



February 2024

4-H & Youth Development

Butler County has some pretty special kids! 4-H can take youth as far as they want to go. The sky is truly the limit for youth who embrace 4-H to the fullest.

Kylee Barlett is a member of the Purple Heart 4-H Club in Andover. She is actively involved in shooting sports, self-determined (Honey Bees), photography, foods and nutrition, leadership, fiber arts, plant science and visual arts. Kylee was elected to the Kansas 4-H Council and also 1 of 6 selected to represent Kansas at National 4-H Conference this spring.

Cami Miller is a member of the Cassoday Boosters 4-H Club. She is actively involved in beef, communications, leadership, sheep and photography. Cami was selected as 1 of 2 Kansas 4-H Youth to represent Kansas in the AgriScience track at the National Ignite by 4-H Conference this spring in Washington, D.C.

As you can tell, whether it is non-livestock or livestock projects, there is something for everyone and 4-H will take you places!

Horticulture

Gardening season is right around the corner and February is the perfect month to take make sure your gardening tools are in top shape for the upcoming growing season. Here are some tips:

- Service all mowers and tillers before the growing season starts. It's especially important to make sure your lawn mower blades are sharp for the first mowing of the season. Under normal mowing conditions, mower blades should be sharpened after every ten hours of use, more if you hit rocks, branches, or roots while you are mowing.
- Try to remove all the dirt or sap from gardening tools after each use to prevent rust from getting started. Warm soapy water will take off most of the dirt while rubbing alcohol can work to remove stubborn sap from pruning tools. All tools, but especially pruners, should be disinfected several times during the growing season. Options for disinfecting tools include soaking them in a 10% bleach solution for 30 minutes or wiping them down with 70 to 100% rubbing alcohol after each use.
- Sharpen your pruners, chainsaws, shovels, and hoes periodically throughout the year, especially if you are using them often. Sharpening the tools makes your job easier and reduces the amount of effort needed.
- Remove any splinters or rough spots on handles using sandpaper and then treat the handle with linseed oil to help keep the wood in good shape for the growing season.

A few hours spent now working with your tools and equipment can save you time and energy in the long run. Happy Growing

Agriculture

Brrrrrr – it's cold outside! If you're a farmer or rancher or know a farmer/rancher, this last week has been trying and a good reveal of true grit and determination. Chopping ice, feeding, calving/lambing/kidding and embracing the elements aren't for the faint of heart. If you're a social media user, you may have seen the "If you're cold, they're cold bring them inside." Not all animals are meant to be inside! Some may require more protection than others, additional bedding and shelter may need to be provided and feed rations too may need to be adjusted. Animals can thrive outside in adverse conditions if the appropriate care is given and steps taken. I'm confident the arctic blasts are not over with yet. We posted some resources on our Facebook page on January 10th you can refer to or reach out to me and I can send your way! KSU also has an animal comfort tool, unfortunately it is down due to the KSU's potential cybersecurity attack. However, if you would like it sent to you once it is back, up, email and let me know! We will also post to our KSRE Facebook page – K-State Research and Extension – Butler County.

Contact us:

Phone: (316) 321-9660

Facebook: @ksrebutlerco

Web: Butler.K-State.Edu

Twitter: @ButlerExtension

Address: 206 N Griffith St, Ste.
El Dorado, KS 67042

See our full Newsletter at <https://www.butler.k-state.edu/newsletter.html>

For KSRE publications and information,
visit www.ksre.ksu.edu



Family Consumer Sciences
What's Your Winter Wellness Plan?
By Bonnie Brewer – FCS Agent

Winter is here! This season ushers in cold winds, shorter days, winter blues and the risk of unwanted sick days. It's crucial to prioritize self-care and assess your needs for a healthy winter season. Building a winter wellness arsenal involves preparing yourself physically and mentally to navigate the challenges of the colder months. Here are twelve tips to help you create a comprehensive winter wellness plan, shared by Nutrition and Wellness Extension Educator, Kristin Bogdonas.

