

KANSAS STATE UNIVERSITY NEWSLETTER

Extension
Butler County

June
2026



From the Director's Desk

Change is one of the few guarantees in life. As much as we may enjoy routine and predictability, life has a way of reminding us that nothing stays the same forever. One season can feel comfortable and steady, while the next can send us in an entirely different direction. Whether we welcome it or resist it, change is constant.

Some changes are expected and even celebrated. Graduating from college, starting a new job, getting married, or moving into a new home are milestones we often prepare for with excitement and anticipation. These planned transitions can still feel overwhelming, but they usually come with a sense of purpose and hope for the future.

Other changes arrive without warning. A health diagnosis, loss of a loved one, financial hardship, natural disaster, or sudden career shift can alter the course of life in an instant. These unplanned moments often bring uncertainty, fear, and frustration. They challenge our routines, emotions, and sometimes even our identity. The reality is that change can be both positive and painful at the same time. Even good changes can create stress as we adjust to new responsibilities, environments, and expectations. At other times, change feels messy, complicated, and completely unfair. During those moments, it is easy to feel stuck or powerless.

So how do we learn to master change rather than allow it to master us?

First, identify what you can control. We cannot always control situations, but we can control our attitude, actions, and responses. Focusing energy on what is within our reach helps reduce feelings of helplessness.

Second, practice radical acceptance. Accepting reality does not mean giving up; it means acknowledging what is happening so we do not waste energy fighting circumstances we cannot immediately change. Acceptance allows us to move forward with a clearer mindset.

Third, express your feelings. Talk with trusted friends or family members, write in a journal, or simply acknowledge your frustrations. Processing emotions in healthy ways can prevent stress from building into something heavier.

Fourth, get moving. Physical activity is one of the best stress relievers available. Even a brisk 30-minute walk can release endorphins, improve mood, and help clear the mind. Finally, prioritize sleep and nutrition. According to CDC stress management recommendations, getting seven or more hours of sleep and maintaining healthy eating habits greatly improves our ability to cope with life's challenges.

As June arrives, it offers the perfect reminder to step outside, breathe fresh air, and reconnect with the peace of Mother Nature. Sometimes the best way to navigate change is to slow down long enough to appreciate the simple things around us. Seasons change, life changes, and people change—but with patience, resilience, and support, we can learn to grow through every transition life sends our way.

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Upcoming Events

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.

June 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Pre-entries open	2	3	4	5	6
7	8	9 Yourth Range Camp	10 Yourth Range Camp Lunch'N Learn	11 Yourth Range Camp	12 Yourth Range Camp	13
14	15	16 Ambassodor Day Camp 9:00-5:00	17	18 4-H Youth Challenge Day 9:30 a.m.	19	20
21	22 Pre-entries close	23	24	25	26	27
28	29	30				

Upcoming Events



TWO LOCATIONS. ONE PURPOSE. EMPOWERING WOMEN IN THE CATTLE INDUSTRY.

A no-pressure, practical skills camp for women ready to grow their knowledge and their role in beef cattle management.

- K-State-backed research and expertise
- Applied, real-world management practices
- Hands-on learning in a supportive environment

WESTERN KANSAS, HAYS WKREC
SEPTEMBER 9-10, 2026
EASTERN KANSAS, PARSONS SEREC
MAY 5-6, 2026

Eastern registration now open

SCAN HERE TO LEARN MORE



www.wkrec.org/events/cow_camp/

Contact Us

Western: Dr. Emma Briggs
785-625-3425

Eastern: Dr. Jaymelynn Farney
620-820-6125

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, vision, or hearing disability, contact Logan Simon SWREC, Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.



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.

June 10th
12:15-12:45 p.m.

Andover Public Library
1511 E Central Ave
Andover, KS

June Topic:
Troubleshooting Issues in the Garden

Despite our best efforts, there will always be issues in our gardens. Whether it is insects, diseases, or weather conditions, something is always going to go wrong in our gardens and flowerbeds. Bring your questions and issues to this interactive program to learn how to solve your issues in the garden.

May 2026

Wildflower Walk

June 4th at 6 PM at El Dorado State Park,
Veterans Point Camping Area #3
All are welcome!

Educational
Guided Tour!



FREE Hot Dog
Cookout!



\$5 Park
Entry Fee



Scan this QR code or
call (316) 320-3549 to
RSVP!

Those who RSVP are first in
line for food!



Butler Co.
Conservation District



Natural Resources
Conservation Service



KS Department of
Wildlife and Parks

Upcoming Events

Are YOU interested in plants, livestock or wildlife?

KANSAS YOUTH RANGE CAMP

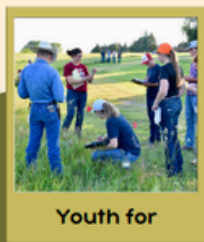
Upcoming High School Sophomores, Juniors, & Seniors

Learn about range plant identification, plant growth, stocking rates, livestock nutrition, and rangeland wildlife management

Enjoy field trips, hands on learning, a steak dinner, swimming, fishing, and hiking!

