

POST ROCK

Extension District

VOLUME 2

**Extension
Helps
Agriculture**

Blaire Todd

**Extension
Supports
Community
Health**

Ashley Svaty & Brenda Langdon

**NCK Youth
Pledge Health**

Nora Rhoades

**Illustrated DIY
Landscape Tips**

Cassie Homan

**Better
Together**

Sandra Wick

K-STATE
RESEARCH AND EXTENSION

AN EDUCATIONAL MAGAZINE FOR BETTER LIVING

BEGINNING MY DREAM AG CAREER

BY BLAIRE TODD



I grew up in a similar area as North Central Kansas; a place full of small towns where value was placed heavily in family and agriculture. My family and I lived on a farm in Northwest Missouri raising show livestock and I was involved in my local 4-H and FFA organizations. Days spent in the barn with my animals hold my fondest memories and I knew from an early age I would have a career in agriculture. After high school, I went to the University of Missouri and Iowa State University to receive my bachelor's and master's degrees in animal science. A common question I was asked throughout college was, "What do you want to do after graduation?" and the answer to them would always be to work for Extension. For me, being a livestock production agent for Extension combines all of my favorite things, education, animal agriculture, and youth enrichment. I believe as an agent, it is our responsibility to continue to learn and pass this knowledge onto our communities so they can grow as well.

Extension plays a vital role in being of help to Kansans. K-State Research and Extension brings unbiased, research-based information on issues important to Kansas. We provide information and services for all, so we can create strong, healthy communities, families, and youth. As a livestock production agent, it is my job to bring this knowledge to livestock producers, owners, and industry personnel to address animal needs and concerns. Whether you have taken on a new species or need your feed tested for nitrates or need information on animal breeding and genetics, I'm here for you. Not only is it my goal to bring thoughtful information to your livestock operation, but I want to see you thrive and become more efficient and profitable. Extension is a valuable resource for any and every livestock owner and I am excited to be here in North Central Kansas serving livestock producers in the Post Rock District. Contact Blaire at blairet@ksu.edu.

LIFELONG 4-H VOLUNTEER RECOGNIZED WITH APPRECIATION AWARD

by Shannon Rogers, Communications Manager



Dorothy Wilson is the recipient of the 2021 K-State Research and Extension Appreciation Award for the Post Rock District. Mrs. Wilson is a volunteer and founding member of The Asherville Achievers 4-H Club, which recently celebrated its seventy-fifth anniversary as an active 4-H club. The Appreciation Award is awarded annually by the Post Rock District Executive Board. The award recognizes a volunteer who helps us extend the Extension mission in our communities.

This 4-H year marks Dorothy Wilson's sixty-ninth year serving as an Asherville Achievers club leader. Why 4-H? She said, "I just love 4-H; it's a wonderful organization. From day one, I was accepted there. It's there in my heart."

Nora Rhoades, District Director and Youth Development Agent, presented the award to Dorothy at her home outside of Asherville, Kansas. Dorothy reminisced about the rich history of community service, leadership, and learning by Asherville Achievers 4-H members and families. One of Dorothy's early memories was the lesson to measure ingredients accurately in baking. Foods and Nutrition was her favorite project and remains a passion. She served homemade cookies while trying to put into words what sustains her commitment to volunteering in Kansas 4-H. She said, "I love working with kids. I just love those kids and those families. They're my second family."

The Post Rock Extension District Executive Board and staff are grateful for Dorothy Wilson's dedication to developing today's youth into tomorrow's community leaders. Please contact your local Extension Office to learn how your family can take part in your local 4-H club. Visit www.postrock.ksu.edu for office and staff contact information.

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EXTENSION SUPPORTS COMMUNITY HEALTH

by Shannon Rogers, Communications Manager

Increasing fruit and vegetable consumption is a public health priority. Simply Produce is a community effort that builds healthier eating habits while supporting local, rural grocers. Post Rock Extension District collaborates with grocers and volunteers to help bring fresh produce to rural communities at a low cost.

Each produce basket includes about fifteen pounds of fruits and vegetables plus a healthy recipe card utilizing basket items. Simply Produce baskets also include educational materials on a variety of topics, such as food storage, produce handling, home budgeting, and health.

