

NEWSLETTER



From the Director's Desk

If April Showers bring May flowers, then the rain we received recently will surely sprout some beauty. As whole, the month of April has been dry. Some parts of our area received some measurable rain, while other parts of the state took on the "feast" of the feast or famine saying. As I write this, more rain is forecast and in fact, Butler County is in a Flood Watch and forecast for severe weather for the next 3 days.

Speaking of severe weather, our heart pours out to all of those of who have experienced devastating losses from tornadoes and floods. Property can be replaced, but lives cannot. Here are some things you can do and others to avoid following a disaster:

- 1. Lend a helping hand to your neighbor and/or community
 - a. Make sure you are current on your tetanus vaccination
 - b. Follow coordinated measures if established
- 2. Tend to injured animals (livestock and pets)
- 3. DO NOT send "stuff". Follow organized donation methods, not just groups wanting to send a multitude of things.
 - a. Donations often become another disaster themselves.
 - b. Call places like United Way (211) and find out what donations are needed
- 4. If you/ your family are impacted by a disaster here are great resources for you:
 - a. United Way of the Plains: https://www.unitedway.org/my-smart-money/immediate-needs/ive-experienced-a-natural-disaster/what-to-do-after-a-disaster#
 - b. FEMA ready.gov: https://www.ready.gov/recovering-disaster

Extension is here to help identify resources and problem solve following disasters. Our Horticulture Agent and Family Consumer Science Agent have helpful information in this month's newsletter and agriculture information was provided in last month's newsletter. Extension is committed to helping our community.

Earlier this month, K-State Research and Extension embarked on a Statewide journey called Delivering the Promise. We are teaming up with Cowley County to host a partnership meeting in Douglass on May 15th and will be inviting a number of different agencies and individuals to participate. The information from these state-wide meetings be compiled and analyzed by an advisory team made up of former and current extension professionals and external stakeholders. With their help, we will identify common themes and critical issues to address and how KSRE can continue moving forward.

April showers bringing May flowers and April showers filling the day also means summer is on the way. We will continue to hope we receive more rain and impactful severe storms skirt around our county! Whether we do or do not skirt adverse weather, we are here to help provide you with resources to help with recovery.

~Charlene

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Upcoming Events



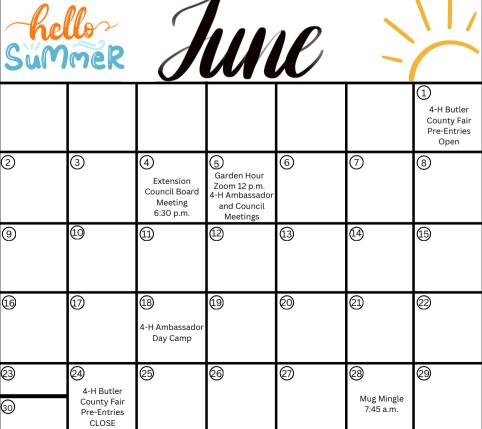
Butler County Extension Office 206 North Griffith Suite A El Dorado, Kansas 67042 (316)321-9660

Hours

Monday - Thursday 7:30 a.m. - 5:00 p.m.

Friday 7:30 a.m. - 11:30 a.m.

Grab a mug and mingle with your local
Butler County Extension Staff
Friday, June 28th from 7:45-9:00 a.m.
Save the Dates: October 11th



Upcoming Events

Bucket Calf Clinic

Butler County 4-H and Dr. Mikaela Sundgren are coming together to provide a Bucket Calf Clinic. Participants are welcome to bring their halter broke bucket calf with them. Vaccines will be available for a fee. Hands on experience makes this a great learning opportunity.

You are welcome to bring a sack dinner to eat during the "classroom" presentation.





Wednesday, May 8, 2024 6:00 - 8:00 p.m. Butler County Fairgrounds 200 N. Griffith, El Dorado, KS

RSVP Here: https://forms.gle/xgPfCJqY21gbxF9r5







State Research and Cloresion is committed to providing equal apportunity for participation in all programs, pervious and activities. Program information may be unablishen has puguage other than English consolial accommodation for persons with suitables, nuclearly alternative means of communications (a.g., Intials, leapy), perit, and so space, and invention a Space I programs of the process by controlled or personal programs of the personal pr



Garden Hour Webinars

- Garden Hour Webinars:
- May 1st- Understanding Water Sources for the Garden
- June 5th- Growing Cut Flowers for Home & Farmer's Markets
- July 3rd-Success with Cacti and Succulents
- August 7th- Establishing a more Environmentally Friendly Yard

TUESDAY, MAY 7TH, 2024
STARTING AT 2 PM
DOUGLASS SENIOR CENTER
124 W 4TH ST, DOUGLASS, KS

Anne Clark, DPT
Anne is a Doctor of Physical Therapy with advanced training in Women's Health providing therapy for women. Anne has a certification in Vestibular and Concusion for American institute of blance. She has sepretince with a aquatics, manual therapy techniques, subject the straining allowers and challenging to obtain the support of the straining allowers and challenging the surprise of blance. She has sepretince with a aquatics, manual therapy techniques, subject that treating a diverse and challenging obtained population. Connier treats surprise the surprise of the surprise of



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





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







Butler County Fairgrounds located at 200 N Griffith Street. El Dorado, KS, 67042

Entry Details

- ONLINE ENTRY ONLY even day of the show! Pre-Entry NOT required but you will have to enter and p
- entry not required but you will have to enser and pay on-line at the show.

