



## Family Consumer Sciences

### Fun in the Sun

By: **Bonnie Brewer – FCS Extension Agent**

Time outdoors has countless benefits for physical and mental health. Many people enjoy sports or engage in activities to improve their health. Time spent outdoors is known to help relieve stress, anxiety, and boost feelings of happiness and wellbeing. With these benefits of outdoors being well known to many, some may not know how to enjoy the outdoors while practicing sun safety.

Sun safety is important to reduce your risk of skin cancer. One in five Americans will develop skin cancer in their lifetime and nearly 20 Americans die every day from melanoma. Everyone is at risk for skin cancer, no matter their age, skin color, or gender.

Some helpful everyday preventative measures for practicing sun safety are to stay indoors or in shade between 10 a.m. and 4 p.m. when UV rays are strongest: Wearing UPF protective clothing, wide-brimmed hats, UV sunglasses, sunscreen: Seeking shade. Knowing these preventive measures is helpful, but other questions may come to mind as you prepare to be sun safe.

#### **What about Vitamin D?**

Strive to focus on foods rich in vitamin D. If you are unsure about your vitamin D levels, talk with your physician about having your levels checked through a blood test.

#### **Is my sunscreen safe to store in a vehicle?**

According to the Food and Drug Administration, when exposed to heat, the preservatives found in sunscreen break down, allowing bacteria and fungi to grow faster.

#### **I apply a moisturizer with SPF each morning, am I covered?**

Many moisturizers or foundation now have SPF ratings, but it's important to note that these do not protect all day. Just like sunscreen, to remain protected, you will need to reapply throughout the day.

#### **Should I visit a dermatologist or my physician?**

Many physicians will check the body during annual exams or when asked to do so. A physician may refer you to a dermatologist if they come across anything concerning, but it's encouraged to schedule an appointment with a health professional you trust, whether that's your physician or dermatologist.

#### **Does a higher SPF mean more protection?**

According to the MD Anderson Cancer Center at the University of Texas, SPF 15 sunscreen blocks 93% of UVB radiation, and SPF 30 blocks 97%. After that, the difference in protection is small. SPF 50 blocks 98%, and SPF 100 stops 99% of UVB rays from reaching your skin. No matter what SPF you choose, be sure to reapply often and use enough to cover all parts of your body thoroughly.

## Horticulture

### Chiggers

Calla Edwards – Horticulture Agent

Itchy, red dots covering your body!!!! Why??? Chigger season has arrived in the area and based on the calls coming into my office we could be in for a long summer of itching. Chiggers are always a hot topic in our house as they appear to really love several members of our family over others. In Kansas, there are 46 different species of chigger mites but most only feed on a narrow range of host species. Chiggers overwinter as brilliant red adults that are about 1/20" long. They start to lay eggs when the soil surface temperatures are regularly above 60 degrees and "chigger season" is soon underway. The chigger larvae will climb onto grass blades and hitch a ride on an unsuspecting host that they will feed on for two to four days. After that time they drop from the host, undergo a molting process and become nymphs. The nymph and adult form of chiggers don't actually bite humans, rather they are predators of small insects, other mites, and their eggs. A complete life cycle of a chigger is from 7 to 10 weeks but there are always some of the larvae around. Chiggers are found in tall grass where sunlight doesn't get down to the soil. Use insect repellent and shower thoroughly after returning inside. To prevent chiggers in your yard keep the lawn mowed, especially in sunny areas. Sprays labeled for chiggers can be used if they are a pest in your yard but read the label and chose products carefully.

## Agriculture

Charlene Miller – Agriculture Agent/Extension Director

You scream, I scream, we all scream for.....no not Ice Cream...CoCoRaHS!

CoCoRaHS is an acronym for the Community Collaborative Rain, Hail and Snow Network. CoCoRaHS is a unique, non-profit, community-based network of volunteers of all ages and backgrounds working together to measure and map precipitation (rain, hail and snow). By using low-cost measurement tools, stressing training and education, and utilizing an interactive Web-site, our aim is to provide the highest quality data for natural resource, education and research applications. CoCoRaHS now in all fifty states.

This is a community project that everyone can help with. The only requirements are an enthusiasm for watching and reporting weather conditions and a desire to learn more about how weather can affect and impact our lives.

What will our volunteer observers be doing?

Each time a rain, hail or snow storm crosses your area, volunteers take measurements of precipitation from as many locations as possible (see equipment). These precipitation reports are then recorded on our Web site [www.cocorahs.org](http://www.cocorahs.org). The data are then displayed and organized for many of our end users to analyze and apply to daily situations ranging from water resource analysis and severe storm warnings to neighbors comparing how much rain fell in their backyards.

Who uses CoCoRaHS?

CoCoRaHS is used by a wide variety of organizations and individuals. The National Weather Service, other meteorologists, hydrologists, emergency managers, city utilities (water supply, water conservation, storm water), insurance adjusters, USDA, engineers, mosquito control, ranchers and farmers, outdoor & recreation interests, teachers, students, and neighbors in the community are just some examples of those who visit our Web site and use our data.

