



# NEWSLETTER



## From the Director's Desk



While the first day of fall doesn't arrive until September 22<sup>nd</sup>, the weather sure had the end of August feeling rather fall-like! I am one of those who is ready for pumpkin lattes, hoodies, and bonfires! Fall brings sports, trips to pumpkin patches, music concerts, and community events; all things that can be done with family and friends.

In the busyness of life and projects/tasks that may have us going a bunch of different directions, I challenge you to think about spending quality time with your family. I just sent my oldest off to Kansas State University, and it won't be long before my youngest is out of the house too. It's a stark realization that time does not stand still. Whether it is with our children, spouse, significant other, or family members, time knows no boundaries. Time may be here one day and gone the next.

Quality time is not spent sitting on a couch or at the table staring at a phone. Quality time is doing activities together. Family game nights, a trip to a local attraction, a family walk, family meals together without electronic devices, or backyard camping are all examples of time well spent with family. Be intentional about activities and try hard not to overbook yourself or your family. You will never regret taking and making time for your family. You will, however, regret it when time has passed by and you no longer have that opportunity.


As fall is knocking on our door, be committed. Committed to being intentional in spending time with your family, making a difference, and embracing all the ups and downs that the Fall season brings your way. Embrace September with open arms.

~Charlene

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# Upcoming Events

						
	① <b>LABOR DAY</b> CLOSED	② Extension Council Board Meeting 6:30 p.m.	③ Garden Hour 12 p.m.	④	⑤	⑥ 4-H/FFA Grand Drive Weekend
⑦	⑧	⑨ 4-H Council Meeting	⑩ Lunch & Learn - Andover Public Library 12:15 p.m.	⑪	⑫	⑬ Kansas State Fair
Kansas State Fair						
⑭	⑮ Lunch & Learn - Lori's EMPORIUM!, Augusta 12:15 p.m.	⑯	⑰ Extending Your Growing Season - Benton Community Building 5:30 p.m.	⑱	⑲	⑳
㉑	㉒	㉓	㉔	㉕ K-State Beef Stocker Field Day - Manhattan, KS	㉖	㉗
㉘	㉙	㉚				

Butler County Extension Office  
206 North Griffith  
Suite A  
El Dorado, Kansas 67042  
(316)321-9660

## Hours

Monday - Thursday  
7:30 a.m. - 5:00 p.m.

Friday  
7:30 a.m. - 11:30 a.m.

Join Us For Our 2025 Quarterly Extension Connection

# Mug Mingle



Grab a mug and mingle with your local  
Butler County Extension Staff  
Friday, October 10<sup>th</sup> from 7:45-9:00 a.m.

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

						
	New 4-H Year Begins! Enrollment Open		① Garden Hour 12 p.m.	②	③	④ Kansas Junior Livestock Show
⑤	⑥	⑦ Extension Council Board Meeting 6:30 p.m.	⑧ Lunch & Learn - Andover Public Library 12:15 p.m.	⑨	⑩ Mug Mingle 7:45 a.m.	⑪ 48 Hours of 4-H
⑫	⑬	⑭ 4-H Council Meeting	⑮	⑯	⑰	⑱
⑲	⑳ Lunch & Learn - Lori's EMPORIUM!, Augusta 12:15 p.m.	㉑	㉒	㉓	㉔	㉕
㉖	㉗ 4-H Open House 6:00-7:30 p.m.	㉘	㉙	㉚	㉛	

# Upcoming Events



## K-STATE GARDEN HOUR

### Shrubs That Thrive in Kansas

Wednesday, September 3rd 12:00PM -1:00PM CST

Picking the right plant for the right place is crucial to have plants that will last in our challenging Kansas climate. Learn the best shrub varieties suited for the state's unique climate challenges, including heat and drought tolerance. Join Dr. Jason Griffin, Woody Ornamentals Horticulture Extension Specialist and Director of the John C. Pair Horticulture Center, as he highlights some great shrubs to incorporate into your landscape.



Register Here!

Please register for this free Zoom Webinar at:  
[ksre-learn.com/KStateGardenHour](https://ksre-learn.com/KStateGardenHour)



## K-STATE GARDEN HOUR

### Keys to Successful Community Garden Spaces

Wednesday, October 1st 12:00PM -1:00PM CST

Community gardens are vital spaces for growing healthy food, fostering community connections, and enhancing personal well-being. Join Laura Phillips, Meadowlark District Horticulture Agent, as she explores the evolution of community gardens, common pitfalls to avoid, and offers guidance on establishing and sustaining a successful garden in your neighborhood. Bring your questions about creating a public garden space in your community!



Register Here!

Please register for this free Zoom Webinar at:  
[ksre-learn.com/KStateGardenHour](https://ksre-learn.com/KStateGardenHour)



## LUNCH & LEARN

Bring your lunch and join Horticulture Agent, Calla Edwards, over the lunch hour during our monthly Lunch & Learn Program. This will be held over the lunch hour and will cover a variety of horticulture topics.

