



# NEWSLETTER



## From the Director's Desk

Spring has sprung and the days are longer. This time of year is my absolute favorite! From the birth of new animals and the smell of spring thunderstorms, to the most beautiful sunrises and sunsets! I can't forget the vibrant colors of flowers that abound as well; bringing brightness and smiles to the faces of many! We still have a little of the pesky cold weather that wants to linger around, but I promise we will be out of here soon, in time for the bugs to make their appearance!

Just like the many facets and changes of spring, our office has a change! We are excited to have Madeline Wallace join our team as the new 4-H & Youth Development Agent. Madeline comes to us from Texas and as a graduate of Oklahoma State University. We look forward to the impact she will have on the lives of our youth in Butler County and the 4-H Program.

With the warmer weather gracing us, it's also a good time to get outside and move. Walk Kansas has kicked off and even if you didn't sign up to participate, I encourage you to plan to get out and walk, move, garden or another activity. Embrace the fresh outside air and find ways to work towards the healthiest version of you.

Spring also brings another favorite activity of mine and that is gardening! We have educational resources available to help with soil health, when to plant what type of vegetable and all the information you need on insect and weed control. Our subject matter expert in our office can help you with your gardening, lawn and tree needs! Growing your own fruits and vegetables also creates a healthy food option. If you are preserving/canning your home-grown food, we also have resources that will help you know if you are canning/preserving safely!

This time of year also means it is time for ranchers to start burning rangeland. Rangeland burning is important to help control unwanted weeds and trees/brush coming up in the pastures. It is important to protective the native pastures and this is one way we can help do that. April brings the Kansas Flint Hills Smoke Management Plan and burning restrictions. These take affect April 1st. Open burning operations of any waste, including vegetation and wood waste, structures, or any other materials on any premises is prohibited during the month of April. Burning for the purposes of range or pastureland is still allowable. Additional information on this topic can be found in the newsletter.

Spring is a very busy time for all. No matter what the forecast brings, although we are hoping for rain, make sure to get outside and enjoy all the wonders of the spring and take some time for you and your health. You are sure to find something that will make you smile!

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# Upcoming Events

<i>April</i>						
	①	② Families Eating Smart and Saving More - El Dorado Library 12 p.m. Extension Council Board Meeting 6:30 p.m.	③ <b>CLOSED</b> Garden Hour Zoom 12 p.m.	④	⑤	⑥ Fairgrounds Clean-Up 8 a.m.-12 p.m.
⑦	⑧	⑨ Families Eating Smart and Saving More - El Dorado Library 12 p.m.	⑩ Living Well Wednesday Zoom 12 p.m.	⑪	⑫ Mug Mingle 7:45 a.m.	⑬ Regional 4-H Day Grow and Bloom Lawn and Garden Show
⑭ Grow and Bloom Lawn and Garden Show	⑮	⑯ 4-H Fitting Clinic	⑰	⑱ 4-H YQCA Training	⑲	⑳
㉑ 4-H Small Animal Tagging	㉒ Planning Ahead - Agricultural Weather Impacts for 2024	㉓	㉔	㉕	㉖	㉗ 4-H Shutterbug Photography Workshop
National 4-H Volunteer Week						
㉘	㉙	㉚				

**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.**

Join Us For Our 2024 Quarterly Extension Connection

## Mug Mingle



Grab a mug and mingle with your local  
**Butler County Extension Staff**  
 Friday, April 12th from 7:45-9:00 a.m.  
 Save the Dates : June 28th and October 11th

<i>May</i>						
			①	②	③	④
⑤	⑥	⑦ Extension Council Board Meeting 6:30 p.m.	⑧ Garden Hour Zoom 12 p.m. 4-H Bucket Calf Clinic	⑨	⑩	⑪
⑫ BlackGold Spring Livestock Show	⑬	⑭	⑮ Living Well Wednesday Zoom 12 p.m.	⑯ Plant Exchange Andover Library 5:30-7 p.m.	⑰	⑱
⑲	⑳	㉑	㉒	㉓ 4-H Mini Fair	㉔	㉕ Walk Kansas Ends
㉖	㉗ <b>CLOSED</b>	㉘	㉙	㉚ 4-H YQCA Training	㉛	

