

McPherson County

K-STATE EXTENSION NEWS

October 2025



Photo Credit: Lauralee Myers, K-State Extension, McPherson County



Shad Marston, Agriculture & Natural Resources, County Agent

One of the busiest seasons for our ag operations occurs during the fall. Fall planting and fall harvest are upon us if it would ever dry up. During this fall season, countless hours will be spent in combines, tractors, trucks and other equipment by farmers and workers who will be transporting large equipment, grain and forages on our roads and highways. Some workers may be young, new or inexperienced, so it's always a good suggestion to go over safety considerations with all workers to teach or reinforce the importance of safety on the farm.

Agriculture ranks among the nation's most hazardous industries and with this current wet weather pattern, we are going to have to be that much more careful with our daily projects. I hope everyone can take some time to enjoy the fall colors of the season, but remember to be safe in this busy time of year.

-Shad

Garden News

Rotating crops this fall can set garden up for success next spring

This is the gardener's mantra: *Success requires planning.*

"To give your plants a healthy start next year," says Kansas State University horticulture expert Cynthia Domenghini, "the best practice is to rotate crops within the same family to a different location than where they're growing this year."

Crop rotation offers several benefits, according to Domenghini.

"Plants in the same family are typically susceptible to similar pests," she said. "Some pests overwinter in the soil; some are able to survive on debris. If the same host is available when the pests emerge in the spring, they will be able to continue feeding, and multiply the problem. Crop rotation breaks the cycle of these pests."

Domenghini added that plants in the same family also have similar nutrient requirements, so rotating crops prevents the soil from becoming depleted of those nutrients. "And, the varied root system depths from one plant family to the next contributes to the health of the soil," she said.

"Now is the perfect time to make a map of the vegetable garden so you can switch things up when you plant next year," Domenghini said. "For example, in the location where tomatoes are growing now, avoid planting anything from the Solanaceae family (such as eggplant, pepper or potato) next year."

Fall Armyworm Update

K-State specialists give tips for managing armyworms

As recent harvests and scouting reports may indicate, it seems that armyworms and fall armyworms become a more serious problem for Kansas farmers each year.

For those who may have experienced problems with the insects this year, Kansas State University crop entomologist Jeff Whitworth and agronomist Tina Sullivan say it's a good idea to understand the issue and develop tactics for tackling future infestations.

Whitworth said the start of any good management program involves early scouting.

"Start by periodically monitoring whatever the vulnerable area you are worried about is to detect any infestation while the 'worms' are still small and have not yet caused much damage," Whitworth said.

Fall Armyworm Update Cont'd

While armyworm infestations cannot be totally prevented, Whitworth recommends traps available to deploy around target areas.

“These traps will not control or prevent an infestation, but they can catch the moths to indicate when these adults are actually flying and thus depositing eggs,” he said.

“Armyworms have chewing mouth parts, thus they bite and chew their food, most often a grass crop like sorghum, brome, wheat, fescue or other,” Whitworth said. “Armyworms eat off the above ground green portion of whatever grass the moth deposited the eggs on.”

Once a field is infested with armyworms, there are some options for eradicating them with insecticides.

“There are several insecticides labeled for armyworm control. Most work quite well if utilized according to the label,” Whitworth said.

Sullivan added that forage stands are especially vulnerable.

“Our forage stands tend to be the most damaged year after year. The cost of insecticide applications is often more economical compared to the seed and planting costs of re-establishing any of our forage fields – tame or native,” she said.

Maintaining a healthy forage stand, Sullivan noted, comes down to good fertility, timely grazing and cutting schedules, and awareness of weather conditions.

Wheat Planting News

Plant of Wheat by Wheat Specialist, Dr. Romulo Lollato

Each fall, wheat producers face the challenge of planting wheat under a wide range of field and weather conditions. While soil moisture and timing are key considerations, stand establishment is also influenced by seeding practices, soil fertility, and residue management. Paying close attention to these factors can help ensure the crop has the best possible start.

Proper tractor speed. It is best to use a tractor speed of between 5 and 6 miles per hour in most cases when drilling wheat, depending on the amount of down pressure on the openers. If higher speeds are used, the openers can tend to “ride up” in the soil now and then if down pressure is insufficient.