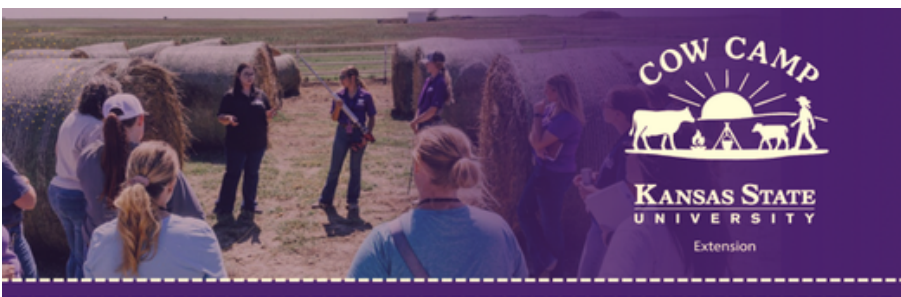
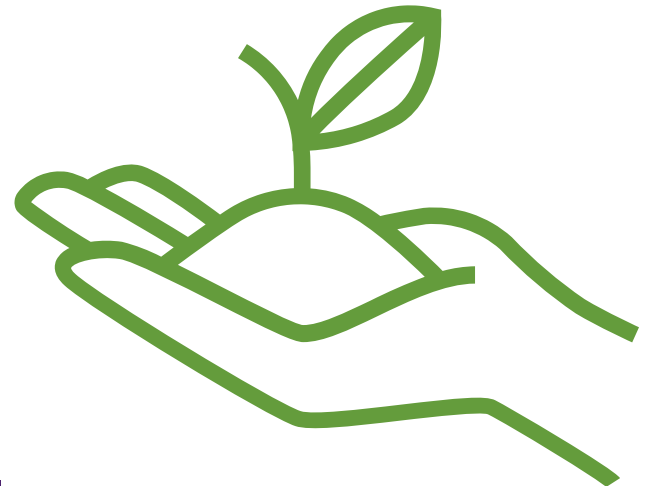
June 9-12, 2026 COST: \$300

Contact your local Conservation District for scholarship opportunities!



Contact:
Ethan Walker
KS Youth Range Camp Chair
620-451-1011
ethan.walker@usda.gov

Sponsored by:
Kansas Section, Society for Range Management



COW CAMP



KANSAS STATE UNIVERSITY

Extension

TWO LOCATIONS. ONE PURPOSE. EMPOWERING WOMEN IN THE CATTLE INDUSTRY.

A no-pressure, practical skills camp for women ready to grow their knowledge—and their role—in beef cattle management.

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LEARN MORE AT:

https://www.wkrec.org/events/cow_camp/



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Upcoming Events

K-STATE
Research and Extension



Butler
County

COUNTY FAIR PRE-ENTRY OFFICE HOURS

Come-and-go Zoom office hours with Madeline to ask questions about your fair pre-entries!

Monday, June 1, from 2:30 PM - 5:00 PM

Tuesday, June 9, from 2:30 PM - 5:00 PM

Wednesday, June 17, from 6:00 PM - 8:00 PM

Monday, June 22, from 2:00 PM - 4:00 PM &
6:00 PM - 8:30 PM

MEETING ID: 471 244 7768

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Upcoming Events

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

YOU ARE INVITED TO
**STARS,
STRIPES, AND
4-H PRIDE**

JUNE 16 | 1-5 P.M.

**WITH THE BUTLER COUNTY 4-H
AMBASSADORS**

Free Day Camp for ages 5-9 years old
Limited to the first 20 registrations
Fun day of games and crafts
A light snack will be provided

**Butler County Community/4-H
Building**
200 N Griffith St
El Dorado, KS 67042



Register here:
<https://forms.gle/XGgzVWciJgKS4CJ8A>

This institution is committed to providing equal opportunity for participation in all programs, services, and activities. Program information may be available in languages other than English. Language access requests and reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, and American Sign Language), may be requested by contacting the event contact, Madeline Wallace, four weeks prior to the start of the event (May 19, 2026) at mgwallac@ksu.edu or 316-321-9660. 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.

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K-STATE | 
Research and Extension

SOUTHEAST AREA 4-H YOUTH CHALLENGE DAY

- Registration 9:30 AM
- NO FEE THIS YEAR
- Intermediate Division - ages 9 - 13 (before January 1st)
- Senior Division - ages 14 - 18 (before January 1st)
- Crops, FCS, Horticulture, and Photography Contests

EVENT SCHEDULE

9:30 AM

Registration begins for all contests.

10:00 AM

All contest instructions given.

10:15 AM

All contests begin. Horticulture is a timed contest and must be completed first.

- FCS and Photo will offer a non-competitive/mini experience for 7-8 years old (free).

12:00 PM

Contests Completed.
Lunch on your own.

1:15 PM

Award Ceremony

2:00 PM

Contest Officials & Walkthrough

- Snacks will be provided

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For Questions, please contact:

Horticulture

Travis Carmichael: 620-341-3220, trccarmic@ksu.edu

Photography

Maddy Wallace: 316-321-9660, mgwallac@ksu.edu

Crops

Brian Rees: 620-341-3220, brees@ksu.edu
Jill Barnhardt: 620-364-5313, jbarnhardt@ksu.edu

FCS - Family and Consumer Science

Becky Reid: 620-221-5450, bkreid@ksu.edu
Cassidy Collins: 620-364-5313, cecollins@ksu.edu

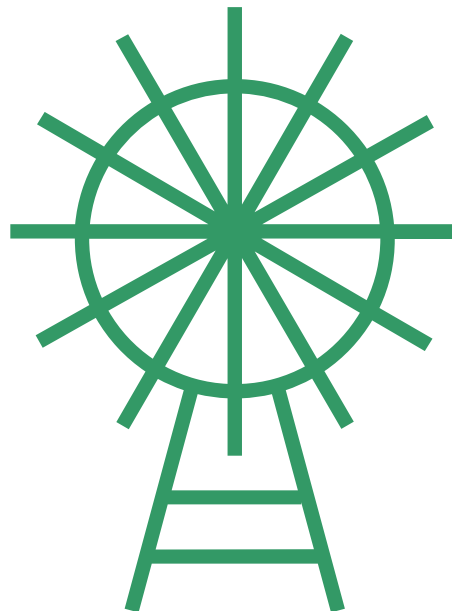
9:30 AM

18

JUNE

**LYON COUNTY
FAIRGROUNDS**

2700 US-50,
EMPORIA, KS 66801



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>



Outreach

All Things Kansas

Your guide to understanding all 105 counties of the Sunflower State.