**September 15<sup>th</sup>**  
**12:15-12:45 p.m.**

**Lori's EMPORIUM!**  
1604 Custer Lane  
Augusta, KS

**September Topic: Putting the Garden to Rest**

The gardening season is winding down, but there are still a few steps to take in our lawns, gardens, and flowerbeds to help us be prepared for the spring growing season. Join Calla Edwards to get a jump start on that fall gardening to-do list.

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## LUNCH & LEARN

Bring your lunch and join Horticulture Agent, Calla Edwards, over the lunch hour during our monthly Lunch & Learn Program. This will be held over the lunch hour and will cover a variety of horticulture topics.

**September 10<sup>th</sup>**  
**12:15-12:45 p.m.**

**Andover Public Library**  
1511 E Central Ave  
Andover, KS

**September Topic: Compost Pile**

Fall means cooler weather, apple cider, and, of course, dealing with all of the falling leaves. What can we do with all of these leaves? Just like anything else that is organic, they can be broken down by composting. Join Calla in learning about what else you can compost, and why everyone should build their own compost pile!

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### Garden Hour Webinars:

These class are offered online via Zoom at Noon. For more information on the Garden Hour series or to register visit here:  
<https://hnr.k-state.edu/extension/consumer-horticulture/garden-hour/>



# Upcoming Events

**K-STATE**  
Research and Extension



Butler  
County

## 4-H Online Enrollment Opens October 1st!

### 4-H's Long-reaching Effects

Compared to other youth, 4-Hers are:

**4x**

more likely to contribute  
to their communities

**4-H**

**2x**

more likely to be  
civically active

**2x**

more likely to make  
healthier lifestyle choices



### The Top 5 Project Areas in Butler County:

1. Visual Arts
2. Foods & Nutrition
3. Photography
4. Woodworking
5. Fiber Arts (Includes 9 Projects)

### Find more information here:



### What does Butler County 4-H have to offer?

- 9 Community 4-H Clubs across the County
- Butler County 4-H Shooting Sports
- Over 70 Projects
- Cloverbud Program for ages 5-6 yrs.

Visit Our Website

<https://www.butler.k-state.edu/4-h/>

Call Us

316-321-9660

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Butler  
County

## Open House

LEARN ABOUT OUR 4-H CLUBS,  
DIFFERENT 4-H PROJECTS, AND  
ATTEND THE NEW FAMILY MEETING

BUTLER COMMUNITY BUILDING  
200 N GRIFFITH ST, EL DORADO

**MONDAY, OCTOBER 27**

**BOOTHS OPEN**

**6:00 PM - 7:30 PM**

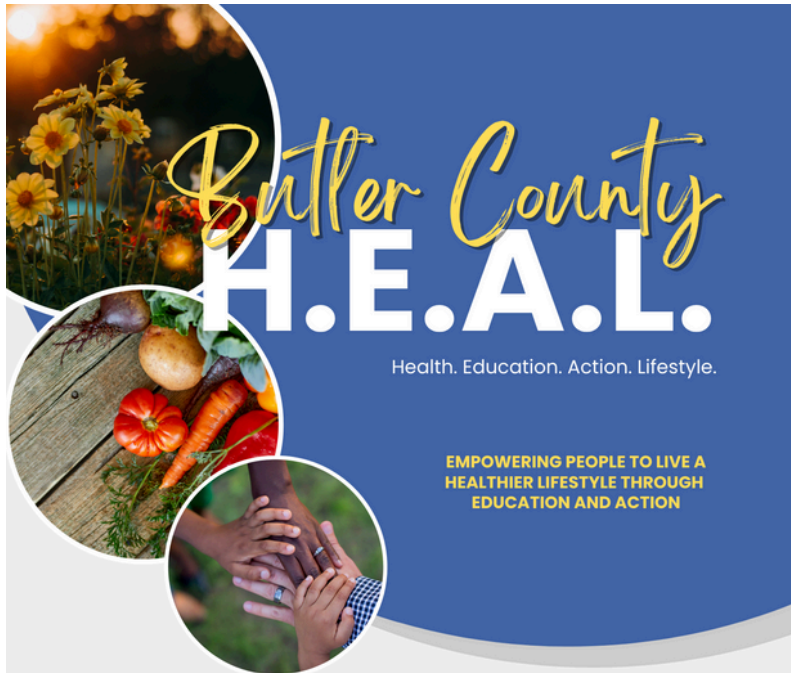
**NEW FAMILY MEETING**

**6:30 PM - 7:00 PM**

Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
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# Upcoming Events



**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** Research and Extension | Butler County

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

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

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

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

*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](https://go.illinois.edu/StrongCouples)



**Coffee Mugs Now Available!**

Get yours today at the K-State Research and Extension - Butler County Office  
206 North Griffith, Suite A  
El Dorado, KS 67042



**\$10.00 Each**

**K-STATE** Research and Extension  
Butler County  
[butler.k-state.edu](https://butler.k-state.edu)

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# Available Services

## Bad Odor?

We have a breath of fresh air for you! K-State Research and Extension - Butler County offers Nilodor cotton balls to help eliminate the odor in your most desperate areas.