# Upcoming Events

ANDOVER PUBLIC LIBRARY PRESENTS  
**PLANTING SEEDS OF CHANGE:**  
5 ECO-FRIENDLY GARDENING EVENTS

FEBRUARY - MAY, 2024



**GARDEN MAGIC UNVEILED**  
Feb. 10th, 10-11:30am



**SPECIAL STORYTIME, SEED BOMBS**  
March 12th, 10:30am



**SEED EXCHANGE**  
March 12th, 5:30-7:00pm



**PLANT EXCHANGE EVENT**  
May 16th, 5:30-7:00pm

**FREE FOR ALL AGES!**

To register, please email: [tlarsen@andoverlibrary.org](mailto:tlarsen@andoverlibrary.org)

**EARTH DAY VIDEO CONTEST**  
Submission April 19th  
Screening: April 26th, 6pm

## PLANT EXCHANGE EVENT

MAY 16, 2024  
5:30-7:00PM



Swap extra garden plants with fellow enthusiasts to diversify your garden. Include house plants to expand the exchange and enhance your indoor greenery collection.

FOR MORE INFORMATION CONTACT: [TLARSEN@ANDOVERLIBRARY.ORG](mailto:TLARSEN@ANDOVERLIBRARY.ORG)

### KANSAS SNAP-ED



**Join us!**



**Where:** Bradford Memorial Library  
611 S. Washington St.  
El Dorado, KS 67042

**When:** March 19, 26, April 2, 9  
12:00 pm - 1:00 pm

**Contact:** Sarah McAllister

**Phone:** 620-221-5450

**Email:** [smcalister@ksu.edu](mailto:smcalister@ksu.edu)

**Classes are FREE. All are welcome. Join us for class discussion, recipe samples, and more!**

Learn how to:

- eat more meals at home
- eat healthy when eating out
- move more every day

Series of 4 lessons:

- Plan: Know What's for Dinner
- Shop: Get the Best for Less
- Shop for Value, Check the Facts
- Fix it Fast, Eat at Home

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This institution is an equal opportunity provider.

## Planning Ahead – Agriculture Weather Impacts for 2024

April 22nd – Wichita Area

Hosted By: Wichita Chapter of the American Meteorological Society and NWA

Presented By: Jeff Hutton, Meteorologist and Owner of Hutton Weather Futures

This presentation is free and open to the public. Location is TBA. You will be able to find it on the Facebook page of: Wichita Chapter of the AMS and NWA. You can also send an email to [cmmiller1@ksu.edu](mailto:cmmiller1@ksu.edu) and once the location is announced, it will be sent to you.



### Garden Hour Webinars

- **April 3rd - Companion Plants in the Garden**
- **May 1st - Understanding Water Sources for the Garden**
- **June 5th - Growing Cut Flowers for Home & Farmer's Markets**

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/>



## 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](http://WalkKansas.org) or by contacting the Butler County K-State Research and Extension office.

**Registration Opens March 4th!**

**K-STATE**  
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Walk Kansas

**K-STATE**  
Research and Extension

Butler County

Bonnie Brewer, FCS Agent  
316-321-9660  
[bjbrewer@ksu.edu](mailto:bjbrewer@ksu.edu)

Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
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# Upcoming Events

## ANNUAL BUTLER COUNTY Lawn & Garden Show



**FREE Admission**

- Children's Activities
- Concessions
- Exhibits & Vendors
- Plants for sale!
- Professional Presentations
- Seed Swap
- Soil test service available!
- & More!

**DOOR PRIZES!**

Event Details



Saturday, April 13th, 9 AM - 5 PM  
Sunday, April 14th, 11 AM - 4 PM

Butler County Community/4-H Building  
206 N. Griffith, El Dorado



for more happily, ever afters...



