



DIRECTOR'S NOTE

REBECCA MCFARLAND
DISTRICT EXTENSION DIRECTOR

Frontier District Friends and Supporters,

We have enjoyed a successful county fair season in the Frontier District. This time for youth to showcase their skills and talents through their 4-H projects is always exciting. Our District team, in coordination with the local fair boards and volunteers, spends many hours planning and preparing for the community-wide events. During this season, our team continues to be responsive to the needs of citizens by answering questions and solving problems in the areas of lawn and garden and food preservation and providing educational programs on healthy eating, healthy relationships, farm safety and more.

For the past three summers we have had the privilege of hosting 4-H summer engagement interns through a grant provided by the Kansas Department of Education. This has provided us the opportunity to expand youth programming in libraries, recreation centers, community mental health centers, and summer school programs. Thank you to our community partners for helping to make this possible.

Enjoy reading about the differences we are making in the lives of Kansans every day.

Rebecca McFarland, District Director

Frontier Extension District Making a Difference Report

TABLE OF CONTENTS

Agent Updates • pages 2-5

Welcome, Lauren Gammill • page 6

Upcoming Events • page 6

Connect with Us! • page 6

FAMILY and CONSUMER SCIENCES UPDATES

CHELSEA RICHMOND NUTRITION, FOOD SAFETY AND HEALTH AGENT

This summer, the Frontier District partnered with local libraries in Lyndon, Osage City and Wellsville to provide educational programs for approximately 90 youth.

Educational programs focused on the USDA's MyPlate and the importance of eating foods from all five food groups – grains, fruits, vegetables, protein and dairy. Youth also talked about the importance of eating balanced meals and snacks to grow, play, learn and stay healthy.

Additionally, youth attending programs at the Lyndon and Osage City libraries practiced their snack making skills and made caterpillars, snails and butterflies with foods from the five food groups. Meanwhile, youth attending the program at Wellsville participated in a “tasteful tour” and tried different foods from the five food groups – hummus, kiwi, jicama, quinoa and Greek yogurt.

When asked, youth could identify the food groups for the foods they tried or used in making their snacks. Several youth also indicated they tried one or more new foods (kiwi, jicama, quinoa or celery) after participating in the programs.



The library presentations made by nutrition, food safety, and health agent Chelsea Richmond this summer included learning about MyPlate and making healthy snacks.

JANAE MCNALLY ADULT DEVELOPMENT AND AGING and FAMILY RESOURCE MANAGEMENT AGENT

In just ten short years, for the first time in U.S. history, older adults are projected to outnumber youth. Yet, most adults die without an up-to-date legal will and have no written wishes to guide the distribution of personal possessions; other adults have incomplete or impractical plans.

At some point in everyone's life, we lose someone to whom we are close. This person could be a parent, grandparent, or even an aunt or uncle. But, the thought of paring down, decluttering or downsizing is exhausting and sometimes does not go as smoothly as it would have if the person who passed away had stated their wishes on the distribution of their non-titled possessions. Even for the families for whom it goes fairly smoothly, decisions about non-titled property can be challenging and can lead to serious family conflicts.

In June, Frontier Extension District agent Janae McNally was asked by the Franklin County Health Department to be the guest speaker at its monthly Lunch on Us series for individuals 60 years and older. McNally presented “Who Gets Grandma’s Yellow Pie Plate?” to 64 participants. The program helped these participants identify six key factors for successfully planning and protecting family relationships. Each participant was also given a free workbook that offered more specific information, examples and a range of user-friendly worksheets to assist in the passing on of their possessions.

When asked, 96% of participants said they now had 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 & family resource management agent, at 785-828-4438 or jmcnally@ksu.edu.



Adult development and aging and family resource management agent Janae McNally presents at the June Lunch on Us series hosted by the Franklin County Health Department.

AGRICULTURE and LIVESTOCK UPDATES

ROD SCHAUB LIVESTOCK PRODUCTION AGENT

The two-day Eastern Kansas Livestock Water Systems Tour in April had stops in five counties: Shawnee, Osage, Douglas, Franklin and Miami. Frontier District agents assisting were Rod Schaub and Ryan Schaub. During the tour, producers had the opportunity to help install a tire tank, see various solar powered water pump systems and examine concrete waterers that were installed below a pond. In addition, producers viewed some pressurized watering systems that used rural water and pond water, and they were introduced to rotational grazing systems, including the system used on the Schaub's property where cattle can receive water in four pastures from one source.