Just 1 drop can neutralize the air in a 10'x10' room. Costing only \$0.10 per cotton ball, this is an extremely cost effective solution to your most smelly situations.



## Soil Testing

Whether you are preparing your garden for spring planting or wanting to make sure your fields are ready to produce a bumper crop, we can help.

Bring your soil into the K-State Research and Extension - Butler County Office today and we will ship it to K-State Soil Labs for testing. Each test comes with personal recommendations put together by our Agriculture and Horticulture Professionals. Cost will vary depending on tests requested.

For more information on Horticulture Soil Testing, visit our website here: <https://www.butler.k-state.edu/horticulture/Soil%20Tests.html>

For more information on Agriculture Soil Testing, visit our website here: <https://www.butler.k-state.edu/agriculture/soiltest/untitled.html>

Free Testing for

## PRESSURE GAUGES

Do you can?  
It is recommended you test  
your pressure gauge for  
accuracy each year.

Drop your lid off at our office  
to get yours tested for FREE!



**K-STATE**  
Research and Extension  
Butler County



# Ag Talk

**Charlene Miller**

Director/Agriculture Agent

[cmmiller1@ksu.edu](mailto:cmmiller1@ksu.edu)

<https://www.butler.k-state.edu/agriculture/>

## Fall Army Worms

Fall Army Worms have made their presence known, not only in our county but in the eastern 1/3 of the State as well. Consistent questions I have been asked range from “Is it worth treating them?”, and “Is my field dead?”, to “What do I treat with?” and “Is it cheaper to treat or replant?”. I recently held a virtual meeting with our area agronomist to answer those questions and more. I encourage you to watch the recording at:  
<https://youtu.be/rlJe0nbeVy8>.  
If you have questions, let me know!





## Raw milk poses a danger to consumers' health, says K-State dairy specialist

K-State dairy expert says pasteurizing milk removes bacteria that could cause disease.

The safest dairy products are those that have been through the pasteurization process

Released: Aug. 26, 2025

By Madeline Drake, K-State Extension news service

MANHATTAN, Kan. — Following recent reports across the country of individuals getting sick from raw milk, Kansas State University dairy specialist Mike Brouk encourages consumers to remember the risks associated with drinking raw milk.

"It's not unusual each year to see reports from different places around the country where people become sick after consuming raw milk," Brouk said. "Sometimes this can be serious when it involves young children."

"In several cases the people who have become ill from consuming raw milk have been hospitalized from the damage caused by the endotoxins produced by bacteria found in raw milk," he said.

Brouk said that dairy products purchased in the grocery store are all manufactured from pasteurized milk. Pasteurization is a process that applies heat to destroy pathogens in food. For the dairy industry, this involves heating every particle of milk or milk product to a specific temperature for a designated time.

"In addition, these finished products are also tested to ensure that they don't contain any traces of bacteria that might cause harm to consumers," Brouk said.

According to the U.S. Food and Drug Administration, citing numerous scientific studies, "raw milk can contain a variety of disease-causing pathogens...Pasteurization effectively kills raw milk pathogens without any significant impact on milk nutritional quality."

Although not everyone who consumes raw milk will become ill, Brouk reminds consumers that those who are immuno-suppressed, very young, or very old, are at a much higher risk. Their bodies do not have the ability to fight off the endotoxins that are produced by bacteria found in raw milk, he said

"The bacteria we are mostly concerned about are things like E. coli, listeria, salmonella and campylobacter, which all have negative effects to human health," Brouk said.

# Ag Talk



## HPAI: Highly Pathogenic Avian Influenza

Highly pathogenic avian influenza, or HPAI, is a rapidly spreading viral disease that can infect many types of birds. Avian influenza, often called avian flu or bird flu, can be common, but some strains are highly pathogenic, which means they are more deadly. Introduced by migrating wild birds, HPAI can spread through spring migration and affect **all** domestic poultry — small and backyard flocks as well as commercial industries.

Poultry with HPAI **do not** survive the illness. Vaccines for HPAI are not readily available.

### Signs of Avian Influenza

- Coughing and sneezing
- Difficulty breathing
- Extreme depression
- Lack of energy
- Decrease in feed or water intake
- Swelling or purple discoloration of head, eyelids, comb, wattle and legs
- Decrease in egg production
- Sudden unexplained death

