



K-STATE

Research and Extension

Southwind District

Making a *Difference*

Spring, 2022

Southwind Extension District ~ Here to Help ~

The Horticulture agent that shows you how to prune your fruit trees. The SHICK-certified agent that helps you save money on your Medicare insurance. The Adult Development agent that shows how to avoid identity theft. The 4-H agent that inspires growth and teaches leadership skills to your child. The Sheep and Goat management agent that helps run the Kansas Junior Livestock Show, and the sheep department at the Kansas State Fair. The Nutrition, Food, and Health agent that teaches your child to cook, and works with Master Food Volunteers to bring programming to Southwind District. The Crops and Forage agent that teaches producers grain marketing strategies, and about forage risk management.

These are the agents of Southwind Extension District, who field questions from homeowners, families, and farmers. They are hosting programs and holding classes. They are working in your community, your schools, your farms and your homes.

Like agents in all 105 counties of Kansas, they bring the vast knowledge resources of Kansas State University directly to individuals, communities and businesses. They equip Southwind District residents with the research-based information that they need to do their jobs better, raise healthy and safe families, build their communities and empower their children to dream of a successful future.

Southwind Helps Gardeners— Present and Future

Krista Harding, Horticulture Agent, has been busy teaching youth and adults. In classrooms in Iola, Erie, Fort Scott, Uniontown and St. Paul, she taught close to 300 4th grade students about earthworms and their importance to our soils and plants. Students also studied the different parts of a flower and the function of each.

School enrichment programs for Kindergarten students focused on butterflies. Classrooms in Humboldt, Yates Center and Iola observed how butterflies hatch from caterpillars. Each classroom had a pavilion where students were able to observe the changing life cycle over three weeks. The culminating activity was the release of the Painted Lady butterflies.

For adult gardeners, "Landscaping for Hummingbirds," with guest speaker Chuck Otte, was a fantastic and well-received program with 45 people in attendance. In addition, Krista and Clara Wicoff, FCS agent,

had several "From Plant to Plate" herb workshops in various Southwind communities. In those workshops, participants learned how to grow various herbs and how to utilize them for culinary purposes.



Southwind Helps Agriculture Producers

Crop production, forage management, and livestock are three subjects that can be challenging to producers, whether due to climate change, pests, plant diseases, or heat-stressed livestock. Agents Chad Guthrie and Dale Lanham are here to help! Chad co-hosted a grain marketing workshop with the Wildcat District, as well as a Forage Risk Management meeting, and a Secrets of Soybean Success meeting that included 3 K-State specialists. Dale co-hosted a Sheep and Goat workshop that featured two specialists from K-State, discussing parasite control, nutrition, and predator management. He was also a part of a program on control of Old World Bluestem held in Yates Center.

Southwind Helps Aging Adults

Improving the health and quality of life of aging Kansans is at the top of Barbara Stockebrand's priority list when it comes to her job as a FCS Adult Development and Aging Agent. She has continued to present Stay Strong Stay Healthy classes to older adults.

Her presentations to our aging community have included a "Fraud, Scams & ID Theft" program, and "Your Amazing Brain." A Living Well Wednesday presentation: "Consumer Beware! Avoiding Identity Theft and Scams" was presented with a Wildcat District agent.

The Aging with Attitude Expo has been the biggest ongoing project that Barbara has done for the past 14 years. 93 people registered for the 2022 event, held on April 29. Her leadership and dedication show in its continued success.

Southwind Helps People Save Money

Many hours were spent by Joy Miller, FCS Family Resource Management Agent, on counseling individuals on Medicare updates, Open Enrollment, and SHICK. During open enrollment, she logged 209 plan comparisons, and 118 enrollments. Through all of this, she saved people \$138,621.00. For Marketplace insurance holders, she had 14 application updates, and 13 enrollments. Savings for this group was \$164,298.00.

Joy has also kept busy with a Stay Strong Stay Healthy class in Fort Scott, as well as being a part of the Risk Management Skills for Kansas Women in Agriculture, a "Living Well Wednesday" webinar on Financial Preparedness, a series of Estate Planning sessions with Barbara Stockebrand, and working with FCE (Family Consumer Education) groups.

Southwind Helps People Stay Healthy

Clara Wicoff, our new Nutrition, Food and Health agent, has hit the ground running and is showing no signs of slowing down! Walk Kansas kicked off in March with 304 participants. Some of Clara's public presentations include the "Everyday Mindfulness" program to the Fort Scott Kiwanis club, cooking with 4th graders at the Erie library, the "Plant to Plate" workshops, "Cooking Under Pressure" classes, and discussing her career journey at the Lola FFA Career Fair. She has also been working closely with the Master Food Volunteers.

Clara has participated in new agent training, a 3-day food preservation class, Dining With Diabetes training, and FCS Program Development Committee meetings. Clara is one of two people from K-State Research and Extension selected to participate in the Public Health Essentials program at Cornell University.

She actively seeks out new people and groups across our district to collaborate and partner with. We look forward to her new programs!

