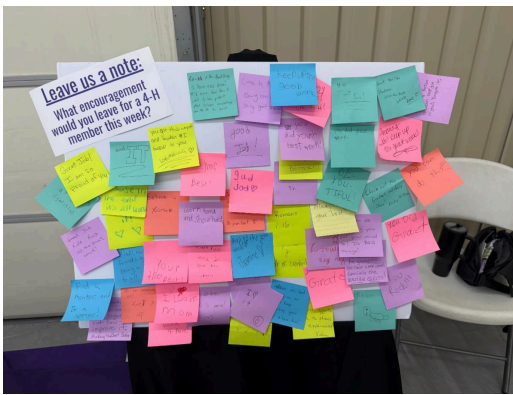




**August 2026**



### **Listen, Learn and Keep Growing**

At the recent Sedgwick County Fair, I invited visitors to leave notes of encouragement for 4-H members. By the end of the week, the poster board was covered with messages like, "Keep up the good work," "Believe in yourself," and "You did great!" Those simple words reflected an important part of the 4-H experience: learning to receive feedback, build confidence, and keep growing.

Fair projects give young people the opportunity to have their work evaluated, recognize what they did well, and consider what they might improve

for next year. That process is not always easy, but it teaches resilience and the understanding that one result does not define us.

The same is true for adults. Growth requires a willingness to learn, try something new, and make changes along the way. Through K-State Extension in Sedgwick County, adults can strengthen their lives through classes and resources related to nutrition, financial management, agriculture, gardening, food safety, healthy aging, Medicare, and many other topics. These opportunities remind us that learning does not end when school does.

As fair season concludes and students return to the classroom, may we encourage young people and one another, to approach feedback with curiosity rather than fear. Whether we are improving a 4-H project, learning to manage our health or finances or developing a new skill, growth often begins with the courage to listen, learn and try again.

If you are looking for opportunities to continue learning, I invite you to explore our [website](#) and [Facebook page](#), and [reach out to us](#) for information and resources on any of our topic areas.

***Kelli Anderson, Extension Director***

## **Extension in Action**

### **Medicare Open Enrollment Appointments Begin August 3**

Medicare Annual Open Enrollment runs from October 15 through December 7 each year. During this time, Medicare beneficiaries can review and make changes to their Medicare prescription drug (Part





D) and Medicare Advantage coverage for the coming year.

The Senior Health Insurance Counseling for Kansas (SHICK) program offers free, unbiased, and confidential Medicare counseling to help beneficiaries compare plan options and review their coverage.

Appointments for Open Enrollment counseling may be scheduled beginning August 3 by calling 316-660-0126.

Counseling appointments will be available by appointment only at:

- Sedgwick County Extension Education Center
- WSU Eugene M. Hughes Metropolitan Complex
- Oaklawn Wellness Hub
- Cheney Public Library (during Open Enrollment only)

Because Medicare plans and personal health needs can change from year to year, beneficiaries are encouraged to review their coverage annually rather than automatically renewing their current plan.

To schedule an appointment, please call 316-660-0126 starting August 3.

## Discover the Latest in Kansas Gardening at the John C. Pair Research Center Open House

Ever wondered how researchers determine the best trees, flowers, vegetables, and turfgrasses for Kansas?

For more than 55 years, the John C. Pair Horticultural Research Center in Haysville has been testing plants to identify those that perform best in our challenging climate.

On Saturday, August 8, from 7 a.m. to 1 p.m., the Pair Center will open its gates for a free public Open House featuring research tours, tram rides, interactive exhibits, kids' activities, and opportunities to visit with K-State horticulture experts.

Visitors can explore current research on drought-tolerant turfgrass, recommended trees, annual flower trials, vegetable varieties, water-wise landscaping, cut sunflowers, industrial hemp, organic sweet potatoes, and more.

Whether you're a home gardener, plant enthusiast, or simply curious about the science behind better gardens, this family-friendly event offers a unique chance to see horticultural research in action.

The Open House is hosted by K-State Extension, the Sedgwick County Extension Master Gardeners, and the John C. Pair Horticultural Research Center. Admission is free, and attendees are welcome to come and go throughout the day. For event details, see the event flyer.