Many eastern Kansas producers rely on surface water as the source for their livestock, and the choice of using a pond with nonrestricted access has been common. The costs of using a pond in this manner, however, have become greater: the price of the land, construction of a pond, and cleaning the pond when needed. Other possible costs associated with allowing animals into a pond include the risk of livestock falling through ice or getting stuck in mud, health risks such as foot rot and other diseases that are transmitted in wet environments, and issues associated with blue-green algae.

Fencing livestock out of a pond reduces many of these risks and improves the quality and reliability of the water. On the Schaub's property, tour participants saw how a high tensile electric fence is used for this purpose, which is much less expensive than a 5-wire fence.

Ideally, ponds are centrally located in a grazing area with an adequate elevation drop behind the pond to place a livestock waterer. When building a new pond or cleaning an existing one, installing a 2-inch PVC line through the dam will make adding a waterer much simpler. If a pond doesn't have an existing water line through the dam, one can be installed—even after the pond has filled with water. Another option is to use a solar system to pump the water from the pond. These systems have become quite affordable and easy to install.

Producers on the tour found the information useful, and many planned to add waterers to improve their grazing systems.



Water Systems Tour participants were given information on solar systems as a pumping option for providing water for livestock; solar systems have become less expensive and easier to install.



Participants had the opportunity to help install a tire tank while on the Water Systems Tour.



RYAN SCHAUB CROP PRODUCTION and FARM MANAGEMENT AGENT

The Frontier and Marias des Cygnes Extension Districts hosted the driving portion of the Hazardous Occupation Training (H.O.T.) class in Pomona on June 15. The six youth attending had previously completed the written portion of the class. The H.O.T. class is required for 14- and 15-year-old youth who want to operate tractors on farms owned by individuals other than their parents.

The 2024 written portion of the class was much different than in years past. Youth completed an online course from Penn State University called the National Safe Tractor and Machinery Operation Program. Youth were also asked to watch and respond to five short farm and tractor safety videos.

At the June 15 tractor driving session, speakers discussed driving safety, accidents and how quickly things can go wrong, how to operate different tractors and equipment, and how to maintain machinery. The youth were then tasked with driving a tractor and hay rake through a course.



Agriculture agent Rod Schaub and instructor Gary Thompson discuss safety with youth participating in the H.O.T. class on June 15.

DISTRICT UPDATE

REBECCA MCFARLAND
DISTRICT EXTENSION DIRECTOR

The Frontier Extension District was one of 28 local units in Kansas to host facilitated community conversations (Delivering on the Promise) on how Kansas State University can better serve the people and communities across the state. The three sessions hosted by the Frontier District were held May 22 in Ottawa. A total of 50 community members, business owners, 4-H volunteers, Master Gardeners, Frontier District board members, local school faculty and staff, and advisory members participated in the conversations. To keep group sizes small and encourage participation, the sessions were by invitation only. Participants were given [the Kansas State University Next-Gen K-State Strategic Plan Summary](#) to provide context for the discussions.

The sessions were a part of the initial phase to gather ideas from Kansans to determine and address the needs of the people, businesses, industries and communities across the state. Participants discussed critical issues facing their communities and shared thoughts on how those issues could be addressed. Issues that were identified during the sessions included housing, childcare, health care, mental health, aging population and workforce. Participants also discussed the use of technology, K-12 public school system and higher education, and communication.

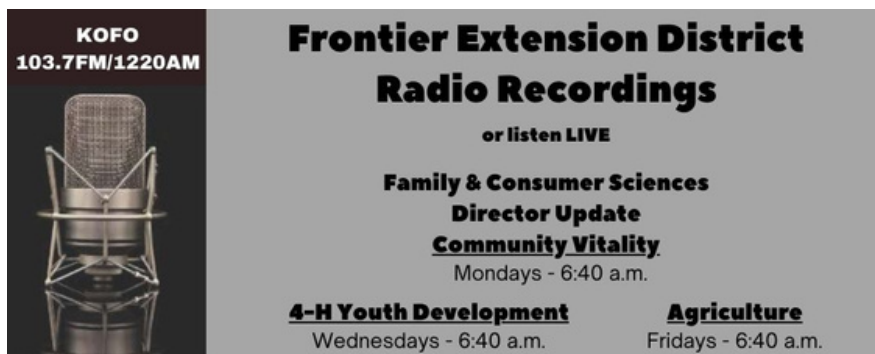
This summer and throughout the fall, regional follow-up discussions will be held, and the results of the discussions will be shared with the Delivering on the Promise Advisory Team, government agencies and stakeholder organizations. This fall and over the winter, additional work will be done by the various task forces and work groups.