Proper, uniform seeding depth. In most cases, the ideal planting depth for wheat is about 1.5 inches. When planting early into very warm soils, it is especially important not to plant too deep since coleoptile lengths are shortened when planting into warm soil. On the other extreme, producers should also be careful not to plant too deeply when planting later than the recommended planting date into very cool soils. Ensuring a uniform seeding depth will help with stand establishment. Planting into fields with heavy residue or uneven chaff distribution from the previous crop can make uneven planting depth and furrow closure a serious problem.

Key Points:

by Shad Marston

Seed treatments on Wheat seed are not magical savior. Producers still need to scout their fields weekly. We cannot do a seed treatment and forget it. Treatments only last for a couple of weeks. If warm temperatures last well into October spraying for Fall armyworms might still be needed. Weather temperatures of cooler nights is in our favor to slow the third wave of Fall armyworms.

The moth can still be laying eggs now for this third wave of caterpillars until the cooler weather moves them out of our area. Once we get below 32 degrees, Fall armyworms are done. Scout earlier and often at the beginning of next year to control them for the whole year.

Caterpillars ½” to 1” long can do severe damage on field edges and in the middle field. For newly planted wheat fields where the wheat has just emerged, the threshold is 2-3 caterpillars per square foot. If the wheat is taller, more than 5-7 caterpillars per square ft. would need to be sprayed for the control of the Fall armyworms.



Photo Source: Shad Marston

In those situations, it is common to end up with poor stand establishment in field areas where the drill opener rode up over the residue or chaff and could not penetrate the soil to the same depth as in other field areas. These areas may also be more prone to damage from early spring freeze events since the crown will be formed close to the soil surface under heavy residue.

Firm seedbed. Planting into loose, fluffy soils after repeated tillage operations during the summer can be a problem. When seeds are planted into loose soil, rain in the fall will settle the soil and leave the crowns of the seedlings too close to the soil surface. A good closing system behind the drill openers, with adequate down pressure, should help. Avoiding tillage for 30 days prior to planting will increase the likelihood of rain settling the soil between the last tillage pass and planting.

Wheat Planting News Cont'd

Plant during the optimum window. In general, wheat should be planted somewhere around the Hessian fly-free date. There may be good reasons to plant some wheat before the fly-free date, such as planting for pasture or time pressures from having considerable acreage to plant. However, it's important to be aware that stand establishment and ultimate grain yields are usually best when wheat is planted after the best pest management planting date (BPMP, former Hessian fly-free date) and before deadlines set by crop insurance. Planting more than three weeks after the BPMP can be risky. Late-planted wheat often does not develop an adequate root system before winter, forming fewer productive fall tillers. Seeding rates should be increased by 25 to 50 percent when planting late to help ensure an adequate stand and compensate for the lack of tillering.

See this recent eUpdate article about the risks of planting wheat too early <https://eupdate.agronomy.ksu.edu/article/wheat-planting-be-cautious-of-planting-too-early-661-2>



Photo Source: Canva

Pasture News

Native Grasses by Shad Marston

You don't have to drive far to see the visual effects along the roadways and neighboring native pastures from the moisture we've received in the McPherson County over the past three months. Our native grasses are in big time reproduction mode. The grass stems are tall and there are as many seed heads across the prairie, as I've ever seen before. One can easily see the distinct turkey foot seed head of the Big Blue and the Indian feather of the Indian Grass. I think it is safe to say the drought is over, but how do we prepare for the next dry period as cattle producers and what are the different things happening in our soil that we can't see?

Grasslands often show a surprising flush of growth following a drought. For here in McPherson County, a 5-year drought, with many pastures and hay meadows now producing above-average forage yields. This post-drought surge is closely tied to soil biology. During drought, microbial activity slows, causing organic matter to build up. When rains return, microbes rapidly break down this material, releasing a pulse of nitrogen that grasses quickly absorb. While this burst of growth can be valuable for cattle producers, it is temporary and does not translate into long-term productivity.

Make adjustments for planting into row crop stubble. When planting wheat into heavy grain sorghum stubble, producers will need an extra 30 lbs N per acre over their normal N rate. Also, it is important to ensure the sorghum is dead before planting wheat. When planting wheat into soybean stubble, producers should not reduce their N rates since the N credit from soybeans – when applicable - doesn't take effect until the following spring. If the wheat is planted no-till after row crop harvest, N rates should be increased by 20 lbs N per acre over the normal N rate. Seeding rates should be increased when planting wheat late after row crop harvest. It's best to use a seeding rate of 90 to 120 lbs per acre in central and eastern Kansas and 75 to 100 lbs per acre in western Kansas. When planting more than three weeks after the BPMP date, producers should use a seeding rate of 120 lbs per acre.

