



4-H & Youth Development

Madeline Wallace – 4-H & Youth Development Agent

February is Black History Month, a time to reflect on the significant contributions of African American pioneers who shaped 4-H and its impact on youth development. Figures like T. M. Campbell, Margaret H. Thomas, and Dr. J. R. Hooker overcame racial discrimination to advance the mission of 4-H. T. M. Campbell, as the first African American extension agent, bridged the gap between Black farmers and agricultural resources, laying the groundwork for future leaders. Margaret H. Thomas was a trailblazer in 4-H, advocating for Black youth and breaking down barriers to leadership and educational opportunities. Dr. J. R. Hooker's efforts in integrating 4-H programs ensured African American youth could access valuable educational experiences. These pioneers exemplified resilience and dedication to creating an inclusive 4-H community that continues to empower youth today.

Family Consumer Sciences

Practicing Kindness Improves Health

Bonnie Brewer – FCS Extension Agent

The phrase, "Be kind," is one many of us have heard since we were toddlers. Most people understand what it means to be kind, whether they practice it authentically is a choice. Research now suggests that making kindness a habit impacts health and longevity. Take a look for yourself at how being kind plays a more significant role in boosting happiness, psychological well-being, and physical health than you may have realized.

Being kind changes the brain – Those who practice kindness through volunteering don't experience the same type of declines in memory or executive functioning compared to those who do not volunteer. Research results have shown that after two year of regular volunteer work people's brain health was significantly impacted.

Those who practice kindness regularly have lower risks of mortality – People who are kind have been shown to be more physically active. They are able to walk longer at older ages, have better balance, and have lower levels of physical pain. Researcher still do not understand the exact mechanisms by which acts of kindness improve people's health, but it is likely that multiple processes are at play.

Kindness reduces stress - Stress causes a cascade of reactions in your body. It can drive up blood pressure, ultimately lead to higher cholesterol levels, and other changes that raise the risk of cardiovascular disease and other poor health outcomes. Kindness may help buffer that stress response by distracting you from problems you may be having, so that you are less reactive to yourself and have a clearer perspective.

Acts of kindness reduce social isolation – Social isolation is a known risk factor for physical and mental health problems. Acts of kindness require going out to help others and looking outside of our own circumstances. This sense of purpose and connection reduces the impact of isolation.

Kindness impacts the health of all ages – In a recent study, high school students were randomly assigned to volunteer for 10 weeks with elementary school kids. Compared to students in the trial who were put on a waitlist, the teen volunteers had improvements in several markers of cardiovascular health: healthier body mass index, healthier inflammatory markers, and healthier total cholesterol. The students who increased the most in empathy and altruistic behaviors, and who decreased the most in negative mood, also showed the greatest decreases in cardiovascular risk over time.

Acts of kindness are actions of the heart. Now research backs that these heartfelt actions have heart healthy results. Make the choice to "Be kind," and feel the ways a kind heart can create a healthier heart.

Agriculture

Net Wrap

Charlene Miller – Agriculture Agent/Extension Director

Net wrap is a common way to wrap hay bales during the summer hay season. Research shows that net wrap reduces harvest loss and also storage loss due to shedding more water. While there are direct benefits to net wrapping hay bales, there is also a downfall, trash. It creates issues for those tasked with mowing roads and ditches along with livestock. Net wrap gets caught in the blades of the mowers and it creates choking hazards for livestock and wildlife. A few cattle die every year from eating plastics such as net wrap. The plastic doesn't break down in the rumen and cannot pass through. It is critical when feeding livestock that all of the net wrap be removed from the hay bales. For the safety of your livestock, make sure you get all the net removed.

Due to net generally being made from recycled plastic, it cannot be recycled or burnt. The proper disposal method is placing it in the trash. Once net wrap is removed from the hay bale, it should be securely placed or stowed so it does not come off during transport. Simply tossing it on the back of a pickup is not secure and when you reach your destination you will find that it is no longer where you left and instead has become trash along a road.

Horticulture

Winter Burn

Calla Edwards – Horticulture Agent

Winter can be hard on any plants but it can be especially hard on our evergreens since they keep their foliage. When evergreens are damaged in the winter it is referred to as "winter burn". We most commonly see winter injury on pine or juniper trees however boxwood, holly, magnolia, and azalea shrubs can also be damaged. Winter injury is caused by the desiccation of the leaves and needles, usually when cold winter winds blow by the needles causing them to lose moisture faster than the plant can replace it. The needles or leaves then dry out and die. This happens often during dry winters, prolonged cold spells, or when the ground is frozen so the plant can't take up enough water. There are a few ways we can prevent winter injury, the first is to water during warm spells to help keep the plants hydrated (if there has been adequate moisture this is not necessary). The second option is to wrap smaller, delicate plants with burlap to prevent damage by the wind. Finally, anti-desiccant sprays can be applied in mid-winter if desired and may provide some protection through the winter. Winter injury can also be caused by salt applications on sidewalks. The salt dries out the needles and leaves of the plants and causes similar damage. Often this damage doesn't show up till spring when the plants start to grow again. Most of the time plants will grow out of the injury, but they may look sad for a while. Happy Growing!

Contact us:

Phone: (316) 321-9660

Facebook: @ksrebutlerco

Web: Butler.K-State.Edu

Twitter: @ButlerExtension

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

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

For KSRE publications and information,



Kansas Local Food Producer Workshops

These workshops are an opportunity for producers and small food businesses to learn more about selling their products through direct-to-consumer sales and other local market opportunities.

Kansas Local Foods is hosting Local Food Producer Workshops in collaboration with the Kansas Department of Agriculture and the Kansas Center for Sustainable Agriculture and Alternative Crops.