 Everyone must check-in at the registration table upon arrival to receive cards and finalize weights.

https://showman.app/shows#/black-gold-

- Entry Fees: \$25 per head (No late Entry Fee)
- chtry rees: 3,25 per head (No late Entry ree)
 Showmanship: \$5/species pay at the gate!!
 Grand wins 60%
 Res. Grand wins 40%
 \$50 deposit for pen use, Deposit will be returned
- upon inspection at conclusion of show.

 O No pens allowed to be used without
- deposit. Butler County Youth \$15/hd/species
- Only 1 Butler County Class/species
 \$200 cash prize for Grand Champion Market and
 \$100 cash prize for Reserve Grand Champion
- Market. \$100 cash prize for Champion Breeding Goat and Ewe. \$50 cash prize for Reserve Grand Breeding Goat and Ewe Cash prizes for each class Banners for Grand and Reserve Grand Market and Breeding Animals.

Sponsored by:

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Check-In Information

Trailers may arrive beginning at Noon Saturday
Registration opens at 6:00 a.m. Sunday
Swine checked-in by 8:00 a.m. (Show uf 9:00 a.m.)
Sheep & Coats checked-in by 1:00 0.a.m. (Sheep show 11 am
or 30 min after swine show. Coat show 15 min after
completion of sheep show)

RULES AND REGULATIONS

- Butler County Black Gold Committee, Butler County 4-H, Butler County Extension Council, and the Butler County Fair Board are not responsible for any accidents.

 Open to all current 4-HFFA members 18 years and younger as of
- January 1, 2024. Out of State exhibitors are welco. All males must be castrated.
- All animals must be owned and shown by the exhibitor & free of clinical signs of infestations or contagious diseases, infections are

- Only one animal per exhibitor in Buffer County classes.
 ND bedding allowed in the bard.
 Show from your trailer. A \$50 depositipen will be required the of the show if you wish to stall in the barn. The deposit will be returned upon inspection of the designated pen being classed. Watch Facebook for updates.
 Declare your own weight by respective registration close times.
 Declare your own weight by respective registration all questions covered in the rules, request to see registration papers, a weigh back, etc. and their decision is final.
 Full fit for show for anyone who wants to fell

PROSPECT SWINE

PROSPECT SHEEP & MEAT GOATS

- Does and exess must be born after Jan. 1, 2023.
 Prospect market animals may be either sex. Must have milk teeth.
 Exhibitors may brace animals, but all four feet must be on the
 ground. Show direct has the might to disqualify any violators.
 All market and breeding animals will be shown by weight. There will
 be no breed disaster.
- Market may not be shown in breeding and vice versa



WALK KANSAS

AN 8-WEEK HEALTHY LIFESTYLE CHALLENGE!

March 31 - May 25, 2024

Gather your team of six or go solo this year.

Register online at WalkKansas.org or by contacting the Butler County K-State Research and Extension office.

Registration Opens March 4th!





Butler County

Walk Kansas

Bonnie Brewer, FCS Agent 316-321-9660 bjbrewer@ksu.edu

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

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White Grub Damage in Brome Fields



White grubs, the larvae of beetles commonly known as May beetles and June beetles, can be pests of many different commodities. Dead patches in brome fields in Kansas have recently been reported. The sizes of the dead patches varied across affected fields, but in all cases, white grubs could easily be found in soil when collecting samples from the areas. This strongly indicates that the white grubs are responsible for the observed dead zones.

These beetle larvae are belowground pests, feeding on root systems, and can impact a field for several seasons as they take three years to

mature fully. Eggs are laid in the spring when adult beetles are attracted to fields. After hatching, the tiny grubs will feed on roots all season long. This first season of feeding often goes completely unnoticed due to the small size of the larvae, which prevents significant root damage. When the soil cools off in the fall, the larvae, now larger from a season of feeding, descend into the soil profile and overwinter there. The following spring, as soil temperatures increase, the larvae move up into the root zone of the field and commence feeding. It is during this second season of feeding that damage can become apparent. The larger size of the grubs means that more root tissue can be consumed faster. So, when white grub populations are large enough, it can lead to the appearance of dead spots in brome fields like those being observed this spring.

