

# POST ROCK

Extension District

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## Wheat Demonstration Plots

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Rich History

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Financial Health

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Youth Making a Difference

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5 Ideas

**Stay  
Strong  
Stay  
Healthy  
in 2021**

Ashley Svaty  
Health Action

A woman with blonde hair, wearing a purple K-State apron over a purple polo shirt, is smiling and holding two glasses of yogurt with fruit. The apron features the K-State logo and the text "K-STATE Research and Extension". The background is a blurred green field with a tree.

**K-STATE**  
Research and Extension

**AN EDUCATIONAL MAGAZINE FOR BETTER LIVING**





# GREETINGS FROM THE POST ROCK DISTRICT

## BY NORA RHOADES

The Post Rock District consists of a dedicated team with a strong skill set. We help you solve problems, make sound decisions and improve quality of life!

If you've followed my outreach through print, video and other outlets, you've probably heard me say the above statement a time or two...or ten! These words are ones I genuinely believe, and I wake up honored to serve you each day. In the Post Rock District, we do not take our mission lightly. As the K-State Research and Extension unit in North Central Kansas it's in our blood to help you help yourself!

Since first joining the Post Rock District as a part-time team member in 2012, I knew the extension unit was special. A supportive team, committed Board and collaborative community mindset led me to pursue serving the region as a full-time Extension Agent. 2020 was the start of a new chapter with the Post Rock District, as I eagerly took on the role of local unit Director. Through each transition, the values of the cooperative extension mission have remained strong in our region. I am so grateful for the opportunity to serve you!

I count my blessings daily for our amazing team. The past months have tested our skills in every way possible, yet our team's foundation has not shaken. Our impact is strong, allowing innovation and experience to work side-by-side as we strive to deliver trusted information and education into the hands of local community members.

Extension came to life when our land-grant universities realized the secret to success is at the heart of our nation – empowering local people with practical education and tools to make everyday life and business more efficient and impactful. Extension continues to be resilient. Every day our Post Rock District team shows up to serve with you and for you. We are inspired by your perseverance to ask questions, adapt to changing practices, and above all, work together to be stronger today than yesterday.

AUDIO, VIDEO AND MORE AT [POSTROCK.KSU.EDU](http://POSTROCK.KSU.EDU)



### 4-H TEAM DELIVERS CARE KITS TO ELDERLY

by Jaden Huehl, Youth Project Leader

This saying is exemplified through the 4-H youth on the Post Rock District's 4-H Community Action Team: "A person's most useful asset is not the head full of knowledge, but a heart full of love, an ear ready to listen, and a hand willing to help."

The team identified that many communities have suffering senior citizens who are unable or unwilling to leave their homes due to the COVID-19 pandemic. These citizens need assistance to get essential needs such as food, toiletries, and medical items. They also are cut off from friends and family with little or no social interaction.

The team of youth devised a plan to help each 4-H club in our district, which consists of Jewell, Lincoln, Mitchell, Osborne and Smith counties, identify five elderly citizens in their local communities. These elders may be living completely alone or a couple who are unable to see friends, family, and have their essential needs met. 4-H members will focus on building intergenerational relationships as each club completes this outreach project. The 4-H clubs are challenged to prepare personalized care packages and provide assistance to meet individual needs, such as, running errands and buying groceries. They also are encouraged to address physical, mental, and emotional needs as well.

The Community Action Team hopes to serve 85 elders through this project! If you or anyone you know is in need of a care package as explained above or you would like to donate or help please contact Jaden Huehl, Project Leader [pictured above left], at [jadenhuehl@icloud.com](mailto:jadenhuehl@icloud.com) or Nora Rhoades, District Youth Development Agent [pictured above right], at [nrhoades@ksu.edu](mailto:nrhoades@ksu.edu).

With your help, this project can assist struggling individuals in our communities, and together something good can become something great!

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**THANK YOU, JEANNE**

We celebrate the retirement of Jeanne Bristol

### POST ROCK STAT



Nora Rhoades secured \$5,000 in funds to support the Community Action Team.





## STAY STRONG, STAY HEALTHY

*Building strength and a healthier community in Cawker City with Ashley Svaty, Nutrition, Food Safety and Health Agent*

Stay Strong, Stay Healthy is an eight-week exercise program for older adults. Ashley Svaty is a certified Stay Strong, Stay Healthy instructor who recently taught the strength training program at the Cawker City Community Fitness Center. The class practiced social distancing and sanitized the equipment before and after use. Ashley also used a face shield to further protect participants.

