



November 2024

4-H & Youth Development

Madeline Wallace – 4-H Agent

The new 4-H year began 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!

Family Consumer Sciences

Community Health Boots Personal Health

By: Bonnie Brewer – FCS Extension Agent

Most folks generally accept that maintaining good health includes an annual visit to the doctor to check their heart, teeth, ears, and more. Yet, there's more to personal health than some may realize.

According to research, over 50% of our overall health is related to the places that we live, learn, work, play, and pray. Being engaged in one's communities is connected to living longer and being healthier.

The National Conference on Citizenship, which has studied civic life for ten years, reports that communities with higher employment rates, stronger schools, and more responsive governments have better health among its residents. Civic health matters to our physical and mental health, and it reflects the opportunities people have to participate in their communities. These opportunities can be summed up in three areas:

- Places – Healthy communities have places where people can get together formally or informally, such as festivals in a city park; or a library with extended hours.
- Processes – Healthy communities make it easier for residents to have their voices heard. Some examples: Are voting processes easily understood? Do people know how to voice their support for new projects or changes in ordinances? Can people participate in local city or county meetings in-person and online?
- People – In healthy communities, people get involved as volunteers and in other roles. People are socially engaged and active.

So, as you schedule your annual wellness exams, take a moment to look at how you can become more engaged in your community. Look for opportunities to be civically engaged, be aware of opportunities to volunteer, become involved in clubs and organizations, vote, and contribute to local community improvement projects. All of these are a part of civic health, and participation in them is tied to how well and how long you will live.

Agriculture

Know your Hay Bale Feeders

Charlene Miller – Agriculture Agent / Extension Director

The drought continues and winter will soon be upon us. Whether you are like some already having to feed hay due to the drought or you're gearing up for the winter months, it may be worth your time to take into consideration hay bale feeder designs and hay waste. Different types of hay bale feeders offer different amounts of waste. From research done by Oklahoma State University, modified cone feeders show waste/loss around 5 %, Conventional open bottom ring feeders 31% wastage, polyethylene pipe open bottom ring feeders 21% wastage and the sheeted bottom steel ring feeder 13% wastage. Let's take a quick look at the value back to the producer.

Let's assume hay costs \$120/ton and a 120 day feeding period. A cow will eat 30 lbs/day over 120 days = 1.8 tons of hay consumed. If you have a hay bale feeder that has 21% wastage, you will need 2.18 tons, where as a hay bale feeder with 5% wastage you will need to feed 1.89 tons. That equates to a cost of \$261.20 with open bottom feeder with 21% waster and \$226.80 cost with a modified cone feed at 5% loss. That is a difference of \$34.80/cow or \$0.29/head/day.

Horticulture

To Clean Up or Not to Clean Up?

Calla Edwards – Horticulture Agent

As we approach our first frost date it's time to figure out which of your garden and flower beds you can clean up this fall and which ones you can leave till spring. It's ultimately a personal choice but let's take a look.

Flowerbeds are one of the areas where there are differing opinions on whether you should remove the plant debris or leave it for the beneficial insects. Removing your annual flowers from the garden is always recommended as they can harbor diseases or may reseed in areas you don't want them to. They also usually don't have the type of stems that beneficial insects can overwinter in. On perennial flowers, you can either remove the stalks or leave them in the garden. The exception is if you have disease issues then the plant debris should always be removed. I tend to leave my perennial plants standing over winter as a place for beneficial insects to overwinter. I tend to leave the stalks standing till the temperatures in the spring are consistently over 50 degrees so the good bugs can hatch for the spring. The other reason to leave your flower stalks on your perennials is that the leaves can protect the crown of the plant from extreme weather conditions and keep them alive for the winter.

It's important to always clean up your vegetable garden for the fall, especially if you have leaf spot diseases on tomatoes or other plants. One of the best ways to reduce the disease load in your soil is to remove the spores from plant debris in the garden. I also prefer to remove the plants from my vegetable garden in the fall to reduce the chances of insects such as squash bugs and other undesirable insects overwintering and causing issues in the spring.

Contact us:

Phone: (316) 321-9660

Facebook: @ksrebutlerco

Web: Butler.K-State.Edu

Twitter: @ButlerExtension

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

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

For KSRE publications and information,
visit www.ksre.ksu.edu



NOSTALGIC CHRISTMAS TREE WORKSHOP



K-STATE
Research and Extension

Butler County



Paint, Wire, and Light-Up
Your Very Own Nostalgic
Christmas Tree!

**Registration and Payment Due Prior to
Start of Workshop.**

\$60

- Glaze colors: White, Dark Green, or Pink
- Peg light colors; crystal (clear) or multi colored lights
- Topper colors; crystal or red
- Ask about other color options when you register!



**Friday,
November 1st & 8th
Beginning at 5 p.m.**



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

For more information or to register, contact
Calla at callae@ksu.edu or call 316-321-9660

Nourish Your Heart

JOIN US TO LEARN TIPS AND TRICKS FOR MAKING HEALTHY EATING SIMPLE AND DELICIOUS!

FEEDING YOUR HEART: HEALTHY FATS

Healthy fats add flavor, texture, and help with nutrient absorption. Come learn which fats are heart-healthy and which to avoid.

SHAKE OFF THE EXCESS SODIUM

Decreasing your sodium intake is one of the best things you can do for your heart! Come learn which foods are high in sodium and which are heart-healthy.

COOKING WITH HERBS & SPICES

Healthy cooking can be quick, easy, and fun. Come learn healthy cooking skills to enhance flavor without added salt.

HEART-SMART EATING WHEN YOU ARE OUT & ABOUT

Making heart-healthy choices when you can't cook at home can be a challenge. Come learn how to make healthier choices when eating out.