Brenda Langdon, Family Resource Management Agent (pictured left), and Ashley Svaty, Nutrition, Food Safety and Health Agent (pictured lower right), collaborated with Gene's Heartland Foods in Smith Center to bring Simply Produce to Smith County. They have helped coordinate the distribution of over 646 produce baskets in the first nine months. They added a partnership with Kier's Thriftway in Mankato, where a whopping 293 baskets were packed at that Jewell County location's first two distributions.

Next, Brenda and Ashley are working with Girard's in Osborne to help bring great produce at a great price to the people of Osborne County.

Simply Produce is an opportunity for all to enjoy quality produce and to try unexpected fruits and vegetables. Here's some of the community feedback:

“The baskets always have exactly what I want.

I look forward to these bags every month.

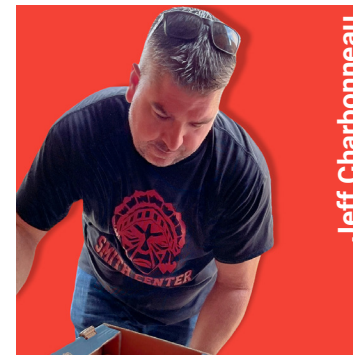
Please tell the people there that they are so nice and I am really appreciative.

We really enjoy the bags and look forward to seeing what's in them.”

We also want to especially thank our volunteers who help pack and distribute the produce. They make it not only possible, they make it fun. Please contact Brenda Langdon (bklangdon@ksu.edu) and Ashley Svaty (asvaty@ksu.edu) to volunteer or to learn more about Simply Produce.



Art Befort



Jeff Charbonneau



Joan Nech



Jim Dooley



James Berry



Donna Vrbas



Bret Strine



Kyra Lampe

Mangos are a delicious, fat free, excellent source of vitamin C and good sources of folate, copper, and fiber. Select mangos that are firm and have a sweet aroma. Store mangos at room temperature for one or two days and refrigerate peeled mangos.

Eat a mango by peeling the skin and eat it with a spoon or remove the peel and seed and cut it into pieces. Add mangos to smoothies, salads, prepare them with meat, rice, and poultry dishes or create the mango salsa recipe featured below.

MANGO SALSA

Ingredients:

- 1 mango, peeled, pitted, and diced
- ½ small red onion, diced
- 1 tablespoon fresh cilantro, chopped (optional)
- ¼ teaspoon salt
- Juice of 1 lime

Instructions:

1. Wash hands with soap and water for 20 seconds.
2. Combine all ingredients in a bowl and stir to mix.
3. Serve immediately or cover and refrigerate.

Nutrition information: 8 servings per recipe, (serving size is 2 tablespoons), 25 calories, 0g fat, 0mg cholesterol, 75mg sodium, 7g carbohydrates, (1g dietary fiber, 6g total sugars), 0g protein, 16mg calcium.

Source: SeasonalAndSimple.info



“My first Simply Produce basket had mangos in it and I said, ‘What is that?’ But I tried it and I liked it!”



SCAN TO READ
KNOWLEDGE TO ACTION
NEWSLETTER



The Builder Award is presented to an individual who has exhibited extra energy and creativity over a number of years in building new programs, audiences, or institutions within K-State Research and Extension.



BETTER TOGETHER

with Sandra Wick, Crop Production Agent

Sandra was recognized for her outstanding service to the producers of North Central Kansas through her work in:

- CROP CONSULTATIONS**
- FARM BILL COUNSELING**
- WHEAT DEMONSTRATION PLOTS**
- WOMEN IN AGRICULTURE PROGRAMS**
- EDUCATIONAL VIRTUAL WORKSHOPS**
- CROP AND PASTURE LEASE SURVEYS**
- FARM STRESS RESOURCES**
- CROP PRODUCTION SCHOOLS**
- TRACTOR SAFETY CLASSES**



*J. Ernest Minton, Dean, College of Agriculture
Director, K-State Research and Extension*

If you have the love of agriculture and helping people make decisions in the field of agriculture, I think Extension would be a great career you may want to pursue. Extension gives you the opportunity to learn at the same time. Even though you may graduate with a degree, you learn by doing and you learn by working with producers and sharing your experiences and letting them share their experiences.