Watch out for potential disease issues when planting into corn residue. The risk of some diseases may be higher when wheat is planted in fields with large amounts of corn residue left on the soil surface. Fusarium head blight (scab) of wheat, for example, is caused by a fungus known to cause stalk rot in corn.

Using a seed treatment. Seed treatments can sometimes act as insurance, helping avoid seed-borne and early-season fungal diseases.

Check out a previous eUpdate article on seed treatments for wheat disease management at <https://eupdate.agronomy.ksu.edu/article/seed-treatments-for-wheat-663-3>.

This rapid growth phase is when grass plants are transitioning from the vegetative, to the elongation and reproductive stages. This rapid growth phase typically occurs in May for cool-season grasses and during June and July for warm-season species. Combining our previous drought and summer grazing stress on rangeland pasture year after year, has greatly reduced forage production until this fall, where we see an overabundance of vegetation.

Ranchers should remember that all grass plants emerging from the drought are still recovering. Their root reserves have been depleted, and grass plants need time to rebuild strength and resilience before the next dry spell, which is always a matter of when, not if. Overgrazing during this rebound period risks setting pastures back even further, even if growth appears abundant. Precipitation remains the single most important factor driving forage production on rangeland. Not only the total amount but also the timing of rainfall strongly influences growth. Dry conditions in April and May will reduce cool-season grass production, while shortages from mid-May through July have the greatest effect on warm-season grasses.

Pasture News Cont'd

In much of the Central Plains, drought has placed multiple stresses on rangeland plants, including reduced aboveground and root growth, fewer seed heads, less rhizome development, and lower carbohydrate reserves. Recovery speed depends heavily on the condition of the range; healthier, higher-quality pastures bounce back faster than degraded ones. Grazing management decisions during this period play a large role in long-term resiliency. After a long period of feeding supplemental hay, delaying the turnout of cows to the summer pasture is one recommendation that many producers find difficult to follow. Other than cases where a short, early grazing period is used to make use of weedy annuals, like downy brome before it matures and gets less tasteful; delaying turnout will benefit all perennial grasses. This delaying of the initial turnout of the cattle going to grass, allows grasses to develop, regrow leaf area, and restore energy reserves. Meanwhile, allowing the growth of the canopy and undercover to slow the development of unwanted weeds. Reducing stocking rates at this critical period also helps balance forage supply and demand.

Haying of the native grasses should be complete prior to the middle of July, thus allowing natives to regrow foliage. This allows grasses to convert sunlight into energy for the plant and builds up the reserves before the fall/winter dormancy happens. Storing the extra starch in the roots provides the plants the best opportunity for an advanced start in the following spring. In some cases, planting annual forages such as sorghums, millets, oats, or triticale can provide additional flexibility for forage availability to the livestock producer, if needed. These crops can be grazed or hayed, though haying typically produces more usable tonnage because grazing efficiency is lower. Grazing irrigated annuals, when feasible, can significantly improve forage availability in drought years.

The main takeaway for cattle producers is that while grasslands may show a strong rebound after drought, these effects are temporary and masks the stress plants have endured. Protecting recovering pastures through conservative stocking, deferred grazing, and flexible drought planning are critical to sustaining forage resources. Healthy rangelands recover faster and provide more stable production, ensuring that when the next drought arrives, pastures and herds are better prepared to withstand the challenge.



Big Blue Indian Grasses

Photo Source: Shad Marston



Clover Corner



McPherson
County

Laura Savage

4-H Youth Development Extension Agent

Laura's Letter

Wow- huge congratulations to all our State Fair participants; they did an amazing job! Check out the results on our McPherson County 4-H Facebook Page! Though fair season is officially over for this year, opportunities to be involved in 4-H are just beginning! Our New 4-H Year begins on October 1st-make sure to register for the New Year before November 15th to have your registration fees covered! An excellent time to set aside to complete registration is during National 4-H Week. I want to challenge each McPherson County 4-Her to talk to one friend, classmate, or teammate about joining 4-H! Please share your favorite memory from 4-H with them and invite them to your next club meeting. There is power in numbers, and I would love to see an increase in our 4-H enrollment!