1. **Focus on a Nutrient-Rich Diet:** Before relying on natural remedies, supplements, or vitamins, it's crucial to pay attention to the food you eat and the products you use on your body. Nutrients are often synergistic and more potent in nature's packaging.
2. **Consider Vitamin Supplements:** Winter can bring feelings of isolation or seasonal affective disorder (SAD) – winter blues. Since sunlight exposure may be limited in winter, consider taking vitamin D supplements to support your mood. Additional supplements to consider this time of year include zinc, vitamin C and echinacea.
3. **Get Regular Exercise:** Engage in regular physical activity to support your immune system and improve mood. Choose indoor exercises like home workouts, or fitness classes to stay active during cold weather. Take it outdoors and enjoy a brisk walk in the fresh air.
4. **Get Adequate Sleep:** Prioritize quality sleep by maintaining a consistent sleep schedule. This is vital for a strong immune system. If you have trouble falling asleep, consider including more foods rich in magnesium, vitamin D, C, and omega-3 fatty acids.
5. **Wear Winter-Appropriate Clothing:** Exposure to cold and wet conditions can compromise your health. To combat the wintery mix, invest in warm and weather-appropriate clothing.
6. **Practice Hand Hygiene:** It's estimated we touch our face 23 times an hour! This is especially problematic during cold and flu season. Wash your hands often with soap and water to prevent the spread of germs.
7. **Develop a Skin Routine:** Moisturize your skin regularly, as cold and dry air can lead to dry skin. Balms and salves made with all-natural ingredients and oils will lock in the moisture longer than a lotion. The latter is water-based and will need to be applied more often.
8. **Plan Relaxation Time:** Amid the hustle and bustle of the holiday season, make sure to schedule downtime for relaxation. Whether it's reading a book, taking a bath, or practicing a hobby, find moments to unwind and find peace in the present.
9. **Engage in Winter Hobbies:** Find winter activities you enjoy, to stay active and embrace the season. Plan indoor hobbies like crafting or cooking to keep yourself engaged during colder days.
10. **Remember to Hydrate:** Despite the colder weather, continue to stay well-hydrated. The dry air can quickly lead to dehydration. Consume warm beverages like herbal teas or soups to stay hydrated and mend sore throats.
11. **Respiratory Health:** Be proactive in supporting respiratory health. Use a humidifier to add moisture to the air and prevent dryness in your living space.
12. **Stay Informed:** Stay updated on weather forecasts and be prepared for any extreme weather conditions. Have a plan in place and keep your car stocked with an emergency kit for the unexpected.

Remember, everyone's winter wellness needs are unique, so tailor these tips to suit your individual preferences and health requirements. Always consult with a healthcare professional for personalized advice.

FEBRUARY – MAY, 2024

ANDOVER PUBLIC LIBRARY PRESENTS

PLANTING SEEDS OF CHANGE:

5 ECO-FRIENDLY GARDENING EVENTS



Garden Magic Unveiled
 Saturday, February 10th
 10AM – 11:30 AM
 Andover Public Library

Prepare your garden for the season of vibrant blooms and bountiful harvests. Join an informative and interactive garden class led by Master Gardener, Calla Edwards.

TO REGISTER, PLEASE EMAIL: TLARSEN@ANDOVERLIBRARY.ORG

K-STATE
 Research and Extension
 Butler County

Open to all ages!

GARDEN MAGIC UNVEILED
Feb. 10th, 10–11:30am




Special Storytime
 Learn how to make SEED BOMBS with K-State Horticulture Agent Calla Edwards!

TUESDAY, MARCH 12TH
 10:30 A.M.
 IN THE STORY LABORATORY
 AGES: 3-8 YRS.
 FAMILIES WELCOME!

SPECIAL STORY TIME, SEED BOMBS
March 12th, 10:30am




WEDNESDAY NIGHT FRIENDS SEED EXCHANGE
 Organized by Master Gardeners & Friends of the Library

Tuesday March 12th 2024
 5:30 - 7:00 PM

A Gardener Get-Together where seeds are the currency of connection.

FOR MORE INFORMATION CONTACT: tlarsen@andoverlibrary.org

SEED EXCHANGE
March 12th, 5:30–7:00pm




PLANT EXCHANGE EVENT
 MAY 16, 2024
 5:30-7:00PM

Swap extra garden plants with fellow enthusiasts, diversify your garden. Include houseplants to expand the exchange, enhance your indoor greenery collection.

