



NEWSLETTER



From the Director's Desk

It's hard to believe summer is nearly over and school is back in session. School is always a humbling reminder of how fast time passes and the seasons change. Once in a while I catch myself thinking "I wish time would slow down" and there is never enough hours in the day to do all that needs to be done. I challenge you to make time to take a deep breath and find time to embrace the moments and relax. Time is not refundable, use it with intention!

Big and exciting vision ahead! K-State has been embarking on a road of discovery and taking out to communities' meetings called "Delivering on the Promise". After the initial meetings, follow-up meetings were held to make sure all the information was captured and expanded upon. The big aspiration from these meetings is every community member has a connection to K-State – and K-State is delivering the land grant mission. I have been thoroughly impressed with the discussions, ideas and challenges presented by community members at these meetings; all excellent ideas to help provide guidance and direction. I am thrilled to see where this road leads.

Another exciting opportunity is through the K-State 105 Entrepreneurial Blueprint Initiative. Blueprints serve as a way to guide the future, and that's exactly what the K-State 105 Entrepreneurial Blueprint Initiative aims to do. K-State 105 and NetWork Kansas are working together to support innovative community-based projects focused on entrepreneurship and small business development. Through the K-State 105 Entrepreneurial Blueprint Initiative, K-State 105 funding is supporting collaborative community projects that involve NetWork Kansas and K-State Research and Extension. Together, we aim to leverage resources and create new ways to foster economic growth and community development in Kansas.

The goal of the K-State 105 Entrepreneurial Blueprint Initiative funding opportunity is to support new and/or early stage projects that focus on entrepreneurship and small business development. If you are interested in learning more about this opportunity, visit: <https://www.k-state.edu/105/projects/network-kansas-entrepreneurial-blueprint-initiative.html>

As we roll in to our fall months and what some refer to as "Pumpkin Spice Season", I encourage you to look at the road you're paving and make it an exciting, fun-filled and purpose driven. Take to time to enjoy your family and embrace the season.


~Charlene

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Upcoming Events

 <h2>September</h2>						
①	② CLOSED	③ Extension Council Board Meeting 6:30 p.m.	④ Garden Hour 12 p.m. 4-H Council Meeting	⑤	⑥	⑦ 4-H/FFA Grand Drive Weekend
Kansas State Fair						
⑧	⑨	⑩ Walk With Ease Begins 9 a.m.	⑪	⑫ Walk With Ease 9 a.m.	⑬	⑭ Plant Swap 9 a.m.-12 p.m.
Kansas State Fair						
⑮ Kansas State Fair	⑯	⑰ Walk With Ease 9 a.m.	⑱	⑲ Walk With Ease 9 a.m.	⑳	㉑
㉒	㉓	㉔ Walk With Ease 9 a.m.	㉕	㉖ Walk With Ease 9 a.m.	㉗	㉘
KS Jr. Livestock Show						
㉙ KS Jr. Livestock Show	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 2024 Quarterly Extension Connection

Mug Mingle



Grab a mug and mingle with your local
Butler County Extension Staff
Friday, October 11th from 7:45-9:00 a.m.

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 <h2>October</h2>						
	 New 4-H Year Begins! Enrollment Open	① Walk With Ease 9 a.m. Extension Council Board Meeting 6:30 p.m.	② Garden Hour 12 p.m.	③ Walk With Ease 9 a.m.	④	⑤
⑥	⑦ 4-H Council Meeting	⑧ Walk With Ease 9 a.m.	⑨ Houseplant Care - Bradford Library 6 p.m.	⑩ Walk With Ease 9 a.m.	⑪ Mug Mingle 7:45 a.m.	⑫ 48 Hours of 4-H
⑬ 48 Hours of 4-H	⑭	⑮ Walk With Ease 9 a.m.	⑯	⑰ Walk With Ease 9 a.m.	⑱	⑲
⑳	㉑	㉒	㉓	㉔	㉕	㉖ 4-H Achievement Celebration
㉗	㉘	㉙	㉚	㉛		

Upcoming Events



K-State Research and Extension

Plant Swap

Have your houseplants grown like crazy this summer? Did you divide your perennials and now have more than you need? Bring your cuttings, rooted plants or perennial plant divisions to trade for a new plant!

