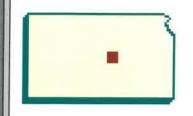
# **McPherson County**



K-State Research & Extension 600 West Woodside, McPherson KS 67460 620-241-1523 FAX 620-241-3407 www.mcpherson.ksu.edu

**JUNE 2021** 



## Clover Corner

Lindsey Mueting County Extension Agent 4-H Youth Development





Hello!! School is out and we are off and rolling with summer! Many events are getting back to in person which is very exciting! A number of our 4-H members will be attending Oz-Some 4-H Camp at Rock Springs later this month. If you are not able to attend this year, be sure to ask your friends about these events and all the fun happenings!

I would like to give a special welcome to our Summer Intern, Marissa Hurst! We are so excited to have her with us this summer- look for some information about her below and make sure to stop in to say hello!

I know it feels like we have barely begun summer, but it will go fast. Spend June working on learning and completing 4-H projects and activities! The 8 weeks before fair will fly by!

~Lindsey

### Welcome Marissa!



Hi there! I'm Marissa Hurst and I am from Burrton, KS. I just finished up my second to last semester at Kansas State University studying Elementary Education with a minor in Agricultural Economics! I will be starting student teaching this fall where I will be working with 5th

graders and will graduate in December of 2021! I am so excited to be working with the youth in this county because 4-H has always been a large part of my life. I was a 3rd generation 12-year 4-Her in Harvey County and volunteer there as much as possible nowadays. I have always loved 4-H, enough so that I hope to one day become a 4-H extension agent, so I am very thankful for this opportunity to gain helpful experience for my future! I look forward to working with you all!

### **Clover Corner Information?**

If there is information you would like to share with fellow McPherson County 4-H'ers, let Lindsey know! The deadline to have information included in the July/August newsletter is June 18. Email Lmueting@ksu.edu or bring your information by the Extension Office!

### 4-H Calendar

June	
1	Rabbit ID's due into the Extension Office
3	4-H Council, 7:00 pm
5	Showdown in MacTown- Spring sheep, goat and
	swine show (4-H Fairgrounds)
9	Farm Safety Day Camp
10	Bring Your 4-H Projects to Life- Fiber Arts!
15	State Nomination Deadline for Market Swine,
	Market Sheep, Meat Goats, & Commercial
	Heifers/Ewes/Gilts
24-27	OzSome 4-H Camp, Rock Springs
	ozoome : 11 camp, 1took springs

#### 4-H Council

The next 4-H Council meeting will be Thursday, June 3 at 7 PM at the Extension Office. Please try to have representatives from your club present, there is a lot on the agenda to decide!

## OzSome 4-H Camp

We are looking forward to OzSome 4-H Camp, June 24-27! A camper letter with information and luggage tags should be in your mailbox next week! Please make sure your Camper Profile on <a href="www.campdoc.com">www.campdoc.com</a> is complete ASAP as we try to print health info, allergies, housing assignments, etc. If you have any questions prior to camp please do not hesitate to email or call the office!



#### **CAMP HELP!**

Bus transportation is a privilege for McPherson County and a very fun experience for our 4-H youth and friends!



In order to make it work we need volunteers! We will need 2-3 adults to help on Thursday, June 24 and Sunday, June 27. Volunteers will help by riding the bus and driving the Extension Pick-Up. For more information please contact Lindsey at 620-241-1523 or <a href="mailto:Lmueting@ksu.edu">Lmueting@ksu.edu</a>

### **McPherson 4-H Fair**

4-H Fair Books will be available in print and online in the coming weeks! Save the dates of July 23-26 for fair activities. There will also be a fairgrounds set-up and supper on July 20 and fairgrounds clean-up and pizza lunch/swimming party on July 27.

## 4-H Fair Junior Superintendents/Judges Helpers

Help is always needed at the 4-H Fair! We would love for any and all 4-H'ers to volunteer to help as junior superintendents and judges helpers for one or more divisions. Our superintendents work hard to make judging, shows and displays happen! Please volunteer to help them out! Tasks might include helping set up items for display, placing ribbons on items, helping sit with judges (also a great way to learn more about the project!!), etc. Please email or call the office with what divisions you could assist with! You may also contact superintendents directly or they may be reaching out to you!

### **McPherson County Fair**

The McPherson County Fair is held in Canton each year prior to the 4-H Fair. There are 4-H and Open Class Divisions that are a great way to get projects finished and out before the 4-H Fair! You may even get some great feedback to help with your item at the 4-H Fair! Check out all the Fair has to offer, July 14-18.