What do we hope to accomplish?

CoCoRaHS has several goals (as stated in our mission statement). 1) provide accurate high-quality precipitation data for our many end users on a timely basis; 2) increasing the density of precipitation data available throughout the country by encouraging volunteer weather observing; 3) encouraging citizens to have fun participating in meteorological science and heightening their awareness about weather; 4) providing enrichment activities in water and weather resources for teachers, educators and the community at large to name a few.

If you have a zest for helping others and are willing to sign-up to be an observer to help report rainfall, I encourage you to sign up. You must be dedicated to entering data daily (even on those non-precip days. If you download the CoCoRaHS app after you become a registered reporter, reporting is VERY EASY! If you are interested in signing up and joining CoCoRaHS, please visit [www.cocorahs.org](http://www.cocorahs.org). If you have questions, please let me know!

## 4-H & Youth Development

### Fun at Fair!

Madeline Wallace – 4-H & Youth Development Agent

The 2024 Butler County Fair is coming up soon! Whether you are bring cattle and swine or foods and photography, there will be Ribbons Galore for all of the amazing projects we will see during the fair. If you haven't made plans to already, come support our Butler County 4-H members at any and all of the following events:

- Fashion Revue: July 6th at 1:30 p.m.
- Horse Show: July 13th at 5:00 p.m.
- Butler County Fair: July 18th through 22nd
- 4-H Food Auction: July 19th at 6:30 p.m.
- Livestock/Project Auction: July 22nd at 7:00 p.m.

#### Contact us:

Phone: (316) 321-9660

Web: [Butler.K-State.Edu](http://Butler.K-State.Edu)

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

Facebook: @ksrebutlerco

Twitter: @ButlerExtension

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

For KSRE publications and information, visit [www.ksre.ksu.edu](http://www.ksre.ksu.edu)