**John C. Pair Horticultural Center Public Open House**

**Saturday, Aug. 8, 2026  
7:00 am - 1:00 pm**

At The John C. Pair Horticultural Center  
1901 E. 95th St. South, Haysville, KS

- FREE ADMISSION
- OPEN TO THE PUBLIC
- COME & GO EVENT
- FAMILY ACTIVITIES
- INTERACTIVE BOOTHS

Explore 55 Years Of Plant Research Featuring Tours Of:

- Annual Flower Trials
- Best Trees of Kansas
- No Irrigation Turfgrass
- Industrial Hemp
- Water-Wise Landscapes
- Sunflower Varieties
- Sweet Potatoes
- Turfgrass Varieties

Learn More: <https://www.k-state.edu/extension/JohnC.PairHorticulturalCenter>

**K-STATE**  
Research and Extension  
John C. Pair Horticultural Center



## Beyond Ready: The Sedgwick County Fair Prepares Youth for the Future

The 2026 Sedgwick County Fair celebrated youth, agriculture, and community with more than 2,450 4-H exhibits representing months of hard work, creativity, and hands-on learning. Throughout the week, young people demonstrated valuable skills in leadership, responsibility, communication, problem-solving, and resilience through

livestock shows, project exhibits, presentations, and guided tours for elected officials. A special highlight was “Harry” the Tylosaurus, discovered by Sedgwick County 4-H member Corbin Bullard during a Kansas 4-H geology excavation. Made possible by the dedication of families, volunteers, sponsors, community partners, and local leaders, the fair once again showed how 4-H prepares young people to be Beyond Ready for their futures.

**[Read the full 4-H recap of the Sedgwick County Fair from Stephanie Hays, 4-H Youth Development agent.](#)**



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## K-State Extension in Sedgwick County to Offer Walk with Ease Program

Living with arthritis or joint pain doesn't have to keep you from enjoying an active lifestyle. The Arthritis Foundation's Walk with Ease program is designed to help individuals reduce pain, improve mobility, and build confidence through safe, guided physical activity. Even if you don't have arthritis, walking is a great form of exercise and we invite you to join us!



This evidence-based, six-week program combines brief educational sessions with group walking, giving participants the tools and support they need to make walking a regular part of their routine. If you can comfortably be on your feet for 10 minutes without increased pain, you can benefit from this program.

Throughout the program, participants will learn strategies for walking safely and comfortably while improving their overall health. Benefits of Walk with Ease include:

- Reducing pain and discomfort
- Improving balance, strength, and stamina
- Increasing confidence with physical activity
- Supporting overall health and well-being

Each participant will receive a Walk with Ease guidebook to use during the program and as a resource for continuing healthy habits at home.

The upcoming Walk with Ease class will meet Monday, Wednesday, and Thursday from 10 to 11 a.m., August 10 through September 28, at the Sedgwick County Extension Education Center (7001 W. 21st St. N., Sedgwick & 4-H Hall).

Space is limited, and registration is required by **August 5**.

**To register or learn more, call 316-660-0143.** We invite you to join us and discover how a simple walking routine can help you move with greater comfort, confidence, and independence.

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## Growing Growers to Host Local Farm Tours

Join Growing Growers as we tour local farms and learn about orchard management, agritourism, sustainable specialty crop production, local food marketing, and Community Supported Agriculture (CSA) models that can create new opportunities for growers.

Visits include Meadowlark Farm Orchard & Cidery on August 4, Teck Farms on August 29, and John C. Pair Horticultural Center on September 9. Each tour offers a chance to connect with local producers and explore practical ideas that support successful farm businesses and local food systems.

**[Register here for the educational farm tours.](#)**





KANSAS STATE  
UNIVERSITY

Extension  
Sedgwick County



# Farm Tour Series

- 
Meadowlark Farm, Orchard & Cider  
Rose Hill, KS
- 
Teck Farms  
Hutchinson, KS
- 
John C. Pair Horticultural Center  
Haysville, KS

Tuesday, August 4, 2026  
6 PM - 8 PM

Saturday, August 29, 2026  
2 PM - 4 PM

September 9, 2026  
6 PM - 8 PM

## Seasonal Solutions

### Prepare for the Upcoming Wheat Planting Season

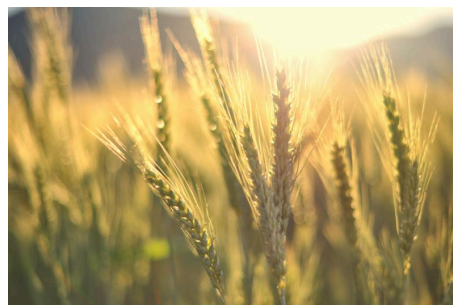
K-State Extension Sedgwick County, in collaboration with Oxford FFA, invites area producers to attend the Wheat Pre-Plant Meeting on Tuesday, August 11, at Oxford High School, 515 N. Water Street, Oxford, Kansas.

