

MAKING A DIFFERENCE



K-STATE
Research and Extension

Frontier
District

Third Quarter • October 2022



DIRECTOR'S NOTE

REBECCA MCFARLAND
DISTRICT EXTENSION DIRECTOR

Frontier District Friends and Supporters,

Fall is my favorite time of the year. I enjoy the cooler temperatures and beautiful colors. I also like Fall because October marks the beginning of a new programming year for K-State Research and Extension. Our agent team has the opportunity to reflect on our accomplishments from the previous year, and plan for the coming year. We work with our stakeholders, volunteers, and community members to identify the top priorities affecting our communities and respond to critical issues about agriculture, food, the environment, and communities.

I continue to be grateful for our team that prioritizes service, integrity, and leadership in all we do. I invite you to read about how we are positively impacting the lives of Kansans every day.

Sincerely,

Rebecca McFarland
District Director

Frontier Extension District Making a Difference Report

TABLE OF CONTENTS

Department Updates • Pgs. 2-5

Connect with Us! • P. 5

Upcoming Events • P. 5

AGRICULTURE AND NATURAL RESOURCES UPDATES

RYAN SCHAUB CROP PRODUCTION AGENTS

The Frontier Extension District hosted a Wheat Production meeting at the Neosho County Community College-Ottawa Campus in August. The meeting consisted of two speakers for the evening. The first speaker was Southeast Area Agronomist, Bruno Perdreira. Bruno talked about pushing the limits in terms of fertility to maximize wheat production, while also managing input cost, as we can never guarantee what the growing season might throw at us. Bruno also talked about his wheat variety trials that he has in the Eastern part of the state, discussing some issues disease wise as well as production. The final speaker for the evening was K-State Research and Extension Wheat and Forage Specialist Romulo Lollato. Romulo talked a little more in depth about a few varieties that were jumping off the page at him in terms of being the “whole package”. Both speakers answered questions at the end of the meeting to help the producers have a better wheat crop next year.

With the Russia-Ukraine war still ongoing, the thought was to remind producers that Ukraine accounts for about 10% of the global wheat trade. This is causing many experts to speculate that Ukraine will be down in production, or at least have difficulties getting the wheat shipped out. This provides United States producers with more of an opportunity to plant wheat this Fall than what we have seen in the past few years. Planting wheat also gives the producer some built in flexibility to plant double crop beans after harvesting the wheat crop.

Contact Ryan Schaub, Crop Production and Farm Management Agent, 785-448-6826 or reschaub@ksu.edu



ROD SCHAUB AND AMANDA GROLEAU LIVESTOCK AND HORTICULTURE AGENTS

Frontier District Agents partnered with the Kansas Forest Service to host an afternoon workshop on Emerald Ash Borer at the Carbondale City Hall on July 21st. Earlier this Spring, an ash tree in a pasture by Scranton was found to have the Emerald Ash Borer. Kim Bomberger with the Kansas Forest Service, along with Jeff Vogel, KDA Plant Protection Program Director, and Ryan Rastok, our Forest Health specialist held four presentations on identification, biology and survey techniques, components of Emerald Ash Borer preparedness plan, tree anatomy and chemical options, and giving trees a second chance.

This workshop was open to the public, city foresters, public works, ground maintenance crews and city officials that will have to figure out what to do with the dead ash trees. The forest service also helped answer questions about how Emerald Ash Borer will impact their community, public and private trees resources and community budgets. They also covered preparation strategies to help before Emerald Ash Borer arrives in the communities and what steps to take when detection does occur. They also talked about the importance of planting more than one variety of street trees.

Overall, seven different cities in Osage County and 29 members attended the workshop. For more information about Emerald Ash Borer contact Amanda Groleau, Horticulture Agent, 785-229-3520 or agroleau@ksu.edu OR Rod Schaub Livestock Agent, 785-828-4438, or rschaub@ksu.edu



FAMILY AND CONSUMER SCIENCES UPDATES

JANAE MCNALLY ADULT DEVELOPMENT AND AGING AGENT

The Keys to Embracing Aging program is currently being offered within the Frontier Extension District. The aging process is an inevitable process that happens to everyone but in different ways throughout the lifespan. Keys to Embracing Aging introduces and reinforces 12 healthy and safe lifestyle practices that influence optimal aging. The program is interactive on every subject topic and utilizes research information to help us all grow old gracefully, successfully, and with increased longevity. The 12 topics include; positive attitude, eating smart, physical activity, brain activity, social activity, tuning in to the times, practice being safe, know your health numbers, stress management, financial affairs, sleep, and taking time for you.

When asked to share what they have learned during their time in the Keys to Embracing Program, participants said:

- They feel strongly that they are gaining useful information that has improved their overall attitude toward the aging process.
- One participant said they plan to implement at least one strategy they had gained and to try and compliment at least one person each day.
- One participant said that they have a more positive outlook on aging because of the tools that have been shared with them.