Working together helps build working relationships that could be lasting relationships even after your career.”

We love Sandra Wick’s perspective on her 33-year career in Extension. The Post Rock Extension District Board and Team congratulate Sandra on winning the 2021 K-State Research and Extension Builder Award.

Help us congratulate Sandra. You can connect with Sandra at swick@ksu.edu.

“remember when I was in band, my band instructor had a sign up that said, 'The most important word is WE, the least important word is I,' and that was so memorable to me. It really holds true in whatever you are doing. We are better together.

When I first started in Extension, there weren’t too many women in the field of agriculture, and I was very humbled that producers gave me a chance. It was even better when a producer would come back with more questions, as it showed me that they trusted me, and the information Extension can provide for them. It’s great that producers call or stop by our office with questions, but then continually coming back and asking me questions, that is just really special. Then maybe you know you are making a difference in their lives.

I’m not afraid to try new things so I just convince myself, well I can try that, and if it doesn’t work, it doesn’t work. But if you don’t try it, you don’t know, and you might miss an opportunity to help someone.



NCK Health Collaborative is a community of professionals in North Central Kansas, working together through shared organizational missions and ventures to improve quality of life locally. Bringing teen leaders to the table has leveled up our efforts to address challenging issues like mental health, career connection and entrepreneurship, limited resource gaps, chronic disease management, substance use, and more. These are tough, layered issues impacting people's daily lives, and I can share without hesitation that without our young leaders involved we absolutely will not move forward. Our future leaders are solution-focused, optimistic yet realistic. They passionately think about issues from many perspectives, and when supported by caring adults and valued on teams like the NCK Health Collaborative, we are going to move the needle forward in North Central Kansas.

Finding community partners that believe in the power of youth the way 4-H does is exciting. Making progress on adaptive issues alongside aspiring leaders, is definitely the route to making life in North Central Kansas amazing for generations to come. 4-H is where our young leaders get to put passion into purposeful action. Reach Nora at nrhoades@ksu.edu.



**I ENCOURAGE MY FRIENDS
I CARE FOR OUR WELL-BEING
I PRACTICE HEALTHY HABITS
I RESIST NEGATIVE INFLUENCERS
I OVERCOME ADVERSITY
I MAKE A POSITIVE DIFFERENCE**



WE PLEDGE OUR HEALTH

by Nora Rhoades, Youth Development Agent

Through 4-H, we strive to empower youth to grow their skills and make a difference in ways that inspire them as an individual. What's impressive is that many times an individual's spark is directly linked to a difference making opportunity in his or her own community or school. As a professional, I have read the research that supports this, yet it was observing the leadership of teens in the trenches of the pandemic that really created an aha moment for me. The NCK Health Collaborative noticed this, too. Our teens WANT to try new things and improve their skills, yet they want to do so while contributing to a high quality of life right where we call home.

The health pledge idea sparked from NCK Health Collaborative's work with teens to promote healthful choices and create awareness about the harmful outcomes of using substances like smoking and vaping. Teens involved in Kansas RESIST projects identified 4-H as a place where community leaders look to find a positive example and hard workers. The health pledge at our county fairs became a gathering place of like-minded youth and their families to publicly acknowledge the commitment made to better living through 4-H. The health pledge - which is closely tied to aspects of the

official 4-H pledge - became a discussion point as teens started thinking critically about ways to improve their communities so the healthy choice can be the easy choice to make.

The ripple effect of the health pledge experience is involving inspired teens. Without the voice of our future leaders, there quite frankly is not a strong future in sight for our communities. In Post Rock District, our 4-H youth experience is committed to supporting youth as they put their interests into action through real-world projects. Our 4-H members showed up in a big way during the pandemic, applying grant dollars to support the health and wellness of their elder neighbors and friends. 4-H members show up through every learning opportunity, willing to get all hands-on-deck to build a new skill or make a new friend.

POST ROCK STAT



494 people took our health pledge.

We liked to count completed health pledges as we wrapped up at each county fair, our biggest joy being the thoughtfulness each youth put into making their health commitments. Our young people didn't rush to fill out a postcard for the reward of a t-shirt. These future community leaders paused as they considered what changes they want to make toward a better tomorrow for themselves and others.