Feeding will continue this season, and the grubs will once again overwinter in the soil at the end of the fall. Next spring, feeding damage should be minimal as grubs are nearing maturity and will stop feeding to create an earthen chamber in which they will finish development and emerge as adult beetles the following year.

White Grub Damage in Brome Fields Cont.

Options for damaged fields

With the damage already done this year, what can be done about the dead spots? Depending on the extent of the damaged area, there are a couple of potential options. Replanting the dead areas could be considered if losses are not extreme. Replanting brome in the fall would give the plants time to develop a stronger root system to minimize grub damage the following spring when they resume feeding. Before replanting, treatment of the areas with carbaryl could help reduce the grub population, but this option is not guaranteed to solve the problem as older grubs are less

susceptible. It is important to get the insecticide carried into the soil profile where the grubs are more likely to come in contact; surface application will be ineffective, especially if the area is covered with dead vegetation.

In situations where losses are very large, replanting to something else is an option. If this is done, the remaining brome and any other live plants should be destroyed at least 2 to 4 weeks before planting. To reduce injury from remaining grubs, the seed should be treated with an insecticidal seed treatment, and a planting-time insecticide application might be considered.



A replanting option could be a summer annual forage crop. Where most of the brome is dead, kill off the remaining brome with glyphosate and plant a summer annual around June 1. Alternative summer annuals to consider are sudangrass, a sorghum-sudan hybrid, or pearl/foxtil millet. Information regarding these summer annuals can be found in MF2871 Summer Annual Forages: Selection and Production Characteristics. The summer annuals can be grazed or hayed. One concern may be environmental stress. These species can all accumulate nitrates if the weather is dry. Prussic acid could be another issue with the sorghum species. Prussic acid is not an issue if a millet is planted. After utilizing the summer annual, smooth brome could be seeded in the late summer to fall time period. The optimum time for seeding brome varies a little across Kansas, but August 20 to September 15 usually works well. Information regarding seeding and establishment of smooth brome can be found in C402 Smooth Brome Production and Utilization.

Article Published by Kansas State University Agronomy eUpdates: https://eupdate.agronomy.ksu.edu/article_new/white-grub-damage-in-brome-fields-588-2

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The K-State Beef Extension Team is excited to announce that Cattle U will be held again this year in Manhattan on June 25th at the Hilton Garden Inn. This is a one-day, producer-oriented event that is focused on education in practical aspects of beef cattle production that attendees from all regions can benefit from. Unique to this year is that KSRE is partnering with High Plains Journal in hosting this event which will include a BQA training and certification session, a market outlook update, and a producer panel.

Additional details including information for businesses and organizations interested in sponsorship opportunities is also available at:

https://cattleu.net/

Complete program details will be shared as they are finalized.

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Federal Order Requiring Testing for and Reporting of Highly Pathogenic Avian Influenza (HPAI) in Livestock



April 24, 2024

The Animal and Plant Health Inspection Service (APHIS), United States Department of Agriculture (USDA), is issuing this Federal Order to prevent the spread of highly pathogenic avian influenza (HPAI). HPAI is a contagious viral disease of domestic poultry and wild birds. HPAI is deadly to domestic poultry and can wipe out entire flocks within a matter of days. HPAI is a threat to the poultry industry, animal health, human health, trade, and the economy worldwide. In the US, HPAI has now been detected in dairy cattle.

This Federal Order is issued in accordance with the regulatory authority provided by the Animal Health Protection Act, as amended, 7 U.S.C. § 8301 et seq. Section 8305 authorizes the Secretary of Agriculture to prohibit or restrict the movement in interstate commerce of any animal, article, or means of conveyance if the Secretary determines that the prohibition or restriction is necessary to prevent the introduction of any pest or disease of livestock into the United States or the dissemination of any pest or disease of livestock within the United States. Section 8308 authorizes the Secretary of Agriculture to carry out operations and measures to detect, control, or eradicate any pest or disease of livestock. Section 8315 authorizes the Secretary of Agriculture to issue orders as he determines necessary to carry out the Animal Health Protection Act. Should this Order be deemed a substantive rule, APHIS has determined that good cause exists to impose these requirements without notice and comment, as further delay would threaten to hasten the spread of the disease, multiplying the potential harm to livestock, poultry, the dairy industry, and, potentially, human health. On

February 8, 2022, the U.S. Department of Agriculture (USDA) confirmed HPAI H5N1virus in a commercial poultry flock in the United States. Since February 2022, USDA has worked swiftly with states and poultry producers to identify and respond to over 1,100 HPAI detections on poultry farms and mitigate the virus' impact on U.S. poultry production and trade.