k-state.edu/allthingskansas



Access free interactive tools with data-driven mapping, reports and insights through **30,000+ data layers** and **120+ national and state sources.**

Your one-stop shop for Kansas data about:

- Agriculture
- Broadband access
- Business
- Child care and youth
- Economy
- Education
- Environment
- Food and food systems
- Health and health care
- Housing
- Population trends and profiles
- Water
- Many more topics

How All Things Kansas can help:

- Save time by accessing multiple data sources in one place
- Visualize and map data
- Build geography-based reports
- Identify opportunities across Kansas
- Understand communities and market demands
- Analyze workforce strengths and industry gaps
- Research information to help with grant writing
- Make data-informed decisions

KANSAS STATE
UNIVERSITY

LEARN MORE
Scan the QR code or visit
k-state.edu/allthingskansas



Ag Talk

Charlene Miller

Director/Agriculture Agent

cmmiller1@ksu.edu

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

Store Round Bales to Minimize Loss

A variety of big rounds, little squares and big squares will be seen throughout the county as producers are putting up hay and hay will be found both in barns and out in the fields. Bales that are stored outside can experience high nutrient losses due to rain.

Proper storage is important to reduce nutrient loss in bales stored outside. In a past Beef Cattle Institute Cattle Chat podcast Bob Larson, Kansas State University veterinarian said “Thirty percent of the bale is in the outer six inches so it doesn’t take much spoilage to lose a third of the bale.” He added that if weathering losses extend 18 inches into the bale, 75% of the hay is affected.

Here are some tips to help minimize loss:

- Store bales on a rock base. This helps keep the base of the bale from leaching moisture from the ground.
- Line large round bales north to south in rows and end-to-end.
 - o Lining them up north to south, only the north end of the row to avoid the drying effects of the sunlight.
- Allow for enough space between the rows so they dry quickly after a rain.

Some loss will already occur due to feeding so minimizing loss during storage is important.

While putting up hay, it’s also important to keep in mind the weather. The old adage “I can’t bale it up if I don’t cut it down” isn’t the best philosophy if rain is forecast and it comes in and rains! Make sure and check the weather forecast either through local media sources or the National Weather Service, Wichita Office.



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Mesonet Animal Comfort Tool

Perfect storms do exist when it comes to weather and that is what happened when lots of cattle perished in recent heat. High temperatures, combined with high humidity in areas that don't typically see high humidity, combined with low winds created a very unfavorable environment for feedlot cattle. Extra efforts were being taken to try and reduce the impact on cattle. Unfortunately, we are still at the mercy of the weather and can only do so much.

Below is an article by Christopher "Chip" Redmond, Kansas Mesonet Manager and Matthew Sittel, Assistant State Climatologist talking about the Mesonet Animal Comfort Tool available.

Summer brings the heat, often amplified by humidity. With recent rains across the state, much of it in drought-stricken regions, there is no shortage of higher moisture in the air. When we factor in warmer-than-normal temperatures, especially at night, heat stress can rapidly develop in humans and animals alike. The Kansas Mesonet has an Animal Comfort Tool that helps track heat stress values at each location throughout the state.

When heat stress develops with hot, sunny, and humid conditions, increased proactive steps are required to avoid potential illness. This is compounded when heat stress values remain elevated for long periods of time. Of special importance is the animal's ability to recover at night. Recent record high temperatures overnight prevent the body from recovering from the previous day's heat and can compound the next day's stress if not mitigated.

Actual animal response to temperature stress will depend on a number of factors not accounted for in the index. Those include, but are not limited to: age, hair coat (winter vs summer; wet vs dry), health, body condition, micro-environment, and acclimatization. However, despite some of these unknowns, producers can evaluate the environmental conditions to livestock by using the Kansas Mesonet Animal Comfort tool. Users can access this tool from the main Mesonet page (<http://mesonet.k-state.edu>) by selecting from the drop-down menu on the top left of every page, Agriculture, and then Comfort Index. Also, users can access the tool directly from this link: <http://mesonet.k-state.edu/agriculture/animal/>

Understanding the Comfort Index

Building on the Comprehensive Comfort Index produced at University of Nebraska, this tool illustrates the impact of both extremes of hot and cold. The index is unique in that it includes, in addition to air temperature and relative humidity, effects of wind speed and solar radiation. Data from beef and dairy cattle was used in the development and validation of the index. The map indicates where current conditions fit on the scale.

Using the "Resources" tab on the webpage, users can learn more about the index, scale, and resulting potential impact. This also describes the colors used on the map and chart. In addition, users can examine the Nebraska publication if they would like to review the actual calculations.

Tracking conditions

A particularly useful resource is the 7-day graph found under the "Chart" tab. This allows producers to monitor how conditions have fluctuated over the past week. Daily peaks can be expected each afternoon when temperatures are the warmest with peak solar radiation. Values then fall during the, usually cooler, overnight hours. Since stress impacts can be cumulative, having this feature allows producers to evaluate management requirements. This is especially a concern during warm overnights when values don't drop below higher stress levels.