<p>Location</p> <p>Butler County Community Building 200 N. Griffith El Dorado, KS 67042</p>	<p>Guidelines</p> <ul style="list-style-type: none"> -Plants must be labeled with the name and care instructions -Plants must be disease and pest free -Any type of legal plant is allowed -All seeds must be labeled for 2023 or after -Other plant related items are allowed -Ask before taking a plant -Bring a plant to share
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**September
14th
9 am-12 pm**

Contact Calla Edwards for any questions, more information, or to reserve a table at callae@ksu.edu or 316-321-9660

K-STATE Butler County
Research and Extension

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Calla Edwards two weeks prior to the start of the event (August 31, 2024) at callae@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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September 10th - October 17th
Every Tuesday & Thursday
for 6 weeks

9:00-10:00 a.m. @ Andover Public Library
1511 E. Central Ave, Andover, KS 67002

- Meeting at the library to walk around Andover Central Park
- Gathering in the library after the walk for educational information:
 - Understand the many benefits of walking
 - Learn how to exercise safely and comfortably
 - Cooking demonstrations

\$15

Register at the Andover Public Library
Cash or check made payable to KSRE Butler County



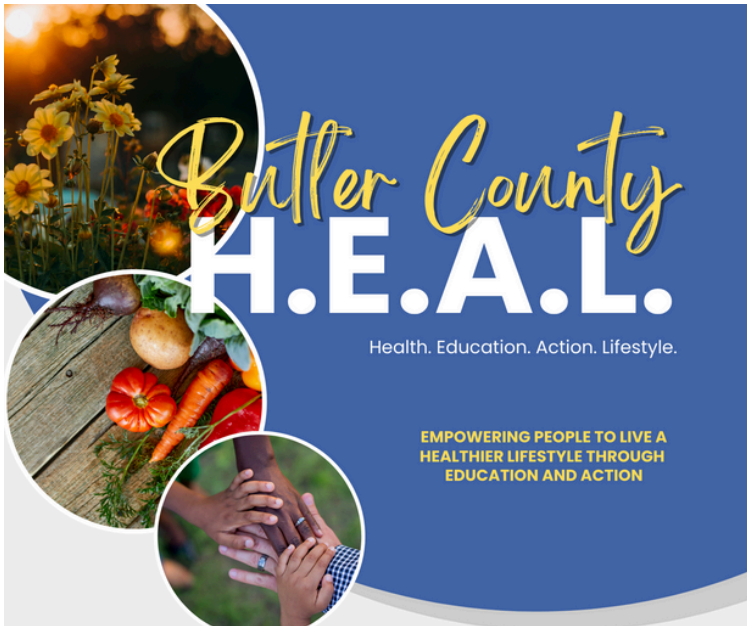
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Garden Hour Webinars:

- **September 4th - Season Extension in the Vegetable Garden**
- **October 2nd - Evergreens in Kansas**
- **November 6th - Rabbit, Mole, and Deer Mitigation**
- **December 4th - Home Hydroponics**

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



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.

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

scmh 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

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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



Ag Talk

Charlene Miller

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

KDA Advises Public Regarding EPA's Emergency Suspension of DCPA

MANHATTAN, Kansas – The Kansas Department of Agriculture is sharing notice that the U.S. Environmental Protection Agency has ordered the emergency suspension of all registrations of pesticide products containing the active ingredient dimethyl tetrachloroterephthalate (DCPA). EPA previously approved registrations for pesticide products containing DCPA to control weeds in both agricultural and non-agricultural sites, including non-residential turf sites, nursery stock and produce.

This emergency suspension is a result of EPA's determination that DCPA is an imminent health hazard, in particular for babies whose mothers were exposed to DCPA during pregnancy. EPA's determination that led to the emergency suspension comes as a result of the registration review process in which registered pesticides are periodically evaluated to ensure they cause no unreasonable adverse effects on human health or the environment. The emergency suspension is effective immediately, and prohibits the continued sale, distribution and use of any pesticide products containing DCPA.