Since late March 2024, the U.S. Department of Agriculture, Food and Drug Administration, Centers for Disease Control and Prevention, state veterinary and public health officials and the National Animal Health Laboratory Network (NAHLN) laboratories have been investigating the emergence of the HPAI, H5N1 virus in dairy cows. The National Animal Health Laboratory Network (NAHLN) is a nationally coordinated network and partnership of Federal, State and university-associated animal diagnostic laboratories. The laboratories are trained and proficiency tested by USDA's National Veterinary Services Laboratories (NVSL) to perform official federal animal

Federal Order Requiring Testing for and Reporting of Highly Pathogenic Avian Influenza (HPAI) in Livestock Cont.

testing; the network provides ongoing disease surveillance, responds quickly to disease events, communicates diagnostic outcomes to decision makers, and has the capability and capacity to meet diagnostic needs during animal disease outbreaks.

APHIS will provide reimbursement for testing at NAHLN labs, including samples submitted for (1) dairy cattle suspected of disease due to clinical signs, (2) pre-movement testing, (3) producers interested in the disease status of their asymptomatic animals, and (4) samples taken from other animals on dairies associated with this disease event.

As of April 24, 2024, USDA has confirmed HPAI H5N1 clade 2.3.4.4b virus detections on 33 dairy cattle premises in 8 states (Kansas, Idaho, Michigan, New Mexico, North Carolina, Ohio, South Dakota, Texas). USDA has also confirmed - based on specific phylogenetic evidence and epidemiological information - that 8 poultry premises in 5 states (Kansas, Michigan, Minnesota, New Mexico and Texas) have also been infected with the same HPAI H5N1virus genotype detected in dairy cattle. Additionally, APHIS' National Veterinary Services Laboratories

found HPAI in a lung tissue sample from an asymptomatic cull dairy cow that originated from an affected herd and which did not enter the

food supply.

HPAI has already been recognized as a threat by USDA, and the interstate movement of animals infected with HPAI is already prohibited. See 9 C.F.R. 71.3(b). However, the detection of this new distinct HPAI H5N1 virus genotype in dairy cattle poses a new animal disease risk for dairy cattle - as well as an additional disease risk to domestic poultry farms - since this genotype can infect both cattle and poultry.

In order to continue to monitor and understand the extent of this virus and reduce the risk of further disseminating HPAI H5N1 virus, resulting in greater threats to poultry and livestock, this Federal Order requires the following measures, effective Monday, April 29, 2024.

Mandatory Testing for Interstate Movement of Dairy Cattle

- Prior to interstate movement, dairy cattle are required to receive a negative test for Influenza A virus at an approved National Animal Health Laboratory Network (NAHLN) laboratory.
- Owners of herds in which dairy cattle test positive for interstate movement will be required to provide epidemiological information, including animal movement tracing.
- Dairy cattle moving interstate must adhere to conditions specified by APHIS.
- As will be described in forthcoming guidance, these steps will be immediately required for lactating dairy cattle, while these requirements for other classes of dairy cattle will be based on scientific factors concerning the virus and its evolving risk profile.

Mandatory Reporting

- Laboratories and state veterinarians must report positive Influenza A nucleic acid detection diagnostic results (e.g. PCR or genetic sequencing) in livestock to USDA APHIS.
- Laboratories and state veterinarians must report positive Influenza A serology diagnostic results in livestock to USDA APHIS.

For more information regarding this Federal Order visit the <u>HPAI Detections in Livestock Page</u> on the USDA website.

May 2024

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1320 Research Park Drive Manhattan, KS 66502 785-564-6700 www. agriculture.ks.gov



900 SW Jackson, Room 456 Topeka, KS 66612 785-296-3556

Mike Beam, Secretary

Laura Kelly, Governor

ORDER REQUIRING SPECIAL PERMITS RELATED TO THE MOVEMENT OF LACTATING DAIRY CATTLE DUE TO H5N1 INFLUENZA A VIRUS

Now on this 22nd day of April, 2024, the Animal Health Commissioner of the Kansas Department of Agriculture, Division of Animal Health (Commissioner) has determined that due to the H5N1 Influenza A virus being confirmed in lactating dairy cattle and the risk to the health of lactating dairy cattle of the state of Kansas posed thereby, there are grounds to require special permits related to the movement of lactating dairy cattle into and within the state of Kansas. Recent incidents of the clinical syndrome associated with H5N1 Influenza A virus infection in lactating dairy cattle indicate that these animals have an increased risk of being infected with the virus and have increased potential to transmit the virus.