Accessing Historical Data

Unfortunately, since this information is calculated on an hourly basis, we do not keep a running archive of Animal Comfort that can be easily downloaded. From the "Download" tab, with the desired station selected, you can download the last week's worth of data for that location. This is the same data that is displayed on the graph (Figure 3). If the data desired is outside the window of the last seven days, send an email request to Kansas-wdl@ksu.edu or one of the authors. We will pull the data and re-calculate the Animal Comfort for you.

Ag Talk

Charlene Miller

Director/Agriculture Agent

cmmiller1@ksu.edu

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

Pond Management

Do you have a pond but aren't sure how to properly manage it? Effective pond management involves much more than simply letting nature take its course. Whether your goals include maintaining water quality, improving fishing opportunities, enhancing recreation, or preserving overall pond health, proper management is essential. Recently, we hosted a Pond Management Workshop and have made the recording available on the K-State Extension Butler County YouTube Channel. Watch the recording here: <https://www.youtube.com/watch?v=NmuAoQkb9rs&t=1s>



If you have questions about pond management or would like additional resources, contact our office at (316) 321-9660.

Ag Talk

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cmmiller1@ksu.edu

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

Safe Foods Temperature

Safe Minimum Internal Temperature Chart

Safe steps in food handling, cooking and storage are essential in preventing foodborne illness. You can't see, smell or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four guidelines to keep food safe:

- Clean — Wash hands and surfaces often.
- Separate — Separate raw meat from other foods.
- Cook — Cook to the right temperature.
- Chill — Refrigerate food promptly.

Cook all food to these minimum internal temperatures, as measured with a food thermometer, before removing food from the heat source. For reasons of personal preference, consumers may choose to cook food to higher temperatures.

Product	Minimum Internal Temperature and Rest Time
Beef, Pork, Veal and Lamb Steaks, Chops and Roasts	145 degrees F (62.8 degrees C) and allow to rest for at least 3 minutes
Ground Meats	160 degrees F (71.1 degrees C)
Ground Poultry	165 degrees F
Ham, Fresh or Smoked (Uncooked)	145 degrees F (62.8 degrees C) and allow to rest for at least 3 minutes
Fully Cooked Ham (to Reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 degrees F (60 degrees C) and all others to 165 degrees F (73.9 degrees C).
All Poultry (Breasts, Whole Bird, Legs, Thighs, Wings, Ground Poultry, Giblets and Stuffing)	165 degrees F (73.9 degrees C)
Eggs	160 degrees F (71.1 degrees C)
Fish & Shellfish	145 degrees F (62.8 degrees C)
Leftovers	165 degrees F (73.9 degrees C)
Casseroles	165 degrees F (73.9 degrees C)

All information came from USDA

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart>

Ag Talk

Charlene Miller

Director/Agriculture Agent

cmmiller1@ksu.edu

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

Safe Road Procedures



Phones Down and Eyes Up!

Scan the road ahead of you and be watching for indicators of -

1. Flashing Lights 🚧
2. Slow Moving Vehicle Emblem



Slow Down and Watch For Oncoming Traffic Before Attempting to Pass!

Do not pass illegally, on hills, curves or near intersections.



Watch For Hand Signals!

Farmers may use hand signals to alert you to their direction of travel/turns



Beware of Wide Loads!

Some equipment moving down the road will be wide. Share the road and drive carefully and respectfully



KANSAS STATE UNIVERSITY

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Family & Consumer Science

Well-Being Dashboard

DID YOU KNOW? ✨

Kansas now has a brand-new public Well-Being Dashboard called the Kansas Child and Family Well-Being Pathway! This interactive tool gives a snapshot of how children and families are doing across the state — including right here in Butler County.

Whether you are a parent, community member, educator, volunteer, or local leader, the dashboard is a great way to explore community strengths, identify needs, and spark ideas for future planning and conversations.

Created by the Kansas Children’s Cabinet and Trust Fund in partnership with the University of Kansas Center for Public Partnerships and Research, the Pathway was built using feedback from Kansans across the state about what well-being truly looks like in everyday life.

The dashboard explores six key areas of well-being:

- ✨ Health
- ✨ Community
- ✨ Environment
- ✨ Financial Stability
- ✨ Learning & Development
- ✨ Family & Household

Each county receives an overall well-being level of:

- 🌱 Getting Started
- 🌱 Strengthening
- ✨ Excelling

You can also explore local data, community strengths, challenges, and examples of how communities are supporting children and families across Kansas.

Why it matters

This tool helps create a shared understanding of what is going well in our communities and where there may be opportunities for growth. It encourages meaningful conversations, informed decision-making, and stronger community connections.

Curious about how Butler County is doing? Check out the dashboard here:

[Kansas Child and Family Well-Being Pathway](#)

Family & Consumer Science

Suddenly In Charge Physical Activity

SUDDENLY IN CHARGE: Physical Activity



Safety

Youth between the ages of 6 and 17 need at least 60 minutes of exercise daily. Exercise can easily be achieved through short amounts of activity throughout the day. Children ages 2 to 5 should engage in small bursts of active play and activities every day.

Consider any safety risks that may be present before physical activity. Apply sunscreen before outdoor play and keep children hydrated by offering regular water breaks. Before riding a bicycle, scooter, or roller skates make sure the child is wearing a proper fitting helmet.

Water safety is also essential with children. Never leave children unattended when they are in a pool or even near a pool of any size. Talk with the guardians prior to babysitting regarding their rules on playing in or around water and what safety equipment a child should wear for physical activity.