Dacthal Flowable Herbicide, (EPA Registration Number 5481-487) is the only pesticide product containing DCPA which had been approved for use in Kansas. Although most usage of this product was likely in commercial operations, it is possible that individual consumers may have purchased it as a general use product. If you are in possession of Dacthal Flowable Herbicide, you are advised to cease use of that product and contact the manufacturer for details on the return procedure. Retail or wholesale businesses must remove the products from their sales inventory and contact the manufacturer for details on the return procedure. Do not dispose of the product by any means until you are provided with instructions by the manufacturer.

KDA's pesticide and fertilizer program oversees the use of pesticides in the state, including registration of pesticide products and enforcement of federal orders that apply to products that are registered for use in Kansas. Additional information about the emergency suspension of DCPA, including the text of the emergency order, can be found on the EPA website at

www.epa.gov/newsreleases/epa-issues-emergency-order-stop-use-pesticide-dacthal-address-serious-health-risk-4

Ag Talk

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Prepare for Winter – Know Your Forage Value

Mother Nature continues to keep us on a roller coaster of weather! Before we know it, winter will be here and if you aren't already supplementing forage, you will be soon. With Mother Nature being hit or miss, that also impacted the time hay was harvested. As I travel the county, I see hay still being put up. We know, from History, that the later hay is put, the lower the protein value tends to be. Drought and other conditions can also affect forage quality. It is well worth the money to do a forage sample to help you balance your rations. Forage sampling procedures can be found at: https://bookstore.ksre.ksu.edu/pubs/forage-sampling-procedures-and-equipment_MF3177.pdf



Ag Talk

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Updated Kansas State Climatologist Website

We recently received an update on an enhanced version of the website climate.ksu.edu. This website provides a plethora of information at your finger tips. This information below came from an article by Dr. Xiaomao Lin. The Office of the Kansas State Climatologist, hosted by Kansas State University's Agronomy Department, has launched an enhanced version of their website. This platform is an integrated, comprehensive resource for Kansas citizens, particularly oriented towards state agencies, farmers, and stakeholders, providing reliable climate information to support agricultural and environmental decision-making.

The website, accessible at climate.ksu.edu, is structured to deliver accurate, up-to-date climate data, forecasts, and end-user products. Its user interface allows for easy navigation through various sections, ensuring that visitors are able quickly find the information they need.

Key Features

1. Climate data and climate forecasts: The site offers detailed weekly and monthly climate reports, including temperature, precipitation, and drought conditions. We also provide outlook information for temperature, precipitation, drought, quantitative precipitation forecasting, and radar maps. This information is crucial for understanding current climate conditions and near-future climate patterns and preparing for climate-smart decision making.
2. Agricultural and water insights: Kansas farmers can access valuable data on crop progress, soil moisture status, and crop thermal heat units and water supply (precipitation) percentiles related to a 30-year normal, which are essential for optimizing agricultural practices. This section's purpose is to provides insights into the impact of climate on water resources, helping farmers manage their irrigation and water usage more effectively.
3. Products: The website hosts a variety of specialized climate products, including climatology reports, extreme weather information, and ENSO (El Niño-Southern Oscillation) status updates that influence climate in the Great Plains. We also provide historical observation data (1951-2023) and projection climate data (2015 to 2100). These accessible resources are designed to help end-users understand long-term climate patterns and their potential impacts on the environment and agriculture.
4. Useful Links: 'Old Climate Site' links to our previous site. This website will continue to be maintained by the Kansas Mesonet and all tools will remain available through this link. The 'Kansas Mesonet' section links to a network of 85 automated weather stations across the state, providing real-time weather data. This network is a valuable tool for farmers and researchers, offering detailed information on local weather conditions. We also include useful links that may facilitate users to effectively navigate information.
5. Data Requests: End-users can request specific climate data and access historical climate information, ensuring that they have data needed for users' planning and management decisions.