IT IS HEREBY ORDERED, pursuant to K.S.A. 47-607a, and amendments thereto, that, until further notice, the following conditions apply to all movement by any means of all lactating dairy cattle into the state of Kansas and within the state of Kansas, including intrastate movement of lactating dairy cattle that are intended to ultimately be moved out of Kansas:

- (1) All lactating dairy cattle, regardless of age, intended for breeding and/or milking purposes shall be officially identified and listed on a Certificate of Veterinary Inspection (CVI) issued by a veterinarian licensed and accredited in the jurisdiction where the intrastate or interstate movement begins and shall be accompanied by that CVI for the entire duration of any intrastate or interstate movement. Each CVI issued and accompanying a movement of lactating dairy cattle into or within Kansas pursuant to this Order shall be subject to a requirement that such CVI be produced and provided to the Commissioner or an authorized representative of the Commissioner upon request.
- (2) In addition to the requirements in subsection (1) each veterinarian issuing a CVI pursuant to this Order shall obtain a permit of the type authorized by K.A.R. 9-7-3 from the Commissioner before issuance of the CVI and before any lactating dairy cattle identified and listed on a CVI issued pursuant to subsection (1) are imported into or moved within Kansas and shall document the permit number on the accompanying CVI.
- (3) Subject to subsection (4) below, the issuance of the permit required by subsection (2) shall be contingent on the veterinarian who is requesting the permit providing a statement to the Commissioner or an authorized representative of the Commissioner affirming that none of the lactating dairy cattle to be identified and listed in the CVI are originating from a premises where lactating dairy cattle have exhibited clinical symptoms consistent with those related to H5N1 Influenza A virus in lactating dairy cattle within 30 days preceding the date of the request for the permit. Symptoms of H5N1 Influenza A virus in lactating dairy cattle include but are not limited to: decreased milk production; decreased rumen activity; reduced appetite; thickened, discolored

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milk; lethargy; fever; and/or dehydration. The statement required by this subsection shall be included on the CVI.

- (4) If a veterinarian requesting a permit pursuant to this Order is unable to affirm the statement required by subsection (3), the permit request will be referred to a Kansas Department of Agriculture, Division of Animal Health veterinarian for a risk assessment. Based on the results of the risk assessment, the permit request may be denied, or the issuing veterinarian may be required to provide non-detected test results for H5N1 Influenza A virus to the Commissioner or an authorized representative of the Commissioner before a permit is issued. In order for a permit to be issued based on non-detected test results pursuant to this subsection, non-detected test results shall be provided for all lactating dairy cattle included in the movement for which the permit was issued, and the testing shall have been conducted using milk that was collected and tested per the USDA APHIS, Testing Recommendations for Influenza A in Cattle guidance, version.2024.04.02. The Commissioner may require the testing to have been done no more than 72 hours prior to the movement. If a permit is issued based on non-detected test results being provided, such non-detected test results shall accompany the related CVI for the duration of any movement for which the CVI is required.
- (5) Any movement of lactating dairy cattle into or within the state of Kansas in violation of this Order shall subject the violator to the penalties provided for in K.S.A. 47-607c, and amendments thereto.
- (6) All dairy cattle moving directly to slaughter are exempt from the provisions of this order.

IT IS SO ORDERED.

Justin Digitally signed by Justin Smith DVM Date: 2024.04.19
11:12:07 -05'00'

Justin Smith Kansas Animal Health Commissioner Kansas Department of Agriculture

Charlene Miller

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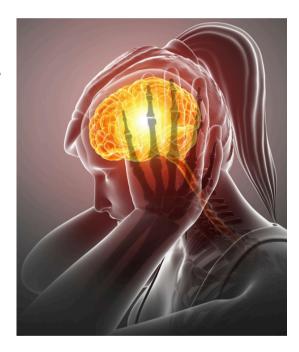
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The Biology of Stress

The effects of stress can be physical, emotional, and behavioral/social. Although everyone experiences stress, few people know how it affects their bodies.

At the onset of stress, the body engages in a response that involves communicating with the brain to evaluate a threat based on your senses. The hypothalamus, a region at the front of the brain, is activated when a threat is perceived (stress occurs). When activated, your body decides whether to fight (face the stressor head-on), flee (run away from the stressor), or freeze (become numb to the stressor).



Many reactions occur within the body during an attempt to deal with the stressor. Some of these reactions include an increase in adrenaline, an increased release of cortisol (the stress hormone), the senses being enhanced, and the digestive system and urine production slowing to redirect blood to more critical areas.

Although these are the common events that happen while someone is under stress, it's important to remember that different stressors cause different reactions in different people. Two people may experience the same stressor, yet their bodies may respond in completely different ways.

Bonnie Brewer

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How to Manage Stress



There isn't a way to totally eliminate stress; however, it can be managed in a healthy manner. Here are some techniques to help you start managing your stress:

- 1. Begin by recognizing or pinpointing the specific stressors that you experience in your life.
- 2. Determine the underlying source of your distress. It can be helpful to keep a log of when you are feeling anxious and categorize the reasons behind it. Over time, you will be able to recognize a list of common stressors that you experience in your life.
- 3. Once you have recognized specific stressors and determined their sources, it is time to alter your thoughts about them. Try to categorize them into things you can and cannot change.