Barb Wise [pictured above right] participated in the course and recommends the class designed for older adults. "It's so much different than the normal exercise that people do. It's really helping us develop strength, things that we need to have, even though I'm not that old, I just worry about balance and stuff."

"The goal of the program is getting stronger together and having fun," Ashley Svaty [pictured above left] said. The overall mission is to improve the health, quality of life and independence of older adults by increasing access to a safe, effective and evidence-based physical activity program.

Participants are encouraged to continue the exercises at home or with a community group. "It's a great program. I can definitely tell I have increased my strength," Barb said. "I really can't say enough about the social part. It's my highlight for the day."

Barb believes in the program so much she's now carrying the program forward and leading it herself in Cawker City after learning the stretching, strength, and balance exercises taught to her by Ashley. We're excited to see Barb lead her friends and her neighbors in improving their quality of life. Where people are empowered, communities thrive. It's why Ashley loves starting new Stay Strong, Stay Healthy courses in Post Rock District.

Contact Ashley Svaty at [asvaty@ksu.edu](mailto:asvaty@ksu.edu) if you would like information about bringing Stay Strong, Stay Healthy to your community.

## FRUIT PARFAIT

A YUMMY & EASY RECIPE TO INCORPORATE FRUIT & DAIRY

Yield: 1 serving

### Ingredients:

1/2 cup of red and green fruit such as green grapes, kiwi, strawberries, raspberries, etc.  
1/2 cup low-fat vanilla yogurt  
teaspoon maple syrup (optional)

### Directions:

1. Wash hands with soap and water.
2. Rinse produce and pat dry with paper towel.
3. Cut fruit up into small pieces, 1/2 inch or less, safe enough for children under 5 years old.
4. Layer yogurt with fruit in serving dish. If desired, drizzle a teaspoon of maple syrup for an added touch of sweetness.

### Nutrition Information:

Calories 143 total Fat 0.1g Sodium 59mg  
Total Carbohydrates 33g Fiber 1.8g Protein 4g

(Source: <https://food.unl.edu/recipe/holiday-fruit-parfait>)



**"Fruits are naturally high in fiber and low in calories. They also provide a wide range of disease-fighting vitamins, minerals, and antioxidants. Many fruits are naturally sweet, so consuming more can tame a sweet tooth."**

**ASHLEY SVATY**

## LET'S GET MOVING!

Physical activity and exercise can:

- BOOST MOOD
- REDUCE BLOOD PRESSURE
- REDUCE RISK OF HEART DISEASE
- IMPROVE COGNITIVE FUNCTION
- REDUCE PAIN
- PRESERVE BONE MASS
- HELP CONTROL BLOOD PRESSURE
- REDUCE RISK OF CERTAIN TYPES OF CANCERS

You don't have to run marathons to experience these health benefits. Ashley says to aim for at least 30 minutes of physical activity a day and choose activities you enjoy, such as walk your dog, play basketball with friends, ride a bike, swim, lift weights, practice yoga or gardening. The important thing is to start moving in a way that's fun to you.

### ACTION STEP

**Keep a fruit bowl on your counter for a quick grab and go snack.**



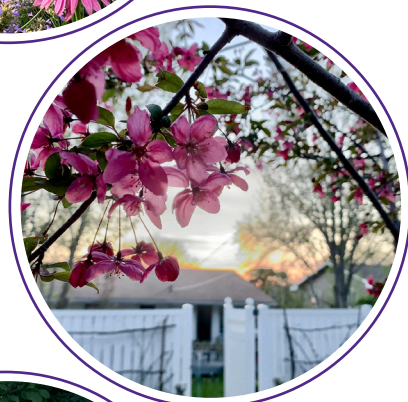


# 5 IDEAS to CREATE A BACKYARD RETREAT



## 2 PLANT BRIGHT FLOWERS

Perennial flowers are a great choice to attract birds and pollinators. K-State Research and Extension suggests perennials such as: Aster, Black-eyed Susan, Chrysanthemum, Coreopsis, Echinacea (including Purple Coneflower), and sedums.



## 4 ADD BIRDHOUSES & BIRD FEEDERS

It never hurts to give the birds housing and a little extra food. It's so much fun to watch them at the feeders. Black-oil sunflower seeds are the best choice for a large variety of birds.



## 1 CONTACT CASSIE

Contact Cassie Homan, Horticulture Agent. She can answer garden, plant, lawn, and landscape questions. Cassie is also happy to provide you with many K-State Research and Extension Resources such as plants that thrive in our area and the Kansas Garden Guide. You are always welcome to email Cassie garden questions at [choman@ksu.edu](mailto:choman@ksu.edu).

