



June 2023

Agriculture

Summertime, summertime, sum, sum, summertime!

While there has been times it felt like we were already in summer, the actual first day doesn't arrive until June 21st! Although we have finally received some smaller rains, we are still hopeful for measurable precipitation for the hay, crops, rangeland and ponds.

This time of year brings more activities on the road and in the fields with farm equipment as haying season and wheat harvest is just around the corner. As more and more farm implements are on the road, take time to slow down for them and wait for a clear opportunity pass. As an equipment operator myself for our family farm, I have witnessed numerous near misses due to vehicles not slowing down and rapidly passing paying no attention to on coming vehicles along with not only being passed on the "legal" side but also on the shoulder.

Encourage your family and friends to slow down and take a couple extra minutes if necessary. Nothing is worth jeopardizing your life or anyone else's for that matter to make it to your intended destination

4-H & Youth Development

4-H Food Auction – SAVE THE DATE!!!!

Cookies and cakes and pies...oh my! The 2023 Butler County Fair 4-H Food Auction will be held on Friday, July 21st at 6:30 p.m. in the 4-H Community Building. Come on out and place your bids on baked goods ranging from breads to baked goods to food preservation products made by the one and only Butler County 4-H'ers. You may even find sugar-free or gluten free items!

Everyone is invited to attend and get a taste of the hard work of our Butler County youth. All proceeds of the 4-H Food Auction will go directly to the 4-H Council to support Butler County 4-H Activities. These funds will be used as scholarships for 4-H'ers to attend events such as 4-H Camp at Rock Springs, Citizenship in Action in Topeka along with helping local youth attend leadership events and other educational opportunities.

Don't miss out on the opportunity to participate in and support 4-H. The Butler County Fair dates are July 21st – July 24th. Thank you to each and every one of you that have supported and continue to support Butler County 4-H!

Horticulture

The bagworms are coming, the bagworms are coming!!!!

These plant pests have started hatching in our area and moving out of the parent's home to establish a new home of their own. Bagworms are so named because of the "bag" they create around themselves to camouflage them from predators. This bag is created from silk they spin and small pieces of leaves they collect to protect themselves from predators. Young larva hatch typically in about mid-May and leave the bag they hatched from to find foliage to start eating. Larvae will usually feed on the plant they hatched on or one nearby but they can be carried to other plants via the wind and a long thread of silk. Bagworms will eat on just about any plant but prefer junipers or arborvitae. The best control is achieved by starting control measures two weeks after the insects have started to hatch to ensure all the larvae are feeding which means we usually can start spraying around the end of May to the mid to latter half of June. There are several active ingredients that can be used to kill bagworms including Spinosad, permethrin, acephate, and cyfluthrin. Be sure to thoroughly cover all the foliage with the spray to kill the bagworms.

Family Consumer Sciences

Feel Better in 15 Minutes

Feeling stressed? Keep your toolbox handy with ways you can find your calm when you need it. Here are some things to consider:

- **Meditation Break** – Sit quietly, close your eyes, and focus on your breathing.
- **Step Outdoors** – Take a few minutes to sit in the sunshine, pull some weeds, breath fresh air.
- **Laugh** – Watch a clip of your favorite comedian or call a friend who you can laugh with.
- **Write it down** – Make a list of what is good in your life right now.
- **Stretch yourself** – Gently stretch your neck, shoulders, lower back, thighs, and hips. Stretching lowers stress and sends extra blood to your muscles.
- **Write a thank you note** – Share a few words of appreciation with someone who has helped you.
- **Take a walk!** – Stroll around the neighborhood where you live or work to lift your mood and bust stress. If you are stuck in a rut, your next big idea could be just a walk away as movement can boost creative thinking!