Changeable Stressors - For stressors that you are able to control or change, attempt to make modifications in your life to reduce or completely eliminate them. For example, if the behavior of your friend is causing you stress, set up boundaries to limit the amount of time you will spend with that friend. It may be necessary to remove that person from your daily life.

Unchangeable Stressors - Some stressors cannot be avoided: for example, the financial state of the world, a sudden illness, or a natural disaster. These situations are not things you can directly change. To address this type of stress, you could accept it for what it is and move on, or you could adapt to the situation. An example of adapting to these specific stressors would be to help others financially or by volunteering in the community after a natural disaster like a tornado or wildfire.

How to Manage Stress Cont.

4. Determine whether the stressor can be changed or adapted. Ask yourself: "What are things I can change or control that will reduce my stress?" "What are the things I cannot control, and how might I adapt to make the situation more manageable and less stressful?"



5. Find a stress management tool or technique that will work for you.



Women's Health Panel

TUESDAY, MAY 7TH, 2024 STARTING AT 2 PM DOUGLASS SENIOR CENTER 124 W 4TH ST, DOUGLASS, KS



Anne Clark, DPT

Anne is a Doctor of Physical Therapy with advanced training in Women's Health providing therapy for women. Anne has a certification in Vestibular and Concussion for American Institute of Balance. She has experience with a

aquatics, manual therapy techniques, outpatient orthopedics, balance and gait deficits, and pre and postsurgical treatments...

Mindy Hill, OTR

Mindy has been an Occupational Therapist for 28 years and lived her whole life in Butler County. She has worked in primarily small rural hospitals, enabling her to gain a wide range of experience



and knowledge while working with patients in all stages of life; from pediatrics to geriatrics, and in acute care, geriatric psych, outpatient, ergonomics, and home health. In more recent years, she has been working for Parkinson's Connect and Club Parkinson's. She has advanced training for Parkinson's Disease and is certified in LSVT BIG, PWR, Urban Poling, Bal-A-Vis-X. She enjoys the opportunity to share about how Occupational Therapy can help people in many aspects of their lives in order for them to "live life to its fullest".



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 OF COMMUNICATION (E.G., BRAILLE, LARGE PRINT, AUDIO TAPE, AND AMERICAN SIGN LANGUAGE) MAY BE REQUESTED BY CONTACTING THE EVENT CONTACT BONNIE BREWER TWO WEEKS PRIOR TO THE START OF THE EVENT APRIL 23, 2024 AT 316-321-9660 OR BJBREWER@KSU.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. KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE K-STATE RESEARCH AND EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



Connie Howard, MPT. COMT. CLT

Connie Howard is a dedicated and multifaceted professional who excels at treating a diverse and challenging patient population. Connie treats patients from pediatrics to geriatrics.

Connie has multiple certifications to her credit including lymphedema, vestibular, and aquatic therapy; and she is proficient in a myriad of land and water-based rehabilitation techniques. She is an expert in manual therapy and exercise prescription and has earned the designation of Certified Orthopedic Manual Therapist.

Amy Saye, MPT, COMT

Amy Saye, MPT, COMT has experience in multiple levels of care, including pre-operative, postoperative, acute care, orthopedics, cancer rehabilitation, and workers' compensation. She enjoys working



with a variety of diagnoses and getting to know people from different backgrounds.

She has a personal passion for working with oncology patients and is certified through ReVital Cancer Rehabilitation to address the specific needs of cancer survivors. As a cancer survivor herself, Amy understands the unique concerns that accompany cancer treatments.



Bonnie Brewer, MS

Bonnie Brewer is the Family and Consumer Sciences agent for K-State Research and Extension - Butler County. Receiving her bachelors in Human Ecology and Secondary Education, and Master's in Family

Studies, her career has always included public education. As an extension agent, she especially enjoys providing educational programming in the area of self-care, including relational, mental, emotional, nutritional, and physical wellness across the lifespan.

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Calla Edwards

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After the Storm



Spring in Kansas often brings severe weather and with it comes damage to trees. As you start to pick up the pieces after severe weather caused damage I wanted to talk about how to handle storm damage to trees.

Unfortunately, severe weather is going to continue to happen, we do live in Kansas after all, and while we can't control the weather we can have the tools in place to handle the aftermath. Your priority should be any dangling limbs or limbs that are barely connected to the tree. These limbs can easily fall, hurt people or property, and should be removed ASAP before you do anything else

with the tree. After you have removed the hazards it's time to take a break and deal with other issues. The trees, for the most part, have stood for years, and waiting a few days or weeks will not hurt them in the long run. Often our first thought is to immediately get the tree taken care of, and while that's important to do if the tree or branches pose a danger to humans or property, general pruning can wait.