## **Bring Your 4-H Projects to LIFE!**

The June Bring Your 4-H Projects to LIFE will be held June 10 at 7 PM. This will feature Sally Brandon from The Shepherds Mill in Phillipsburg. Sally and her family raise llamas, have a fiber mill and she is also an incredible artist! This program might be of special interest to those in the Fiber Arts projects, but is open to all! Watch your email for the registration link, coming soon! Following the June program these sessions will take a summer break and come back to kick off the new 4-H year in October!



## Family of the Year Nominations

Each year every club has the opportunity to nominate a family for the "Family of the Year" award. We have lots of deserving families that volunteer a lot of time and energy to the McPherson County 4-H program and to their club. So it is time to recognize those efforts. So at your next club meeting consider which family you would like to nominate for this award. Awards nominations for clubs are due on August 3 to the Extension Office. At the August Meeting of 4-H Council (Aug 5), we will announce the nominations and then council members will take it back to their clubs for a vote before voting as a 4-H

Council. So get your nominations ready, nomination forms are available at <a href="https://www.mcpherson.ksu.edu">www.mcpherson.ksu.edu</a> Remember there are other awards nominations as well later in the fall as we get ready for Achievement Banquet.



### **Save The Date**

Our annual Officer Training and Family Event in conjunction with CKD is being planned for Saturday, October 23. We will also be incorporating a Service Project Tailgate Party into this day!

## **PROJECT NEWS**

*Horse* - If you are interested in showing at the District Horse Show (this is the qualifying show for the Kansas State Fair) you may register at https://kstate.qualtrics.com/jfe/form/SV\_1RZHi55M517yBgi . The show will be Thursday, July 1 in Hutchinson. Participants must be 4-H age 9-18 and have completed Level 1 testing. Please register no later than June 15.



Leadership - We are still in need of group leaders for Farm Safety Day Camp on June 9 from 8:30 to 3:00.

**Photography** - Remember, when preparing for the fair, mounting boards can be purchased at the Extension Office for \$1.50 each and plastic sleeves for 25 cents each.



Rabbit - Rabbit ID's are due to the Extension Office by June 1. All info must be complete for fair entry.

**Entomology** - The 2021 Kansas 4-H Insect Spectacular will occur on June 21st, 23rd, and 25th. These will be hour long Webinar sessions at 7 pm. The sessions are open to all youth and are designed as an opportunity to learn as a group.

Monday, June 21st- Lookalike Insects: and how to properly identify them - Isaac Fox Wednesday, June 23rd- Invasive Species: Asian Giant Hornets - Vicky Wallace Friday, June 25th- Invasive Species - Sharon Dobesh



Please register by June 11th - https://kstate.qualtrics.com/jfe/form/SV\_a5BxDZFrytc4Upo

Horticulture - A state Horticulture Judging Contest is being planned for August 14 in Manhattan. Let Lindsey know if you are interested in leading or participating on a team! Also- The McPherson County Youth Veggie Garden Project is off and rolling! More than 40 youth from across the county are learning with us. If you have any tips, articles or videos you would be willing to share in our upcoming emails and newsletters, please let Lindsey know. Help is also needed with this project at the 4-H Fair on Saturday, July 24 at 1 pm.

**Poultry** - A reminder that all birds entered in the 4-H Fair will need to have proof of negative pullorum blood testing within 90 days of the show. Watch your email for potential testing dates! Leg bands are also available at the office!

## Reminder... State Livestock Nominations are due on June 15<sup>th</sup> for Sheep, Meat Goats, Swine, and Commercial Heifers



Members that are wanting to show animals for the KJLS or State Fair must now turn in DNA hair samples in addition to the paper forms. These are due to the State Office by June 15<sup>th</sup> to nominate an animal to show at KJLS or State Fair (Market Beef were due May 1st). Our office has the envelopes needed to do the DNA samples and the rest of the forms are available at <a href="https://www.youthlivestock.ksu.edu">www.youthlivestock.ksu.edu</a>



## **Youth Livestock Quality Assurance - REQUIRED**

Youth for the Quality Care of Animals (YQCA) is a new national, multi-species youth livestock quality assurance program. This training will be required yearly for all Beef, Sheep, Swine and Goat exhibitors prior to the 4-H Fair. This is also required prior to nominating any animals for State Shows! We will have two in person trainings (\$3.00) prior to the fair. Friday, June 11 at 11:00 a.m. and Tuesday, July 20 at 4:00 p.m. (prior to Fair set-up) both at the Extension Office.

