



October 2024

4-H & Youth Development

Madeline Wallace – 4-H Agent

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!

Family Consumer Sciences

The Science of Family Meal Time

By: Bonnie Brewer – FCS Extension Agent

Why focus on family meal time? There are multiple reasons to focus on family meals!

- Family meals are linked to children having better eating habits across their lifespans.
- Family meals occurring more often (more than five times per week) are linked to better mood and better mental health from ages 6 to 10.
- Teens who regularly have meals with their families are less likely to get into fights, think about suicide, smoke, drink, and use drugs. They are also more likely to delay sexual activity and have higher academic achievement than adolescents who do not.
- For teens, frequent family meals predict lower substance use rates, fewer depressive symptoms, fewer suicidal thoughts, and better grades.
- Children under 13 also have fewer behavioral problems, and fewer emotional outbursts when they have more frequent family meals.
- Adolescents — especially girls — who had frequent and structured family meals and a positive atmosphere at family meals were shown to be less likely to have disordered eating.
- Adults engaged in the family meal times also receive the benefits in terms of social and emotional well-being.

In short, there is a tremendous and wide-ranging body of knowledge supporting the importance of family meal times as beneficial for all involved.

Agriculture

Farm Stress and Help

Charlene Miller – Agriculture Agent / Extension Director

Kansas farmers, ranchers and their families are the backbone of this state, providing us with high-quality crops, livestock and dairy products. Unfortunately, the stress that comes with these responsibilities can be overwhelming. Unpredictable weather, heavy workloads and financial worries can sometimes take their toll on farm families and lead to mental and emotional distress, substance abuse, anxiety, depression and even suicide. Caring for your own health and wellness in this high-stress profession is often overlooked but is just as critical as caring for your farm business.

www.kansasagstress.org is an excellent website with resources available whether you want or need help or a family member needing support navigating this path. If someone you know is struggling emotionally or having a hard time, you can be the difference in getting them the help they need. If you are stressed from farming/ranching, you are not alone. You can call or text anytime day or night 988 and speak with a highly trained professional who is there to help you out.

Horticulture

Re-blooming Holiday Plants

Calla Edwards – Horticulture Agent

Poinsettias and holiday cacti are short-day plants and require long nights to bloom. To get them to bloom you need to provide them with 13 hours of darkness over 6-8 weeks for the blooms to initiate. If you want your holiday plants to bloom for Thanksgiving or Christmas start providing those hours of darkness in late September or early October to encourage blooms. An easy way to do this is to use a cardboard box or black plastic trash bag over the top of the plants. Unlike poinsettias, there is another way to get holiday cacti to bloom. If holiday cacti have 6-8 weeks of cool night temperatures (55-65 degrees F) that will also encourage our cacti to initiate bloom buds. A cool garage, outside on a covered porch (be sure the temperatures don't get too cold) or a basement can provide the needed temperatures to encourage bloom buds. Once you have bloom buds initiated be careful not to "shock" your plants as cool drafts, getting too dry, or too little humidity can cause the plant to drop their buds. The buds will last longer if kept in cooler temperatures; however, they will still provide a beautiful display under most home conditions.

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

Hypertension Awareness & Prevention program (HAPp) Kick-Off Meeting!

K-STATE
Research and Extension | Hypertension Awareness
and Prevention Program

K-STATE
Research and Extension | Butler County

Join us for the HAPp Kick-Off Meeting! You will meet your coach and learn how the program can help you manage and lower your blood pressure.



Event Details:

DATE: Tuesday, October 29th

TIME: 11:00 A.M.

LOCATION: Douglass Senior Center
124 W 4th St
Douglass, KS 67039

What to Expect:

- ◆ Learn more about the program.
- ◆ Connect with other HAPp participants.
- ◆ Meet your coach.

Contact Information:

Bonnie Brewer

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K-State Research & Extension
Butler County

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Hypertension Awareness and Prevention program (HAPp)

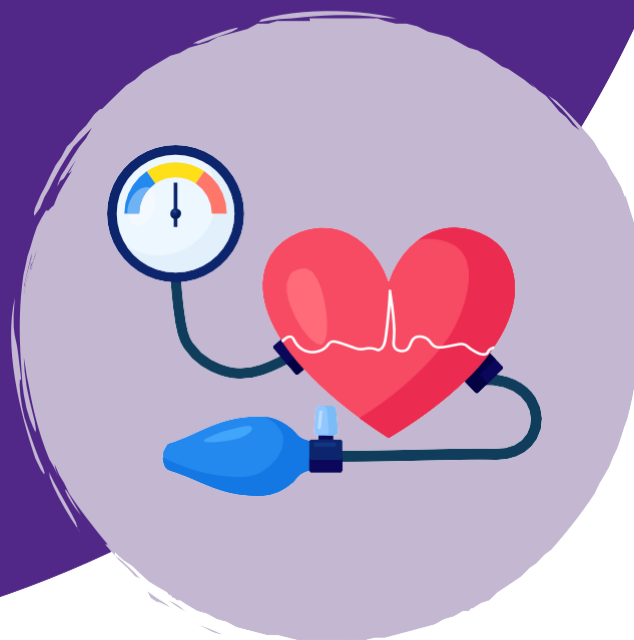
PROGRAM GOAL

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

bjbrewer@ksu.edu

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



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/>

BUTLER COUNTY 4-H

Kansas State Fair Results



Static Projects

- Grace - Res. Champion Senior Shopping in Style Fashion Review

Open Class

- Brenna - 1st in Class, Photography
- Kenzie - Division Champion, Foods
- Jackson - Dairy Goats, Champion Sr. Showman, Best in Show Youth Division

Judging Contests

- Int. Photography Judging - 2nd Place
- River - 1st Individ.
- Ella - 18th Individ.
- Lorelai - 21st Individ.
- Sen. Photography Judging - 16th Place
- Mikalyn - 35th Individ.
- Taylor - 57th Individ.
- Kaleb - 71st Individ.
- Int. FCS Judging - 1st Place
- Ella
- River
- Allison
- Valerie
- Sen. FCS Judging - 9th Place
- Kendra
- Jadon
- Grace
- Rabbit Judging
- Madelynn - Blue
- Lane - Blue
- Cole - Blue

Chosen for Display

- Madelynn - Photo selected for State 4-H Office
- Brenna - Photo selected for Rock Springs Ranch
- Madison - Photo selected for Director of Extension
- Madison - Fine Arts selected for Kansas 4-H Foundation

Livestock

- Addison - Rabbits, Best of Breed Senior Buck
- Janelle - Horse Show, Champion Stock Type Mare
- Cally - Market Meat Goat, Res. Division II

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.

KANSAS LANDOWNER CONFERENCE

October 10 - 11, 2024 • Manhattan, Kansas

KANSAS STATE
UNIVERSITY®

Agricultural
Economics

Designed to help participants increase their knowledge of land management and offer resources to build support networks. Spanning two days, this year's event is scheduled to cover more topics and provide more resources.

Topics to be covered include:

- » Land Values and trends
- » Landowner-tenant communication
- » Estate planning
- » Wind and solar leases
- » Hunting leases
- » Carbon credits
- » Conservation Programs
- » Farm economy outlook and more.



To register, visit agmanager.info/landowner
Early bird registration ends September 15.
Registration closes October 1.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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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 Rhonda Lund four weeks prior to the start of the event, September 15, 2024 at 785-532-4016 or rrlund@k-state.edu. 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.



- **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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