The second step is to assess the damage done and determine the best steps to handle it. Damage to trees can range from just a few small broken limbs to major structural damage. Once you have checked the area for any safety concerns (powerlines, dangling limbs, etc) look over the tree. Trees that are missing less than 50% of their canopy and have little damage to the main trunk or major limbs will survive and be fine with some pruning. Once a tree has lost more than 50% of its canopy, it becomes a bit trickier to determine if it can be salvaged. If the main structure of the tree is still intact (trunk and main limbs) then the tree could potentially be saved but that depends on the sentimental value of the tree, how much it would cost to replace it and the health of the tree before the storm.

Once you have assessed the damage done to the tree and have determined what needs to be pruned out it's time to clean up the tree. Before doing that first ask yourself if you feel comfortable doing the pruning, how high up in the tree you have to get, and how big of limbs you need to prune. It may be best to hire a professional arborist for pruning high in the tree and dealing with large limbs. When pruning branches that are over 3" in diameter I recommend using the three-cut method to prevent tearing the bark. The first cut is on the bottom side of the limb about a foot or so from the

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trunk, this cut prevents the bark from tearing when the limb falls off. The second cut is from the top is 2-3 inches beyond the first cut and goes all the way through the limb. This cut removes most of the weight from the branch and makes it easier to handle. The last cut is just beyond the branch collar which is where a slight swelling or wrinkle in the bark on the tree. This collar contains the cells to heal the branch after the cut. If bark was torn when limbs broke off during the storm prune off the loose bark back to where it is solidly attached to encourage growth and healing. Wound treatments are not needed when pruning branches and, in some cases, can slow the healing of the plant.

Commonly trees will be blown over in storms and while large trees that have fallen over cannot be saved, smaller trees with at least ½ of their roots still in the ground could be pulled back upright and staked. Before the tree is pulled upright, remove some soil from the hole so the roots are back below the ground level. Once the tree is pulled back up cover the roots with dirt as needed. Stake the tree using 2-3 lines. After a disaster and a tree has been damaged it is very common for people to want to pamper their tree and give it extra attention while it is recovering. This can cause more issues

for our trees. If your tree is in your yard and you are fertilizing your lawn, your tree is getting all the nutrients it needs and extra fertilizer will not help it recover. Most trees will survive without extra water, however, if we continue with dry weather it can be beneficial to water your tree once a week. If you are already watering your lawn, your tree will be just fine. Our trees are very resilient and very little care is needed after a storm to help them survive. It is important to keep an eye on damaged trees for several years after the storm as insects and diseases are more likely to infect trees that are stressed from the damage. While there are chemicals you could apply they likely would



do more harm than good in the long run. If you do start seeing an issue first get it diagnosed so you can treat it properly, then treat it.

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Pesticide Safety

Spring is a time when homeowners start waging a war on insects and weeds around their homes usually using a chemical product. No matter, if you are using organic or synthetic chemicals, using them correctly, is vital to your health and how well the product works. Pesticides can be an important tool in your gardening toolbox, but only if they are used properly. Here are some tips to use pesticides safely around your home this year.



- Correctly identify what you want to control:

 Before applying any chemical the first step is
 to figure out what you are trying to control in
 the first place whether it's a weed, an insect,
 or a disease. If you apply the wrong product
 you could make your issue worse. If you can't
 figure out what is going on contact me and I
 can help you figure out what is going on. In
 some cases, pesticides might not be needed at
 all.
- <u>Choose the right pesticide:</u> Once you know what you are trying to control, then you can

figure out what product to use. There are thousands of products on the market so your first step when shopping for a product is to read the label to see if the pest, disease, or issue you need to control is listed. Some other factors to consider when picking a chemical include environmental safety, ease of use, cost, and application equipment needed. If possible choose the pesticide with the lowest environmental impact or danger rating possible.

- Read the Label!!! The label will give you all the information needed to safely apply that chemical
 including the clothes to wear, the rate to apply, the weather to apply in, how long till it is rain fast,
 and how to clean up after the chemical is applied. Be sure to <u>read the label</u> before mixing or
 applying any chemical.
- <u>Clothing counts:</u> Most of the time exposure to chemicals can be prevented by wearing the proper clothing including closed-toed rubber shoes, long pants, long-sleeved shirts, and the correct gloves. It's important to wear the right clothing. After you finish your application, wash your clothes using powder laundry detergent on the hottest and deepest water setting that the

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washing machine has. Be sure to wash those clothes separately from all other clothing to prevent chemicals from getting on your family's clothes. To clean the washer, run it one cycle after you wash the spray clothes.