You will need to register online for the in person trainings at https://yqca.learngrow.io/ click on this link and it will take you to 4honline family profile, click on 4-H'er taking training and then it gives age group, select instructor base certification, then choose Kansas and McPherson click on that and pay \$3.00 credit card to register for either date.



# Ag News

Shad Marston
County Extension Agent
Agriculture and Natural Resources



June is here, school is out, and wheat harvest is just around the corner. Although our lives will never go back to the same, we are moving forward here at the Extension office and have many plans for the summer. I have already been busy answering many different Ag questions and making yard and farm visits. Our Farmer's Market has opened for the year and runs thru October. The annual Farm Safety Day Camp set for June 9 and the Master Gardener and Friends Garden Tour will be June 26. OzSome 4-H camp at Rock Spring Ranch is back on the schedule and is always a summer's highlight for all the 4-H members that attend. With wheat harvest, we will be collecting wheat plot data (moisture, test weight, bushels per acre, protein levels) at the 3 different McPherson County wheat plots with a total of 27 varieties in each. July brings a Grazing program hosted at the Greg Goering Farm and of course, the County Fairs. In August, we will be hosting our Annual Pre-Plant Wheat School and meal, along with visiting with everyone at the Flickner Tech Farm Field Day.

#### **Farmers Market**



Each Saturday make plans to visit the McPherson County Farmer's Market. Tell all your neighbors and friends and also check us out on Face book at McPherson County Farmer's Market to get all the details. Every

Saturday morning from now thru October, the Farmer's Market will be open from 7:30 am till noon right here on the 4H fairgrounds, 710 W Woodside. Come get your local produce, eggs, baked goods, pork, flowers, pecans and much more.

### **Master Gardeners Training**

Classes will be on Thursday afternoons, 1 to 4 pm

- \* Begin: September 2
- \* End: December 16
- \* No class on Veteran's Day (Nov. 11), but we will provide a recording for an optional topic that week (Landscape Design, likely)
- \* No class on Thanksgiving

The state price for EMG training will be \$45. This class does not provide notebooks since the contents will be available digitally. However, if you choose to want a printed copy the notebooks are available for direct purchase from the KSRE bookstore for \$55.00.



## McPherson Master Gardener & Friends

Garden Tour Saturday, June 26 9:00 a.m. - 2:00 p.m.

Tour Fee: \$5.00 Advanced Tickets \$7.00 Day of Tour

#### Advanced ticket locations:

Smoky Valley Nursery Graber's Ace Hardware Sheila's Garden Market Hidden Closet Stutzman's McPherson County Extension Office

Maps will be available at all Gardens For more information please call 620.241.1523

## Cattle Chat: Monitoring Bulls in Breeding Season

K-State veterinarians caution that most injuries happen in the first three weeks

At any sporting event, it is easy to spot the trainers and medical personnel hovering on the side watching for a potential athletic injury. In much the same way Kansas State University Beef Cattle Institute veterinarians Bob Larson and Brad White advise that producers need to closely monitor their bulls at the beginning of breeding season.

"Just like an athlete at the start of their sports season, game time is now for bulls turned out in breeding pastures," said White on a recent <u>Cattle Chat podcast</u>.

Larson agreed with that analogy and said that the first three to four weeks of the breeding season are critical for a successful breed-up and the bulls should be monitored particularly closely during this time.

"At the start of the breeding season, none of the cows are pregnant therefore, bulls will be the most active when there are the most open cows to breed," Larson said.

"The first few weeks of the season are the most important time of the year regarding the success of the breeding program because the age of the calves at weaning directly relates to the income for the operation."

The two most common bull injuries that result are lameness and damage to the penis, Larson said.

"It is important to evaluate his movement on his feet and legs, and if you see him limping, you will want to check him out more closely," Larson said. The temporary lameness can be from a injuries from fighting other bulls, a misstep when mounting cows, or even stepping in a hole in the pasture.

Larson and White caution producers not to just drive by the pasture, observe the bull lying down and assume he is okay.

"You've got to get out of the truck and check to make sure the bulls are moving well," White said.

Along with movement, Larson said observers need to carefully look at the bull's underline. Swelling between the sheath and scrotum could indicate an injury to his penis.