## 3 PLANT SHRUBS & TREES

Birds enjoy shrubs and trees to provide protection and nesting sites. Plants such as Elderberry, Euonymus, Burning Bush, Crab Apple, and Cherry trees are great choices for North Central Kansas.

## 5 PROVIDE WATER

Provide a water source such as a birdbath. For more information visit: Backyard Birding Guide #6: Landscaping for the Birds. <http://gearycountyextension.com/Birds/bbg6.pdf>.



## GROWING TOGETHER

by Shannon Rogers, Communications Manager

The past year proves the human will to grow cannot be defeated. Our desire to learn triumphed over the challenges of a pandemic. Cassie Homan and the K-State Research and Extension horticulture team recognized early on our wish to cultivate better landscapes and gardens while staying at home. The horticulture team developed the Garden Hour webinar series in response to our increased interests in growing vegetables and creating home sanctuaries.

Cassie, pictured above with Hailey Dillon, helped develop topics for the webinar series including pollinator plants, composting, raised vegetable beds, container gardening, and many more educational gardening topics. Cassie presented on growing poinsettias and other festive plants for the holidays to 177 live Zoom participants. She also brought that innovative spirit of virtual education home by teaming up with Chuck Otte, Geary County Extension Agent, to teach how to attract, feed, and identify birds in our backyards.

North Central Kansans stayed in more than ever during this pandemic but with typical resilience we took a negative and turned it into an opportunity to grow healthier gardens and landscapes. We will continue to reap harvests together in Post Rock District.

## POST ROCK STAT

202 People attended Cassie's Backyard Bird Basics webinar via Zoom, Facebook, Twitter, and YouTube.





## BOHNERTS PRESENTED WITH APPRECIATION AWARD

The K-State Research and Extension Appreciation Award is a special award selected by the Post Rock District Executive Board to recognize volunteers who help us extend the Extension mission. It was Post Rock District's privilege to present the Appreciation Award for 2020 to Calvin and Peggy Bohnert of Jewell, Kansas. This prestigious award honors outstanding contributions to Extension programs within Post Rock District. The Bohnerts volunteer their time and acreage in support of local wheat demonstration test plots. Calvin Bohnert began cooperating with Extension

around 1977 because "to get local wheat performance information, the only thing we had was Belleville and Hays," he said. "I did it so I could get some local information on varieties."

Jim Dooley, Post Rock Extension District chairman, said local producers "attending the annual tours take notes and I'm sure a lot of them take that back home and make seed selections off of that information." Mr. Dooley, Nora Rhoades, District Director, and Sandra Wick, Crop Production Agent, presented the Appreciation Award in December.



## WE CELEBRATE SANDRA WICK

Sandra Wick has served 31 years as an Extension Agent. She's an award-winning Crop Production Agent with a passion to help the producers of North Central Kansas thrive. Sandra works hard to deliver cutting edge resources from Kansas State University agronomists and beef specialists directly to our farmers. You might see Sandra riding the back of a wheat drill or meeting with a family to discuss the Farm Bill. Always prepared, always happy to answer a question, always willing to try new technology, we are grateful to serve Post Rock District beside her. Contact Sandra or congratulate her at [swick@ksu.edu](mailto:swick@ksu.edu).

## RICH HISTORY OF WHEAT DEMONSTRATION PLOTS

by Sandra L. Wick, Crop Production Agent



K-State Research and Extension's mission is to provide the citizens of Kansas with technical information and education that can enhance the economic viability and quality of life in our communities. One good way to do this is through well-planned and carefully conducted demonstrations or on-farm research that serves as one of the most effective Extension education tools ever developed.

Although complete demonstrations require considerable time and effort, the payback comes when producers readily adapt practices they perceive to be appropriate under local conditions. This is known as "seeing is believing." Clients who observe demonstrations of the latest techniques or practices and then apply them to their own situations are our present and future Extension leaders. Demonstrations should illustrate the application of appropriate technology, that is, technology that fits the local set of conditions. When this occurs, the maximum learning will result from the resources invested.