Activity

A-Maze-ing Race

Bring some sidewalk chalk and design a maze or obstacle course on the driveway. The maze can include a variety of different activities including the crab walk, hopscotch, spin in a circle, zig-zag run, skipping, bear crawl, frog jump, the alphabet (hopscotch along the alphabet), floor is lava (make circles that the child has to jump in to avoid the lava), and walk the line. Challenge the child to race through the maze!

Fruit Cooler

Wash your hands first!

Ingredients: 3 cups fruit, 3 cups 100% fruit juice, 1 tablespoon sugar and/or lime juice (optional)

Directions: Cut fruit into bite-sized pieces, place in blender. Add remaining ingredients. Blend until smooth. Refrigerate leftovers within 2 hours.

Note: Using frozen fruit will make your fruit cooler thick and icy!

(Recipe and photo used with permission of Food Hero, www.foodhero.org, Oregon State University, <https://foodhero.org/recipes/fruit-cooler>)



Scan the QR code for more "Suddenly in Charge" tip sheets and connect with your local K-State Research and Extension office.



Publications from Kansas State University are available at:
bookstore.ksre.ksu.edu

Kansas State University Agricultural Experiment Station and
Cooperative Extension Service

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MF3521 May 2020

K-STATE | Family and Consumer
Research and Extension | Sciences

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

DE MOMENTO A CARGO: Actividad Física



Seguridad

Los jóvenes de entre 6 y 17 años necesitan al menos 60 minutos de ejercicio al día. El ejercicio se puede lograr fácilmente a través de pequeñas cantidades de actividad durante todo el día. Los niños de 2 a 5 años deben participar en momentos cortos de juego activo y actividades todos los días.

Considera cualquier riesgo de seguridad que pueda estar presente antes de la actividad física. Aplica protector solar antes de jugar al aire libre y mantén a los niños hidratados ofreciendo agua regularmente. Antes de correr en bicicleta, scooter o patines, asegúrate de que el niño está usando un casco apropiado.

La seguridad del agua también es esencial con los niños. Nunca deje a los niños desatendidos cuando estén en una piscina o incluso cerca de una piscina de cualquier tamaño. Habla con los padres o encargados antes de cuidar a los niños sobre sus reglas para jugar en el agua o alrededor del agua y qué equipo de seguridad debe usar un niño para realizar actividad física.

Actividad

Carrera Laberinto

Trae un poco de tiza a la acera y diseña un laberinto o una carrera de obstáculos en la entrada. El laberinto puede incluir una variedad de actividades diferentes que incluyen la caminata de cangrejo, la peregrina, girar en círculo, correr en zig-zag, saltar, gatear, saltar como rana, el alfabeto (alfabeto al estilo pelegrina), el piso es lava (haz círculos que el niño tenga que saltar para evitar la lava) y caminar por la línea. ¡Desafía al niño a correr por el laberinto!

Merienda

Refresco de Frutas

¡Lávate las manos primero!

Ingredientes: 3 tazas de fruta, 3 tazas de jugo de fruta 100%, 1 cucharada de azúcar y/o jugo de limón verde (opcional)

Preparación: Corta la fruta en pequeños trozos y póngalos en la licuadora. Añade el resto de los ingredientes. Licue hasta que esté como batido. Refrigera lo que sobre dentro de las siguientes 2 horas.

Notas: La fruta ya congelada hace su refresco de frutas más espeso y helado.

(Receta y foto utilizadas con permiso de Food Hero, www.foodhero.org, Oregon State University, <https://foodhero.org/recipes/fruit-cooler>)



Escanee el código QR para obtener más hojas de consejos "De Momento, a Cargo" y conéctese con su oficina local de investigación y extensión de K-State.



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MF3521 Mayo 2020

Traducido por Elizabeth Brunscheen-Carragena

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Suddenly In Charge

Social Media Safety



SUDDENLY IN CHARGE: Social Media Safety

Safety

We all have social media. It is important to keep connected with friends and family, especially when they live far away or during COVID-19 while we physically distance ourselves. But there are people out there who use social media in negative ways. We want you to stay safe while using social media.

Below are some tips to stay safe:

- Once you have posted something, it is out there. Think twice before you hit the send button
- Know who you have accepted as friends and who is following you. Also question who might be wanting to know about the kids you are babysitting.
- Always ask the parents or guardians for permission before you post a picture with the kids in it on your social media.
- Don't post personal information on social media, especially things like when you are not home, addresses, phone numbers, or email addresses.
- Talk to an adult if you have any questions, if anyone on social media makes you uncomfortable, or you feel bullied.

Activity

Dance Act

Practice a dance and film it, take a funny Snapchat with filters, or do a fun TikTok. Save and send it to the parents or guardians. Remember, only post if you have parent or guardian permission.

Snack

Food Group Funny Face

Makes 1 serving

Ingredients: 1 tablespoon peanut butter, 1 large cracker (saltine or graham), 1 tablespoon shredded cheese, 3 or 4 raisins, 2 peas, and 1 grape cut in half.

Directions: Spread peanut butter on cracker, sprinkle cheese on the top for hair. Make a smile out of raisins, eyes out peas, and a nose from half a grape. (If you don't have all the supplies, you can make any parts of the face with other ingredients.)

Wash your hands first!



Scan the QR code for more "Suddenly in Charge" tip sheets and connect with your local K-State Research and Extension office.



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DE MOMENTO A CARGO: Seguridad en los Medios Sociales



Seguridad

Todos tenemos redes sociales. Es importante mantenerse conectado con amigos y familiares, especialmente cuando viven lejos o durante COVID-19 mientras nos distanciamos físicamente. Pero hay personas que usan las redes sociales de manera negativa. Queremos que te mantengas seguro mientras usas las redes sociales.