Dinner will begin at 6 p.m., followed by the educational program. Featured speakers will include Romulo Lollato, K-State Extension Wheat Specialist and Kelsey Andersen Onofre, K-State Extension Wheat Disease Specialist.

The evening will feature timely information on wheat production, disease management, and considerations for the upcoming planting season. Attendees will also have an opportunity to ask questions and visit with K-State Extension specialists.

For more information, contact us at 316-660-0144 or 620-326-7477.

We hope you will join us, and please share this invitation with other area wheat producers.



### Start Planning Now for the 2027 Sedgwick County Fair

In early July, I had the opportunity to visit the Sedgwick County Fair and spend some time looking through the Open Class exhibits, says Abbey Draut, K-State Extension horticulture agent. As always, it was enjoyable to see the talent and hard work on display—from baked goods and quilts to photography, flowers, and homegrown vegetables. One thing that stood out to me, however, was that many of the horticulture classes had room for more entries.

Whether your goal is simply to share the vegetables you've worked hard to grow or to eventually exhibit at the Kansas State Fair, the county fair is a great place to start. Open Class competitions are open to anyone and provide an opportunity to showcase your gardening skills, receive feedback from experienced judges, and learn what makes a quality exhibit.

Although the 2027 fair is still many months away, now is the perfect time to learn how the process works so you can plan ahead during next year's growing season.

**Read Abbey Draut's tips for exhibiting horticulture entries at the fair.**

## Local Impact, Lasting Results



## EFNEP Partners with Habitat for Humanity

The **Expanded Food and Nutrition Education Program** (EFNEP), federally funded since 1969, provides interactive nutrition education for limited-resource youth and families. Participants develop practical skills to prepare healthy meals at home, increase fruit and vegetable intake, stay physically active, and make healthier beverage choices that support lifelong well-being.

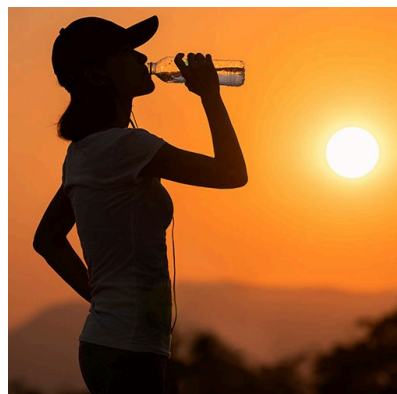
One way EFNEP is making an impact in Sedgwick County is through its ongoing partnership with Habitat for Humanity. For the past two years, EFNEP Nutrition Assistant Irma Rosas, has taught two six-week nutrition series each year for Habitat participants, helping future homeowners build

healthy habits alongside their new homes. By completing the six-week series, they also qualify to receive a Kitchen Restore Kit, which helps stock their kitchens with essential cooking tools that help support home cooking, food safety, and overall wellness.

This partnership reflects a shared commitment to helping families thrive in Sedgwick County. Thank you Habitat for Humanity!

## K-State Extension News You Can Use

- **Back to School: Americans shopping earlier this year to save money, spread expenses**
- **K-State plans three meetings to outline winter canola management**
- **Cantaloupe, Watermelon, Honeydew...Oh My! When should you harvest melon?**
- **K-State horticulture agent says local food systems are interdependent**
- **Tomato Cracking: Is it Preventable?**
- **Picnic Prep: Plan for safety, says K-State food scientist**
- **Exercise, diet can boost brain health**
- **The heat is on: Staying safe in the hot Kansas summer**



## Where You'll Find Us: Extension Events and Opportunities

**Aug. 4 - Sedgwick County Farm Tour Series**  
**Aug. 5 - K-State Garden Hour Webinar: Local Food Gardening Projects in Kansas**  
**Aug. 6 - Kansas Turf and Ornamentals Field Day**  
**Aug. 8 - John C. Pair Horticultural Center Public Open House**  
**Aug. 11 - Wheat Pre-Plant Informational Meeting and Dinner**  
**Aug. 20 - Medicare Options Class @ Sedgwick County Extension Center**  
**Aug. 29 - Sedgwick County Farm Tour Series**

View our full list of events at [sedgwick.k-state.edu/events/](https://sedgwick.k-state.edu/events/).





This monthly e-newsletter is intended to inform citizens of events, activities and research-based information from K-State Extension Sedgwick County.

K-State Extension is an equal opportunity provider and employer.

**K-State Extension** is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well-being of Kansans. Supported by county, state, federal and private funds, the program has county extension offices, experiment fields, area extension offices and regional research centers statewide. Its headquarters is on the Kansas State University campus in Manhattan.



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