LOCATIONS:

Manhattan, January 31
Wichita, February 1
Olathe, February 7
Chanute, February 21
Hays, February 28
Garden City, March 28

COST:

\$25 until 1 week prior
\$30 late registration and at the door

VIRTUAL SESSION:

February 7 (English and Spanish)

For additional details and to register visit:
ksre-learn.com/food-producer-workshops



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Department of Agriculture



Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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. Language access requests and reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language), may be requested by contacting the event contact (Rebecca McMahon) four weeks prior to the start of the event (Dec. 31, 2024 - Feb. 28, 2025) at (rmcmaon@ksu.edu or 316-361-6779). 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.

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



WINTER GREENS AND WINTER BLUES

Thursday, February 13, 2025

6:00 p.m.

Andover Public Library

1511 E Central Ave, Andover, KS 67002



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Research and Extension

Butler County

The long winter months are upon us. Longer hours of darkness coupled with the colder temperatures can bring feelings of “winter blues.”

Join in an interactive program with Bonnie Brewer and Calla Edwards as they share tips to prevent those winter blues from sneaking up on us to maintain positive mental health.

Together we will explore house plants, breathing techniques and so much more!

Email

friendsandoverlibrary@gmail.com

to register!



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WINTER GREENS AND WINTER BLUES

Monday, February 3, 2025

6:00 p.m.

Bradford Memorial Library

611 S. Washington, El Dorado 67042



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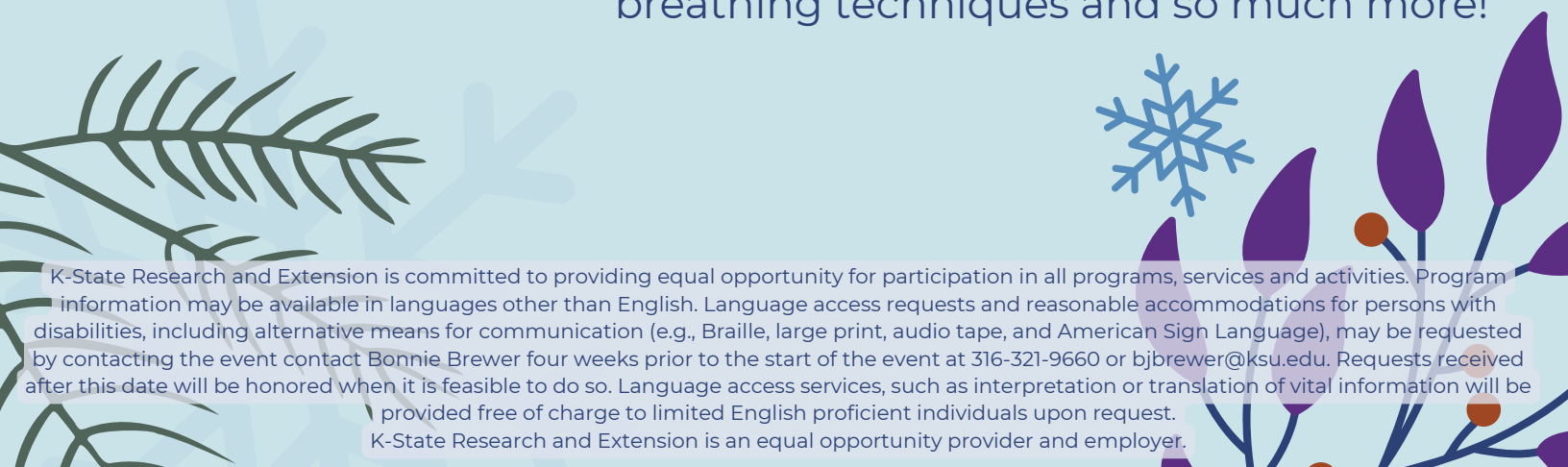
Butler County

BRADFORD
MEMORIAL LIBRARY

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#KSTATEGARDENHOUR

K-STATE GARDEN HOUR

Maximizing Water Efficiency Through Drip Irrigation

Wednesday, February 5th 12:00PM -1:00PM CST

Drip irrigation is an effective, easy-to-install, and widely available method for enhancing landscapes while conserving water. It delivers water directly to the root zone, achieving over 90% efficiency compared to 50-70% for traditional sprinklers. Join Gregg Eyestone, Riley County Horticulture Agent, to explore water conservation practices and learn more about the benefits of drip irrigation.



Register Here!



Please register for this free Zoom Webinar at:
ksre-learn.com/KStateGardenHour



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RAIN BARREL CLINIC

Butler County Community/4-H Building
200 N Griffith, El Dorado
Clinic is free!
Make your own rain barrel for \$50!



**SATURDAY,
FEBRUARY
22ND AT
9:00 A.M.**



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Butler County

- ✓ How to make a rain barrel
- ✓ How to care for a rain barrel
- ✓ Plants for a Resilient Landscape
- ✓ How to reduce water use in the garden and landscape

**RSVP FOR A RAIN BARREL BY
FEB. 7TH
CALL (316) 321-9660**

RAIN BARREL CLINIC

Andover Public Library
1511 E Central Ave, Andover, KS
Clinic is free!
Make your own rain barrel for \$50!



**SATURDAY,
FEBRUARY
8TH AT
9:30 A.M.**



K-STATE
Research and Extension

Butler County

- ✓ How to make a rain barrel
- ✓ How to care for a rain barrel
- ✓ Plants for a Resilient Landscape
- ✓ How to reduce water use in the garden and landscape

**RSVP FOR A RAIN BARREL BY
JAN. 30TH
CALL (316) 321-9660**