ANDOVER PUBLIC LIBRARY
 FOR MORE INFORMATION CONTACT: TLARSEN@ANDOVERLIBRARY.ORG

PLANT EXCHANGE
May 16th, 5:30–7:00pm



EARTH DAY VIDEO CONTEST
 OPEN TO ALL AGES

HOW TO SUBMIT:
 #1: UPLOAD VIDEO TO YOUTUBE. SEND LINK TO TLARSEN@ANDOVERLIBRARY.
 #2: SUBMIT IN PERSON: ON A LABELED FLASH DRIVE DURING LIBRARY HOURS

TOPICS: ECOLOGY, ENVIRONMENT, NATURE, EXPERIMENTAL FILM, TINY DOCUMENTARIES, BIODIVERSITY, CLIMATE ACTION, GREEN INNOVATIONS, UPCYCLING, WASTE REDUCTION, URBAN-NATURE, ECO-FRIENDLY TIPS, CHALLENGES & SOLUTIONS, COMMUNITY INITIATIVES, ZERO-WASTE LIVING

RULES: VIDEO LENGTH: 1-5 MINUTES

OUR VIDEO: FILE NAME: TITLE_AGE
 EXAMPLE: TIANA_LARSEN_METAMORPHOSIS_18.YP

SUBMISSION DATE: APRIL 19TH
SCREENING NIGHT: APRIL 26TH

EARTH DAY VIDEO CONTEST
Submission April 19th
Screening: April 26th, 6pm

FREE FOR ALL AGES!

To register, please email: tlarsen@andoverlibrary.org

Garden Magic Unveiled

**Saturday, February 10th
10AM - 11:30 AM
Andover Public Library**

Prepare your garden for a season of vibrant blooms and bountiful harvests. Join us for an informative and inspiring garden class led by Master Gardener, Calandria Edwards.

**TO REGISTER, PLEASE EMAIL:
TLARSEN@ANDOVERLIBRARY.ORG**

Free and open to all ages!

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Kokedama Class

Join us for a fun evening learning the art behind the Japanese Kokedama. The experts from Simple Morea will be teaching you how to make your very own Sansevieria Kokedama to take home. The cost of this class is \$35 and pre-registration with payment is *required*. To register please visit this link:

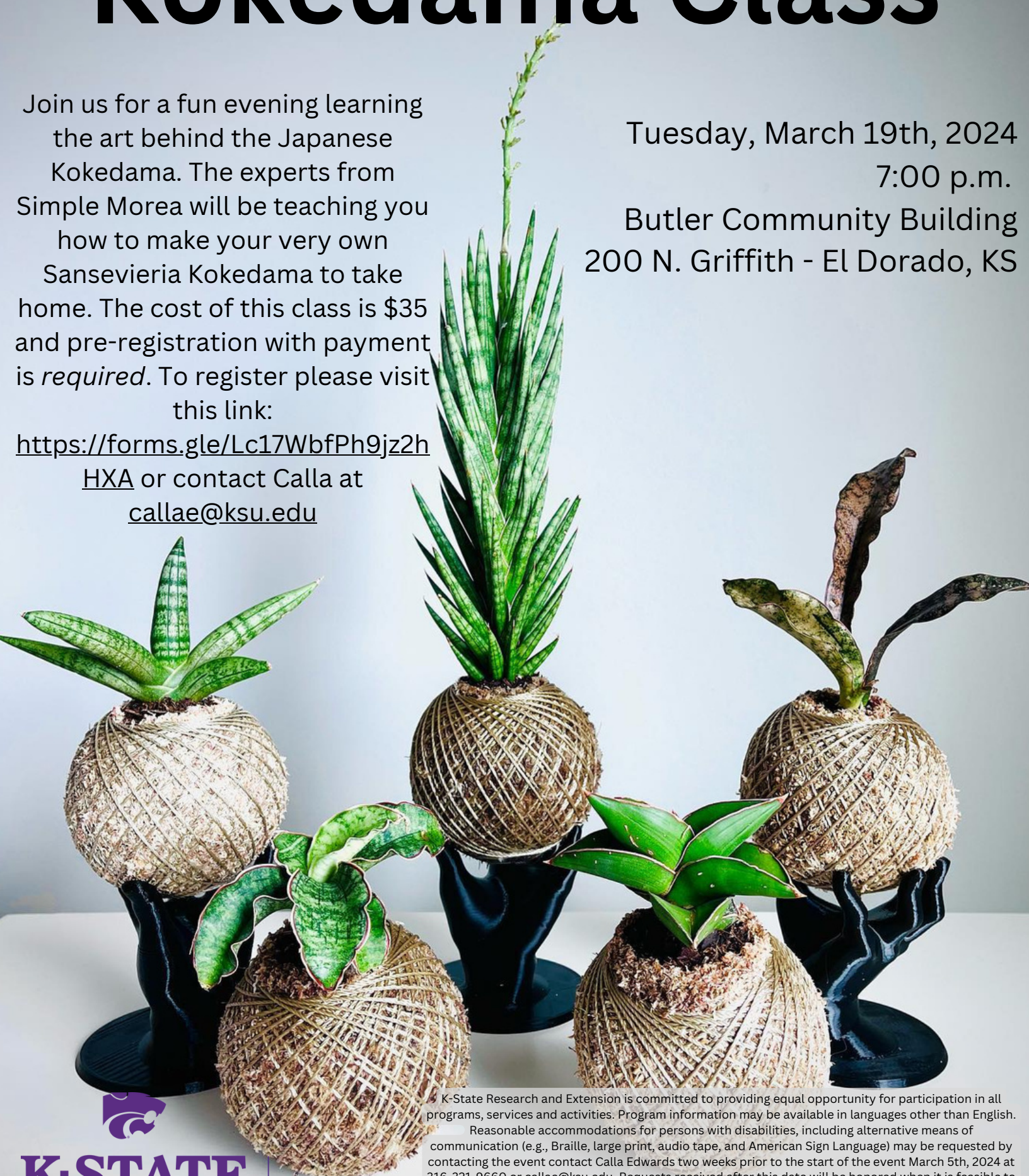
<https://forms.gle/Lc17WbfPh9jz2h>

HXA or contact Calla at callae@ksu.edu

Tuesday, March 19th, 2024

7:00 p.m.

Butler Community Building
200 N. Griffith - El Dorado, KS





YOUTH LAWN MOWING CLINIC

Thursday, March 14th, 2024
Butler Community Building
200 N. Griffith - El Dorado, KS
Registration Begins at 9:20 a.m. Clinic Will Be 9:30 - 11:30 a.m.

You Will Learn:

- ✓ Lawn Mower Safety
- ✓ Lawn Mower Maintenance
- ✓ Proper Care for Various Types of Turfgrass
- ✓ Business Skills Necessary to Run Your Own Lawn Mowing Business

PRE-REGISTRATION IS REQUIRED

CLINIC COST IS \$10

This clinic is designed for youth in 5th through 9th grade

REGISTER NOW

☎ 316-321-9660
✉ callae@ksu.edu


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Butler County

K-STATE RESEARCH & EXTENSION

Master Gardener

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Calla Edwards two weeks prior to the start of the event February 29th, 2024 at 316-321-9660 or callae@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.

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

K-State Agricultural Economics Presents: Risk Management on the Farm

Online, on-demand course to take when it is convenient for you.
Taught by Robin Reid, Extension Farm Economist, and LaVell Winsor, K-State
Farm Analyst

Five Lessons: Determining Cost of Production, Crop
Insurance, Crop Marketing, Farm Programs (ARC/PLC), and
Beef Cow/Calf Risk Management

Register online by using the link below:
www.AgManager.info/Events

Course Description:

- Learn principles of determining cost of production, developing a marketing plan, evaluating crop insurance options, and participating in farm programs (ARC/PLC)
- Participants will work with a case farm to apply these topics to a real - world farming operation through hands-on activities.
- The goal of this class is to acquire risk management skills that can be applied directly to a farming operation.
- The bulk of the course focuses on risk management for row-crop farming operations but also includes principles for beef cow/calf operations.