The need for demonstrations was first recognized over a century ago by Seaman A. Knapp, an Extension pioneer. Knapp's theory was that farmers would not change their methods as a result of observing farms operated at public expense, but that demonstrations conducted by farmers themselves on their own farms under ordinary farm conditions were the answer. In Knapp's words, "What a man hears, he may doubt; what he sees, he may also doubt; but what he does, he cannot doubt." In 1903, Knapp proved his point through now famous demonstrations or on-farm

research. The demonstration included a small farm in Texas that planted half in corn and half in cotton. The purpose was to illustrate the effects of using different seed varieties, fertilizers, methods of planting, and cultivation. The farmer made \$700 more than might have been expected and the demonstration was a success. Then the opportunity came to use demonstrations on a broad scale in the weevil-infested areas of Texas and two adjoining states. Knapp demonstrated improved cotton growing methods. With a \$40,000 budget, he directed more than 20 federal agents who worked with some 7,000 farmers to establish demonstration plots. This marked the beginning of demonstrations.

Post Rock Extension District is very fortunate to have producers willing to put in the extra time and effort for on-farm research. We have five wheat demonstration plots across the district. Thanks to Calvin and Josh Bohnert, Brady Coover, Marty Fletchall, Kelsey Remus, and David Sasse as cooperators of the on-farm wheat research for K-State Research and Extension and for the Post Rock District. Four of the wheat plots (Jewell, Lincoln, Osborne and Smith) include between 26-29 varieties and blends. The fifth plot (Mitchell) is a KSU replicated plot that was designed and planted by the KSU NW Extension and NC Experiment Field staff. Thanks again to our partners for making this happen!

Pictured: Joe Cooper, Erick DeWolf; K-State Research & Extension, Marty Fletchall Tanner Gasper, Calvin Bohnert, David Sasse







## PREPAREDNESS FOR PETS

Tips from Brenda Langdon

**D**on't forget to plan for your pets in case of an emergency. Families should keep a three-day supply of essentials set aside in an emergency preparedness kit.

Things you might want to include for your pets:

- Bottled Water
- Pet Food
- Pet Medications
- Leash
- ID Tags
- Veterinary Records
- Food Dishes
- First Aid Kit

Learn more about budgeting for your family pets by watching Brenda and Ashley's video at <https://youtu.be/-ku3A8Bb1qw>.

## CHECK YOUR CREDIT

by Brenda Langdon

**O**ne in five people have an error on at least one of their credit reports according to a study conducted by the Federal Trade Commission.

When is the last time you checked your free credit report? Credit reports affect many aspects of your life, including your ability to get a loan, rates for loans and insurance, and more. Sign up today for K-State Research and Extensions' Check Your Credit email program. We'll remind you to check your credit report three times during the year on June 6, and October 10, and February 2. We will also send you periodic emails with information about how to understand your credit report, correct errors, and use your credit report to your advantage. There is no cost to participate and registration is easy!

### ACTION STEP

Sign up for K-State Research and Extension's Check Your Credit email program at [bit.ly/ksrecheckyourcredit](http://bit.ly/ksrecheckyourcredit).



## WELCOME BRENDA LANGDON

by Shannon Rogers

**B**renda Langdon joined our team as Family Resource Management agent at the beginning of the COVID-19 pandemic. Though far from ideal circumstances to start a new job, Brenda focused on the needs of our people and the local impact in her first year is simply outstanding.

Brenda is SHICK (Senior Health Insurance Counseling for Kansas) certified. Through this counseling, Brenda helped seniors in Jewell, Lincoln, Mitchell, Osborne, and Smith counties save over \$21,000 on their prescription drug plans. She helps low-income clients with resources for jobs, food, and financial assistance. Brenda also provides help understanding radon testing, ways to cut costs in our homes, and she partnered to provide a grant writing workshop to our communities.

We are thankful Brenda is on our team and we know she is always happy to help answer your questions. You can contact Brenda at [bklangdon@ksu.edu](mailto:bklangdon@ksu.edu)



## THANK YOU, JEANNE

**Not My Last Note To Our Friend**  
by Shannon Rogers,  
Communications Manager

**I** was uncertain whether I fit in as local Extension staff and nearly quit my first week as an Office Professional. I hadn't met or spoken to Jeanne Bristol yet when she sent me the kindest, most welcoming, most encouraging email. It helped me stay and her kind outreach began my tradition of mailing a little note to Jeanne inside every week's outgoing financial packet. Jeanne was the rock of Post Rock for twenty years. She handled our financials with patience, dignity, professionalism, and absolute integrity. Reliable, encouraging, kind. I could go on but this is not my last note to Jeanne. I consider it a blessing she is now my great friend. I know our entire staff feels the same. Jeanne, thank you. Thank you for everything. Enjoy retirement and your Highlander Grogg coffee. I look forward to exchanging notes of encouragement next week and always.

## POST ROCK EXTENSION DISTRICT OFFICE CONTACT INFORMATION

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**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

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# THE ROAD TO COMMUNITY RUNS THROUGH EXTENSION



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