"Take the time to look at his feet and legs and his underline as well as observing his behavior to confirm he is in good overall health," Larson said.

He added: "The month of breeding turnout is really important; give it the attention it deserves."



## Grain Summer Storage Moisture Content

Having grain at an appropriate warm-season storage moisture content is very important to store grain safely during the summer. The maximum moisture content for warm-season storage is 13% to 14% for corn, 11% to 12% for soybeans, 13.5% for wheat, 12% for barley and 8% for oil sunflowers.

Mold growth will occur at summer temperatures if the grain exceeds the recommended moisture content. "The allowable storage time for 15% moisture corn, for example, is only about four months at 70 degrees and two months at 80 degrees," says Hellevang. Controlling grain temperature is more important for low-quality grain. Low test weight, immature grain with damaged kernels has a shorter allowable storage life, so it should be a percentage point drier than good-quality grain. Checking the grain moisture content is important because moisture measurements at harvest may have been in error due to moisture gradients in the kernel, grain temperature and other factors. In addition, the moisture may have changed while the grain was in storage due to moisture migration or moisture entering the bin.

#### **Check Stored Grain**

Stored grain should be monitored closely to detect any storage problems early. Check stored grain at least every two weeks. While checking on the grain, measure and record the grain temperature and moisture content. Rising grain temperature may indicate insect or mold problems. Insect infestations can increase from being barely noticeable to major infestations in three to four weeks when the grain is warm. Grain temperature cables are a great tool, but do not rely souly on the cables. Inspecting for insects, foul odors and crusting are still needing to indicate storage problems.

#### **Work Safely**

Make sure everyone, including family and employees, working around stored grain understands the hazards and proper safety procedures. Never enter a bin while unloading grain or to break up a grain bridge or chunks that may plug grain flow. Flowing grain will pull you into the grain mass, burying you within seconds. Use the "lock-out/tag-out" procedures to assure equipment will not start before entering the bin is recommended.

Bridging occurs when grain is high in moisture content, moldy or in poor condition. The kernels stick together and form a crust. A cavity will form under the crust when grain is removed from the bin. The crust isn't strong enough to support a person's weight, so anyone who walks on it will fall into the cavity and be buried under several feet of grain. Determine if the grain has a crust before any grain has been removed. If work needs to be done with a crust, it must be done before any grain is removed.

To determine if the grain is bridged after unloading has started, look for a funnel shape on the surface of the grain mass. If the grain surface appears undisturbed, the grain has bridged and a cavity has formed under the surface. Stay outside the bin and use a pole or other object to break the bridge loose. If the grain flow stops when you're removing it from the bin, a chunk of spoiled grain probably is blocking the flow. Entering the bin to break up the blockage will expose you to being buried in grain and tangled in the auger. If grain has formed a vertical wall, try to break it up from the top of the bin with a long pole on a rope or through a door with a long pole. A wall of grain can collapse, or avalanche, without warning, knocking you over and burying you. Never enter a grain bin alone. Have at least two people at the bin to assist in case of problems. Use a safety harness and rope that prevents you from descending rapidly more than a couple of feet when entering a bin.

## **Practice Patience as Bagworms Begin to Appear on Kansas Trees**

Experts say treatment could last 4-5 weeks

State forestry and horticulture experts are urging patience and persistence when trying to control bagworms, noting that multiple hatches of the caterpillars may emerge through late spring and early summer, depending on weather conditions.

Ryan Armbrust, forest health coordinator with the Kansas Forest Service, and Raymond Cloyd, extension specialist in horticultural entomology with K-State Research and Extension, advise that homeowners should scout for bagworms now and begin planning for treatment.

Once bagworms are spotted, they said, tree owners should plan to treat weekly for 4 to 5 weeks.

Cloyd said that in addition to multiple hatches over time, young bagworms can 'blow in' - called 'ballooning' - from neighboring plants on silken threads, increasing the importance of treating multiple times during the season.

"Once the larvae emerge, they begin feeding on the host tree or shrub as they work to build the encasing bag from which they take their name," Armbrust said. "The plant debris bag provides protection for the bagworms and makes chemical treatment less effective."

Armbrust said bagworms are 'generalist' insects, feeding on both conifers and deciduous trees. While defoliation of deciduous trees typically does not affect the long-term health of the tree, extreme defoliation of conifers can severely stress the tree or kill it outright.