# 2024 BUTLER COUNTY FAIR

JULY 18-22, 2024

BUTLER COUNTY FAIRGROUNDS

200 N GRIFFITH, EL DORADO



**K-STATE**  
Research and Extension

Butler County

	FRI 6-19	FRI 6-19	SAT 6-20	SAT 6-20	SUN 6-21	MON 6-22
<p><b>SATURDAY, JULY 6TH</b> 1:30 PM PUBLIC FASHION REVUE HOPE COMMUNITY CHURCH, ANDOVER</p> <p><b>SATURDAY, JULY 13TH</b> 6:00 PM HORSE SHOW THREE WOODEN CROSSES, AUGUSTA</p>	<p><b>8:00 AM</b> POULTRY JUDGING</p> <p><b>9:00 AM</b> DIARY GOAT SHOW FOLLOWED BY DAIRY CATTLE SHOW</p> <p><b>10:00 AM</b></p> <p>4-H/FFA FOODS &amp; NUTRITION &amp; FOOD PRESERVATION JUDGING</p> <p>4-H/FFA PHOTOGRAPHY JUDGING</p> <p>4-H/FFA WOODWORKING JUDGING</p> <p>CHECK-IN OPEN CLASS FOODS &amp; FOOD PRESERVATION</p> <p>CHECK-IN OF OPEN CLASS PHOTOGRAPHY</p> <p><b>1:00 PM</b></p> <p>4-H/FFA HORTICULTURE AND LANDSCAPE DESIGN JUDGING</p> <p>OPEN CLASS FLORICULTURE &amp; HORTICULTURE FOLLOWING 4-H/FFA</p> <p>4-H/FFA ENTOMOLOGY/GEOLOGY &amp; LAPIDARY</p>	<p><b>1:00 PM</b></p> <p>4-H/FFA EDUCATIONAL NOTEBOOKS, POSTERS, EXHIBITS &amp; DISPLAYS</p> <p>CHECK-IN AND JUDGING OF OPEN CLASS CROPS &amp; HAY</p> <p>JUDGING OF OPEN CLASS WHEAT</p> <p><b>1:30 PM</b> JUDGING OF CLUB/CHAPTER BANNERS</p> <p><b>2:00 PM</b></p> <p>4-H/FFA CHECK-IN SEWING &amp; TEXTILES DESIGN AND SHOPPING IN STYLE</p> <p><b>4:00 PM</b></p> <p>4-H/FFA MEAT GOAT SHOW</p> <p><b>6:00 PM</b></p> <p><b>4-H COUNCIL FOOD AUCTION (SOUTH BUILDING).</b></p> <p>ICE CREAM SPONSORED BY ICI INSURANCE</p> <p><b>6:30 PM</b></p> <p>4-H/FFA SHEEP SHOW</p>	<p><b>8:00 AM</b></p> <p>4-H/FFA SWINE SHOW 4-H/FFA RABBIT SHOW</p> <p><b>10:00 AM</b></p> <p>4-H/FFA LEATHERCRAFT &amp; JEWELRY JUDGING 4-H/FFA VISUAL ARTS JUDGING</p> <p>CHECK-IN OF OPEN CLASS VISUAL ARTS</p> <p><b>11:00 AM</b></p> <p>SIGN-UP FOR BARNYARD OLYMPICS IN NORTH BUILDING</p> <p>CLOVERBUDS "SHOW AND SHARE"</p> <p><b>12:00 PM</b></p> <p>4-H/FFA FIBER ARTS JUDGING</p> <p>CHECK IN OPEN CLASS FIBER ARTS, CROCHET &amp; KNITTING AND QUILTS</p> <p><b>1:00 PM</b></p> <p>4-H/FFA AEROSPACE/ROCKETRY JUDGING</p> <p>4-H/FFA ROBOTICS JUDGING</p> <p>4-H/FFA UNCREWED AERIAL SYSTEMS JUDGING</p>	<p><b>1:00 PM</b></p> <p>4-H/FFA BUILDING BLOCK CONSTRUCTION JUDGING</p> <p>4-H/FFA AG MECHANICS WELDING JUDGING</p> <p>4-H/FFA ELECTRIC &amp; RENEWABLE ENERGY JUDGING</p> <p>JUDGING OF OPEN CLASS METALS &amp; "JUNK IN A BUCKET"</p> <p><b>2:00 PM</b></p> <p>4-H BUCKET CALF SHOW</p> <p><b>6:00 PM</b></p> <p>4-H/FFA BEEF SHOW</p>	<p><b>11:00 AM</b></p> <p>4-H/FFA PRESENTATIONS, DEMONSTRATIONS, ILLUSTRATED TALKS, PROJECT TALKS AND POETRY OR PROSE</p> <p><b>11:30 AM</b></p> <p>BARNYARD OLYMPICS IN LIVESTOCK ARENA</p> <p><b>1:00 PM</b></p> <p>HORTICULTURE JUDGING CONTEST</p> <p>FCS CONSUMER SKILLS JUDGING CONTEST</p> <p>PHOTOGRAPHY JUDGING CONTEST</p> <p>CHALLENGE OF CHAMPIONS</p> <p><b>3:00 PM</b></p> <p>SUNDAY FUN DAY EVENT</p> <p><b>5:00 PM</b> CELEBRITY GOAT MILKING IN LIVESTOCK ARENA</p> <p><b>6:00 PM</b> 4-H BUCKET CALF COSTUME PARADE</p> <p><b>7:00 PM</b> ROUND ROBIN SHOWMANSHIP CONTEST</p>	<p><b>7:30 TO 8:00 AM</b> REGISTRATION FOR LIVESTOCK JUDGING CONTEST AT ARENA</p> <p><b>8:15 AM</b> LIVESTOCK JUDGING CONTEST</p> <p><b>5:30-7:00 PM</b></p> <p>"FRIENDS OF 4-H/FFA" SUPPER SPONSORED BY COMMERCE BANK &amp; 4-H COUNCIL ICE CREAM SPONSORED BY EMPIRE BANK WATERMELON SPONSORED BY FARM CREDIT</p> <p><b>6:00 PM</b></p> <p>PARADE OF CHAMPIONS - HONORING ALL DIVISION WINNERS</p> <p><b>6:30 PM</b></p> <p>AWARDS PRESENTATION</p> <p><b>7:00 PM</b></p> <p><b>LIVESTOCK/PROJECT AUCTION</b></p>
THU 6-18						
<p><b>8:00 AM</b> FAIR SET-UP</p> <p><b>6:00-8:00 PM</b></p> <p>CHECK-IN OPEN CLASS METALS &amp; "JUNK IN A BUCKET"</p> <p>CHECK-IN OPEN CLASS WHEAT</p> <p>CHECK-IN CLUB/CHAPTER BANNERS</p> <p>CHECK-IN BUCKET CALVES, DAIRY CATTLE, DAIRY GOATS, BREEDING EWES, POULTRY, AND RABBITS</p> <p>CHECK-IN AND WEIGH- IN BEEF CATTLE, SWINE, MEAT GOATS, DAIRY GOAT MARKET WETHERS, &amp; SHEEP</p>						
					SUN 6-21	

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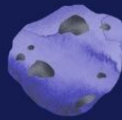
Butler  
County

# Ad Astra

# Planetarium!

**4-H COMMUNITY  
BUILDING!**

**200 N GRIFFITH,  
EL DORADO, KS**



Using a 6-meter inflatable dome and 4k digital projection system. Through high-resolution visuals, narration, and music, the audience learns about constellations, planets, the structure of the universe, and more.

**Free to the Public!**

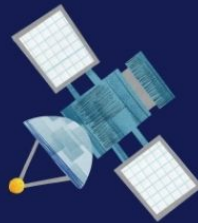
**Sign up using the QR code below!**

## July 31st

10:00 am

11:00 am

12:00 pm



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**CALLING ALL SWEET-TOOTHS**

# *Want to Support Butler County 4-H?*

Cakes and Pies and Bread, OH MY!

**COME OUT TO THE BUTLER COUNTY 4-H COUNCIL FOOD  
AUCTION DURING THE BUTLER COUNTY FAIR!**

Friday, July 19th at 6:00 p.m.

200 North Griffith, El Dorado

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