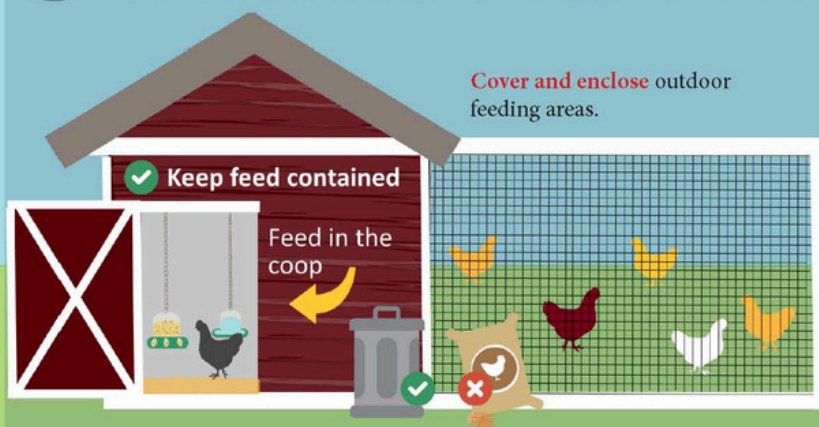
Biosecurity is your best option to prevent HPAI from entering your small or backyard poultry flock.

### Here is what you can do:

## Protect Your Small Flock from Avian Influenza

1

**Avoid** attracting wild birds and waterfowl to your home or farm. Song birds, sparrows, starlings, etc. are **low risk**.



- **Clean up** feed spills.
- **Reduce** puddles and standing water.
- **Avoid** visiting ponds and streams, especially with pets.
- **Do not** move birds from farm to farm.
- **Isolate** new birds.

2

**Limit or halt** travel with your birds to sales, shows and swaps.

Ensure you have clean hands, clothes, and footwear before handling your birds if you attend events. **Do not** allow others to handle your birds.



3

**Limit** your birds' visitors.

If someone must visit your birds: discuss where they have been. Have them wash their hands and wear clean clothes and footwear.



Call your veterinarian if your flock shows signs of influenza or you suspect exposure. No veterinarian? Call the Kansas Department of Agriculture's Division of Animal Health at 785-564-6601.





# Ag Talk



## 26<sup>TH</sup> ANNIVERSARY

## K-STATE BEEF STOCKER FIELD DAY

SEPTEMBER 25, 2025 | BEEF STOCKER UNIT | MANHATTAN, KS

10:00 a.m. Registration/Coffee

10:30 a.m. Introductions

10:45 a.m. **Navigating the Unknowns for the Stocker Operator**  
*Lance Zimmerman, Senior Beef Industry Analyst, RaboBank*  
*Glynn Tonsor, K-State Department of Agricultural Economics*  
**Moderator:** *Wes Ishmael, Hereford World Executive Editor*

12:00 p.m. **BBQ Brisket Lunch – View Posters**

1:00 p.m. **Fueling Performance from the Inside Out: Gut Integrity & Micronutrient Support**  
*Sara Trojan, Technical Services, Kemin Industries*

2:00 p.m. **Making Treatment Choices for Reducing BRD & Death Loss**  
*David Renter, K-State College of Veterinary Medicine*

2:45 p.m. **Break**

3:00 p.m. **Theileria, the Anaplasmosis of Stocker Cattle**  
*Gregg Hanzlicek, K-State Veterinary Diagnostic Laboratory*

4:00 p.m. **Managing Growth in the Dry Lot – the K-State Program Feeding Approach**  
*Colton Weir, PhD Student, K-State Department of Animal Sciences & Industry*

**Beef x Dairy Growing Strategies**  
*Cole Ellis, Manager and MS Student, Beef Stocker Unit*

5:00 p.m. **Cutting Bull's Lament 2025**

\* After the program, please be our guest for Prairie Oysters and Call Hall Ice Cream.

**Event Sponsored By:**



### Registration

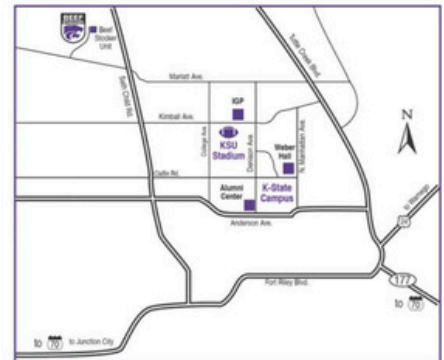
The cost is \$25 per participant if you register on or before September 11. Late registration is \$35.

### Location

The conference will take place at the **KSU Beef Stocker Unit**, 4330 Marlatt Ave., Manhattan, Kansas.

### For more information contact:

Katie Smith, Department of Animal Sciences & Industry, 785-532-1267, [katiesmith@ksu.edu](mailto:katiesmith@ksu.edu)



## 2025 K-State Beef Stocker Field Day

**Registration Deadline: September 11, 2025**

Cost is \$25 per participant. Onsite registration is \$35. Return this form with your payment or register online at [www.KSubeef.org](http://www.KSubeef.org)

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Total Number of Registrants: \_\_\_\_\_ @ \$25

Total Amount Enclosed: \_\_\_\_\_

I plan to attend Cutting Bull's Lament immediately following the conference. Yes \_\_\_\_\_ No \_\_\_\_\_ Total number of people: \_\_\_\_\_