MONTHLY NUTRITION EDUCATION WORKSHOPS NEAR YOU!

WORKSHOPS ARE FREE:

Douglass Senior Center
124 W 4th St, Douglass, KS

All classes begin at 11 AM

- Tuesday, October 29th
- Tuesday, November 12th
- Tuesday, November 19th
- Tuesday, November 26th
- Tuesday, December 17th
- Tuesday, January 14th



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Butler County

QUESTIONS?

Bonnie Brewer

Family & Consumer Sciences Agent

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Phone: (316) 321-9660



Erin Martinez
PhD; KSRE Extension
Specialist and Associate
Professor, Adult
Development and Aging

FALL PROOF YOUR LIFE: A GUIDE TO BETTER BALANCE

Discover practical tips and exercises to improve your balance, reduce your risk of falls, and live a more independent and active life.

Wed. November 13th, 12:10 - 1PM CST



Scan the QR code or use
the link below to register:
bit.ly/3zvWWGQ

K-STATE
Research and Extension

**LIVING WELL
WEDNESDAY**
K-State Research and Extension Webinar Series

Hypertension Awareness and Prevention program (HAPp)

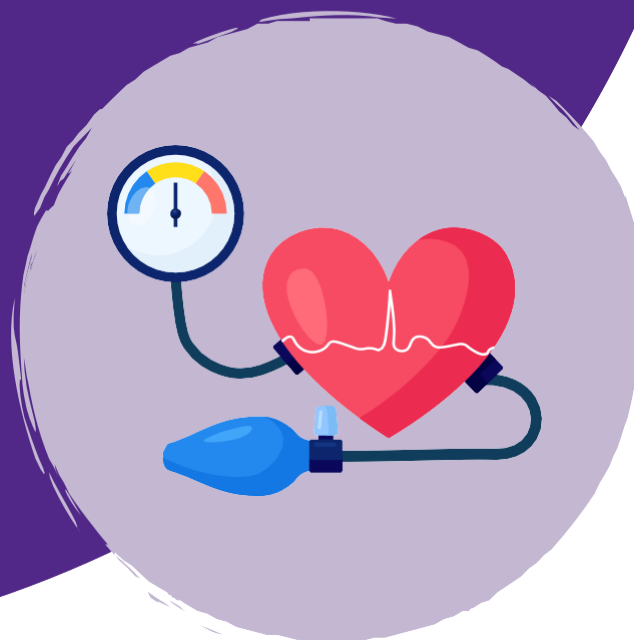
PROGRAM GOAL

Participating adults with hypertension (HTN) will learn how to lower and manage their blood pressure.

WHAT IS HAPp?

A 4 month self-monitoring blood pressure program that will provide participants with:

- o A FREE blood pressure monitor.
- o An opportunity to meet with a trained HAPp Coach twice a month to help take and track blood pressure.
- o Monthly nutrition education workshops.
- o Stress management and healthy lifestyle strategies.



WHY JOIN HAPp?

- Learn how to accurately monitor your blood pressure at home.
- Increase your knowledge about hypertension and healthy living.
- Become an advocate for your health.
- Access to community resources.
- Learn how to make connections between lifestyle and blood pressure readings.

WHO IS ELIGIBLE?

- ✓ Age 18 or older
- ✓ HTN diagnosis or on antihypertensive Rx
- ✓ Interest in and readiness for the program
- ⊗ Significant cardiac event- last 6 months
- ⊗ Atrial fibrillation or other arrhythmias
- ⊗ Having or at risk for Lymphedema

Contact Your Local HAPp Coach!

Bonnie Brewer

Family & Consumer Sciences Agent
K-State Research & Extension

Butler County

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Phone: (316) 321-9660

Join Us!

Douglass Senior Center

124 W 4th St
Douglass, KS 67039

All classes begin at 11 AM

- Tuesday, Oct. 29th
- Tuesday, Nov. 12th
- Tuesday, Nov. 19th
- Tuesday, Nov. 26th
- Tuesday, Dec. 17th
- Tuesday, Jan. 14th



KANSAS STATE UNIVERSITY SWINE DAY

THURSDAY,
NOVEMBER 21, 2024

K-STATE ALUMNI CENTER

1720 Anderson Ave, Manhattan, KS



K-STATE
Research and Extension

Kansas State University



Animal Sciences and Industry



- 8:00 a.m. Technology Trade Show**
The trade show will conclude at 4 p.m.
- 9:15 a.m. Welcome – Dr. Mike Day**
K-State Animal Sciences & Industry Department Head
- 9:30 a.m. Innovation Update – Dr. Marshall Stewart**
K-State Senior VP Executive Affairs and Chief of Staff
- 9:45 a.m. Latest Update on K-State Applied Swine Nutrition Research**
Nutrition, Management, Feed Processing and Feed Safety research highlights
- 11:30 a.m. Lunch with Technology Trade Show**
- 1:30 p.m. Latest Update on K-State Applied Swine Nutrition Research**
- 2:30 p.m. Creating Opportunities in a Large Production System**
PJ Corns, Breed to Wean Technical Director, JBS Live Pork
Dr. Kyle Coble, Director of Nutritional Services, JBS Live Pork
- 3:15 p.m. Question-and-Answer Session**
- 3:30 p.m. Reception with K-State Call Hall Ice Cream**

For more information, contact:

Katie Smith, K-State ASI Event Coordinator, 785-532-1267, katiesmith@ksu.edu



asi.ksu.edu/swineday

FOR REGISTRATION INFORMATION VISIT

OR SCAN THE QR CODE

Register by November 13 | \$25

Late registration | \$50