What does this mean for the Frontier District and those who live, work and play in our communities? Frontier District faculty and staff will likely have access to additional resources. This may include expertise in an area in which we do not currently have an extension specialist working. For example, we may have the opportunity to partner with the College of Architecture, Planning and Design or the College of Engineering to provide service-learning projects for students, while improving the health and wellness of our communities. We may form new partnerships locally or on a regional level to address some of the critical issues identified in our community conversations, such as housing, health care, workforce development and mental health.

We will continue to adapt to changing times and landscapes while being true to our mission to provide vital, practical information to agricultural producers, small business owners, consumers, families and young people.

- January and February**
 - Project planning meetings
 - Communicate process internally
- March**
 - Choose stakeholder conversation sites
 - Facilitation prep
 - Delivering on the Promise Advisory Team meeting
- April and May**
 - Stakeholder conversations facilitated
- June**
 - Statewide groups facilitated
 - Delivering on the Promise Advisory Team meeting
- July and August**
 - Develop and refine insights and recommendations
 - Create structure for final reports for university audiences
 - Follow up with participants
- October**
 - Engage K-State Research and Extension professionals

Graphic adapted from Engagement at K-State: Delivering on the Promise website <https://www.k-state.edu/engagement/delivering-on-the-promise/>



KOFO
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.

4-H YOUTH DEVELOPMENT UPDATE

JESSICA FLORY
4-H YOUTH DEVELOPMENT AGENT

The Frontier District 4-H Summer Engagement Interns have led a number of programs for youth in the district the past couple of months. One particularly successful program involved helping to develop an outdoor children's space for the Pomona Library.

As Pomona is a small, rural town, fewer summer activities and learning opportunities are available for children there than in larger communities. Therefore, the interns focused on an outdoor space at the library that had the potential to be upgraded into a play area. As all children need a safe outdoor space to play, the summer engagement grant was a perfect opportunity to help the children of Pomona have such an area.

The interns assisted in making sensory gardens and in creating a play space for the children. The interns brought in mulch for the fenced area and soil and flowers for the gardens. Additionally, on each visit to the library, the interns made a new sensory project for the gardens. The goal was to have each of the five senses represented in the gardens.

The interns also taught a pollinator activity in which the children made bees and spread pollen (Cheeto dust) to flowers. Eleven children participated in this program, and afterward, the library provided lunch for all of the children.

To see an unused space transformed into a learning and fun space was a boost for both the community and the interns. The interns found that the children loved the hands-on projects and witnessed the children's moods being uplifted while embracing their creativity and imagination.



Frontier District 4-H Summer Engagement Interns help youth at the Pomona library create an outdoor garden and play space.



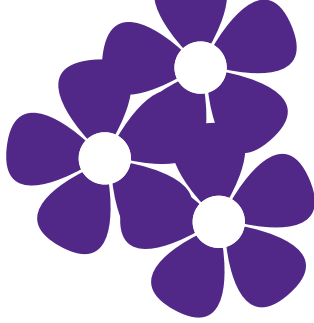
A Frontier District 4-H Summer Engagement Intern explains development of a sensory garden to youth at the Pomona library.

**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



Welcome to Lauren Gammill, the new Frontier District horticulture and natural resources agent! Lauren officially joined the staff in June, but she has been quite busy in the third quarter developing programming and making visits to evaluate lawns, gardens, trees and more. We'll have more to share in the next Making a Difference report, but feel free to contact Lauren through the Ottawa office at 785-229-3520 or by email at laurengammill@ksu.edu.



UPCOMING EVENTS

September 2 - All Frontier District offices are closed for Labor Day

September 4 - [K-State Garden Hour: Season Extension in the Vegetable Garden](#)

September 6-15 - [Kansas State Fair](#)

September 10 - Using Drone Technology in Agriculture, Garnett, start time 10:00 am; register by calling 785-448-6826 or by emailing reschaub@ksu.edu by Friday, Sept. 6.

September 26 - [Beef Stocker Field Day, Manhattan](#); pre-registration closes Sept. 13

September 26 - 28 - [Kincaid Fair](#)

October 2 - [K-State Garden Hour: Evergreens in Kansas](#)

CONNECT WITH US



Frontier Extension District



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



KSRE - Frontier District



Frontier YouTube Channel



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

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

K-State Research and Extension is an equal opportunity provider and employer.