



K-STATE
Research and Extension

Frontier
District

Making a *Difference*

First Quarter, 2022

Letter From the Director

Frontier District Friends,

This past year brought many changes to the Frontier District. We added new team members and programming areas, and some team members transitioned to new roles. Janae McNally transitioned to her new role as the Adult Development and Aging and Family Resource Management Agent in September 2021. Ryan Schaub also transitioned to his new role as the Crop Production and Farm Management Agent in September 2021. We welcomed Jessica Flory as our 4-H Youth Development Agent in November 2021, and Amanda Groleau as our Horticulture and Natural Resources Agent in January 2022. Jo Hetrick-Anstaett also joined our team in January 2022 as the 4-H Youth Development Program Manager housed in the Lyndon office.

One thing that hasn't changed is our dedication to serving those who live, work, and play in the district. We work at being responsive to the needs of the people by continuing to provide quality educational programming to address critical issues, solve problems and improve quality of life. We are focused on solving grand challenges in the state around water, health, global food systems, vitalizing communities, and developing tomorrow's leaders. 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 and Family and Community Wellness Agent
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Ryan Schaub
Crop Production and Farm Management Agent
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Bush Honeysuckle “What’s the Fuss”

The Frontier District held a meeting November 2021, to help producers get a better understanding of what Bush Honeysuckle is and methods of control. Homeowners left the meeting understanding Bush Honeysuckle is an invasive woody shrub that forms dense stands in environments ranging from sun to shade and from wet to dry. It is often found on disturbed sites, forest edges, floodplains, fields, pastures and roadsides. The shrub out competes our native plants for sunlight and resources, reduces species diversity, and negatively impacts wildlife habitat. Control options include hand pulling and spot spraying.

The best method of control is provided by using a mist blower in mid to late Fall. A back pack mist blower can be used for quick treatment of large areas, usually 1-2 acres per hour with limited impact on non-target species when applied in late Fall. Each Extension Office in Frontier District has a back pack mist blower that can be checked out for use to control Bush Honeysuckle.




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

**FRONTIER EXTENSION DISTRICT
RADIO RECORDINGS**

Family & Consumer Sciences
Mondays - 6:40 a.m.

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

Agriculture
Fridays - 6:40 a.m.



KOFO
103.7FM / 1220AM

Listen Live!

Don't forget to tune in to KOFO 103.7 FM or 1220 AM three days a week to get Frontier Extension District updates.

Missed a program? Go to the KOFO Recordings page to hear previous radio programs.



Stay Strong, Stay Healthy Program



The Stay Strong, Stay Healthy program was offered in the Frontier District this past Fall. The eight-week strength training program is designed to help improve health and quality of life through simple exercises that are focused on strength, balance, and flexibility.

The program does not involve difficult or complicated weightlifting. Instead, because individuals tend to lose muscle mass as they get older, the program focuses on strength building exercises that help with everyday activities.

Over the course of the eight weeks, participants meet twice a week for one hour where each session includes warm-up activities, eight strengthening exercises, and cool down activities. Hand and ankle weights are also provided for participants to use during the program. When asked to share ways in which the Stay Strong, Stay Healthy program helped to improve their lives, participants this Fall responded:

*I have seen improvement in balance and arm strength.

*I have better control and balance when I am on a step stool and reaching over my head.

*I do have more energy and I can last longer at doing household chores.

*My ability to get out of a chair has improved.

*I feel better and more prepared to begin rehab and recovery following my upcoming knee replacement surgery.

Additional Stay Strong, Stay Healthy programs will be offered in the future throughout the Frontier District. If you have questions about the program, contact District Extension Agent, Chelsea Richmond, by email at crichmon@ksu.edu or by calling 785.448.6826.



Chelsea Richmond
Nutrition, Food Safety, and Health Agent
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Fall Armyworm Damage to Brome



Fall armyworm damage to our brome fields varied greatly throughout Eastern Kansas. The majority of the hay meadows that were damaged were those fields that were harvested late, in this case mid-July and after. The armyworm moths sought those late harvest fields as sites to lay their eggs. These fields had regrowth that was just a few inches tall when the worms began feeding and within a couple of days those fields turned brown. Many producers weren't concerned about the brome browning, as we were experiencing hot days and dry weather, they assumed the brome was going dormant. Questions started arising after we got a rain in early September and the brome still wasn't greening up.

Frontier District held three public meetings to help answer the question "what do we do now?" The local agents and two plant pathologists from Kansas State University examined several brome fields within the District. From digging up plants and observing their roots, we were able to give producers some guidelines to help them decide if their brome was alive or dead. Depending on the results of the producers fields, together we discussed forage crop alternatives, seed availability and costs, and fertilizer needs and prices.

Several producers commented that they appreciated the information given and as a result we are seeing increased soil tests from damaged fields. Producers left the meeting with a plan for producing this Spring's forage needs.



Rod Schaub
Livestock Production Agent
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We appreciate you!

Thank you to outgoing Frontier Extension District Governing Body members Gary Thompson and Angie Sylvester! Gary has been a dedicated volunteer and supporter for a total of 23 years. Angie served as a Frontier Extension District board member for 8 years.

Gray for a Day



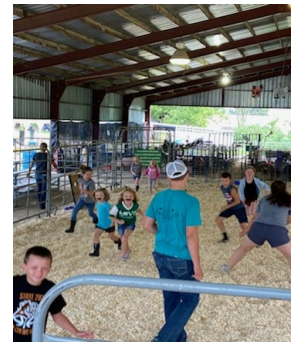
It doesn't matter who you are or where you come from, it is inevitable that we all age over the course of our lives at different rates. Adult Development & Aging and Family Resource Management Agent, Janae McNally, was asked to present at the Marais des Cygnes Valley girls lock in to educate them on the K-State Research and Extension program "Gray for a Day."

One of the three missions for the lock-in was to bring self-awareness to young ladies who attend Marais des Cygnes Valley. Fifty-five girls, 6-12 grade, went through the simulation activities that helped them experience the age-related sensory and functional challenges with an empathic outlook that some older adults might face.

Participants learned what it was like to lose or have decreased use of their five sensory functions. As a result, one participant said "I think it helped me understand how hard older adults have it." As well as, "You should always try to help others that are struggling, no matter how old or young they are."



Janae McNally
Adult Development and Aging and
Family Resource Management Agent
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It was a nice cool morning in early August and our Osage County Ambassador group had hosted a pancake feed at the Overbrook Fair. In addition to some good pancakes, the ambassadors had come up with an assortment of interactive games for everyone to enjoy. I was standing with a 4-H mother when she leaned over and said "When was the last time you saw this many teenagers off their phones and playing with young children?"

It was a simple idea, a pancake feed with games, but it was an idea that had made an impact on the youth of the community. Kids were laughing and interacting with one another, while parents socialized. The energy at the moment was harmonious. We have all felt the weight of the COVID-19 pandemic over the last two years, however at that moment our stress had been lifted and life seemed to be normal. As 4-H Youth Development Agent, it is my goal to find more moments like this in our programming. I want to help the youth heal from the stress of COVID and thrive into young successful adults.



Jessica Flory
4-H Youth Development Agent
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Welcome our newest Agent!



Amanda Groleau
Horticulture and Natural Resources Agent
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