If you would like additional information on the Keys to Embracing Aging program, contact Janae McNally, District Adult Development & Aging, and Family Resource Management Agent, at jmcnally@ksu.edu or by calling 785-828-4438.



CHELSEA RICHMOND NUTRITION, FOOD SAFETY AND HEALTH AGENT

This Summer, the Frontier District partnered with local libraries in Lyndon and Ottawa to provide programs for a total of thirty-nine youth that focused on USDA's MyPlate and the importance of eating fruits and vegetables.

Specifically, youth discussed the different color groups of fruits and vegetables and why eating a rainbow of colors provides the body with different nutrients and health benefits.

Youth also practiced their cooking skills by chopping and grating a variety of fruits and vegetables. Additionally, depending on their age, youth made either a fresh veggie pizza on a thin bagel or a pizza wrap in a homemade tortilla. All youth also made their own individual fruit pizza.

When asked, several youth indicated they tried a new fruit or vegetable (kiwi, pineapple, and yellow peppers) while participating in the program.



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

4-H YOUTH DEVELOPMENT UPDATE

JESSICA FLORY
4-H YOUTH DEVELOPMENT AGENT

Frontier Extension District is excited to have the #1 Livestock Judging Team in the state of Kansas. Team members include Lane Higbie, Tyler Gillespie, Bryce Hatfield, and Calla Higbie. Calla Higbie placed first high individual.

Being able to work hard and compete at a high level increases confidence in our youth. We have judging opportunities in other 4-H projects as well, such as family and consumer sciences, and horticulture and crops. I would like to share the skills youth develop by participating in judging opportunities. Here are a few vital leadership skills judging can provide:

Decision making skills – Youth are asked to evaluate and rank a class.

Communicating effectively (reasoning) – Youth present reasons behind their placing.

Problem Solving- Youth think on their feet and are free from adult influence during the competition.

Intuition- There is set amount of time for youth to evaluate and take notes. They can't waiver and delay at the risk of getting a zero on a class.

These are skills that will help youth become successful, thriving adults. I continue to introduce a dialogue around growing leadership skills with our 4-H families in the district.

Congratulations to the youth and their families for their hard work.

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



Welcome to the team! ❀

Frontier Extension District is excited to welcome Josie Thompson as the new 4-H Program Manager housed in the Ottawa Office! Feel free to stop by and welcome her to the Frontier District!



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Ottawa Office
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1418 S. Main, Suite 2
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785-229-3527 fax

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COMMUNITY VITALITY UPDATE

Rebecca McFarland
District Director and Family and Community Wellness Agent

Suicide is a public health crisis across the nation and in Kansas. Suicide was the 9th leading cause of death in Kansas in 2019 and 10th leading cause of death in the United States (About suicide. KSPHQ. 2021, April 27), and the suicide rates have been increasing. Suicide is the 2nd leading cause of death following unintentional injuries for those age 15-34 years in Kansas (Kansas Suicide Prevention Plan 2021-2025).

The Frontier District partnered with AdventHealth Ottawa to offer three QPR (Question, Persuade, Refer.) Suicide Prevention trainings in 2022. Through a generous donation from AdventHealth, thirty community members learned to recognize the warning signs of suicide, how to offer hope, get help, and help save a life. Pre- and post-surveys indicated that participants increased their knowledge about the facts concerning suicide and information about local resources for suicide. In addition, participants reported that they were more likely (increase of 30%) to ask someone if they were thinking about suicide, after completing the training. Lastly, the number of participants who rated their level of understanding about suicide and suicide prevention as 'high' increased by 45% after completing the training.

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



QUESTION. PERSUADE. REFER.

HELP SAVE A LIFE

If someone you knew was contemplating suicide, would you recognize the signs and know how to help?

JOIN US TO LEARN WHAT YOU CAN DO AND GAIN CONFIDENCE IN TAKING ACTION.

Friday, October 14, 2022
10:00-11:30 am OR 1:00-2:30 pm
AdventHealth Ottawa Conference Rooms

You **MUST** register at this [LINK](#) or use the QR code
Each class is limited to 35 participants
For questions contact Rebecca McFarland at 785-229-3520



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Stress and
Resiliency Team

AdventHealth
Ottawa

UPCOMING EVENTS

November 7th- Estate Planning Series, Session One
Generational Differences and Starting the Family Talking, 7:00-9:00 PM

November 30th - Estate Planning Series, Session Two
Picking Professionals and How to Handle Heirs that are away from the Farm or Business, 7:00-9:00 PM

December 5th - Estate Planning Series, Session Three
Types of Estate Plans and Tax Implications, 7:00-9:00 PM

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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Frontier Extension District



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Frontier YouTube Channel



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