## The Strong Couples 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](http://go.illinois.edu/StrongCouples)



**Butler County H.E.A.L.**  
Health, Education, Action, Lifestyle.  
EMPOWERING PEOPLE TO LIVE A HEALTHIER LIFESTYLE THROUGH EDUCATION AND ACTION

PROMOTING HOLISTIC HEALTH BY INCORPORATING RESEARCH BASED EDUCATION INTO PRACTICAL DAILY LIVING.

**K-STATE** Research and Extension Butler County

**south central mental health** HELPING TO SHAPE PROMISING FUTURES  
221 King St, Andover, KS 67002  
524 N Main St, El Dorado, KS 67042  
2821 N Brookside Dr, Augusta, KS 67010  
(316) 733-5047 ext 515 OR 528



## Fitting Clinic

Butler County 4-H and the Butler Community College Livestock Judging Team are coming together to provide a Livestock Fitting Clinic. Hands on experience makes this a great learning opportunity. Breeding Does will be included!

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

**Tuesday, April 16, 2024**  
**6:00 - 8:00 p.m.**  
**Butler Community College**  
**Agriculture Complex**  
**2510 SW 20th, El Dorado, KS**

RSVP Here: <https://forms.gle/DdFEbwUpLggoDEA28>



## BUTLER COUNTY BLACK GOLD SPRING SHOW

May 12<sup>th</sup>, 2024

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 pay online at the show.**
- ◆ Everyone must check-in at the registration table upon arrival to receive cards and finalize weights.
- ◆ Enter online at: <https://showman.app/shows/black-gold-spring-show>
- ◆ Entry Fees: \$25 per head (No late Entry Fee)
  - Res. Grand wins 40%
  - Grand wins 60%
- ◆ Showmanship: \$5/species - **pay at the sale!**
  - 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
- ◆ Banquets for Grand and Reserve Grand Market and Breeding Animals.

### 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 at 9:00 a.m.)
- ◆ Sheep & Goats checked-in by 10:00 a.m. (Sheep show 11am or 30 min after swine show; Goat show 15 min after completion of sheep show)

### RULES AND REGULATIONS

1. 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.
2. Open to all current 4-HFFA members 18 years and younger as of January 1, 2024. Out of State exhibitors are welcome!
3. All males must be castrated.
4. All animals must be owned and shown by the exhibitor & free of clinical signs of infestations or contagious diseases, infections and sickness.
5. Only one animal per exhibitor in Butler County classes.
6. **NO bedding allowed in the barns.**
7. Show from your trailer. A \$50 deposit slip will be required the day of the show if you wish to stall in the barn. The deposit will be returned upon inspection of the designated pen being cleaned.
8. Watch Facebook for updates.
9. Declare your own weight by respective registration close times.
10. The show committee reserves the right to resolve all questions not covered in the rules, request to see registration papers, a weigh back, etc. and their decision is final.
11. Full list for show for anyone who wants to fit!

### PROSPECT SWINE

1. Prospect market animals may be either sex. Barrows and Gils will show together.
2. Prospect market animals will show by breed but must have a minimum of 5 to make a breed class or will show as AGS.

### PROSPECT SHEEP & MEAT GOATS

1. Does and ewes must be born after Jan. 1, 2023.
2. Prospect market animals may be either sex. Must have milk teeth.
3. Exhibitors may brace animals, but all four feet must be on the ground. Show director has the right to disqualify any violators.
4. All market and breeding animals will be shown by weight. There will be no breed classes.
5. Market may not be shown in breeding and vice versa.

Sponsored by:



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 (i.e., Braille, large print, audio files, and American Sign Language) may be requested by contacting the event contact Charles Miller two weeks prior to the start of the event April 10, 2024 at 316-325-3660 or [cmiller@ksu.edu](mailto:cmiller@ksre.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 oral information, will be provided free of charge to limited English proficient individuals upon request. Kansas State University Agricultural Experiment Station and Cooperative Extension Service © State Research and Extension is an equal opportunity provider and employer.