A continuación hay algunos consejos para mantenerte seguro:

- Una vez que hayas publicado algo, está ahí afuera. Piensa dos veces antes de presionar el botón de enviar.
- Debes saber a quién has aceptado como amigos y quién lo está siguiendo. También pregúntale quién podría querer saber sobre los niños que estás cuidando.
- Siempre pide permiso a los padres o tutores antes de publicar una foto con los niños en tus redes sociales.
- No publiques información personal en las redes sociales, especialmente cosas como: cuando no estás en tu casa, direcciones, números de teléfono o direcciones de correo electrónico.
- Habla con un adulto si tienes alguna pregunta, si alguien en las redes sociales te hace sentir incómodo(a) o si te sientes intimidado(a).

Actividad

Fiesta de Baile

Practica un baile y haz un video, toma un Snapchat divertido con filtros o haz un divertido TikTok. Guárdalo y envíalo a los padres o tutores. Recuerda, solamente publicas si tienes permiso de los padres o tutores.

Merienda

Caras divertidas de los grupo de alimentos

¡Lávate las manos primero!

Rinde 1 porción

Ingredientes: 1 cucharada de mantequilla de maní, 1 galleta grande (salina o graham), 1 cucharada de queso rallado, 3 o 4 pasas, 2 guisantes y 1 uva cortada por la mitad.

Instrucciones: Unta la mantequilla de maní en la galleta, espolvorea queso en la parte superior para el cabello. Haz la sonrisa con las pasas, los ojos con los guisantes y la nariz con la mitad de la media uva. (Si no tiene todos los ingredientes, puedes hacer cualquier parte de la cara con otros ingredientes.)



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Suddenly In Charge

Tornado and Fire Safety

SUDDENLY IN CHARGE:

Tornado Safety



Safety

Do you know the difference between a tornado watch and a tornado warning?

A **watch** means the weather is right for a tornado. A **warning** means that a tornado has been spotted. If there is a warning or you hear the tornado siren get everyone and go to the basement. If you have no basement, go to the room in the middle of your home or get in the bathtub.

If you have time, put on your shoes and grab a cell phone. If possible, store a flashlight, water, and a blanket at the designated spot. Never go outside to "spot" the tornado. Pass the time by playing memory games.

Activity

Do the "Twist"

Dance, dance, and dance some more. When the music stops, freeze.

Tornado in a Bottle

Materials: jar with a lid, 1 teaspoon vinegar, 1 teaspoon dish soap, 5 drops food color

Directions: Fill jar three-quarters full of water then add all the other ingredients. Screw the lid back on the jar. Swirl and see your tornado.



Snack

Shake your Pudding

Makes: 1 serving

Ingredients: ½ cup milk, 2 tablespoons instant pudding, any flavor.

Directions: Place both ingredients in small container with a tight lid.

Shake for 30 seconds.

Enjoy now or put in the refrigerator.



Wash your hands first!

Find fire safety tips on the other side of this page.

Scan the QR code for more "Suddenly in Charge" tip sheets and connect with your local K-State Research and Extension office.



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SUDDENLY IN CHARGE:

Fire Safety



Safety

Make plans before a fire happens. Create and practice two ways out of your home. Where is your outdoor meeting spot? Discuss with an adult how you would get out of the house if a fire was in the living room, a bedroom, the kitchen, or if it is in the basement. Now pretend there is a fire in each of those rooms. Go through the motions of yelling, "fire" and getting to your outside meeting spot with phone in hand. (In a real emergency, you'd dial 911, and once outside, never go back in.) Try it again. For fun, try using a timer to see how long it takes for everyone to get to the spot. Practice and do it faster.

The following website will give you a blank grid sheet so that you can create your escape route.

<https://bit.ly/fire-escape-grid>

Activity

Play Hot Potato

Use a balloon, a pillow, or ball, then pass it between people. Add music or other challenges.

Make Fire Slime

Ingredients: 1½ cup clear glue, 6 teaspoons baking soda, 3 tablespoons contact lens solution, red/yellow/orange food color, 3 bowls, 3 spoons.

Directions: Place ½ cup glue in each of the bowls, add 1 to 2 drops of food color (one color per bowl), stir. Add 2 teaspoons of baking soda to each bowl, stir well. Add 1 tablespoon contact lens solution to each bowl. Stir. Then you may put your hands in the mixture and knead.

Enjoy your fiery colored slime.

(Source: everyslaybasundatam.com)

Snack

Sweet Treat

Mix 3 teaspoons sugar with 1 teaspoon of cinnamon. Spread butter on warm tortilla or toast. Then sprinkle the cinnamon sugar mixture on the tortilla or toast.

Wash your hands first!

Scan the QR code for more "Suddenly in Charge" tip sheets and connect with your local K-State Research and Extension office.



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Garden Gossip

Keeping Pets out of Flowerbeds

If you live in town or the country, pets can become nuisances in your flowerbeds and vegetable garden. Whether domestic or feral (wild), dogs and cats can be a real problem for gardeners. Cats can destroy plants and mess up your seedbed. Both defecate and urinate in the garden soil, making the place unpleasant. Cats can serve as a reservoir for diseases that include histoplasmosis, leptospirosis, mumps, plague, rabies, ringworm, salmonellosis, toxoplasmosis, cat scratch fever, and distemper. Cat feces can contain parasites that can affect people's health. It is in the gardener's interest to keep cats out of the garden. Once animals start using your flowerbeds as a restroom, it can seem impossible to get them to stop, but there are some tips and tricks to keep the pesky animals out of your area.