-Laura

Stay in the Know!

**Want to stay updated with McPherson County
4-H and other Extension Programs?**

Follow us on Facebook!

Want to receive text message notifications?

TEXT "ALERT" to 22300



One Call Now--Text "ALERT" to 22300



McPherson County Extension Office



McPherson County 4-H

Schedule of Events

Oct. 5-11 National 4-H Week!

*Participate in the food drive &
social media challenges!*

Oct. 11 Wildlife Explorations

Maxwell Wildlife Refuge

Oct. 13 Wildlife Explorations

Animal Appetites

Oct. 20 Wildlife Explorations

Bird Cafe

Oct. 27 Wildlife Explorations

Leaf an Impression

Nov 2 Achievement Banquet

October is National Pizza Month!
Support 4-H and order a Casey's Pizza!

National 4-H Week

National 4-H Week: October 5th - 11th!

"Beyond Ready"

National 4-H Week is quickly approaching! Celebrate 4-H this week through participating in the activities below:

Daily Social Media Challenges

Club Competition: Food Drive Between Clubs

Project Displays in McPherson County Courthouse & McPherson Public Library!

Social Media Challenges

Go Green Monday

Wear green!

Throwback Tuesday

Share a favorite 4-H memory!

Wellness Wednesday

Try a new healthy food!

4-H For Good Thursday

Share a community service project!

Friend Friday

Celebrate your 4-H Friends!

Service Saturday

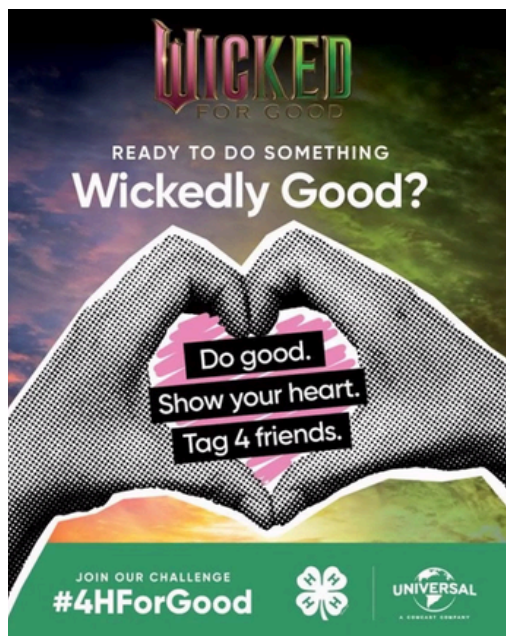
Serve your community today!

Support Sunday

Thank a volunteer or leader!

Email photos to Laura at savaglau@ksu.edu
or tag our McPherson County 4-H
Facebook page!

A winner will be selected each day!



4-H For Good

On Thursday of National 4-H Week, help us shine a light on all the good that 4-H does! A day to recognize all the 4-H'ers who are doing good and making positive impact by helping their communities and beyond. Share your own story or celebrate someone who is making a difference - another 4-H'er, volunteer or educator We want to know, **Thursday, October 9!** Share your '4-H For Good' story on social, tag others in your 4-H community, tag National 4-H and use: [#4HBeyondReady](#) [#National4HWeek](#)

48 Hours of 4-H

48 Hours of 4-H – Expanding ALL of National 4-H Week!! Compete in the Club vs. Club Food Drive!



McPherson County 4-H clubs are challenged to bring in as many items as they can to their club's drop off location (check with your club leader) from **October 5th - 12th**! The club with the highest average number of items donated per club member will WIN bragging rights and a prize sponsored by 4-H Council!

Items will be collected on October 13th and distributed to local food banks!

Casey's

National 4-H is partnering to raise money for local 4-H clubs in October!

October 1st-10th: Round up your purchase to support 4-H!

October 1st-November 4th: Donate online or in the Casey's app!



Casey's will match up to \$150,000!

Achievement Banquet

Save the date of **November 2nd** for this year's **Achievement Banquet!**

Get Published!

Have news, highlights, or events you would like included in the October Clover Corner?

