



May 2023

Agriculture

Brush and Weed Control

Rangeland, pasture, and hay meadows are often a diverse mix of both desirable and undesirable plant species. The definition of desirable is up to the owner or operator of the land. Whether a plant is considered a weed or not is often subjective and thus defined as a “plant out of place”. Although an integrated weed management approach (utilizing multiple methods of weed and brush control) should be taken to control or suppress any weed population, chemical weed control is often the most common method. You can find a document titled “Brush and Weed Control in Pasture and Rangeland” at <https://www.butler.k-state.edu/docs/ag/misc/Weed%20and%20Brush%20Control%20in%20Pasture%20and%20Rangeland.pdf> that will provide excellent information to assist you in control. The 2023 Chemical Weed Control Guidebook can also be picked up at our office

4-H & Youth Development

SUMMER PROGRAMMING AVAILABLE

After a successful summer with 1 intern last year, we are excited to be hosting two (2) 4-H Interns this summer!

The Kansas 4-H Summer Engagement: Helping Youth Discover their Spark to Increase Learning Program seeks to directly address the impact of learning loss as a result of loss of instructional time. The program will leverage the rich curriculum basis available through the Kansas 4-H and Cooperative Extension system. The evidence informed programmatic outreach is specifically designed to foster youth Spark through 4-H project-based exploration. Working in partnership with our local Extension Agents, our summer interns will deliver content through intensive SPIN (Special Interest Club), day camp and workshop offerings as they relate to STEM and Foods & Nutrition. If you know of a summer camp/program/activity that could utilize some programming, please reach out to our office at (316) 321-9660 and visit with Charlene!

Horticulture

Drought has continued to plague our area despite some beneficial rains falling in April. The dry conditions are having a particularly bad impact on evergreen trees including pines, spruce and cedar. These trees are especially sensitive to dry conditions through the winter, especially if they weren't getting any moisture when the weather was warmer. If we continue to stay dry your best bet to save the trees is to water around the tree in the dripline deeply till the top 6-9" of soil are damp. If the tree is already turning brown there unfortunately isn't much that can be done.

Family Consumer Sciences

SMILE BIG

Research shows that having a positive outlook on aging has the potential to add at least 7 ½ years to our life. Remembering the acronym **SMILE BIG** can help us to look for the positives as we age.

- **Successful aging requires practicing positivity.** If we have a positive attitude, we are more likely to make changes and implement healthy behaviors into our lives that are going to help us be successful as we age.
- **Manage our expectations.** We are not always going to be at the pinnacle of healthy aging, and that's okay. We need to make our expectations something that are attainable.
- **Interact with positivity.** Research shows that when you interact with positive people and places, you're more likely to embrace positivity as well.
- **Looking for positives.** We know that bad things happen sometimes, but when you take the time to truly reflect, you'll find something positive that came from the situation.
- **Escaping ageism.** Make it a priority to escape stereotypes associated with aging: age does not define who you are.
- **Being healthy.** We know that there are a lot of healthy behaviors that we should be doing, but we don't always do them. Eating healthfully, exercising regularly, taking care of our brain...all of those things lead to successful aging.
- **'I Can' approach.** Instead of saying, 'I can't do this or that anymore,' take the 'I Can' approach. For example, 'I can utilize a cane that will help me move around more safely...'
- **Give yourself grace.** Sometimes we're going to mess up or have a bad day. We need to give ourselves grace so we're not beating ourselves down when we don't always embrace positivity. It is okay to not be okay.

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