Contact us:

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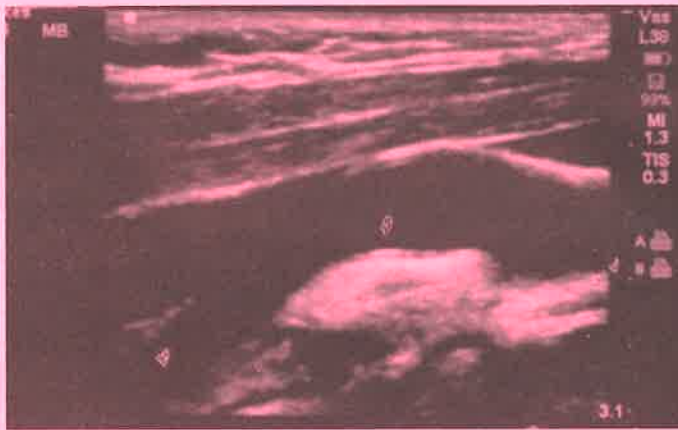


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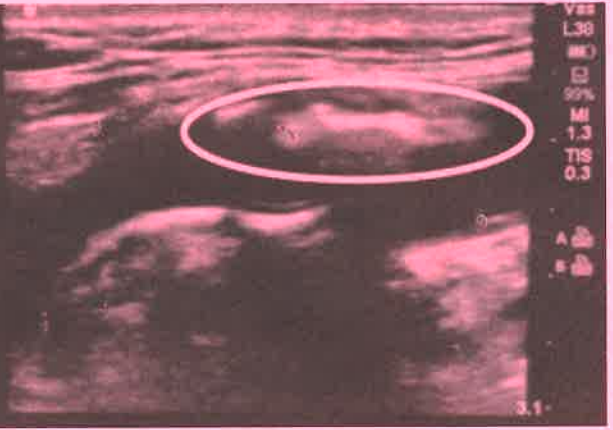
Life Line Screening goes beyond regular checkups to provide a more thorough look at your health.

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Advanced ultrasound technology looks inside your arteries for signs of plaque buildup.

That's why **9 out of 10 cardiovascular doctors** support preventive screenings for those with key risk factors.¹

Adults age 50+ and those 40 and older with one or more risk factors for cardiovascular disease should be screened.

¹Key Risk Factors include: *High blood pressure, high cholesterol, diabetes, obesity, smoking, family history.

We are coming to your neighborhood.

**Where: El Dorado - Butler County 4-H
- Community Building**

When: Tuesday, August 1, 2023

To register for your appointment and to receive the special discount,
please call **1-800-640-6307** or visit **LLSA.SOCIAL/HC**

Trusted by Hospitals Nationwide.

Life Line Screening has partnered with over **100 hospitals** across the country and has conducted over **10 million screenings** since 1993.



Carotid Artery Disease

an ultrasound is performed to screen the carotid arteries (a pair of blood vessels in the neck that deliver blood to your brain) for buildup of fatty plaque. This buildup, called atherosclerosis, is one of the leading causes of stroke.



Atrial Fibrillation (AFib)

a 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for Atrial Fibrillation. AFib can lead to blood clots, stroke, and heart failure, and other heart-related complications.²



Abdominal Aortic Aneurysm (AAA)

an ultrasound is performed to screen the abdominal aorta for the presence of an enlargement or aneurysm. AAA can lead to a ruptured aortic artery, which is a life-threatening medical emergency.



Peripheral Arterial Disease (PAD)

an Ankle-Brachial Index (ABI) test is performed using blood pressure cuffs on the arms and legs. It is important to screen for PAD because it increases the risk of coronary artery disease, heart attack, or stroke.³

4 Screenings for Only \$149
Special Package Pricing

² <https://www.heart.org/en/health-topics/atrial-fibrillation>

³ <https://www.heart.org/en/health-topics/peripheral-artery-disease/about-peripheral-artery-disease-pad>

No single screening can detect all risk factors for all conditions, such as and including the presence of coronary artery disease.

Screening results are provided to you in about 14 days. We direct all participants with abnormal results to take the report to their physician. Appropriate modification of risk factors (including high blood pressure, smoking, heart disease, diabetes and poor diet) is also necessary for cardiovascular disease prevention. Our screenings cannot detect all forms of stroke risk or cardiovascular disease. All tests are for screening purposes only. You should consult with your personal physician regarding your screening results. Price does not include any applicable review fees. Insurance Note: Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims nor provide referrals to any physician's group or hospital. If you are unable to attend the screening for any reason whatsoever, we will issue a gift card for the full amount to be used by you, or anyone you choose, for future screening services.