# 4-H

## Madeline Wallace

4-H Youth and Development Agent

[mgwallac@ksu.edu](mailto:mgwallac@ksu.edu)

<https://www.butler.k-state.edu/4-h/>

**WELCOME TO  
OUR TEAM  
MADELINE  
(MADDY)  
WALLACE**

**4-H YOUTH AND  
DEVELOPMENT AGENT**

Maddy grew up in San Antonio, Texas before moving to Stillwater, Oklahoma to complete her bachelor and master's degrees at Oklahoma State University. She was heavily involved in her High School FFA Program including showing steers and pigs, as well as trying any and every contest team she could. Maddy now lives in Wichita and loves spending time with her dog, a miniature dachshund named Basil.

Maddy is looking forward to getting to know the community and those who live in Butler County. She is excited to help grow the 4-H and Youth Development programs to continue Butler County's tradition of excellence. Maddy is wildly passionate about helping youth develop into the greatest version of themselves. It was her own high school agriscience teacher who helped her realize her passion for education and youth development, so she recognizes the positive impact a mentor can have on children. Whether that is an extension agent, 4-H volunteer, or other impactful adult in a child's life, the impact of a mentor is immeasurable. One of the best parts about working with youth is the ability to watch them master and become confident in a new skill. Maddy cannot wait to get to know each member of Butler County 4-H and deliver relevant programming to the community.

"Working as a 4-H Youth Development Agent has been my dream job since I began my graduate program. I am excited to finally be able to achieve that dream by serving Butler County."



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# Ag Talk

**Charlene Miller**

Director/Agriculture Agent

[cmmiller1@ksu.edu](mailto:cmmiller1@ksu.edu)

<https://www.butler.k-state.edu/agriculture/>

## Prepare for Wildfire Season



I don't know about you, but this time of year has me anxiously awaiting the warm days, green grass, blooming flowers, and budding trees of spring. Mother Nature has nourished these parched lands with some moisture this winter, but we are still on the parched side of things. Each year, Butler County experiences uncontrolled wildfires that threaten homes. Country living is a beautiful thing, until a wildfire is "running" towards your home threatening your property.

If you live in the country, here are a few tips from the Kansas Forest Service for you to help prepare and protect your property from an uncontrolled fire:

- Weed around the property regularly, especially areas that a lawn mower is not appropriate for.
- Remove leaf litter and other debris that accumulates around buildings, under vegetation, and in other collection areas.
- All trees within a 105 ft. radius should be pruned to a height of three times the height of surrounding vegetation (usually 6 to 10 feet), but do not remove more than one third of the live crown.
- Propane tanks, gasoline, and wood piles should be stored 30 ft. from structures. Keep a 10 ft. clearance around propane tanks.
- Mow the lawn regularly to keep grasses shorter than 4 inches tall around the home.
- All exterior vents should be covered with a nonflammable wire mesh 1/8 inch or smaller
- Remove all dead vegetation for a 105 ft radius. Especially prune any dead branches that overhang the roof or are within 15 feet of the chimney.

# Ag Talk

## Prepare for Wildfire Season Continued

- Remove all dead vegetation for a 105 ft radius. Especially prune any dead branches that overhang the roof or are within 15 feet of the chimney.
- If your property has no large year-round water source, consider working with neighbors or a home owner's association to install one.
- Maintain power line clearance. Have an arborist assist with existing trees that interfere with power lines. When planting new trees near power lines choose a species that has a mature height of less than 25 feet.
- Make sure your address is clearly visible from the road, especially in low visibility conditions.
- If you burn trash or use fire for vegetation management, consult local regulations and obtain proper training.
  - Controlled Burns must be reported to the appropriate authority. County contact and burn information can be found at: <https://www.bucoks.com/256/Fire-Service>
- Develop a home emergency preparedness plan that includes: Clearly posted emergency phone numbers, designated escape routes and meeting places, maintained fire extinguishers, and functioning smoke alarms.
- Teach children fire safety. Remember, children learn by example!

More detailed information can be found at:

[https://www.kansasforests.org/fire\\_management/fire\\_docs/ReadySetGoGuide.pdf](https://www.kansasforests.org/fire_management/fire_docs/ReadySetGoGuide.pdf)

Remember, preparedness is the key to prevention.