Your payment or check, payable to Kansas State University, is required to process your registration. Send to: 2025 Beef Stocker Field Day, 218 Weber Hall, 1424 Claflin Road, Manhattan, KS 66506 or email [katiesmith@ksu.edu](mailto:katiesmith@ksu.edu). Phone 785-532-1267



# Ag Talk

**Charlene Miller**

Director/Agriculture Agent

[cmmiller1@ksu.edu](mailto:cmmiller1@ksu.edu)

<https://www.butler.k-state.edu/agriculture/>

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  
Credits in Colorado, Illinois, Iowa, Kansas,  
Missouri, Montana, Nebraska, North Dakota,  
Oklahoma, South Dakota, and Wyoming**

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](http://www.AgManager.info/Events)**

**KANSAS STATE**  
Agricultural Economics

**USDA** National Institute of Food and Agriculture  
U.S. DEPARTMENT OF AGRICULTURE



**K-STATE**  
Research and Extension

Funding for this project was provided in 2017 by the North Central Extension Risk Management Education Center and the USDA National Institute of Food and Agriculture under Award Number 2017-29027-34604.  
Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, visual, or hearing disability, contact Robin Reid, (785) 532-0964 or  
Director of Affirmative Action, Kansas State University, (785) 532-4802. K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Act of May 8 and June 30,  
1914, as amended. Kansas State University, County Extension Council, Extension Districts, and United States Department of Agriculture Cooperating. L. Ernie Masten, Director.

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](http://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

# Find Your Balance

WITH BONNIE BREWER  
FAMILY CONSUMER SCIENCES AGENT  
K-STATE RESEARCH & EXTENSION



FAMILY LIFE - MENTAL WELLNESS - NUTRITION - RELATIONSHIPS - SELF-CARE

[bjbrewer@ksu.edu](mailto:bjbrewer@ksu.edu)

<https://www.butler.k-state.edu/fcs/>

## Disconnect to Reconnect

Technology saturates almost every part of our lives including our holistic health. While some forms of technology are positive, the continual exposure to smartphones, TVs, social media, home security systems, tablets, and computers, can severely impact our health, especially our mental health.

With unlimited information at our fingertips, we can easily feel stressed, overwhelmed, and anxious, making it important to approach the use of technology with boundaries. Lately, I have been researching the importance of rest and disconnecting, and have come to understand the importance of setting limits with online activities to support overall wellness.

It is important to try to strike a balance between technology use and personal wellbeing. Here are a few ideas to consider:

- Leave your phone at home or in a separate room when you don't need it.
- Make your bedroom a phone-free zone. Start by setting a small goal (one night a week) and get used to time without a phone before bedtime.





# Find Your Balance

## *Disconnect to Reconnect Cont.*



- Use 20-20-20 rule. Take a 20-minute break from your screen/scrolling, every 20 minutes, and if you can, take 20 steps from your phone.
- Stay grounded and connected. Take time to disconnect from devices and connect with others in person. You could meet for coffee, go to an event, or take a walk with someone.

- Avoid Zoom fatigue. Take “camera off” breaks and stand up whenever possible during long zoom meetings.

Remember, small adjustments can lead to big improvements in our wellbeing and overall happiness. Start small. Then, take time to notice how you feel when not online. And as always, enjoy the journey.

- Technoference - the way technology use interferes with face-to-face interactions with others
- Technoference adds up to significantly less time spent together as a couple, less satisfaction and connection, and higher levels of depression and anxiety
- Fifty-five percent of individuals report like their spouse/partner spends too much time on their cell phone
- Forty-eight percent wish their significant other would spend less time on their cell phone and more time with their children





# Find Your Balance

## Home Food Preservation Resources

Check out the Home Food Preservation Resources web page here:  
<https://www.ksre.k-state.edu/program-areas/food-preparation-processing-and-safety/food-preservation.html>



**K-STATE**  
Research and Extension

# PRESERVE IT FRESH PRESERVE IT SAFE

**JUST BECAUSE THE LID SEALS DOES NOT MEAN IT IS SAFE!**

- 1 Adjust processing for altitude of residence**  

- 2 Use researched/ tested recipes**  

- 3 Fight Bac with Pressure Canning and Boiling Water Canning**  

- 4 Acidify tomatoes**  

- 5 Follow canning instructions for proper headspace**  


Grow a garden? Buy produce at your local farmers market? Put away old recipes and methods. Respect the past and use up-to-date recipes and methods to preserve these fresh foods safely. For questions, information, and recipes, contact your local county/district extension office or go to [www.rrc.ksu.edu](http://www.rrc.ksu.edu) and click on "Food Preservation."

# Find Your Balance



*Tips for Parents:  
Kindness, Compassion  
Are Important Gifts  
for Teachers*

K-State's Wiles says parents' role should focus on support

K-State Research and Extension news service

MANHATTAN, Kan. – A thank you note, and even a shiny, red apple, are nice.

But Kansas State University child development specialist Bradford Wiles said being kind to your children's teachers is one of the best things parents can do.

"I see supporting teachers as an expression of our appreciation for them," Wiles said. "While thank you notes and volunteering are helpful, I think it really makes more impact when you do nice things for teachers, and you express your concerns with kindness.