The enhanced Kansas State Climatologist website is to provide a useful and informative tool for Kansas farmers and stakeholders, offering a wealth of climate data and resources to support informed climate decision-making. By providing accurate and timely information, the website helps users navigate the challenges posed by changing climate patterns and optimize their agricultural practices.

Ag Talk

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K-State Agricultural Economics presents

Finances and the Farm: An online class to enhance your farm management skills

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

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

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

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

Participants will:

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

- Learn how to make changes to avoid financial difficulties

Registration Fee:

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



Approved for FSA Borrower's
Training Financial &
Production Credits

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

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

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Agricultural Economics

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

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

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

Register online by using the link below:

www.AgManager.info/Events

Course Description:

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

Special Topics:

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

Registration Fees:

- \$100 education only

Other information:

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

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Just the FACS

Bonnie Brewer

Family & Consumer Sciences Agent

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The Real School Supply Wish List



September is here, meaning a new school year. As you find yourself seeking a way to get back into the school routine, remember the following real school supply wish list:

- Read with your children – reading helps children build language skills, learn about the world, develop empathy and emotional awareness, and provides an opportunity for you to connect with your child. Not only that, it grows and strengthens connections in the brain.
- Play games together – promotes family quality time, face-to-face interactions, and develops the 6-traits of strong families.
- Enforce rules and schedules – creates structure, consistency, predictability and follow through. All of these are crucial elements for the health of a developing child.
- Assign chores – help children learn life skills, develop responsibility, and contribute to the family.
- Cook meals together – promotes the learning of important life skills, motor skills, confidence, creativity, food knowledge, and math skills.
- Have conversations, even silly ones – promotes word learning, sharpens the ability to pay attention, and deeply strengthens their mental health. Make the conversations POSITIVE!
- LIMIT SCREEN TIME – prevents obesity, reduces anxiety and depression, increases focus, improves emotional well-being, creates face-to-faces social connection, and helps children perform better in school.
- Encourage and praise effort – boosts self-esteems, fosters a growth mindset, strengthens relationships, and motivates new endeavors.
- Be mindful of what they hear you say – you are a role model. Youth are more likely to behave in a kind, honest, and considerate way if you do. Little pitchers have big ears!
- Practice coping techniques for tough situations – helps children deal with difficult situations by helping them manage their emotions, develop resiliency, and feel more in control of their responses to stressful situations.
- Communicate respectfully and tactfully with teachers – increases student success, builds trust, provides feedback, and can create motivation for success.

Just the FACS

Tips for Grandparents: Setting Boundaries and Communication are Key



There is a popular joke that involves young children and goes something like this: If you don't get something you want the first time that you ask for it, then go ask grandma. How that plays out in a family relationship can sometimes be a point of contention, says Kansas State University aging and adult development specialist Erin Martinez. "Becoming a grandparent or great-grandparent is a truly exciting event; in some people's lives, it's a momentous event that they've really been looking forward to. But there are some unique considerations that come along with becoming a grandparent, and being aware that our family relationships and dynamics are going to change is one of those."

Martinez suggests that the child's parents and grandparents set and understand boundaries, and establish communication, before the baby is born. Communication is key to healthy relationships. When a baby is on the way, it is important to make sure to leave those lines of communication open so that boundaries and expectations are understood. Doing so helps to assure that all parties involved are doing what is best for themselves, their loved ones and the new grandchild.

For example, grandparents, should resist the temptation to offer unsolicited advice on how to raise the baby. "It can be challenging sometimes to keep our opinions to ourselves," Martinez says, "but as parents, this is a great time to let your own children go forward and let them thrive and flourish as parents themselves."

Some of the areas in which parents and grandparents should communicate boundaries include appropriate times to visit, foods that the child can have (including sweets) and the parent's wishes for things the child is exposed to (such as television or other screens). Make sure to try not to take the grandparent 'fun card' too far. It is important for grandparents to stay within the boundaries and expectations of the parent. Grandparents should have a great time with their grandchild, but do it in a meaningful and purposeful way so that no one is stepping on each other's toes.

Grandparents can also set some boundaries, particularly when it comes to protecting their own time to do things that they enjoy doing in their own lives. If desired, grandparents can explain that they want to have a meaningful relationship with their grandchild, but need to do so around their own hobbies, community activities, or part-time work.