Mental health pledges also impressed us. Many pledged to encourage friends or visit elderly neighbors. We mailed the postcards with their handwritten health commitments back to them as reminders to follow through on their pledges in 2022.





Cassie with Tristen Long of Long Stem Gardens

DIY LANDSCAPE DESIGN

by Cassie Homan, Horticulture Agent

A well-designed landscape can increase the value of your home and its salability. Think of landscape design as creating a series of outdoor rooms that meet your needs and wishes.

For the outdoor room to be effective, it needs to give the user clues of how to act. It makes them feel safe and welcome in the space. Whether decorating a home, arranging flowers, or landscaping a yard, the elements of design hold true in creating an artistic design that is pleasing to the viewer. Contact Cassie with your landscape and garden questions at choman@ksu.edu.

SIMPLICITY

- Busy landscapes are like a cluttered room
- One of everything is not a good idea
- Unsettling to eye, no focal point, etc...
- Need simplicity



BALANCE

- Equal visual weight
- Left to right, front to back
- Formal design = mirror image
- Informal design is not mirrored but should have equal visual 'weight' on either side



COLOR

- Color adds excitement to the landscape
- As a general rule, use lighter flower colors toward the back of the landscape and the more vibrant colors toward the front, closer to the viewer
- Something with color, even if it is a temporary seasonal plant, will add pizzazz that's needed to brighten the landscape

Try Crape Myrtle, Beautyberry, and Sweetspire shrubs for summer color.



Illustrations by Tonia Underwood



MEET TERESA

by Melody Saxton, Office Professional

When you enter the Extension office in Mankato, you will have the opportunity to meet a woman I admire. Teresa Shipley has been an Office Professional with K-State Research and Extension for just over 15 years. She has a smile that is like watching a glorious sunrise coming up in the east – it just makes you feel better. She is a woman that is deeper, more compassionate, and wiser than first glance will tell you.

When I asked Teresa what the one thing that she wanted the entire world to know about her, the answer was her faith and that she is a Christian. She has a beautiful voice and has shared that talent with people as they celebrate their mutual faith but also in times of sorrow, often singing the hymns that comfort at a local funeral.

Teresa is a 4-H advocate. She believes in 4-H, 4-H families and works to make sure they are given all of the help to succeed she can provide. When asked questions about programs, she sometimes shakes her head at me for my background does not include 4-H. She works to help me understand so that I too can provide assistance to the families in our counties but I often know that the best answer is to call and ask Teresa the question, knowing that she will give me the best answer. She is always willing to stop and help, explain and teach.

Before 4-H, Teresa mentored young women who participated in the Junior Miss pageants, helping girls who wanted to perform vocally as they worked to grow their talents. She has been married for 43 years to her husband, a man she met in college although they lived only 20 miles apart for most of their lives. Together they raised three boys. When she speaks of her family, she gets one of her smiles and a gaze in her eyes that says she is looking at happy memories. She had fun raising her boys and spent many wonderful years watching them play baseball each summer.

Teresa is an onion – a person of many talents and layers. She loves to read. She enjoys music. She believes in providing the best resources available and supports the District in providing educational outreach.

If you are looking for an answer and cannot find it, ask Teresa. If she doesn't know the answer, she will work to help you find it. If you are looking for a smile or want to hear a happy laugh, ask Teresa. She can help you find that too.



POST ROCK EXTENSION DISTRICT OFFICE CONTACT INFORMATION

- BELOIT** (785) 738-3597 115 S. Hersey, Beloit, KS 67420
- LINCOLN** (785) 524-4432 108 W. Lincoln, P.O. Box 8, Lincoln, KS 67455
- MANKATO** (785) 378-3174 307 N. Commercial, Mankato, KS 66956
- OSBORNE** (785) 346-2521 113 N. 1st St., Osborne, KS 67473
- SMITH CENTER** (785) 282-6823, 218 S. Grant, P.O. Box 287 Smith Center, KS 66967

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact Post Rock Extension District two weeks prior to the start of the event at 785-378-3174. Requests received after this date will be honored when it is feasible to do so.

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THE ROAD TO COMMUNITY RUNS THROUGH EXTENSION



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