Take a look at your property and do what you can to help protect it from fires!

# Ag Talk

**Charlene Miller**

Director/Agriculture Agent

[cmmiller1@ksu.edu](mailto:cmmiller1@ksu.edu)

<https://www.butler.k-state.edu/agriculture/>

## Native Pasture Burning



If there's one value I find in social media and news, it's seeing and following wildfires. Recently Texas experienced a devastating wildfire. We are no stranger here in Kansas and Butler County to wildfires either. Sometimes, no matter how much we prepare, we cannot prevent or avoid Mother Nature's wrath.

Although we can't stop some disasters, there are things we can do to help mitigate man-made disasters. This time of year is Spring burning in

the Flinthills. Here are a few things you can do to help prepare and reduce the risk of unintended outcomes.

1. Know the Butler County Burn Regulations! You can find those at: <https://www.bucoks.com/203/Controlled-Burning>. You are required to make notifications and that contact information is found in this link. I also recommend notifying your neighbors.
2. The Kansas Smoke Management Plan goes into effect on April 1 – know the plan! [www.ksfire.org](http://www.ksfire.org)
3. Develop a burn plan; identify your goals, know the weather and wind forecast ([www.weather.gov/ict/fire](http://www.weather.gov/ict/fire)), review safety requirements, determine equipment and manpower needs and know your emergency contacts. Also be aware of roads and major highways and use caution not to lay smoke across them. Evaluate the ground to make sure it's solid enough to hold a pickup and sprayer. Due to recent rains, the ground is a bit soft. If the ground is not solid, think of what will happen when you put fire trucks on there if the fire should escape. Good planning is critical when planning and executing a controlled burn.



## Native Pasture Burning Cont.

4. Establish a burn crew and know what equipment is needed. A good rule of thumb is to have one to light the fire, one to drive the sprayer, one to run a nozzle and one to follow with small hand tools to make sure all the hot spots are out. Equipment such as a drip torch, swatters, rakes and a water supply.
5. Know why you are burning! Burning occurs due brush and weed control, conserving/maintaining the prairie, wildlife habitat manipulation, improvement of grazing distribution and increased livestock production are some of the more common reasons.
6. Know when to burn. This has been a hot topic of discussion, especially in the hunt for control of noxious weeds. If your goal is for weed and brush control, burns should be conducted late spring when the plants have started growing. Another rule of thumb is when there is 2 to 3 inches of new growth in the native grass. In most years, this will occur in this area from mid to late April. You will see some ranches starting the burn now to get new growth established for incoming stocker cattle.
7. Know what to do if the fire gets away. Even though a burn is carefully planned and conducted, prescribed burns can still escape. Reassess the situation to see if you have the necessary equipment and manpower to mitigate the problem. Know at what point you have reached your capabilities and when to call 9-1-1. Know what's downwind from you and if there are structures or people in danger.

**As we round the corner into rangeland burning season, take time to develop and review your plan. Know what and how you're going to burn, know the current conditions, make sure you have the appropriate crew and equipment, and know when to call 9-1-1 should you need them.**



# Ag Talk

**Charlene Miller**

Director/Agriculture Agent

[cmmiller1@ksu.edu](mailto:cmmiller1@ksu.edu)

<https://www.butler.k-state.edu/agriculture/>

K-State Agricultural Economics presents

## Finances and the Farm: An online class to enhance your farm management skills

An applied approach to developing and using farm financial statements for management decision-making for farmers and ranchers of all types

**This is a self-paced course you can take when it is convenient for you!**

This course can be taken for education only or to fulfill FSA borrower's requirements.

