



Stay Strong Stay Healthy

Stay Strong, Stay Healthy is an evidence based eight-week exercise program for older adults that meets the recommendation for healthy muscle strength. The program's goal is to improve health and quality of life. The hour long sessions meet twice each week. They include warm-up exercises, strengthening exercises with or without weights, and cool-down stretches. Participants are also encouraged to do the exercises on their own once more during the week. Over the eight weeks, participants learn the exercises and begin to improve strength and balance. After eight weeks, participants are encouraged to continue this program at home or with a community group. Our first program location was in Lincoln where participants experienced the many benefits of strength training which include increased muscle mass, improved strength, flexibility & balance, increased bone density, ability to sleep more soundly, decrease in joint pain, and increased energy levels.



Health Insurance Decision-Making



Each year, every adult individual, couple and family is faced with health insurance decision-making. While there are exceptions, the Affordable Care Act requires all individuals to be insured for at least nine months out of every year, or a penalty will be incurred at tax time for being uninsured. Making a smart health insurance decision involves recognizing the variety of ways health insurance can be secured, understanding current health care needs, and identifying risks for a particular need within the next year. This knowledge, when compared to one's budget, can help prioritize health insurance needs and wants. The Post Rock District provides free, non-biased education and resources to assist with health insurance decision-making. In addition, Nora Rhoades, District Family and Youth Development Agent, is a trained Senior Health Insurance Counselor for Kansas (SHICK). As a SHICK Counselor, Rhoades is able to assist older adults, caregivers and families with Medicare related questions and decision-making.

4-H Grows Here

4-H helps the entire community by instilling the qualities of leadership, citizenship, service and caring in each of our members. Youth are encouraged to join a 4-H Community Club. The Post Rock District has 17 community clubs led by volunteer leaders. Short term 4-H experiences are also available through school and community enrichment programs and short term special interest groups. Research has shown the following:

- 4-Her's are nearly 4 times more likely to make contributions to their communities.
- 4-Her's are about 2 times more likely to be civically active.
- 4-H young people are nearly 2 times more likely to participate in Science, Engineering and Computer Technology programs during out-of-school time.
- 4-H girls are 3 times more likely to take part in science programs compared to girls in other out-of school time activities.
- 4-Her's are 2 times more likely to make healthier choices.



Post Rock District 4-H is developing tomorrow's leaders and the neighbors you want to live by.

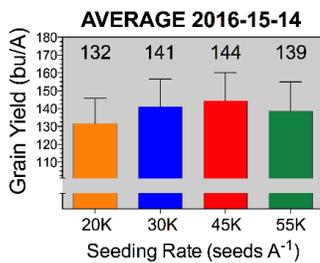
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Women in Agriculture

When it comes to choosing high-quality proteins, beef is a nutritious choice with incredible taste. Eating beef is the easy part, selecting the cut at the meat counter is where struggles can occur. There are dozens of cuts available and these vary greatly in price as well as appropriate cooking methods. This fall during one of Post Rock District's Women in Ag meetings, participants gained valuable skills of how to increase palatability for lesser known cuts of beef. To increase palatability, juiciness, flavor, tenderness, and the consumer perception all come into play. Participants gained knowledge of proper selection, cooking methods, and techniques to increase palatability for each cut of beef. What about all of the labels? Natural, organic, grass-fed, locally raised-what do they all truly mean? Dr. Travis O'Quinn, K-State Research and Extension Meat Specialist discussed the research behind these labels and what consumers should look for while selecting and purchasing beef.



I. Ciampitti, KSU.

Three-Year Grain Sorghum Seeding Rate Study

Production practices used with crops can be widely variable among producers. Seeding rate is one of those production practices where many questions can arise. The planting or seeding rate refers to the number of seeds planted per acre. Producers typically need to plant more seed than their intended plant population goal. How much more will depend on the germination percentage of the seed being used, planting date, soil conditions, and anticipated pest problems. With the wide variability and producer questions, the Post Rock District has collaborated with K-State Research and Extension in conducting a grain sorghum seeding rate study for three years (2014-16). The research, in this study, has indicated the most optimal average seeding rate, over the 3-year period, is between 30,000 to 45,000. Pictured is the average yield data over the three years along with the different seeding rates.

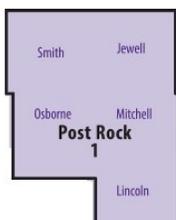
Master Gardeners Conduct Sweet Pepper Variety Trial

When home gardeners are planning their gardens each year, vegetable variety selection is very important for a successful garden. With numerous varieties available to choose from, it can be difficult to identify which varieties are best suited to perform well in the soil and climate of the Post Rock District. This year, the Post Rock District Extension Master Gardeners planted a sweet pepper variety trial at the North Campus Community Garden in Beloit to research the performance of some new sweet pepper varieties, as well as a few common varieties. Three plants each of 12 different varieties were planted and studied. Throughout the summer, the peppers were harvested and performance data was collected on number and weight of peppers produced. Over 60 pounds of sweet peppers were harvested and donated to senior centers, friends and family of the Master Gardeners. The data from the study will help Post Rock District gardeners by providing them with variety trial results from their home area, not a state-wide average or trial done in a different state. It was an educational experience for the Master Gardeners and they hope to continue their research on different vegetables in the future.



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