Special Topics:

- Managing stress and being resilient in tough times
- Communicating effectively with family members

Registration Fees:

- \$100 education only

Other information:

- Have 6 months from registration to complete
- This course is a replica of the 5-part Risk Management Series delivered by KSRE in 28 locations across the state from January-February 2022 in which 340 producers participated in-person

KANSAS STATE
Agricultural Economics

K-STATE
Research and Extension

K-State Agricultural Economics presents

Finances and the Farm:

An online class to enhance your farm management skills

An applied approach to developing and using farm financial statements for management decision-making for farmers and ranchers of all types

This is a self-paced course you can take when it is convenient for you!

This course can be taken for education only or to fulfill FSA borrower's requirements.

Seven Lessons: Recordkeeping, Balance Sheet, Income Statement, Enterprise Budgets, Cash Flow, Goal Setting and Managing Family Living Expenses

Participants will:

- Understand the structure of a balance sheet, income statement, enterprise budgets, and cash flow
- Choose either Cattle & Crops or CSA & Farmers Market case farm to complete quizzes to check understanding and practice using these financial statements in a real-world setting
- Be prepared to use financial management techniques for their own operation
- Set goals for their operation

- Learn how to make changes to avoid financial difficulties

Registration Fee:

- \$300 for FSA credit class
- \$100 for education only



Approved for FSA Borrower's Training Financial & Production Credits

Taught by Robin Reid, K-State Extension Farm Economist, and LaVell Winsor, K-State Farm Analyst

**Register online for FSA Credit or Education Only:
www.AgManager.info/Events**

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Agricultural Economics


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2024 Women Managing the Farm Conference

February 14-16, 2024

Keynote Speakers:

- Mark Mayfield, The Corporate Comedian
- Matt Roberts, Terrain
- Kim Bremmer, Ag Inspirations

As well as MANY action-packed breakout sessions and a celebration on Thursday.

See the full agenda at:

womenmanagingthefarm.com

KANSAS STATE UNIVERSITY | Agricultural Economics

REGISTER

Early Bird Registration & Hotel Block
Deadline Jan. 18th, 2024

**Pre-Conference Sessions available,
sign-up early as they can fill up!
Rise and Renew: Wellness &
Resetting in Agriculture**

**The Sunflower State Showcase! - Get
a ride to the conference and see
some neat stops along the way!**

Pickup Locations:

WaKeeney
Hays
Kinsley
El Dorado
Stockton
Garnett

If you have any questions or need assistance in registering, please contact rllund@ksu.edu or call 785-532-4016.

for more happily, ever afters...



The Strong Couples Project

- ✓ **Participate in a 6-session online program scientifically shown to strengthen relationships**
- ✓ **Video calls with trained coach to help maximize program impact**
- ✓ **No cost to enroll and chance to win \$25 Amazon gift card for completing program surveys**

To learn more and enroll, please visit go.illinois.edu/StrongCouples



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



LIVING WELL WEDNESDAY

K-State Research and Extension Webinar Series

Women's Health & Functional Medicine

Wednesday, Feb. 14th
12:10 - 1:00pm CST



Women often take care of everyone else but themselves. This leads to sleep deprivation, poor eating habits, gut issues, and increased stress which in turn can all cause a compromised immune system and other health issues. Frequently a woman's lifestyle may need modification as it relates to nutrition, physical activity, sleeping habits, and endocrine disruptors. We will look at common root causes of illness in women including the impact that trauma and ACE's may have on well-being.



Joleen Zivnuska
APRN, MSN, Prairie Health &
Wellness, Women's Health
Nurse Practitioner

Register online at bit.ly/47WAPoN
or by scanning the QR Code



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Agricultural Experiment Station
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Butler County H.E.A.L.

Health. Education. Action. Lifestyle.

**EMPOWERING PEOPLE TO LIVE A
HEALTHIER LIFESTYLE THROUGH
EDUCATION AND ACTION**

**PROMOTING HOLISTIC HEALTH BY INCORPORATING RESEARCH
BASED EDUCATION INTO PRACTICAL DAILY LIVING.**

K-STATE
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Butler County

 **south central mental health**
HELPING TO SHAPE PROMISING FUTURES

206 N Griffith, Suite A
El Dorado, KS 67042
(316) 321-9660

221 King St, Andover, KS 67002
524 N Main St, El Dorado, KS 67042
2821 N Brookside Dr, Augusta, KS 67010
(316) 733-5047 ext 515 OR 528