**Seven Lessons: Recordkeeping, Balance Sheet, Income Statement, Enterprise Budgets, Cash Flow, Goal Setting and Managing Family Living Expenses**

**Participants will:**

- Understand the structure of a balance sheet, income statement, enterprise budgets, and cash flow
- Choose either Cattle & Crops or CSA & Farmers Market case farm to complete quizzes to check understanding and practice using these financial statements in a real-world setting
- Be prepared to use financial management techniques for their own operation
- Set goals for their operation

- Learn how to make changes to avoid financial difficulties

**Registration Fee:**

- \$300 for FSA credit class
- \$100 for education only



Approved for FSA Borrower's  
Training Financial &  
Production Credits

Taught by Robin Reid, K-State Extension Farm Economist, and LaVell Winsor, K-State Farm Analyst

Register online for FSA Credit or Education Only:  
[www.AgManager.info/Events](http://www.AgManager.info/Events)

**KANSAS STATE**  
Agricultural Economics

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Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Robin Reid, (785) 532-6944 or Director of Information Access, Kansas State University, (785) 532-6862. K-State Research and Extension is an equal opportunity provider and employer based in furtherance of Cooperative Extension Work, Act of May 8 and June 30, 1914, as amended, Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperative Extension Service.

## K-State Agricultural Economics Presents: Risk Management on the Farm

Online, on-demand course to take when it is convenient for you.  
Taught by Robin Reid, Extension Farm Economist, and LaVell Winsor, K-State Farm Analyst

**Five Lessons: Determining Cost of Production, Crop Insurance, Crop Marketing, Farm Programs (ARC/PLC), and Beef Cow/Calf Risk Management**

Register online by using the link below:

[www.AgManager.info/Events](http://www.AgManager.info/Events)

**Course Description:**

- Learn principles of determining cost of production, developing a marketing plan, evaluating crop insurance options, and participating in farm programs (ARC/PLC)
- Participants will work with a case farm to apply these topics to a real-world farming operation through hands-on activities.
- The goal of this class is to acquire risk management skills that can be applied directly to a farming operation.
- The bulk of the course focuses on risk management for row-crop farming operations but also includes principles for beef cow/calf operations.

**Special Topics:**

- Managing stress and being resilient in tough times
- Communicating effectively with family members

**Registration Fees:**

- \$100 education only

**Other information:**

- Have 6 months from registration to complete
- This course is a replica of the 5-part Risk Management Series delivered by KSRE in 28 locations across the state from January-February 2022 in which 340 producers participated in-person

**KANSAS STATE**  
Agricultural Economics

**K-STATE**  
Research and Extension

# Just the FCS

**Bonnie Brewer**

Family & Consumer Sciences Agent

[bjbrewer@ksu.edu](mailto:bjbrewer@ksu.edu)

<https://www.butler.k-state.edu/fcs/>



Televisions, laptops, tablets, electronic bulletin boards and – of course – cell phones. Screens seem to surround us and can easily consume our lives. The questions we must ask ourselves are: Are we controlling them, or are they controlling us? How are screens impacting our relationship? How are they impacting the developing brains of our children?

“What we know about positive childhood development,” says K-State Research and Extension child development specialist Bradford Wiles, “is that screens are not very helpful. Often, they are simply a mindless activity that doesn’t grow children’s brains or their social-emotional or physical development.”

Many healthcare authorities and pediatricians – among them the American Academy of Pediatrics – have published guidelines indicating children under age 2 should have no screen time, while everyone else should limit screen time outside of work or school to 1-2 hours per day.

Wiles, who has authored K-State Research and Extension publications on the topic, says that there is an “opportunity cost” associated with screen time. “If you’re engaging in screen time, you’re not doing things that can help you with skill building in multiple domains – physical, mental and social.”

Screens are often substituted for babysitters, or a break for parents or other caregivers to get other tasks done.

# Just the FCS

## ***Screens, Screens, EVERYWHERE! Cont.***

“If that’s for a limited time, that’s fine; I understand the need to perform your household duties,” Wiles said. “You’re not harming your child by doing that, but be mindful of how much time is going by and do your very best to make up for that by being intentional in engaging with your children before and after screen time.”



Technology itself, is not the problem. The problem is when you use that tool to isolate yourself or your children. If that tool is being used for engagement, then great. That is how people of all ages learn...through dialogue, discussion and shared experience. The ability to talk, and learn with and from each other is really a benefit to human development. Other things to keep in mind include:



**Families with very young children** - Screen time should be severely limited for those under age 2 – ideally they should have none. Wiles said screen time is not nearly as stimulating as interaction with other humans. Spend time playing with young children instead.