"Communication is always a route to healthy relationships in all aspects of life, so that is a top priority when we're navigating the transition to becoming grandparents," Martinez said. "Respecting yourself is huge, because we want to make sure we're living the life that we want to live, not the life that our children want us to live."

For more on this topic listen to the August 19, 2024 episode of Sound Living, a weekly podcast from K-State Research and Extension.

Garden Gossip

Calla Edwards

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Armyworms

The armyworm or *Spodoptera frugiperda* is a tropical insect species that doesn't overwinter in the state of Kansas. This insect is native to Mexico, Central America, and South America however, the moths migrate into our area every spring/summer. In Kansas, we are likely to experience 2 to 4 generations of armyworms in a given year depending on the weather. Female armyworm moths can lay up to 1,000 eggs in clusters of up to 400 eggs each. Young worms are $\frac{1}{2}$ to $\frac{3}{4}$ " long while mature worms are $1\frac{1}{2}$ " in length. The body color of the worms varies from green to almost black but all worms will have light stripes visible along the length of the body. They will also have a whitish, inverted "Y" on the top of their darker-colored head. Armyworm larvae prefer to feed on grasses but will occasionally feed on non-grass plants as well. In most cases the worms will only cause superficial damage, preferring the more tender grass blades to the crown and growing point of the grass, however under heavy feeding pressure the larvae can severely damage the lawn in a short period. In extreme cases, which has been spotted in El Dorado, the population is large enough it appears the lawn is moving. Grass that has been fed upon may become withered and brown. Typically the lawn will recover with irrigation or rain. If the feeding pressure is high enough that insecticide use is needed look for products with the active ingredients of permethrin, cyhalothrin, or Spinosad.

Garden Gossip

Saving Seeds

For many gardeners, one of the joys of gardening is saving seeds from their favorite flower or vegetable variety to plant again from one year to another. Saving seeds can also be a cost-saving measure for gardeners, especially if you plan to expand your flower or vegetable garden. While saving seeds for some plants can be relatively easy for gardeners looking to start saving seeds for the first time it can be confusing to get started. Let's look at some of the basic information you need to get started and how to save some popular vegetable seeds for your garden.



There are a few things to know before you get started saving seeds. If you are saving seeds and you want the exact same plant you had the previous year you want to get varieties that are open-pollinated. Open-pollinated varieties may be "heirlooms" passed down through generations, but they can include more recent selections. These varieties have been crossed so many times they are almost always the exact same variety. It is important to note that if you have multiple varieties in one location the resulting seeds may or may not be the desired variety due to cross-pollination. Hybrid varieties are developed by crossing two specific parent plants to develop the desired traits. Breeding those two parent lines together will always produce the hybrid but any seeds saved from that hybrid will result in a different plant rather than the original variety. Cross-pollination occurs when you have multiple varieties of the same plant in a location and insects or wind spread pollen from one plant to another. Cross-pollination will not impact the current year's crop however the seeds produced will grow plants that are different from each parent plant. If you are saving seeds from wildflowers or flowers that are not a specific variety.



The key to being successful with saving seeds is to harvest the fruits at the right time and handle them correctly. Some vegetables have "wet" seeds which means the seeds need to be harvested with the fruit is ripe and remove the wet pulp or gelatinous coating that surrounds the seeds. Examples of plants with wet seeds include tomato, eggplant, cucumber, melon, squash, and pumpkins. The easiest way to remove this pulp is to scoop the seeds into a glass jar filled with a little bit of water. Stir the mixture several times a day and the mixture will eventually ferment with the viable seeds sinking to the bottom. Once this happens, pour out the liquid and set the viable seeds to dry on plates or baking sheets. Plants with dry seeds, including peas and beans, should have the seed pods left on the plants till they are dry and the seeds are rattling on the inside. You can then remove the pods from the plants and spread

them out indoors in a dry place (out of direct sunlight) and allow the pods to dry. After a couple of weeks, you can shell the pods to extract the seeds. Flowers and herb seeds can be collected by waiting till the flowers finish blooming and the seed heads turn brown.