Cats use gardens and flowerbeds as litter boxes because the soil is similar to what they prefer for their kitty litter. Our first step to stopping them is to create a place that doesn't mimic their preferred restroom. You can use rough-textured mulch in flowerbeds to deter cats from using that area as a litter box. Cats don't like the feel of rough or larger chunks of mulch. Chicken wire fencing can be laid on the ground in the garden to prevent cats from digging. The wire can be secured with extra-large "hair pins" formed by cutting wire coat hangers in half.

Most plants will grow through the wire easily. The wire can be covered with a thin layer of mulch if needed. Floating row covers can be used to cover raised beds or small areas where the cats are digging is limited to a small space. Single or double strands of electric wire on a low voltage can be used around the garden to teach cats that it isn't a safe space for them. The fence can be turned off once the cats have learned their lesson, but leave it in place as a deterrent. Some repellents can be used, but they might have limited effectiveness. Cats are more active during twilight and nighttime, so freshen repellents and prepare barriers for higher use during those times. To avoid contamination by cats' feces, wear gloves when gardening. Wash your hands and fingernails thoroughly after working in the garden when not using gloves. If a cat has been using your garden as a litterbox, I would hesitate to eat the produce grown in that area.



Garden Gossip

Keeping Pets out of Flowerbeds

While having Fido with you when you are working in the garden is a wonderful experience, there are also some less-than-ideal experiences you can have with man's best friend. You might be less than impressed if your prize flowerbed has become the neighborhood dog's message board. Due to its high nitrogen content, dog urine can damage and even kill plants over time. Unfortunately, dogs can be harder to repel than cats, but it is possible. Put up a barrier around plants that are being used as a pee spot to make it harder to get to those spots. Some people have found that putting pinecones or other things that are uncomfortable on their paws discourages the dogs from walking there. As with cats, repellents have mixed reviews on whether they work, especially once pets use that area. If you can't stop them from going in that spot, pick a plant resistant to pet urine to plant there instead.

Pets are a wonderful part of life, even if they can cause us some headaches along the way. Hopefully, one of these tricks will help you keep roaming pets out of your flowers and garden. Don't use mothballs or flakes made from naphthalene to repel cats and other pests outside. When used outdoors, the balls and flakes melt and may contaminate groundwater.



Garden Gossip

After the Storm

Spring in Kansas often brings severe weather, and with it comes damage to trees. So far this spring, we have been lucky and avoided most severe weather, but that can change anytime. Unfortunately, severe weather will continue to happen; we live in Kansas after all, and while we can't control the weather, we can have the tools to handle the aftermath.

Your priority should be any dangling limbs or limbs barely connected to the tree. These limbs can easily fall and hurt people or property, and they should be removed ASAP before you do anything else with the tree. After you have removed the hazards, it's time to take a break and deal with other issues. The trees, for the most part, have stood for years, and waiting a few days or weeks will not hurt them in the long run. Often, our first thought is to get the tree taken care of immediately, and while that's important to do if the tree or branches pose a danger to humans or property, general pruning can wait.

The second step is to assess the damage done and determine the best steps to handle it. Once you have checked the area for safety concerns (powerlines, dangling limbs, etc), look over the tree. Trees that are missing less than 50% of their canopy and have minor damage to the main trunk or major limbs will survive and be fine with some pruning. Once a tree has lost more than 50% of its canopy, it becomes a bit trickier to determine if it can be salvaged. If the main structure of the tree is still intact (trunk and main limbs), then the tree could potentially be saved, but that depends on the sentimental value of the tree, how much it would cost to replace it, and the tree's health before the storm.

Once you have assessed the damage to the tree and determined what needs to be pruned out, it's time to clean up the tree. Before doing that, ask yourself if you feel comfortable pruning, how high up in the tree you must get, and how big the limbs you need to prune. Hiring a professional arborist to prune high in the tree and deal with large limbs may be best. When pruning branches over 3" in diameter, I recommend using the three-cut method to prevent tearing the bark. The first cut is on the bottom side of the limb about a foot from the trunk. This cut prevents the bark from tearing when the limb falls off. The second cut is from the top, is 2-3 inches beyond the first cut, and goes through the limb. This cut removes most of the weight from the branch and makes it easier to handle. The last cut is just beyond the branch collar, with a slight swelling or wrinkle in the tree's bark. This collar contains the cells to heal the branch after the cut. If bark was torn when limbs broke off during the storm, prune off the loose bark back to where it is solidly attached to encourage growth and healing. Wound treatments are unnecessary when pruning branches and, in some cases, can slow the plant's healing.



Garden Gossip

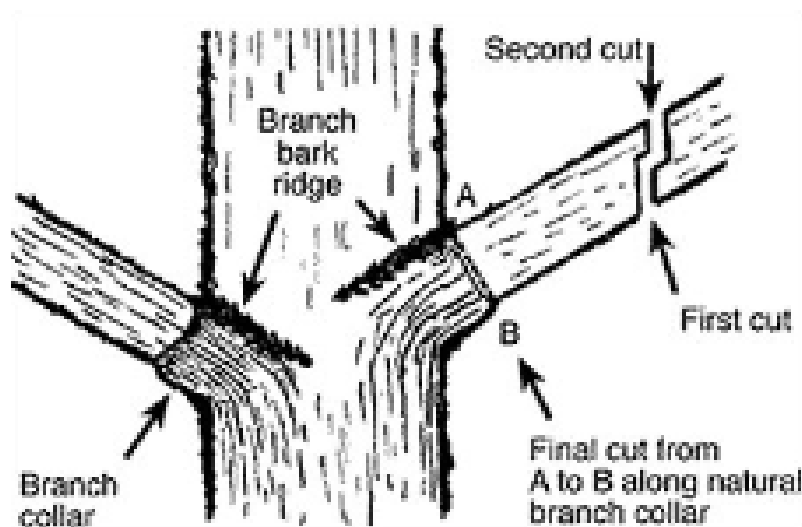
After the Storm

Commonly, trees will be blown over in storms, and while large trees that have fallen over cannot be saved, smaller trees with at least ½ of their roots still in the ground could be pulled back upright and staked.