Submit them to Lauralee at

lhelm@ksu.edu

by October 20th!

Financial Review

End-of-Year Financial Review Paperwork is due by November 1st!

All Club Treasurers must complete the Financial Review Checklist & the Annual Financial Report!

It is recommended that a "Financial Review Committee" is formed for each club and the 4-H Council, consisting of two members and two adults.

Link to the Treasurer's Notebook:

https://bookstore.ksre.ksu.edu/pubs/4-h-treasurers-record-book_4H474.pdf

Pages 27-31



Event Spotlights



Stone N.



Jack K. & Isom M.



Kassie R.



Brynn & Camden K.



Alexis J.

State Fair RECAP

Our McPherson County 4-H members had great success at KSF!

Congratulations to all of our 4-H members on a great 4-H year!

Photography Explorations

Photography Explorations
November 10th, 17th, and 24th!
Register by October 30th for \$10!

Interested in the photography project?

Sign up for Photography Explorations! Learn camera basics, how to use a tripod, different photography techniques, and more!

Have Images or an Event You Want Highlighted?

Please submit these to Lauralee or Laura by October 20th to be included in our November edition of "Clover Corner"!





McPherson County Events: Stay Connected and Get Involved

McPherson County is bustling with activities, and the McPherson County K-State Extension is your go-to resource for staying informed about upcoming events. Our events calendar has something for everyone. Find all the upcoming events at <https://www.mcpherson.k-state.edu/events/>.

Don't See Your Event Listed? Submit It Today!

If you have an event that you'd like to see featured on our calendar, we encourage you to submit it through our online form: tinyurl.com/MCAddEvent. This is especially important if you're planning events for 2026. By submitting your event now, you ensure it's included not only in the online county calendar but also in the printed 2026 My Hometown calendar.

Why Submit Your Event?

- **Increased Visibility:** Your event will be accessible to a wider audience, helping to attract more participants.
- **Community Engagement:** Being featured in the calendar fosters a sense of community and encourages local involvement.
- **Historical Record:** The printed calendar serves as a keepsake that reflects the vibrant activities of McPherson County.

How to Submit:

- Visit tinyurl.com/MCAddEvent.
- Fill out the form with your event details (be sure to include a logo or event flyer to accompany the posting).
- Submit your event for review.

Don't miss out on the opportunity to showcase your event to the McPherson County community. Submit your event today and be a part of our shared history.



Photo Source: Canva

Share Your Thoughts: Crossroads Project Community Survey

Fall is here, the leaves are turning, the air is crisp, and it's the perfect season for reflection. At K-State Extension McPherson County, we're using this season of change to gather input from our community through the Crossroads Project Survey. Your feedback is essential to help shape programs, facilities, and opportunities that serve our county's residents.

The Crossroads Project is designed to support 4-H, agriculture, family and community wellness, and community vitality by combining programs and facilities that meet the needs of McPherson County now and in the future. But we can't do it without you! Your thoughts, ideas, and experiences help us understand what matters most to you and your family.

Why Your Feedback Matters:

- Provides insight into the programs and activities that are most valuable.
- Helps guide planning and improvements for current and future facilities.
- Ensures community voices are represented in decision-making processes.

How to Participate:

- Completing the survey online only takes a few minutes!
- Share your honest opinions about your experiences, interests, and suggestions.
- Encourage friends, neighbors, and family members to participate so we hear from a wide range of community members.

Let this fall be a season of growth, not just for crops, but for our community. Your input will help the Crossroads Project create programs and spaces that benefit everyone in McPherson County.

Take the survey today and make your voice count! Visit tinyurl.com/MPCrossroadsProject or stop by our office to participate in person.



Community Vitality: Getting Involved Locally This Fall

Fall is not only a time for cooler weather and colorful leaves, it's also an excellent season to strengthen connections within your community. McPherson County offers many opportunities for residents to volunteer, attend events, and participate in activities that enhance both social and civic engagement.

Local Events: Seasonal events such as harvest festivals, craft fairs, school fundraisers, and sporting events provide opportunities to meet neighbors, support local businesses, and enjoy time with friends and family. Attending these events helps build a sense of belonging while contributing to community vitality.