Once you have harvested the seeds and dried them per the instructions above it's time to store them till you are ready to plant in the spring. If you have perennials you can sow the seeds in the fall so they germinate on their own in the spring. Annual and vegetable seeds should be stored in a cool dry place, preferably in tightly sealed glass containers for the best results. You can store seeds in paper packets and then pack those together inside of a larger glass container. If you don't have a glass container, any tightly sealed container will work. The best place to store your seeds is in a refrigerator. Humidity can occasionally be an issue in containers so a small amount of silica gel can be used in the container to prevent condensation.

Saving seeds from one year to another can be an inexpensive way to grow flowers and vegetables in your garden. Be sure to label any seeds you save before storing them so you can keep them sorted through the winter.

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

Set

Your

Goals

It feels like the second we recover from the county fair, we fall into the season of record keep, award applications, and getting ready for the New 4-H Year! This is a great time to reflect on the joys and successes of the previous year and set goals for your projects as we charge into the year ahead. Here are some tips for setting SMART goals to be best prepared for the year ahead!

What Are SMART Goals?

SMART is an acronym that stands for Specific, Measurable, Achievable, Relevant, and Time-bound. These are five important criteria that make goals easier to plan and accomplish. Let's break down each part to see how you can use them to set your own goals.

1. Specific

A goal should be clear and specific. Instead of saying, "I want to get better at soccer," you can make it more specific by saying, "I want to improve my soccer skills by practicing my dribbling and shooting every day."

How to Make It Specific:

- Ask yourself what you want to achieve.
- Think about why it's important to you.

2. Measurable

You need a way to measure your progress so you can see how close you are to reaching your goal. This helps you stay motivated and track your achievements.

How to Make It Measurable:

- Decide how you will measure success.
- Set clear criteria for what counts as progress.

3. Achievable

Your goal should be realistic and attainable. It should stretch your abilities but still be possible to achieve.

Setting an achievable goal means you're more likely to stay motivated and not get discouraged.

How to Make It Achievable:

- Consider what you can realistically accomplish with the resources and time you have.
- Break big goals into smaller, manageable steps.

4. Relevant

Your goal should be important to you and align with other goals you might have. It should be something that matters to you personally and is worth your time and effort.

How to Make It Relevant:

- Think about how achieving this goal will help you in other areas of your life.
- Make sure the goal fits with your interests and long-term objectives.

5. Time-bound

Every goal needs a deadline. Setting a specific time frame helps you stay focused and keeps you from procrastinating.

It also allows you to set milestones and track your progress along the way.

How to Make It Time-bound:

- Decide on a realistic deadline for achieving your goal.
- Break down the goal into smaller tasks with their own deadlines if needed.

4-H


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The new 4-H year will begin on October 1st, 2024! From hands-on exploration to project-based skill building, young people thrive through participation in 4-H and find their way to success in life and future careers. We are excited to offer over 35 projects, ranging from Foods and Nutrition, to Robotics and Geology, to Livestock. There truly is something for everyone! We focus on exploration, learning, and experiencing the world around us through hands-on activities lead by our qualified volunteers and mentors. Any Butler County youth ages 7 to 18 is eligible to join 4-H! Our learning pathways support 21st century learning skills to help our youth grow and develop into productive citizens within their community! I encourage you to visit our website: <https://www.butler.k-state.edu/4-h/> to learn how to enroll in 4-H!

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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
- 2x** more likely to be civically active
- 2x** more likely to make healthier lifestyle choices

The Top 5 Project Areas in Butler County:

1. Photography
2. Visual Arts
3. Foods & Nutrition
4. Clothing & Textiles
5. Floriculture & Horticulture

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

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

4-H

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- **SCHOOL ENRICHMENT PROGRAMS**

LESSON TOPICS!

- Farm to Plate
- STEM
- Financial Literacy
- Choose Health: Food, Fun, and Fitness
- Team Building and Bonding
- Robotics

K-12

Don't see what you're looking for? Contact us to see if we offer it!

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