Remove some soil from the hole before the tree is pulled upright so the roots are below ground level.

Once the tree is pulled back up, cover the roots with dirt as needed. Stake the tree using 2-3 lines.

After a disaster and a tree has been damaged, it is very common for people to want to pamper their tree and give it extra attention while it is recovering. This can cause more issues for our trees. If your tree is in your yard and you are fertilizing your lawn, it is getting all the nutrients it needs, and extra fertilizer will not help it recover. Most trees will survive without extra water; however, watering your tree once a week can be beneficial if we have dry weather. Your tree will be fine if you are already watering your lawn. Our trees are resilient, and very little care is needed after a storm to help them survive. It is crucial to watch damaged trees for several years after the storm, as insects and diseases are more likely to infect trees that are stressed from the damage. While there are chemicals you could apply, they likely would do more harm than good in the long run. If you do start seeing an issue, first get it diagnosed so you can treat it properly, then treat it.



Garden Gossip

Calla Edwards

Horticulture Agent

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

**NEED A
SPEAKER?**



CALLA EDWARDS

K-State Extension is your number one source of reliable, research-based information in Butler County. If you are looking for a speaker for any of your programs or meetings, Horticulture Agent, Calla Edwards, has vast expertise in all areas of horticulture! Some of her programs include:



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Butterfly Gardening
Feeding the Birds
Houseplants

Organic Gardening and Insect Management
Vegetable Gardening from Start to Finish

Contact Calla at callae@ksu.edu or 316-321-9660

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Garden Gossip

Calla Edwards

Horticulture Agent

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

June Gardening Calendar

June Gardening Calendar

Vegetables and Fruits

- Renovate June bearing strawberry beds
- Fertilize strawberries and water regularly to promote new growth
- Plant another crop of sweet corn and green beans
- Watch tomatoes for foliar leaf disease development and treat
- Mulch crops for moisture conservation and weed control
- Continue a regular fruit tree disease and insect control program
- Treat peach trees for trunk borers
- Remove sucker growth from the base of trees and along branches
- Pinch herbs to keep bushy and fresh with new growth
- Turn the compost pile and keep moist for quicker breakdown

Flowers

- Pinch chrysanthemums for development of a bushy plant
- Deadhead spent flower blossoms to keep plant flowering
- Remove flower stalks from peonies and Iris
- Mulch flower gardens to conserve moisture, control weeds and cool the soil
- Fertilize roses with about 1 cup of low-analysis fertilizer per plant
- Trim spent rose blossoms and check plants for insects
- Water and fertilize container plantings regularly to encourage flowering

Lawns

- Raise mowing height on tall fescue to 3" or 3 ½" for summer heat
- Fertilize zoysia lawns with a high-nitrogen fertilizer
- Sod or plug bare areas in zoysia lawns
- Spot treat for broadleaf weeds
- Core aerate zoysia lawns for removal of thatch and overall vigor
- Water turf sparingly to increase drought tolerance
- Let grass clippings fall for nutrient recycling
- Check mower blades for sharpness and sharpen as needed

Garden Gossip

June Gardening Calendar Cont.

Trees and Shrubs

- Check for bagworms and control as needed
- Mulch around base of trees and shrubs
- Prune pines and spruce trees to shape and control size
- Prune spring flowering shrubs
- Water newly planted trees and shrubs as needed
- Check for spider mite damage on various shrubs

Houseplants

- Fertilize throughout summer months to encourage growth
- Take cuttings to start new plants
- Repot plants as needed in 1" larger containers
- Check for insect problems



4-H

Madeline Wallace

4-H Youth and Development Agent

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A Minute with Madeline

Prepare for the Fair: Pre-Entry Now Open!

Fair season is right around the corner, which means now is the time to get organized and ready for a successful experience. One of the most important steps in preparing for the fair is completing your pre-entries. This is required for participation in the 4-H/FFA Divisions at the 2026 Butler County Fair.

Pre-entry will be open June 1–22. Be sure to mark your calendar and don't wait until the last minute. Getting your entries submitted early gives you time to review everything carefully and make any needed corrections before the deadline.

When completing pre-entry, take time to:

- Double-check that all projects are entered in the correct classes
- Confirm exhibitor information is accurate
- Make sure all required fields are completed before submitting
- Review confirmation emails to ensure your entries went through successfully

To make this process easier, I will be offering pre-entry office hours throughout June. During these times, families can hop on Zoom with me for assistance. Whether you want a second set of eyes to review your entries, need help navigating the system, or have questions about classes or requirements, I'm here to help! A full list of dates and times can be found later in the newsletter.

Taking a little extra time now to complete pre-entry carefully can save a lot of stress later. Let's set everyone up for a smooth and successful fair experience!

Don't forget to submit your entries by 11:59 p.m. on June 22!

If you have any questions along the way, don't hesitate to reach out. I'm happy to help!