"Teachers," he adds, "put up with an awful lot of difficulty for very little recognition. We know recognition is not why they teach. But it still makes a difference for you to recognize them and treat them kindly."

Wiles said being kind to teachers is akin to teaching kindness to children: "Because we are always modeling (behaviors) for children when we are more involved in their lives, we are showing that we care about them, and we care about their school and their teachers. Most importantly, we care about their learning with others."





# Find Your Balance



*Tips for Parents:  
Kindness, Compassion  
Are Important Gifts  
for Teachers Cont.*

At home, Wiles encourages parents to ask children what they're doing at school. Parents can offer to provide classroom supplies to the teacher, or volunteer time, "but make sure that is what the teacher would like," he said.

Parents should see their role as being supportive, compared to teachers as the primary educators at school.

The word "RESPECT" is written in large, bold, capital letters on a dark green chalkboard. A hand is visible on the right side, holding a piece of white chalk and pointing at the letter 'T'.

"We want to make sure that we honor the teachers' roles and not step on their toes, but we also want our children to fully understand the value that we place on forming solid relationships with trusted adults in their lives," Wiles said. "When we give respect to the teachers in our children's lives, children start to understand how much they do for them. This is especially important when there are disagreements or issues that need to be addressed in the classroom."

"When you involve yourself in respectful, kind and compassionate ways in your children's education by supporting teachers and your children, you are building a community of learning that will likely make a positive difference in children's lives," Wiles said.

<https://www.ksre.k-state.edu/news-and-publications/news/stories/2025/08/family-kindness-important-teacher-gift.html>



# Garden Gossip

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## Cover Crops for the Off-Season

Cover crops are grown for many benefits, including improving soil quality, reducing weeds and erosion, and sometimes promoting the garden ecosystem by providing food sources for pollinators. They are typically not grown for their harvest as the primary benefit.

The best cover crop for your garden depends on the purpose, planting time, and planned method of terminating the crop.



Small grains such as wheat should be seeded from mid-September to late October at a rate of 3/4 to 1 pound of seed per 1,000 square feet. Spring oats can also be seeded until mid-September, but the rate should be 2 to 4 pounds per 1,000 square feet. Spring oats will die back in the winter and can be tilled under in the spring. Daikon radishes are another good cover crop because the large taproot penetrates the hardpan. After the radishes die back in the winter, the loosened soil is better able to retain water.

Hairy vetch, alfalfa, and sweet clover are legumes, which means they fix nitrogen. Seed these cover crops at a rate of 1/4 to 1/2 pound of seed per 1,000 square feet of garden. Hairy vetch and alfalfa can be seeded from mid-August to late September, while sweet clover should be seeded only until early September.

Visit the [Kansas Garden Guide](#) for more cover crop recommendations for home gardeners.

# Garden Gossip

## Fall Lawn Care



Fall is one of the most important times of the year for your cool-season lawn. It's especially important this fall with the impact the armyworms have had across the county. With the cooler daytime and nighttime temperatures, the grass has started to grow after a period of semi-dormancy through the heat of the summer. For a cool-season lawn, September is the most important month when it comes to fertilizer. Nitrogen applied during September helps thicken the stand and encourages the development of a healthy root system. A November application (at about the time of the final mowing of the of the season) helps the turf build food reserves. This enables the lawn to green up earlier in the spring, without the excessive shoot growth often accompanying early spring N applications. Most tall fescue lawns need approximately one pound of nitrogen in the September or November applications. The best type of fertilizer for the September application is a mix of quick and slow-release nitrogen sources. Mulching grass clippings is also an excellent way to add nitrogen to the soil and can reduce your need for nitrogen by up to 25%.

Fall is an excellent time of the year to control weeds in your lawn. Next year's dandelions have germinated, and right now, all weeds are moving nutrients into their roots to help them make it through the long winter, which means broadleaf herbicides will also be taken to the roots. These young plants are small and easily controlled with herbicides such as 2,4-D or combination products (Trimec, Weed-B-Gon, Weed-Out) that contain 2,4-D, MCP, and Dicamba. The best way to prevent weeds in your lawn is to have a thick, healthy stand of grass, but that is a conversation for a different time. It is impossible to control 100% of lawn weeds, which is OK!

This fall, as we prepare to mow the yard for what is hopefully one of the last times of the year, it's time to think about preparing your lawn mower ready for its long winter break. Be sure to drain the gasoline from gas-powered engines or use a gasoline stabilizer to prevent the gas from becoming thick and gummy. Check your spark plug or replace it so you are ready to mow in the spring. If you have a riding lawn mower or one with a battery, remove the battery and clean the terminals to prevent corrosion.