He said chemical control of bagworms can be effective in preventing tree damage, but it is important to remember that the insect plays a role in the local ecosystem, providing a food source for many birds. Infestations are often cyclical, giving damaged trees the time they need to recover, so chemical treatment may not be required for many trees.

Armbrust advises chemically treating high-value conifers, such as those in windbreaks, Christmas tree farms, and ornamental landscape trees.

"Adequate coverage is especially important when treating for bagworms, including the penetration of the interior canopy and upper branches," he said. "Commercial treatment may be more effective for larger trees or established windbreaks where common household sprayers do not have enough pressure to reach."

Many insecticides are labeled to control bagworms, but timing and coverage must be carefully planned to ensure effectiveness. When caterpillars are small, the organic selective insecticides Bt (*Bacillus thuringiensis*, subspecies *kurstaki*) or spinosad can be effective. Armbrust said these insecticides do not impact beneficial insects like broad-spectrum options, which sometimes lead to resurgent populations of spider mites that further damage treated trees.

However, if the early window for treatment is missed, broadspectrum insecticides containing malathion, carbaryl, acephate, or cyfluthrin may be better options.

Hand picking and destroying bag worms once they construct their protective bags is also a great option for smaller infestations.

## Once Rain Subsides, Raise Blade Before Mowing

K-State horticulture expert reminds homeowners to cut tall grass gradually

Once the current stretch of rainy days in Kansas slows, many homeowners will finally get their chance to mow the lawn.

They're likely to find that it's a bit taller than normal.

Kansas State University horticultural expert Ward Upham said it's important to remember that you should not take off more than one-third of the grass blade at one time. So as the grass grows taller, set the mower blade as high as possible and bring it down in steps.

"If more than one-third is taken off, the plant reacts by using stored energy reserves to quickly send up new growth," Upham said. "This reduces the amount of energy available for plants to deal with stress or damage done by insects or disease."

Upham acknowledged it is not always possible to obey the "one-third rule."

"In such cases, cut as high as possible, even though you may be taking off more than one-third of the blade," he said. "Bring the height down gradually by cutting more often and at progressively lower heights until you reach the target height."

#### Fertilizing Warm Season Grasses

Upham said June is the time to fertilize such warm-season grasses as bermudagrass, buffalograss and zoysiagrass.

"These species all thrive in warmer summer weather," he said, "so this is the time they respond best to fertilization."

Upham added that nitrogen is the most important nutrient for each species:

- A Bermudagrass requires the most nitrogen, about 4 pounds per 1,000 square feet for the highest quality. "Either 3 or 2 pounds can be used for a lawn under lower maintenance," he said. "If using 3 pounds, apply in early May, June and July. If applying fertilizer twice, the first should go down in early June and the second in mid-July." Upham added that if homeowners are planning to apply four separate and equal applications, those should occur about four weeks apart beginning in early May, and the last application no later than Aug. 15. Any lawn fertilizer will work for bermudagrass.
- ^ Zoysiagrass grows more slowly and does not require as much nitrogen, only 1 ½ to 2 pounds per 1,000 square feet. Split the total into two applications, one in early June and again in mid-July. Lawn fertilizers with slow-release nitrogen are preferred over the quick-release variety.
- Buffalograss requires the least nitrogen of all warm-season lawn species, generally 1 pound per 1,000 square feet. It can be done in one application in early June. Slow-release nitrogen is preferred, but quick-release is okay to use.



## Food Safety Expert Shares Tips for Outdoor Grilling

Summer in here...do you know where your food thermometer and ice chest are?

Those are, after all, some pretty important items for one of summer's favorite activities: outdoor grilling. Kansas State University food scientist Karen Blakeslee said knowing some basic food safety principles will help to keep the party fun for all.

"When it comes to food safety, the No. 1 thing to start with in any kind of cooking situation is washing your hands," Blakeslee said. "It's your first line of defense against foodborne bacteria."

Handwashing is as simple as wetting the hands, rubbing them together with soap for 20 seconds and rinsing them thoroughly.

"It's so easy to do and by now all of us should really be good at it with everything we have been through the past year," Blakeslee said.

Other steps to promote food safety, according to Blakeslee, include:

- Clean counters and other prep areas as you go. Clean up drips, especially from raw meat.
- Rinse the outside of fresh fruits and vegetables with clean, running water, rubbing the food gently with your hands. As one example, a watermelon may have dirt on the outside that could be transferred by a knife to the flesh when cutting it open. Bacteria washes, produce washes and bleach are not recommended for rinsing fruit and vegetables.
- Meat should not be rinsed before cooking. Rinsing can lead to splattering water with meat juice to your ready-to-eat food counters and cabinets.

