



## Sheep and Goat Management

Dale Lanham has focused on sheep and goat production with a strong emphasis on marketing for the past 30 of his nearly 45 year Extension career. Dale received a BS degree in Animal Science from Kansas State University



way back before anyone was thinking of goats as a meat animal. As a small sheep producer, he was not happy with the local markets and, with the support of the Woodson County Extension Economic Development Committee, decided to do something about it. That was the start of the Woodson County Sheep Auction in 1989.

Dale is the sheep superintendent at both the Kansas State Fair and Kansas Junior Livestock Shows. Most livestock judging teams have been to the Lanham farm or the Woodson County fairgrounds working out on sheep and goats. Working with the 3rd generations of 4-Hers keeps things challenging and very interesting. There has been a river of tears shed at the back of the trailer as kids load their animals on it for the last time. "They are going to my farm with lots of friends to play with" is a very standard story. Several years later, some of the same kids still ask where their animals are going. Dale, along with his wife Vickie of 43 years, have two children, Ryan (39) and Sara (36). Vacation time is usually spent at a livestock show somewhere.

## Bressner Range Research Project

This project involves a section of native grass near Yates Center that was donated to KSU Foundation in 1988 from the Willie J. Bressner estate. This property was donated without restrictions, but Mr. Bressner requested that it be utilized as an experimental project to study the preservation and the use of native grasses.

The Bressner Pasture committee was formed in 1988 to determine what kind of projects we could do on this land. Committee members were 3 ranchers from Woodson Co, 1 from Coffey Co, 2 from Greenwood Co, county agents from the same three counties, along with the Southeast Area livestock and crops specialists. Being the local county agent, it became my responsibility for the day to day management and overseeing the projects. Rent income from 1989 allowed us to cross fence into 8 pastures and have money to work on water for the newly formed pastures.

We have had many different projects on the pasture over the last 30 years, and most of them have been successful. Sometimes "Mother Nature" has reminded us that we are not in control of the weather and our well thought out plans have to give in! There have been 9 different producers who have rented the Bressner pastures that have allowed us to use their cattle to do research with them. Without their support, this would be almost impossible.

The current 4 year study involves burning earlier (March) vs. normal (April) and a spice study. The 2018 spice study was very interesting and we are going to replicate it. One year data is useful but not always right! Dr. Farney is working on indexing all of the projects we had done so that more people will have access to it. I use a lot of County Agents to help ear tag & weigh cattle. Their help and dedication makes the Bressner Pasture run smoothly.

## Adult Development and Aging

Barbara Stockebrand, Adult Development and Aging, has 23 years with K-State Research and Extension. Stockebrand earned a BS degree in Home Economics with an Extension Option from Kansas State University. She began her professional career as a legal secretary. She transitioned to Extension in 1996 as a half-time pilot position in Woodson County with that FTE continuing to this day. Her Extension role has focused on aging, SNAP-ED, and 4-H. Stockebrand is a member of the Kansas Extension Association of Family & Consumer Sciences. She has served as the chairperson for the Aging With Attitude Regional Expo planning team since its inception 10 years ago. She received the first place Community Partnership Award in 2017 given by the National Extension Association of Family & Consumer Sciences (NEAFCS) where she and her team presented at that national conference. Barbara is married to Jim. They have two sons Craig (33) and Derek (31). She enjoys spending her extra time on the family farm and with her five grandchildren.



## Aging with Attitude Regional Expo

Several rural Southeast Kansas counties are experiencing growth in the 65 and older population in ranges of 18% to over 22% of their county population — way above the 14% national average. In comparing services that are available to aging adults in more urban communities to those in rural communities, many gaps or discrepancies have surfaced. Store fronts for such agencies and resources often do not exist in our older adults' local communities for easy access. We are striving to bridge some of those gaps with this event--serving as a one-stop shop for education, information, and services availability relating to issues facing our aging population.

The expo is a one-day annual event for aging adults and their family members. Its purpose is to promote positive attitudes about aging and educate participants on issues supporting physical, mental, and financial health. Participants choose and attend educational breakout sessions covering a variety of topics. A motivational speaker is a part of the day. A resource fair made up of vendors from a broad spectrum of agencies offering services and resources to aging adults is also included. Some vendors offer health screenings to attending participants.

The expo empowers our older adults by sharing information and education throughout the day so participants can make confident and proactive decisions that influence how they age. Opportunities are also presented through the resource fair for expo participants to make contacts with area vendors for follow up subsequent to the expo.

The 9<sup>th</sup> expo held in 2019 in Fort Scott involved more than 170 individuals, pulling in participants from 11 Southeast Kansas counties with a couple from western Missouri. On-site surveys received from the expo indicated that 88% of the participants had more positive feelings towards aging; 95% learned something new; and 80% plan to make changes in their lives. A 4-month follow-up survey is conducted to inquire of any lifestyle changes that have been made since the expo.

Some changes made and reported through past follow-up surveys include: Incorporating more exercise in their lives, following up with health care providers concerning their personal health; small changes made that they credit information gathered at the expo for improving their lives; and knowledge to help with starting family conversations around estate planning and end-of-life topics.

The event locations have been on a rotation basis – moving throughout our Southeast Kansas area every two years to reach more communities. While this event is a K-State Research and Extension founded event, a number of community partners comprise the expo planning team.



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