hear Dr. Baum's presentation on Monarch butterflies at Neosho County Community College.



At her April 1st presentation, Dr. Baum explains the process of tagging Monarch butterflies and the reasons for doing it..



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103.7FM/1220AM

Frontier Extension District Radio Recordings

or listen **LIVE**

Family & Consumer Sciences
Director Update
Community Vitality
Mondays - 6:40 a.m.

4-H Youth Development
Wednesdays - 6:40 a.m.

Agriculture
Fridays - 6:40 a.m.

UPCOMING EVENTS

May 20-July 15, Stay Strong, Stay Healthy, Pomona City Hall (219 Jefferson St), register with Chelsea Richmond at crichmon@ksu.edu or Janae McNally at jmcnally@ksu.edu. **Register by May 16**

May 26 - All Frontier District offices are closed

June 4 - K-State Garden Hour: Native and Ornamental Grasses of Kansas

June 11-July 30, Matter of Balance, Richmond United Methodist Church (116 N. Kallock St), register with Janae McNally at 785-828-4438. **Register by June 2**

June 19 - All Frontier District offices are closed

July 2 - K-State Garden Hour: Cutting-Edge Efforts in Kansas Demo Gardens

July 4 - All Frontier District offices are closed

July 22 - New Technologies and Artificial Intelligence in Agriculture. Mark your calendars – location and time to be determined.

August 6 - K-State Garden Hour: Innovations in Horticulture Research at Kansas State University

CONNECT WITH US



Frontier Extension District



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



KSRE - Frontier District



Frontier YouTube Channel



<https://www.frontierdistrict.ksu.edu/>

2025 Frontier District Fair Schedule

July 10 - 12 - Richmond Free Fair

July 14 - 19 - Franklin County Fair

July 16 - 19 - Osage City Fair

July 28 - August 1 - Anderson County Fair

August 7 - 9 - Lane Agricultural Fair

August 5 - 8 - Overbrook Fair

September 25 - 27 - Kincaid Fair

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

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