**Families with children ages 6-17** - Establish “screen free” zones in the home, including bedrooms. It may

seem like punishment – and difficult to enforce – but the payoffs are great. If families choose to incorporate more screens into their lives, seek ways to use them in active ways, such as singing or dancing along to a favorite music video.

**Family fun** - Tablets and smartphones may provide an opportunity for families to play interactive games, such as puzzles. Less-skilled family members learn more by asking questions, receiving instruction and getting feedback.

**Whole family screen time** - Decide in advance what you will view as a family. Avoid watching TV during meals or leaving the TV on for background noise. In addition, avoid texting or talking on a phone during meals or when outside with your family.

So take a moment, look at the screens around you, and challenge yourself to be more aware and more in control of how much you scroll.

# Just the FCS



# WALK KANSAS

AN 8-WEEK HEALTHY LIFESTYLE CHALLENGE!

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# Garden Gossip

**Calla Edwards**

Horticulture Agent

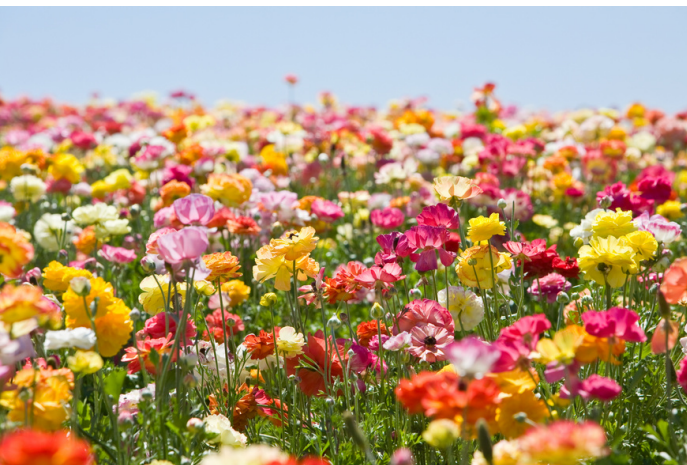
[callae@ksu.edu](mailto:callae@ksu.edu)

<https://www.butler.k-state.edu/horticulture/>

## April Gardening Calendar

### Vegetables and Fruits

- Start fruit tree spray schedule when growth begins
- Fertilize the vegetable garden before tilling and planting
- Plant carrots, onions, beets, and other salad crops in early April
- Thin radishes, beets, and carrots as needed
- Harvest asparagus till spear size decreases
- Prune fruit trees, raspberries, and blackberries if you haven't already
- Remove mulch from strawberries
- Plant beans, corn, and vine crops in late April
- Turn the compost pile
- Transplant broccoli, cauliflower, and cabbage in the garden



### Flowers

- Remove winter mulch from perennial garden
- Cut back last year's growth from perennials and prune roses
- Remove seed heads but leave the foliage on flowering bulbs
- Fertilize flowering bulbs and rose bushes
- Add organic material before planting new flowers
- Divide perennials and plant new
- Plant annual seeds and transplants

# Garden Gossip

## April Gardening Calendar Cont.

### Lawns

- Apply crabgrass control when redbuds are in full bloom
- Mow lawn as needed
- Do not fertilize warm-season lawns at this time
- Spot treat for broadleaf weeds
- Service mower and sharpen mower blade
- Do not water at this time



### Trees and Shrubs

- Prune spring flowering shrubs after flowering
- Prune trees as needed and repair winter storm damage
- Plant new trees and shrubs
- Remove grass from the base of young trees and shrubs
- Apply mulch layer around plants
- Keep new trees and shrubs watered

### Houseplants

- Remove winter dust from leaves with a soft cloth or in the shower
- Repot as needed, increase the pot size by 1”
- Leach excess fertilizers from the soil with water
- Begin summer fertilization of plants
- Wait to move plants outside till May
- Propagate houseplants by cuttings or division
- Fertilize amaryllis and keep in bright lights to encourage new leaves