Photo Source: Art in The Park, Laura Savage, 4-H Youth Development County Agent

Volunteer Opportunities: Getting involved doesn't always require a large time commitment. Helping at a local library event, organizing a food drive, assisting at a community garden, or supporting civic groups can make a big impact. Even small contributions, like helping to set up chairs or distributing flyers, help strengthen community ties.

Family Activities: Consider organizing neighborhood block parties, fall-themed outdoor games, or group walks through local parks. These gatherings promote social connections, encourage healthy physical activity, and foster a sense of shared responsibility for the community's well-being.

Why It Matters: Community vitality grows when residents actively participate, collaborate, and support one another. By engaging locally this fall, families not only help create a vibrant county but also model civic responsibility for children and youth. For resources, event calendars, and volunteer opportunities, visit the K-State Extension McPherson County website or office.

October is National Economic Education Month: Building Financial Smarts

October is recognized as National Economic Education Month, a time to raise awareness about the importance of financial literacy and economic understanding for all ages. From youth learning the basics of budgeting to adults navigating investments and retirement planning, economic education empowers people to make informed decisions that shape their financial futures.

Interesting Facts:

- Economic literacy is strongly linked to better financial decisions, including saving, spending wisely, and investing.
- Schools and community organizations across the U.S. often participate in events, workshops, and contests to highlight the value of economic education.
- Teaching children about money early can influence lifelong financial habits, such as saving, budgeting, and understanding credit.

Ways to Recognize the Month:

- Participate in or organize a financial literacy workshop for youth or adults.
- Introduce fun, hands-on activities at home, like creating a family budget, tracking expenses, or learning about banking basics.
- Use online resources, games, or apps to explore topics like investing, credit management, and smart spending.

Share tips with friends and neighbors about how to stretch a dollar, plan for unexpected expenses, or build savings.

K-State Extension offers resources and programming focused on money management, goal setting, and life skills that support individuals and families. Recognizing National Economic Education Month encourages the McPherson County community to strengthen knowledge, plan for the future, and make sound economic choices.

Nutrition Focus: Harvest Flavors, Healthy Plates

Autumn brings an abundance of flavorful produce that is both delicious and nutritious. October is the perfect month to focus on healthy, seasonal meals that support wellness while celebrating the harvest.

Seasonal Produce: Incorporate nutrient-rich vegetables and fruits such as pumpkins, squash, sweet potatoes, apples, and pears. These ingredients provide fiber, vitamins, and natural sweetness without added sugar.

Meal Ideas:

- Hearty soups and stews with beans, lentils, or whole grains provide warmth and nutrition.
- Roasted vegetables paired with lean proteins make balanced, simple meals.
- Apple or pumpkin snacks—like baked apple slices or pumpkin muffins offer satisfying alternatives to processed desserts.

Nutrition Focus: Harvest Flavors, Healthy Plates Cont'd

Batch Cooking: Preparing larger portions and freezing leftovers saves time on busy nights. Families can plan themed meals such as “Soup Sunday” or “Harvest Dinner Night” to incorporate seasonal flavors and make cooking fun for kids.

K-State Extension provides meal planning templates, seasonal recipes, and nutrition tips to make autumn cooking approachable, budget-friendly, and fun for the whole family. Embrace the harvest season with healthy, comforting plates!

October Safety Spotlight: Preparing for Seasonal Weather



October’s cooler temperatures and changing weather patterns make safety preparation a priority for families and communities. K-State Extension encourages households to take simple steps to protect health, property, and well-being.

Home Preparedness:

- Inspect heating systems and replace furnace filters.
- Test smoke and carbon monoxide detectors.
- Keep a basic emergency kit with flashlights, batteries, bottled water, and non-perishable foods.

Outdoor Safety:

- Be cautious of slippery leaves, early frost, or uneven terrain when walking or exercising outdoors.
- Dress in layers and wear reflective clothing for evening walks or outdoor activities.

Emergency Planning:

- Ensure vehicles are ready for seasonal changes with proper tires and emergency supplies.
- Share family emergency plans so everyone knows what to do in case of power outages, storms, or other unexpected events.

Community Awareness:

- Encourage neighbors to check in on one another, especially older adults or those with limited mobility. Participating in local emergency preparedness initiatives strengthens community vitality and resilience.
- By combining household preparation, safe outdoor habits, and community engagement, families can enjoy the beauty and activities of fall while staying safe and ready for seasonal challenges.