Also, Blakeslee said, wash hands anytime you are moving from one food to another, which helps avoid cross-contamination.

Three additional food safety steps include:

- Separate. Keep raw meat on one plate, and cooked meat on a separate plate. Also, keep raw meat away from ready-to-eat foods, such as salad and fruit.
- Cook. If bacteria is present on meat, it can survive unless the meat is properly cooked. Use a food thermometer to keep your food safe to eat. Steaks, roasts, chops and fish should be cooked to an internal temperature of 145 degrees F; ground meats (including beef, pork and lamb) should be cooked to 160 F; and all poultry products should be cooked to 165 F.
  - "Watching those temperatures is not just for food safety, but it can also be a good quality indicator, too," Blakeslee said. "It will ensure that you're not over-cooking your food."
- © Chill. As outdoor temperatures get warmer, it becomes even more important to keep food chilled. "A good rule of thumb is to get food back in the refrigerator or ice chest within two hours," Blakeslee said. "If it's over 90 degrees outside, you want to cut that back to one hour because your food is going to heat up pretty quickly when it's left out at ambient temperature."

As for the grill itself, Blakeslee urges homeowner to give it a good cleaning before the first cookout of the season. That includes scraping the grate with a stiff brush, or using approved cleaners. Clean out the grease pan or residual grease on the bottom of the grill. Check connection points on a gas grill to avoid gas leaks.

"And you want to find a spot in your backyard that is away from your house, not too close to it because the residual heat from the grill could damage the siding on your house," Blakeslee said. "I've seen a hot grill melt vinyl siding."

Never grill in a garage, even if it's raining. The smoke from the grill could cause carbon monoxide poisoning.

## Rural Areas of Kansas are 'Mental Health Deserts'

Fluctuating commodity prices, weather challenges and other factors mean farmers are used to a certain amount of stress. But the pandemic in the past year added that much more, according to a Kansas State University behavioral health specialist.

"Farming is difficult in the best of circumstances, and to add a layer of stress such as the pandemic makes it more difficult to do the work and to recover from a mental health perspective," said Bradley Dirks PA-C, K-State Research and Extension Behavioral Health Specialist and associate director of the university's Physician's Assistant program.

"There are so many things impacting our mental health in rural areas. It's almost like a perfect storm," said Dirks, who noted that everyone has a different response to stress.

"Some stress is good – it creates movement. It makes me be engaged. It makes me be involved in my environment. But when stress becomes too great, it begins to break down some of those natural abilities we have to deal with stress in our life," he said. "The same behaviors that often are perceived as positive – that ability to 'power through it' or 'pull ourselves up by our bootstraps' -- push us to work that much harder and can sometimes fray the edges of what people are trying to accomplish, even to the point of coming unraveled."

Dirks noted that in rural communities and particularly in farming operations, people often work in solitary situations. Those stretches of time spent alone are typically balanced with church, school, community or other social gatherings. The pandemic made it difficult if not impossible to have that social balance, which further isolated many people.

That isolation plus mental health resources that are few and far between can magnify the problem for those seeking help. Even telehealth sessions with a counselor are difficult or non-existent for those lacking good broadband internet.

Dirks said some indications of stress include a lack of sleep, resulting in fatigue which magnifies everyday problems. Too many days like that result in a lack of concentration, irritability, anxiety, and changes in appetite which can cause further isolation. Some people turn to alcohol or other substances as a means to cope, which can further negatively impact our relationships.

He described rural Kansas as a "mental health desert," saying farmers often must drive long distances to find someone to connect with or who understands farm or rural stress.

Part of the solution is to educate people, Dirks said. More than 50% of us will feel depressed or anxious at some point in our lives so we are not alone or unique in our struggles.

"We're in a great position with our extension agents and our extension system as a whole, to be able to identify the problem as well as be part of the solution," Dirks said. The team works in both rural and urban areas.



K-State Research & Extension **McPherson County** 600 West Woodside McPherson KS 67460

## RETURN SERVICE REQUESTED

## **AGENT CONTACT INFORMATION**

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**Shad Marston County Extension Agent Agriculture and Natural Resources** 

smarston@ksu.edu

Radio: Friday, 7:25 a.m.



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