## Fall Lawn Care Cont.

Once you have serviced the engine, be sure to check the blades. Dull blades can damage the grass when you cut it and leave a “feathered” look on the ends of the grass blades. As you sharpen the blades, check for damage. If you can’t smooth it out, the blades must be replaced. Grind or file the edge of the blade till it is about 1/32 inch, as a razor-sharp edge can lead to a poor cut. Clean the blades and the underside of the mower to remove any matted grass. If you seeded your yard this fall, continue to water it to keep the seedlings growing and ensure they are more likely to survive the winter. I recommend watering your lawn every couple of weeks.

### Take Away:

- Apply lawn herbicides as little as possible each year.
- A one-time fall application will most effectively control perennial weeds.
- Spraying: Wear Boots! Wear Long Sleeves! Wear Gloves! Back AWAY from the application area – DON’T WALK INTO the sprayed area! READ THE LABEL! UNDERSTAND THE LABEL.
- Be sure to service your lawn mower so it’s ready to go in the spring.
- Water your lawn as needed so the soil is moist in winter.



## Season Extension in the Garden



We had some beautiful, almost fall-feeling weather a week ago. Unfortunately, the August heat soon returned, but it was a friendly reminder that fall is coming. If you decided to plant a fall garden this year (it's time to plant leaf lettuce if you haven't already), you might want to look into ways to extend your gardening season. Our first frost of the year typically arrives sometime in October, but often we will have some beautiful growing conditions afterward if we can keep the vegetables alive through that first cold snap. There are several

ways to keep those vegetables going longer into the fall. Let's take a look at some options to extend your gardening season.

There are many ways to extend your vegetable growing season, whether growing later in the fall or growing vegetables earlier in the spring. One of the easiest methods is to utilize floating row covers over the top of the plants, similar to the photo above. Floating row covers are spun-bonded polyester or polypropylene fabric that comes in various thicknesses depending on what you plan to use it for. You can use the fabric to create a low tunnel with hoops to hold the row cover over the top of the plants. Floating row covers will work to keep cool-season crops warm during frosts, and even under snow; however, there are limits to how cold floating row covers can keep plants warm. This option works to keep the plants warmer. The thinner fabrics can also be used to exclude unwanted insects, such as cabbage moths, from plants during the growing season and into the fall.



Cold frames are another option for extending the growing season by starting plants in the spring and allowing you to grow cold-tolerant vegetables late into the winter. Cold frames are typically low wooden boxes or frames with glass (often old storm windows), polycarbonate, or polyethylene film covers, which are set in the soil or over beds in the garden. Cold frames are usually constructed with a sloping top and set facing the south to capture as much sun as possible. Tops may also be peaked or arched with hoops that support a polyethylene film covering. Polyethylene film is the same as plastic sheeting, but special greenhouse film is used for cold frames and high tunnels.



## Season Extension in the Garden Cont.

It is typically six mils thick and treated with a UV-blocking material to last about four years. Low tunnels are hoop-supported row covers that are too low to walk in. Tunnels high enough to walk in are called high tunnels. Low tunnels may be covered with polyethylene film or floating row cover and may vary in width to span a single row or one or more beds in the garden. Floating row covers of varying weights can be used during much of the year and replaced by polyethylene film during the winter. Lighter row cover fabric can be used during the spring and summer, while heavier row covers can be used in the late and early winter for freeze protection. Greenhouse polyethylene is the preferred plastic covering in winter because it can be saved and reused from year to year, but standard six-mil polyethylene may be easier to obtain.

Fresh vegetables are a staple of many households, and there are many ways to extend the growing season long past the first frost, well into winter. In Kansas, there are many years you could be harvesting fresh produce until Thanksgiving or later, using some form of season extension. Last winter, I had a broccoli plant that survived all winter under leaves to be eaten in the spring. Try one of these season extension ideas this fall in your garden today.



# Garden Gossip

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## September Gardening Calendar

### Vegetables and Fruits

- Continue to harvest vegetables
- Pick apples and pears to store in a cool place to extend freshness
- Harvest pumpkins when the flesh is completely orange and avoid carrying by stem
- Harvest winter squash when the rind is hard enough to puncture with a fingernail
- Plant lettuce, spinach, and radishes
- Remove weeds from garden plantings before going to seed
- Herbs can be dug from the garden and placed in pots for indoor use this winter
- Remove small tomatoes from their vines to increase the late development of more mature fruits



### Flowers

- Plant spring flowering bulbs, tulips, daffodils, and others
- Dig, divide, or plant peonies
- Divide perennials, especially spring bloomers
- Remove seed heads from perennials to prevent reseeding in the garden
- Plant chrysanthemums or asters for fall color
- Dig gladiolus as the foliage begins to yellow and air dry before storing for winter
- Clean up garden areas to reduce insects and disease as plants die back for winter
- Enrich soil by adding organic matter such as peat moss or compost



# Garden Gossip

## September Gardening Calendar Cont.

### Lawns

- Plant or sod new tall fescue lawns
- Renovate tall fescue lawns by verticutting
- Core aerate cool-season turf
- Fertilize cool season grasses with high nitrogen sources of fertilizer
- Mow turf at 2 to 3 inches and sharpen the blade for a clean cut