Hot Topic: Managing Stress During Busy Fall Schedules

October is often packed with school activities, sports, seasonal events, and preparation for the upcoming holidays. With so much on the calendar, it’s easy for stress to build, impacting sleep, focus, and overall health. K-State Extension encourages families to take intentional steps to manage stress and maintain wellness throughout the season.

Prioritize Tasks: Break large tasks into smaller, manageable steps. Use a family calendar to coordinate schedules, assign responsibilities, and avoid last-minute stress. Encourage youth to plan homework and extracurricular activities strategically, which promotes time management skills.

Schedule Downtime: Even 10–15 minutes of quiet time each day—reading, stretching, or enjoying a cup of tea—can recharge the mind and body. Mindful breathing or short meditation sessions are simple, effective ways to reduce tension.

Mindful Meals: Family mealtimes are a chance to slow down and connect. Eating without distractions, appreciating food, and engaging in conversation reduces stress and strengthens family bonds. Encourage youth to participate in meal prep, which can be both relaxing and rewarding.

Exercise and Outdoors: Regular physical activity enhances mood and energy. Incorporate outdoor walks, yoga, or backyard games into daily routines. Even short bursts of activity can improve mental clarity and reduce stress hormones.

Communication and Support: Encourage family members to share feelings, successes, and challenges. Supporting one another fosters resilience and reduces the sense of being overwhelmed.

By creating small, intentional practices for stress management, families can maintain balance, stay connected, and enjoy the beauty and activities that fall has to offer. K-State Extension provides resources for mindfulness, physical activity, and family well-being to help households thrive this season.

To schedule time with Chuck follow the link below or scan the QR code.

<https://calendly.com/claughlin-ksu/meeting-with-chuck>



Sign up for our newsletter to stay informed about upcoming events, calendar updates, and exciting webinars happening in your area. See a selection of upcoming grants, discover senior and military discounts, access important county resource phone numbers, and never miss out on local happenings. If you don’t see your event listed, use the link provided to add it to the county-wide calendar. Stay engaged and connected—subscribe today!



<http://eepurl.com/iicSFn> 11

Upcoming Events



October 8, 2025
6:30 PM
McPherson County
Extension Office
600 West Woodside
McPherson, KS 67460



**Class is ALWAYS Free
and Hands-On!**

Register by scanning the QR code or visit:

<https://tinyurl.com/LasagnaSoup25>

K-STATE
Research and Extension | McPherson
County

Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer.

ONE OF THE BEST WAYS TO KEEP YOUR **BODY** AND **MIND** FUNCTIONING AT ITS BEST IS TO EXERCISE.

KANSAS STATE UNIVERSITY | Extension
McPherson County



Stay Strong, Stay Healthy

EVERY MONDAY & WEDNESDAY
STAY STRONG, STAY HEALTHY
OCTOBER 13-DECEMBER 10
9:00 AM

CLASS COST: \$20

- Improved balance and flexibility
- Decrease arthritis symptoms
- Improved sleep
- Weight control
- Lift depression
- Reduces the risk of heart disease
- Helps manage diabetes

K-State Extension
600 W. Woodside
McPherson, KS

620-241-1523

Lhelm@ksu.edu

<https://www.tinyurl.com/SSSH25>

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K-State Garden Hour: Keys to Successful Community Garden Spaces
Wednesday, October 1, 2025 at noon to 1 p.m.

First Friday e-Call: Sustainable practices to benefit people, profit, and the planet
Presenter: Chris Brazil, K-State Pollution Prevention Specialist for Pollution Prevention Institute
Friday, October 3, 2025 at 9:30 a.m. to 10:30 a.m.





Extension
McPherson County

Kansas State University Extension
McPherson County
600 W. Woodside
McPherson, KS 67460

RETURN SERVICE REQUESTED

AGENT CONTACT INFORMATION

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Agriculture & Natural Resources
smarston@ksu.edu

Radio Every Monday:
7:40 AM-96.7 FM KMPK
7:40 AM-98.9 FM KMCP
7:40 AM-95.5 FM KLBG
Ad Astra Radio Station

Laura Savage
County Extension Agent
4-H Youth Development
savaglau@ksu.edu

Chuck Laughlin
County Extension Agent
Family & Community Wellness
claughlin@ksu.edu