- <u>Don't forget the Shoes:</u> Be sure to remove any shoes you used spraying outside the house and triple rinse them off to make sure the chemical has been removed. If possible, leave them in a garage and use them only outside.
- Always use the original container: No matter what chemical you use always keep it in the original container. If a neighbor asks to borrow some chemical always send the main bottle, never give them some in a pop or other bottle. There have been



too many cases where someone accidentally drinks chemicals because it wasn't stored properly. If you must transfer it to another container clearly label that product and include the label when possible.

• Storage and Disposal: Make sure to store all chemicals away from children, preferably in a locked cabinet. Chemicals also should not be allowed to freeze in the winter as this impacts how well effective they are. If you have extra chemicals that you won't use be sure to dispose of them properly at a hazardous waste collection site. Never dump chemicals down the drain or pour them out onto the ground. Once a bottle is empty be sure to triple rinse the bottle before disposing of it.



Pesticide safety is an important aspect of working in a lawn or garden. Even organic chemicals can be harmful if you are exposed to them. Chemicals themselves are not bad, they are simply a tool in a gardener's toolbox when used correctly. The issues happen when you don't read the label and don't follow the instructions. Remember to be safe, read the label, and have a wonderful gardening season.

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May Gardening Calendar

Vegetables and Fruits

- Plant tomato, pepper, and eggplant transplants in early May
- Seed sweet corn, cucumbers, squash, beans, and other warm-season vegetables
- Mound soil around potato plants to encourage tuber formation
- Harvest fresh asparagus until the spear size decreases
- Remove rhubarb seed stalks to encourage leaf growth
- Plant kitchen herbs for summer use in dishes or food preservation
- Treat fruit trees with needed chemicals to control insects and disease
- Thin heavy fruit set on apples to increase fruit size and next year's crop





Flowers

- Plant annual flowers for summer color
- Continue to plant and divide perennials
- Mulch perennial and annual gardens for weed control and moisture retention
- Begin pinching chrysanthemums for bushier plants
- Do not remove foliage from spring bulbs till it dies naturally, this develops stronger blooms for next year
- Plant container gardens and hanging baskets

May Gardening Calendar Cont.

Lawns

- Reduce thatch layer from zoysia by verticutting or core aerating
- Sod or spring zoysia lawns to fill in bare areas
- Fertilize zoysia lawns with a high nitrogen fertilizer to promote green-up and summer growth
- Apply a slow-release nitrogen fertilizer to tall fescue to promote summer growth if desired. Lower-maintenance lawns should skip this application
- Mow tall fescue at 3 inches tall
- Spot treat broadleaf weeds
- Withhold early summer watering until needed to promote a drought-tolerant lawn
- Sharpen mower blades as needed





Trees and Shrubs

- Plant new trees and shrubs
- Prune spring flowering shrubs after bloom to shape plants and encourage flowers next year
- Mulch around young trees and shrubs to conserve moisture and control weed growth
- Water young ornamentals as needed
- Remove tree wraps for summer growth
- Fertilize trees to help increase growth rates
- Be cautious using line trimmers and mowers around trees and shrubs to avoid damaging the bark aka "mower blight"

Houseplants

- Move plants outdoors for summer by gradually increasing their exposure to light
- Fertilize plants to promote summer development
- Rotate plants to develop a well-rounded plant
- Wash dusty leaves in the shower or using a hose
- Repot plants into a one-inch larger pot
- Check for insects



4-H

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School break and summer will be here before we know it! Summer in 4-H is a great time to register and attend so many state-wide events from livestock shows to Discovery Days to 4-H Camp at Rock Springs Ranch. Before we get ahead of ourselves, it's important to remember to finish out the school year strong! Here are some helpful tips to make sure you end the school year on a high note.

•Keep a positive attitude!: The end of the school year can be daunting. There are so many deadlines and end-of year activities to keep track of that it can become

overwhelming at times. Changing your perspective and keeping a positive mindset can make that mountain of tasks easier to complete.

- •Set goals: We might think that the end of the school year means less responsibility and less need for goal setting. The truth is the exact opposite! Setting goals can help you stay on track to finish the school year in the best way possible. Maybe you want to set a goal to have all of your work turned in before the last week of school so you can enjoy the last week before summer vacation. Or maybe you should set a goal for what grades you want to see on your final report card.
- •Prioritize self-care: Some of us might become stressed as we see all of those end-ofyear deadlines coming at us. Make sure you take time for yourself! Put the homework away and go for a walk, take a relaxing bath, or do another soothing activity.
- •Communicate openly with parents and teachers: Keep an open line of communication with the trusted adults in your life. Talk about how you are feeling as you approach the end of the school year. Trusted adults will encourage you to talk about any worries or concerns you may have about your academic performance or mental well-being. They can offer guidance and support without judgment so you feel comfortable sharing your thoughts with them.

Finish the year strong and don't be afraid to reach out to those around you if you May 2024 need help! Page 23