### Trees and Shrubs

- Plant trees and shrubs, deciduous and evergreen
- Rake up fallen leaves and compost
- Prune broken and dead branches from trees
- Avoid pruning spring flowering shrubs such as lilac and forsythia to ensure spring flowers
- Hand pick bagworms to reduce problems in the future



### Houseplants

- Bring plants in before temperatures drop into the fifties
- Apply systemic at the beginning of the month to prevent future insect infestations
- Clean, wash, and treat plants before moving indoors to reduce insect issues
- Fertilize before winter conditions arrive and growth slows
- Poinsettias can be forced into Christmas bloom by starting dark treatment of short days





# 4-H

## Madeline Wallace

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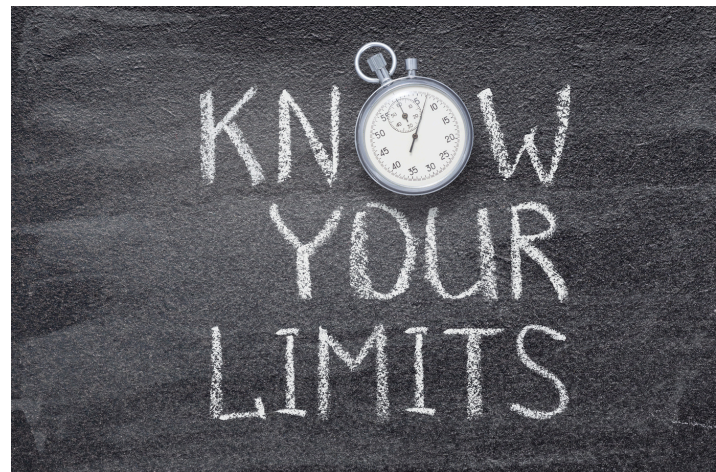
## A Minute with Madeline

### Finding Balance: Back to School and 4-H

September means sharpened pencils, packed lunches, and new schedules as youth across Butler County head back to school. For many of our 4-H members, it also means finding a rhythm that balances classroom learning, extracurricular activities, and 4-H involvement. While this can feel overwhelming at times, it's also a great opportunity for youth to develop important life skills like time management, organization, and responsibility.

One of the most helpful strategies is planning ahead. Encourage your 4-H'er to write down deadlines for schoolwork, practices, and 4-H activities in one calendar. Seeing everything in one place makes it easier to avoid conflicts and reduces last-minute stress. Many families find that having a visible family calendar at home helps everyone stay on track with meetings, practices, and events.

Prioritizing commitments is another key step. 4-H members often want to be involved in a wide variety of activities, which is wonderful, but it's also important to recognize limits. Having conversations about what matters most and setting realistic expectations can help ensure that youth are enjoying their experiences without becoming stretched too thin.





# 4-H

## Finding Balance: Back to School and 4-H Cont.

4-H also supports academic success rather than competing with it. The skills developed through 4-H projects—like public speaking, record keeping, teamwork, and problem solving—directly benefit students in the classroom. For example, preparing a 4-H presentation can strengthen confidence when giving a class report, and keeping project records teaches organization that transfers easily to managing school assignments.



Finally, remember that balance doesn't always mean doing everything equally—it means finding a routine that works for your family. Some weeks may be busier with school activities, while other times 4-H takes center stage. That flexibility is part of what makes 4-H such a valuable experience; it can grow and adapt alongside each young person's schedule and interests.

As we begin this new school year, we encourage families to use 4-H as a tool for supporting growth both in and out of the classroom. The lessons learned, friendships formed, and experiences gained will carry youth far beyond this busy season.

## Butler County 4-H'ers Excel at State 4-H Contest

Butler County 4-H's Senior Livestock Judging Team traveled to Manhattan, KS, recently to participate in the Livestock Sweepstakes contest. These 4-H'ers participated in the livestock judging portion of the event. The contest consisted of placing 9 classes and giving oral reasons. Oral reasons are justifications for why they placed the class the way they did. 193 Individuals and 38 Teams from across Kansas competed.

The Butler County 4-H Livestock Judging Team started monthly practices last fall. The senior team has been meeting weekly to practice and prepare for the contest since July. Livestock producers and supporters have been critical to their success by allowing these youth to come out to their operation, view livestock, and practice judging. Senior Team members include: Cora B., Cami M., Ellie N., and Gabe O. Highlights from the contest include:



### Team Results

4<sup>th</sup> Overall– Oral Reasons

4<sup>th</sup> Overall– Beef

12<sup>th</sup> Overall

### Individual Results

Cami – 3<sup>rd</sup> in Swine, 4<sup>th</sup> in Oral Reasons, 13<sup>th</sup> in Beef, 10<sup>th</sup> overall, qualified to try out for the State All-Star Team

Gabe – 20<sup>th</sup> in Beef

Team members this year were coached by K-State Extension Butler County Agriculture Agent Charlene Miller and Butler Community College Livestock Judging Team member and 4-H Volunteer Cally Miller.

