



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

Tips for Grandparents: Setting Boundaries and Communication are Key

By: Bonnie Brewer – FCS Extension Agent

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.

Agriculture

Forage Testing

Charlene Miller – Agriculture Agent / Extension Director

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

Horticulture

Calla Edwards – Horticulture Agent

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.

Contact us:

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

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

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 than you need? Bring your cuttings, rooted plants or perennial plant divisions to trade for a new plant!

Location

Butler County Community Building
200 N. Griffith
El Dorado, KS 67042

Guidelines

- 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

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

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



WALK WITH EASE

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

\$15

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

- 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



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting Bonnie Brewer - two weeks prior to the start of the event at 316-321-9660 or e-mail bjbrewer@ksu.edu.



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/>